

# Primetime

"A Mission in our Midst"

January 2020

Newsletter



*"Arise, shine, for your light has come, and the glory of the Lord rises upon you." Isaiah 60*

Happy New Year!

As I remember the presentation of November's Federated Forum speaker, Fran Bayless, I can tell you that one of my New Year's resolutions will be to never go to Antarctica! Since 1990, Fran has traveled to the Arctic and Antarctica pursuing nature's treasures 14 times and knows how to dress for below 70 degrees freezing weather. She is an excellent wildlife photographer and showed us some amazing shots of Antarctica and her beloved penguins. She did this last trip at 90 years of age! Her pictures really drew me into the wonder, inspiration and beauty of the environment and the birds living within the areas! The shots of the Antarctic Emperor were exceptional. You can check out some of these fabulous pictures on her website: [www.worldnaturephotos.net](http://www.worldnaturephotos.net).

Also, in November, we returned to the Market Garden Brewery Restaurant, West Side Market and Mitchell's Ice Cream. We bought lots of fixings for our Thanksgiving meals. So many choices for meats, cheese and my favorite, BAKED GOODS!

We were getting into the Christmas spirit as we had our "Lunch Out" at The Cabin in Aurora last month. They really know how to decorate for the holiday season! It was nice to catch up with friends.

Thanks to my committee, the church and all of you who attend our gatherings. I am always so happy to see you!

Keep warm,

Dolly Herschel  
Primetime Coordinator





# Primetime Photo Gallery



Welshfield Inn



December Federated Forum

## Apollo's Fire Tickets on sale NOW!

Friday, January 24, 7:30 pm | Bell St. Sanctuary

Tickets are available between services on Sunday mornings,  
or go to [fedchurch.org/concerts](https://fedchurch.org/concerts) to purchase online and read  
more information.

Advance purchase (General Admission)—\$35

At-the-door (General Admission)—\$45

Premium seating (Front of house/balcony)—\$60

Student admission (18 and under)—\$15





Most people experience anxiety at some point in their lives. Anxiety is a reaction to stress that can manifest itself in both psychological and physical features. Generalized anxiety disorder (GAD) is one of the most common types of anxiety disorders treated in the primary care setting. While worry is a normal human experience, patients with GAD differ from others in their frequency and duration of worry. Risk factors for the development of GAD include being a woman, low socioeconomic status, and exposure to childhood adversity. Patients with GAD generally respond positively to a combination of non-pharmacologic and pharmacologic interventions.

GAD produces chronic, exaggerated worrying about everyday life. Worry is a common experience for most adults. While a healthy person may worry up to an hour a day, a person suffering from GAD may worry from three to 10 hours per day, for durations of six months or longer. Persistent worry is difficult to control and causes significant distress or impairment. GAD may affect various areas of daily life including social, work, school and family. When physical effects persist due to chronic anxiety, significant aftereffects may potentially develop. For example, patients with GAD are at greater risk than others for heart attack and other cardiovascular problems.

GAD is particularly prevalent in primary care settings; however, patients rarely report symptoms.

Long-term maintenance of GAD involves preventing relapse and improving quality of life. When communicating with patients with GAD, you should remain objective while offering empathy, support, and encouragement.

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## Tai Chi Update

Tai Chi classes are available on Mondays at 10 am in Fellowship Hall. Here is an update from the instructor, Ed Niam, about payment and attendance.

Please note the revised pricing structure starting Jan 2020:

Single student eight-week session – \$135. Two student family package eight-week session – \$220.

Six-month advance payment – two free weeks. One-year advance payment – four free weeks.

The new fee structure will take effect on January 1. Anything paid for prior will utilize the current pricing.

Any student who refers someone new will have two weeks added to their current session.

### Payment and Attendance Policy?

Payment for an eight-week session is required prior to or no later than your first class. Your payment for an eight-week session allows you to attend any or all of the three weekly group classes offered at three locations: Federated Church, All About Dance! in Stow, and Namaste Yoga Studio in Northfield. You are encouraged to attend as many that fit your schedule. If you miss a class or if your class falls on a holiday, you have the option of making it up in any of the weekly classes offered to the public. There are no credits or refunds. If you decide to continue your training, your next payment is due on the last class of your current session.

