

# Primetime

"A Mission in our Midst"

## December 2019

### Newsletter



*"For a child will be born to us, a son will be given to us; And the government will rest on His shoulders; And His name will be called Wonderful Counselor, Mighty God, Eternal Father, Prince of Peace."* Isaiah 9:6

Merry Christmas!

I bet many of you have some great holiday traditions. Probably some Christmas ornaments with a funny story behind them too. I would love to hear about them!

Primetime's fundraiser in October was a blast! I would like to thank all the companies and individuals that helped make this happen. So many wonderful donations. The Blind Squirrel Winery was perfect for the event and they were so nice.

Our Mystery Trip in October included dining at the Dragon Fly Teahouse in Canal Fulton and shopping for chocolates at the Harry London/Fannie May Fine Chocolates Factory in Canton. Many of you might already know this, but Fannie May and Harry London joined forces in 2003. The moment you walk through the doors, the smell of chocolate gets you ready to sample some! As the largest factory store in the Midwest, you can select from over 500 varieties of candies and chocolates – my favorite are the buckeyes (of course)! We got a great shot by the big ginormous chair out front.



In November, we got to see and learn about some of the art showcased at University Hospital Ahuja Medical Center. Tom Huck, the art curator, did an excellent job of describing why some of the artwork there can create conversations, bring in the feel of the outdoors and bring comfort to patients. Their art collection started in 1988 and now they have over 2,700 pieces, of which eighty percent is donated! We finished off the trip with some warm Duck Donuts – they were so good, you can't eat just one.

Wishing all of you a joyous Christmas season,

Dolly Herschel  
Primetime Coordinator





# Primetime Photo Gallery





Chronic obstructive pulmonary disease (COPD) encompasses a group of diseases that cause airflow blockage and breathing related problems including emphysema and chronic bronchitis. COPD is both preventable and treatable, yet it represents a challenge to the healthcare system, both in the U.S. and worldwide.

Assessment for COPD involves determining the level of airflow limitation, its impact on the patient's health status, and the risk of exacerbations, hospital admissions, or death.

COPD can be mistakenly diagnosed as chronic asthma, as a clear distinction between the two is not possible using imaging and physiological testing techniques. In these patients, management is similar to that of asthma.

Once COPD is confirmed, the etiology must be determined. For most patients, the cause is long-term cigarette smoking. However, it is important to note whether underlying asthma, workplace exposure, or other risk factors are contributory, as mitigation of ongoing exposures may reduce disease progression.

Spirometry is the most commonly utilized diagnostic tool to determine disease severity and the risk of exacerbation. Treatment goals in patients with COPD exacerbations are to minimize symptoms of the current exacerbation and to reduce the risk of future exacerbations.

Pharmacists are in a unique position to improve outcomes in patients with COPD. Because pharmacists see patients on a relatively frequent basis, they are able to provide ongoing support to address issues that may interfere with medication adherence, such as complex medication regimens, adverse effects, and cost.

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***The Musical Theater Project presents***  
**A Christmas Cabaret at Nighttown**  
**Monday, December 16 | 5:30 pm**

**Christmas Classics and the Stories behind them featuring: Bill Rudman, Nancy Maier, Joe Monaghan, & Bridie Carroll.**



Before you can say "sleigh ride," The Musical Theater Project is back with our annual holiday treat! The show isn't complete until everyone joins in on "White Christmas" — but that's just one of several dozen songs that appeal to every generation. The hits range from "Winter Wonderland," "Let it Snow" and "Have Yourself a Merry Little Christmas," to Irving Berlin's 101-year-old salute to Santa Claus and our inevitable tributes to Rudolph, Frosty and that mean one, Mr. Grinch.

Prior to the concert, we will have dinner at Nighttown, on your own.

**When:** Meet at Family Life Center at 5:15 pm, Depart at 5:30 pm.  
Return around 11:00 pm.

**Cost:** \$35

**Meal:** Dinner at Nighttown—on your own.

**Reservations:** Call 440.247.6490. Payment due by Saturday, December 7.



## Primetime Federated Forum

Bell St. Fellowship Hall

Monday, December 9

Presentation at 1:00 pm (new time)

*Refreshments to follow*

Presenters: Marian Vogel, lyric soprano soloist, and Marcia Snively, piano accompanist and soloist.

Open to the whole church and to the entire community, Federated Forum is pleased to present for the month of December a special musical program featuring the renowned operatic soprano, Marian Vogel. She will be accompanied on piano by our own very talented Marcia Snively.

Marian has a very impressive resume which we haven't the space to present in this short ad. But, just to mention a few highlights, She has been hailed as a gifted performer both on the concert and operatic stages. She has been described as "thrilling", "surprisingly powerful" and "bursting with dramatic intensity".

