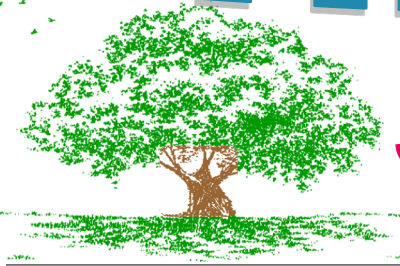


Primetime

"A Mission in our Midst"

June, 2019

Newsletter



This is the day the Lord has made; let us rejoice and be glad in it.

Psalm 118:24

Time for the Beach Boys music and picnics!

But first, let's "boogie" on back to our trips in April. We really enjoyed Wade Chapel at Lake View Cemetery. The stained-glass window was so beautiful and it was amazing how it transformed when the sun shone through it. The window depicts "The Consummation of the Divine Promise."

I really wanted to see the memorial statue of Sergey Gaidaenko because I had read an article about him written by his daughter. At the end of her article it said, "So as you sit next to him and look into the sky, take a second to enjoy the air around you and think about all of the songs that you still have the chance to sing." So I did!

Also in April, we toured beautiful Severance Hall. We all had to take a picture of the golden screw in the lobby where reportedly, a construction worker dropped it when they were putting in the marble floor. We avidly searched for and ogled the golden screw when we found it!

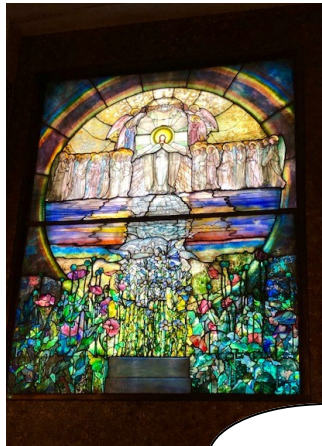
Maybe you didn't know this Severance Hall fun fact: From 1931 to 1970 there was a Motor Driveway on the first floor of Severance Hall designed to accommodate chauffeur-driven limousines and taxicabs bringing concertgoers. Cars entered the driveway from East boulevard in two lanes, "uptown" from the Art Museum and "downtown" from Euclid Ave. (See the picture of it to the right).

Enjoy the warm sunshine and think about all the music that you still have the chance to sing!

Dolly Herschel
Primetime Coordinator



Primetime Photo Gallery



Lake View Cemetery



Severance Hall



Elderly patients present a unique challenge for both pharmacists and prescribers. They experience changes in absorption, distribution, metabolism and elimination which can significantly alter the way a medication is expected to function. They are also more likely to have decreased renal function and changes in hepatic function, which can result in the increased likelihood of adverse events. The more medications are studied in specific populations, the better understanding of the way the body processes a medication after it has been administered. This leads to proper doses and well-defined adverse effect profiles.

These profiles change as patients age. Unfortunately, few studies have been conducted in the elderly population. This is due to the increased number of older individuals having multiple disease states and complicated regimens which cannot be discontinued for study participants. What data are available are limited to case reports or small, poorly validated studies. There are even more limited data in individuals 85 years of age or older.

As individuals age, they experience changes in the way the body processes their medications. These changes are not consistent from patient to patient, nor do patients experience the same degree of change. This makes the task of the prescriber even more complex as their reaction to a given medication is difficult to predict. It is, therefore, important that any addition to a patient's drug regimen be carefully monitored.

There must be an indication for each medication the patient is utilizing. Often, patients will be started on a medication for an acute problem and it is continued long after the acute issue has been resolved. Discontinuing medications in a timely manner helps reduce the likelihood of a medication related problem and also helps reduce the pill burden on older individuals.

All-Church Potluck

Friday, June 21 | 6:00 pm

Frohring Meadows

(16780 Savage Rd, Chagrin Falls, OH)

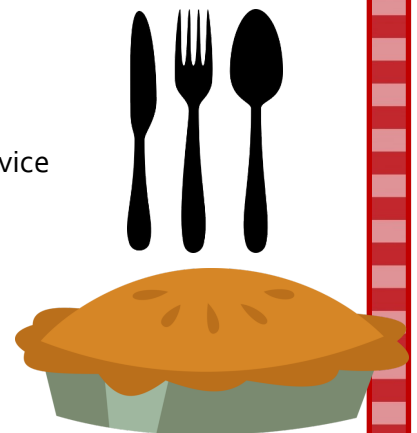
Come and enjoy the summer with an old-fashioned church potluck.