Thank you for your attention to this matter and your continued support. It is an honor and pleasure to work with all of you. Find more information at [www.taichicleveland.com](http://www.taichicleveland.com).

- Ed Niam

## Primetime Federated Forum

Bell St. Fellowship Hall

Monday, January 13

Refreshments at 1:30 pm

Program at 2:00 pm

Presenter: Eric Kish

Eric Kish has a lifelong passion for music, avidly attending recitals, orchestra concerts and the opera. His program will be "How Immigrant Composers Invented Hollywood Movie Music."

The rise of the talkies coincided with the rise of Hitler, and so those Jewish artists who could get away did just that. Three giants came to Hollywood: Erich Wolfgang Korngold, Max Steiner and Franz Waxman. Their film scores defined the Hollywood movie scores for decades. EVERYONE will remember the tunes once he plays them!

On the air since January 2004, Eric's radio program, "Musical Passions" on WCLV 104.9, is the culmination of Eric's dream to share his passion for music with a wider audience. In Cleveland, he was involved with the Ohio Chamber Orchestra and the Cleveland Chamber

Music Society. He has given many talks about music, musicians, and the insanity of collecting recordings, as well as about his family's experiences during World War II in Shanghai.

In recent years, he has regularly presented courses on musical subjects at CWRU's Laura and Alvin Siegal Lifelong Learning Program, most recently "Jews and Music During the Holocaust Era" in conjunction with Cleveland's celebrations honoring the "Violins of Hope."

His unique accent is a combination of a childhood in Australia, followed by nearly three decades in New York City and more than a quarter century in Ohio.

He is bigger than life!  
Don't miss this one!



## St. Paul's Food Need

Ohio City Power, managed by Lisa Braun (former Primetime coordinator), collects food donations to be used by a cook at St. Paul's Community Church in preparation of lunches (Soup for the Soul). These lunch meals provide food for the needy from the area around St. Paul's. For some folks, this may be the only meal of the day. About 40-60 people partake daily.

While there is a regular supply of bagels (donated by Einstein's, collected by Jane Biggar), donations of other items for meal preparations are now in short supply. The most needed item is meat of various kinds (e.g. poultry, beef, pork, bacon, sausage). Eggs are needed, also (arrange for delivery in advance). Donations would be greatly appreciated.

If you are inclined to help the needy in this way, you may put your donation in the chest freezer in the tunnel at Federated Church labeled clearly OCP and advise Kathy or Don. The food is transported to St. Paul's weekly by Kathy Kolcaba (parish nurse) or Don Hoke.

For further information, contact Lynne Kessell (lynnekessell@hotmail.com), Kathy Kolcaba (kathykolcaba@yahoo.com), Lisa Braun (lisabraun@ohiocitypower.net, 440.289.1657) or Don Hoke (dhoke44022@yahoo.com, 440.338.8219).



## Dinner and Theater

Wednesday, January 15 | 4:45 pm

How about a little murder in 2020?

Plan on joining us for a dress rehearsal of the Art of Murder at the Chagrin Valley Little Theatre. We will start at the M. Italian Restaurant at 4:45pm 22 West Orange Street. Then walk a short distance to the theater to see the play.



The play written by Joe DiPietro is a comic thriller that takes us to the Connecticut countryside estate of an accomplished painter bent on killing his flamboyant art dealer. His wife, a talented artist herself, may have other plans for both the art dealer and her husband. This taut, funny play has plenty of twists to keep you guessing who's got it in for whom between laughs

**When:** Meet at M. Italian at 4:45. (There will not be a bus. Do not go to the Family Life Center.)

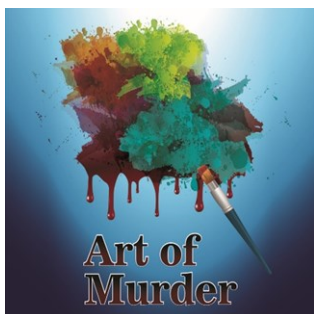
**Meal:** Dinner at M. Italian, on your own.

**Cost:** \$10.



**Reservations:** Call 440.247.6490.

Payment due by Wednesday, January 8.