She has debuted in Carnegie Hall under the baton of John Rutter performing both the Mozart Requiem and Rutter's Magnificat. She has performed on several occasions with the Cleveland Orchestra with conductor Franz Weiser-Most. Marian recently performed on tour in Vienna and Luxembourg with the orchestra in the "Cunning Little Vixen. She has made concert appearances which include music such as the Incidental Music of Beethoven, the Requiems of Verdi, Brahms,

Mozart and Rutter. Her repertoire also includes Four Last Songs from Strauss, and a Concert from Porgy and Bess. Unfortunately, her impressive list of music in concerts include far too many to list here.

Regarded as resplendent both vocally and dramatically, Marian is quite at home on the operatic stage and has made frequent appearances with the Cleveland Opera.

She has made critically acclaimed performances as Violetta in La Traviata and leading roles in Madam Butterfly, Carmen, Don Giovanni and Tosca, La Boheme, The Magic flute and many other famous operas.

Marian has been described as "exquisite," "vocally alluring" and "irresistible." She has won many awards among them is first prize in the Metropolitan Opera National Council District Auditions.

Join us for a fun-filled afternoon of beautiful music. This is a chance to see a performance by Marian Vogel, a critically acclaimed professional operatic singer, and to hear our own professional musician, Marcia Snively, play the piano and organ which is always a wonderful musical treat.



## Do you hear what I hear . . . ?

### *Hearing Better with the Loop Audio System in our Church, a message from Jane Kenneweg*

Those familiar words from the Christmas carol go through my head as I write about the outstanding, technically advanced **loop audio system** of our church. Federated is only one of a few churches in the area that has this benefit, gifted to our church by a few concerned members. The loop was recently installed in Fellowship Hall, too, through the Capital Campaign.

Many of us wear hearing aids which allow us to participate in the worship service and programs in Fellowship Hall. Even so, hearing aids are often not enough; we still miss some of the words. Distance from the sound source, the speaker's projection, background noise and echoes all have effects on our hearing.

ENTER THE LOOP!\* With this audio system, we can hear very well! The magic is in the *telecoil*, an available program in most hearing aids and all cochlear implants, which must be activated by the audiologist. To use it we just press the button in our hearing aid and the difference is amazing. Sound travels directly from the source to our ears, with the additional benefit of our own aid's microphones, customized for our individual pattern of hearing loss.

So, tune in, and hear what I hear!

\* The "loop" refers to an induction system in which a conductor cable is installed under the carpet. Current is amplified by a loop amplifier and sent to this magnetic cable. The loop of cable around the room provides a magnetic field which delivers the high quality sound to the listener's telecoil in the hearing aid or cochlear implant.



## GLOW at Cleveland Botanical Garden

Wednesday, December 11 | 11:00 am

Let's get into the holiday spirit at the Cleveland Botanical Garden! To celebrate the holiday spirit, they have beautiful and creative Christmas trees and gingerbread houses. Their theme for their famous displays of gingerbread houses this year is "Glow" with focus on the "home" and the glow that emanates from our homes, both physically and metaphorically during the Christmas season.

Before our visit to the Botanical Garden we will have lunch at one of our favorite restaurants – L'Albatros! We will have a select menu of their appetizers, main dishes and desserts.

**When:** Depart from Family Life Center at 11:00 am.  
Return around 4:15 pm.

**Meal:** Lunch at L'Albatros, on your own.

**Cost:** \$20.

**Reservations:** Call 440.247.6490.  
Payment due by Wednesday, December 4.



## Lunch Out: The Cabin Restaurant

Thursday, December 5

12:00—1:30 pm

This month, we will be traveling to The Cabin Restaurant. The Cabin Restaurant is housed in the original 1850's log cabin of the Aurora Spa property and connects the spa and hotel facilities. It is decked out for the holidays so let's enjoy a warm meal and great company.

Where: 35 East Garfield Road (route 82), Aurora, OH

RSVP: Call 440.247.6490 by Wednesday, November 27.  
When you call, indicate if you want to carpool from the Family Life Center.



# Save the Date!

**Monday, January 13**

Federated Forum: Eric Kish, presenting on  
"How Immigrant Composers Invented  
Hollywood Movie Music"

IN MEMORIAM

Recognition of those  
Primetime friends who  
have recently passed  
away. May God welcome  
them with open arms.

***Jane Davis  
Olney Dekker***





# Ongoing Primetime Offerings

## **Spirit Walk & Roll—Temporarily Cancelled**

We are currently consolidating custodial resources and temporarily moving many of our meetings and events over to Bell St. Stay tuned to future editions of Primetime for Spirit Walk & Roll to return.

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## **Pillows for Hospice—2nd Monday, 10 am in Bell St. Small Meeting Room**

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.

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## **Primetime Bridge—1st, 3rd (and 5th) Tuesdays, 12:30-3:30 pm in 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.

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## **Same Boat Girlfriends—**

Same Boat Girlfriends is a social group for widowed women that meets each month. For more information about the December 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!