Everyone is welcome... so bring a friend!

Please bring a dish to share (beverages provided) as well as your own service items, plates, and silverware (in an effort to be green!).

Outdoor games welcome. Take a walk. Enjoy nature.

Sponsored by the Congregational Care Commission.



Blossom Festival Concert: Salute to the USA Wednesday, July 3 | 5:30 pm

Enjoy an all-American cookout, then celebrate Independence Eve with great music, fireworks, and fun for the whole family! Blossom's traditional, star-spangled celebration with the Blossom Festival Band features a mix of patriotic Sousa marches, Broadway favorites, an Armed Forces salute, and more – concluding with the "1812" Overture and fireworks!



Trams will deliver us to and from the bus, picnic area, and our seats.

When: Depart from Family Life Center at 5:30 pm. Return at 11:00 pm.

Meal: Picnic dinner at Blossom, consisting of grilled chicken, hot dogs, potato salad, fruit salad, garden salad, cookies/brownies, lemonade and water.

(You can bring your own alcohol!)

Cost: \$58



Reservations: Call 440.247.6490. Payment due by Friday, May 31. *Notice: No refunds after May 31. There will be a wait list.

****We buy tickets in advance from the sign-up sheets. If you cancel after the deadline and there is no waiting list, you will be responsible for the cost of the ticket!****

Primetime Trip to Medina Tuesday, June 18 | 2:00 pm

Residing in A.I. Root's original beekeeping and candle factory built in 1878, discover Ohio's oldest candle manufacturer to find unique and stylish home accents.



Then it's off to dine at the Sérénité Restaurant which is steeped in tradition and care for the community.

Restaurateur Brandon Chrostowski will offer a unique experience with seasonal, classic French cuisine in the midst of Medina's Historic District. The restaurant has a mission: to eat well and do good. Dinner on your own.



When: Depart from Family Life Center at 2:00 pm. Return by 8:30 pm.

Meal: On your own at Sérénité.

Cost: \$8.

Reservations: Call 440.247.6490. Payment due by June 10. Limited to 20 people.

Cooking for Two Demo at The Atrium Wednesday, June 12 | 11:15 am

Join us for the "Taste of the Atrium" at Anna Maria!

They are doing a "Cooking for Two" demonstration and will show us how to make chicken caprese with penne pasta! Then we will get to sample it!

When: Depart from Family Life Center at 11:15 am. Return at 1:45 pm.

Cost: \$5.

Reservations: Call 440.247.6490. Payment due by Wednesday, June 5.

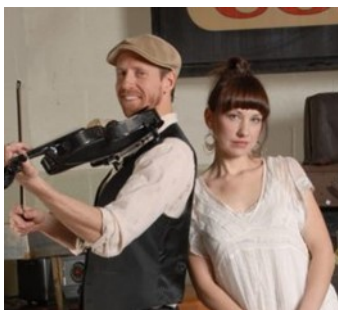


Hey Mavis Duo Canal Boat Cruise in Canal Fulton

Saturday, June 22 | 3:15 pm

Back by popular demand! We went on this trip two years ago and we were so impressed with the singing married duo, Hey Mavis, that we are going back.

Hey Mavis will interweave music, storytelling and history in an engaging performance that features original songs and artwork from their book/CD "Silver Ribbon Dream – Songs & Stories of the Ohio & Erie Canal." The group has performed standing-room-only shows at the Xerox Rochester International Jazz Festival as well as nine consecutive sold-out concerts in their hometown of Akron, Ohio. In 2018, Melissa Etheridge hand-picked Hey Mavis to be one of the headliners for her music cruise.



Laurie Michelle Caner (vocals, banjo, songwriting) is a homeschooling mom, a songwriter and Ms. May in the 2015 Banjo Babes Calendar. Yes, she's pretty. Her husband, Eddie Caner (violin, viola profunda) spent a dozen years performing as a sideman in national touring bands and orchestras, including Luciano Pavarotti, Smokey Robinson and Natalie Cole. He spends his free time as a physics instructor at Case Western Reserve University.

Cruising down the canal while being pulled by beautiful horses and listening to some lovely music – it just doesn't get any better than that. Afterward we will have dinner at Canal Grille. (On your own).

When: Depart from FLC at 3:15 pm. Return at 9:00 pm.

Meal: Canal Grille—On your Own.

Cost: \$28.