## Lunch Out: Burntwood Tavern

Thursday, January 16

12:00—1:30 pm

This month, we will be traveling to Burntwood Tavern in Chagrin Falls. Meet us at the restaurant at noon for a fun afternoon.

Where: 504 E Washington St., Chagrin Falls, OH

RSVP: Call 440.247.6490 by Friday, January 10.



# Save the Date!

**Thursday, February 6 — 10 am**

**Western Reserve Distillers:**

**Tour, Tasting, Lunch**

Cost will be \$25 or less. Lunch included.

Traveling on a Precious Cargo bus.

Limited to 30 people. Reservations: call 440.247.6490. Payment due by January 25.



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

**Joan Barrow  
Paul Hay**



# 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 January outing, and to RSVP, contact Jenny Evans at 440.364.3323 or [jenny8854@sbcglobal.net](mailto: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, January 29 5:15 pm**

"Same Boat" friends is a social group for widowed men. In January, we will go to Yours Truly in Chagrin Falls. Go directly to the restaurant, and plan to arrive by 5:15 pm. To RSVP, call Don Hoke at 440.338.8219 by Monday, January 27. 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 \$135 single or \$220 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](mailto:amngh@icloud.com).

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# January 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1  All buildings closed for New Year's Holiday	2 <u>10:30 am</u> Balance, Balls & Bands, Fellowship Hall <u>2-4 pm</u> Primetimers go bowling in Solon	3 <u>1 pm</u> Mahjong, Lounge	4
5 <u>10 am</u> Traditional Worship, Bell St. <u>11:30 am</u> RISE to Shine Modern Worship	6 <u>10-11 am</u> Tai Chi, Fellowship Hall	7 <u>12:30-3:15 pm</u> Primetime Bridge, Lounge	8 <u>6 pm</u> Wondrous Wednesday Dinner & Program, Fellowship Hall (See website)	9 <u>10:30 am</u> Balance, Balls & Bands, Fellowship Hall	10 <u>1 pm</u> Mahjong, Lounge	11
12 <u>10 am</u> Traditional Worship, Bell St. <u>11:30 am</u> RISE to Shine Modern Worship	13 <u>10-11 am</u> Tai Chi, Fellowship Hall <u>10-11:30 am</u> Pillows for Hospice, Small Meeting Room <u>1:30 pm</u> Primetime Federated Forum, Fellowship Hall <u>3:15 pm</u> Primetime Ministry Team Mtg, Conference Room	14	15 <u>4:45 pm</u> Trip to Chagrin Valley Little Theater, Meet at M. Italian in Chagrin Falls	16 <u>10:30 am</u> Balance, Balls & Bands, Fellowship Hall <u>12 pm</u> Lunch Out, Burntwood Tavern <u>2-4 pm</u> Primetimers go bowling in Solon	17 <u>1 pm</u> Mahjong, Lounge	18
19 <u>10 am</u> Traditional Worship, Bell St. <u>11:30 am</u> RISE to Shine Modern Worship	20  All buildings closed for MLK Jr. Day	21 <u>12:30-3:15 pm</u> Primetime Bridge, Lounge	22	23 <u>10:30 am</u> Balance, Balls & Bands, Fellowship Hall	24 <u>1 pm</u> Mahjong, Lounge <u>7:30 pm</u> Apollo's Fire Concert, Sanctuary (See website)	25
26 <u>10 am</u> Traditional Worship, Bell St. <u>11:30 am</u> RISE to Shine Modern Worship	27 <u>10-11 am</u> Tai Chi, Fellowship Hall	28	29 <u>5:15 pm</u> Same Boat Friends, meet at Yours Truly in Chagrin Falls	30 <u>10:30 am</u> Balance, Balls & Bands, Fellowship Hall <u>2-4 pm</u> Primetimers go bowling in Solon	31 <u>1 pm</u> Mahjong, Lounge	





The Federated Church  
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[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.*



## January Birthdays

Don Weygandt	2	Jack Abbott	20
Kathie Biggin	2	Mary Mason	21
Sue Mansour	4	Joyce Gorretta	21
Dave Carpenter	7	Lori Frey	25
Ralph Spresser	8	Carol Basler	26
John Fitzgerald	10	Ginger Gratzl	29
William Bauer	15	Elsie Lutman	30
Jane Hinman	18		
Skip Riegel	19		

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).