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## **Same Boat Friends—Wednesday, December 18 5:15 pm** *(Third Wednesday due to holidays)*

"Same Boat" friends is a social group for widowed men. In December, we will go to Rose Italian restaurant in Solon. We will carpool, so plan to arrive at the church by 5:15 pm. To RSVP, call Don Hoke at 440.338.8219 by Monday, December 16. All widowed men are welcome. When you call, advise if you need a ride.

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## **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!

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## **Balance, Balls & Bands—Thursday 10:30-11:30 am in Bell St. Fellowship Hall**

Formerly Chair Pilates. 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.

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## **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](http://www.taichicleveland.com).

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## **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.

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# December 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>1</b>	<b>2</b> <u>10-11 am</u> <i>Tai Chi</i> , Fellowship Hall	<b>3</b> <u>12:30-3:15 pm</u> <i>Primetime Bridge</i> , Lounge <u>7-9 pm</u> <i>Advent by Candlelight</i> , Fellowship Hall (see website)	<b>4</b>	<b>5</b> <u>10:30 am</u> <i>Balance, Balls &amp; Bands</i> , Fellowship Hall <u>12 pm</u> <i>Lunch Out</i> at The Cabin Restaurant <u>2-4 pm</u> <i>Primetimers go bowling</i> in Solon	<b>6</b> <u>1 pm</u> <i>Mahjong</i> , Lounge	<b>7</b>
<b>8</b> <u>10 am</u> <i>Traditional Worship</i> , Bell St. <u>11:30 am</u> <i>RISE to Shine Worship—Children's Choir Christmas Musical</i> , Bell St.	<b>9</b> <u>10-11 am</u> <i>Tai Chi</i> , Fellowship Hall <u>10-11:30 am</u> <i>Pillows for Hospice</i> , Small Meeting Room <u>1:0-3 pm</u> <i>Primetime Federated Forum</i> , Fellowship Hall <u>3:15 pm</u> <i>Primetime Ministry Team Mtg</i> , Conference Room	<b>10</b>	<b>11</b> <u>11:00 am</u> <i>Trip to Cleveland Botanical Garden</i> , Meet at FLC <u>6 pm</u> <i>Wondrous Wednesday Dinner &amp; Program</i> , Fellowship Hall (See website)	<b>12</b> <u>10:30 am</u> <i>Balance, Balls &amp; Bands</i> , Fellowship Hall	<b>13</b> <u>1 pm</u> <i>Mahjong</i> , Lounge	<b>14</b>
<b>15</b> <u>10 am</u> <i>Traditional Worship—Bach Cantata: Tribute to Bob Faroo</i> , Bell St. <u>11:30 am</u> <i>RISE to Shine Worship</i> , Bell St.	<b>16</b> <u>10-11 am</u> <i>Tai Chi</i> , Fellowship Hall <u>5:30 pm</u> <i>Trip to Nighttown</i> , Meet at FLC	<b>17</b> <u>12:30-3:15 pm</u> <i>Primetime Bridge</i> , Lounge	<b>18</b> <u>5:15 pm</u> <i>Same Boat Friends</i> , meet at Bell St. and carpool to Rose Italian <u>7 pm</u> <i>Service of Solace</i> , Bell St.	<b>19</b> <u>10:30 am</u> <i>Balance, Balls &amp; Bands</i> , Fellowship Hall <u>2-4 pm</u> <i>Primetimers go bowling</i> in Solon	<b>20</b> <u>1 pm</u> <i>Mahjong</i> , Lounge	<b>21</b>
<b>22</b> <u>10 am</u> <i>Traditional Worship</i> , Bell St. <u>11:30 am</u> <i>RISE to Shine Worship</i> , Bell St.	<b>23</b> <u>10-11 am</u> <i>Tai Chi</i> , Fellowship Hall	<b>24</b> <u>4 pm, 6 pm, 8:30 pm, 11 pm</u> <i>Christmas Eve Candlelighting Services</i> , Bell St. Sanctuary or Chapel	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
<b>29</b> <u>10 am</u> <i>Traditional Worship</i> , Bell St.	<b>30</b>	<b>31</b>	All Buildings closed for Christmas Holiday			





The Federated Church  
76 Bell Street  
Chagrin Falls, OH 44022  
440-247-6490  
[www.fedchurch.org](http://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.*



## December Birthdays

Dave Devore	8	Roger Pettibone	26
Keith Mast	10	Jim Whitelaw	28
Marge Cook	18	Kathy Kolcaba	28
Don Hoke	19	Bill Kenneweg	30
Carol Grubb	19	Dorn Cobbledick	31
Ruth Walker	21		

If you would like to subscribe or unsubscribe from our newsletter, please call 440.247.6490 or email Dolly Herschel at [dherschel@fedchurch.org](mailto:dherschel@fedchurch.org).