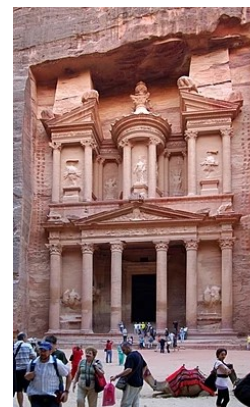
Reservations: Call 440.247.6490. Payment due by Monday, June 17. Limited to 25.

****We buy tickets in advance from the sign-up sheets. If you cancel after the deadline and there is no waiting list, you will be responsible for the cost of the ticket!****

Federated's Pilgrimage to the Holy Land & Jordan

**** April 19 – May 1, 2020 ****

We are partnering with Magi Travel for another pilgrimage to the Holy Lands. This time we are going to Jordan. This trip is more than a tour of historical places, but a spiritual journey as stories of our faith become tangible while walking in the footsteps of Jesus and His disciples in Nazareth, Cana, Jerusalem, Bethlehem, and Galilee. Find the brochure in the Bell St. Lobby or at fedchurch.org/trips.



The cost is \$3,995 for double occupancy in 5-star hotels, dedicated tour bus, local guide and head sets, all breakfasts & dinners, and gratuities.

~~ Information Night ~~
Wednesday, June 12 at 7:00 pm
Fellowship Hall

See photos of the places we will visit, learn details of the trip and have your questions answered. Questions? Contact Peggie Jo at pjshinagawa@windstream.net.

Save the Date!

**The Tall Ships Festival in
Downtown Cleveland
Friday, July 12**

**Primetime Picnic
Thursday, July 18**

**Auburn Pointe Moonlight Dinner
Thursday evening, July 30**



Ongoing Primetime Offerings

Spirit Walk & Roll—Monday through Friday (see calendar for exceptions) **8-9 am at Family Life Center**
Come when you can and leave when you must. Walk at your own pace. Bring a buddy if you wish. **Warm inside in the winter; cool inside in the summer!**

Pillows for Hospice—2nd Monday, 10 am at Daily Bread Classroom



This group of women gather for chatting, laughing, coffee, oh and yes, very basic sewing for a very worthy cause. They create pillows that patients at Hospice of the Western Reserve use as they journey through the final season of life. The little neck pillows are used for comfort. For hygienic reasons, they are discarded after use so there is always a need for more. The fellowship often includes some yummy treats. All are welcome.



Primetime Bridge—1st, 3rd (and 5th) Tuesday, 12:30-3:30 pm at Bell St. Lounge

Players must sign up by 3:30 pm the Friday before! Sign-ups after that time will be put on a sub list. Remember to call ASAP if you find you can no longer attend. Only 28 players can be seated at seven tables. If interested, please call Harriett Rogers at 440.247.5845 or Coline Kiehne at 440.248.8199.

Same Boat Girlfriends—



Same Boat Girlfriends is a social group for widowed women that meets each month. For information on our June outing, and to RSVP, contact Jenny Evans at 440.364.3323 or jenny8854@sbcglobal.net. Also, please tell Jenny if you'll need a ride. Note: Be sure to include your phone number so Jenny can contact you with any last minute updates. Hope you can join us!

Same Boat Friends—Wednesday, June 26, 5:15 pm

"Same Boat" friends is a social group for widowed men. In May, we will go to the Bass Lake Inn restaurant in Chardon. We will carpool, so plan to arrive at Federated Church by 5:15 pm. To RSVP, call Don Hoke at 440.338.8219 by Monday, May 27. All widowed men are welcome. When you call, advise if you need a ride.



Bowling—1st, 3rd (and 5th) Thursday, 2-4 pm at The Rollhouse in Solon

Join the Primetime crew for some bowling fun! We meet twice a month (three times on five-Thursday months). All are welcome!

Chair Pilates—Thursday 10:30-11:30 am at the Family Life Center (Bell St. Lounge on May 2)



Join us for gentle and mindful exercise to strengthen your arms, legs and core muscles, stretch your legs, shoulders and arms, and improve your standing balance and walking ability as you age. Call Carol to register at 440.655.6257. \$60 for a six-week class, or \$10 per session. Walk-ins welcome.

Tai Chi—The Movement of Life—Mondays, 10-11 am at Bell St.



The Tai Chi program at Federated is unique in that it has been designed for practitioners over 55 years of age. While participating, the practitioner is engaged in the mental and physical discipline required. Balance is improved and muscles are strengthened. Join at any time. Sign up for an 8-week session for \$120 single or \$200 couple. For information regarding the instructor, Ed Niam, go to www.taichicleveland.com.

Mahjong—Fridays, 1 pm at Bell St. Lounge



We welcome you to join in a lively game of Mahjong. No prior knowledge needed. If you are interested... just show up! We will split up into groups of three or four to play. If you have a game, please bring it along. If you have questions, contact Ann-Marie Heston at amngh@icloud.com.



June 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
<u>10:30 & 11:15 am</u> FLC Q&A, Bell St <u>10 am</u> Traditional Worship, Bell St. <u>11:30 am</u> RISE to Shine Worship, Bell St.	8-9 am—Spirit Walk n' Roll — Family Life Center Gym					
	<u>10-11 am</u> Tai Chi, Fellowship Hall	<u>12:30-3:15 pm</u> Primetime Bridge, Lounge		<u>10:30 am</u> Chair Pilates, Family Life Center <u>2-4 pm</u> Primetimers go bowling in Solon	<u>1 pm</u> Mahjong, Lounge	
9	10	11	12	13	14	15
<u>10:30 & 11:15 am</u> FLC Q&A, Bell St <u>10 am</u> Traditional Worship, Bell St. <u>11:30 am</u> RISE to Shine Worship, Bell St.	8-9 am—Spirit Walk n' Roll — FLC Gym					
	<u>10-11 am</u> Tai Chi, Fellowship Hall <u>10-11:30 am</u> Pillows for Hospice, Daily Bread Room <u>3:15-4:30 pm</u> Primetime Ministry Team Mtg, Conference Room		<u>7 pm</u> Holy Land Pilgrimage Information Session, Fellowship Hall <u>11:15 am</u> Cooking Demo at Anna Maria, Fellowship Hall	<u>10:30 am</u> Chair Pilates, Family Life Center	<u>1 pm</u> Mahjong, Lounge	
16	17	18	19	20	21	22
<u>10:30 & 11:15 am</u> FLC Q&A, Bell St <u>10 am</u> Traditional Worship, Bell St. <u>11:30 am</u> RISE to Shine Worship, Bell St.	8-9 am—Spirit Walk n' Roll — Family Life Center Gym					<u>3:15 pm</u> Hey Mavis Canal Boat Cruise, Meet at FLC
	<u>10-11 am</u> Tai Chi, Fellowship Hall	<u>12:30-3:15 pm</u> Primetime Bridge, Lounge <u>2 pm</u> Trip to Medina, Meet at FLC		<u>10:30 am</u> Chair Pilates, Family Life Center <u>2-4 pm</u> Primetimers go bowling in Solon	<u>1 pm</u> Mahjong, Lounge <u>6-8 pm</u> All Church Potluck, Frohring Meadows	
23	24	25	26	27	28	29
<u>10:30 & 11:15 am</u> FLC Q&A, Bell St <u>10 am</u> Traditional Worship, Bell St. <u>11:30 am</u> RISE to Shine Worship, Bell St.	8-9 am—Spirit Walk n' Roll — Family Life Center Gym					
	<u>10-11 am</u> Tai Chi, Fellowship Hall		<u>5:15 pm</u> Same Boat Friends, carpool to Bass Lake Inn	<u>10:30 am</u> Chair Pilates, Family Life Center	<u>1 pm</u> Mahjong, Lounge	
30	July 1	2	3	4	5	6
<u>10:30 & 11:15 am</u> FLC Q&A, Bell St <u>10 am</u> Traditional Wor- ship, Bell St. <u>11:30 am</u> RISE to Shine Worship, Bell St.	8-9 am—Spirit Walk n' Roll — Family Life Center Gym					
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www.fedchurch.org

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Primetime

Mission Statement

Primetime is a church-based organization providing spiritual growth, service to others, and education. This program provides opportunities for social involvement and gives people a sense of community and support. Federated Church sponsors this program to help enrich the lives of its members and the wider community.



June Birthdays

Pat Mitchell	3	Dick Fox	15
Nancy Martt	4	Elisabeth Meine	16
Gayle Bauer	4	Shirley Malzer	16
Duncan McVean	8	Laura Davis	16
Lily Hill	10	Mary Lou Riegel	18
Darlene Griffiths	10	Sally Smith	24
Jim Smith	11	Betty Stitt	25
Don Anderson	13	Jim Meyer	28
Nancy Carpenter	14		