

Primetime

"A Mission in our Midst"

February 2020

Newsletter



"The hunger for love is much more difficult to remove than the hunger for bread." ~ Mother Teresa

Happy Valentine's Day!

Remember when we were in grade school and would decorate Valentine's Day boxes, write out little cards, and proudly distribute them to everyone in our class? Cards are a wonderful thing to receive. Maybe you have a friend, relative, or someone else who might enjoy a little reminder that someone is thinking of them on Valentine's Day.

We experienced three amazing events in December that involved some fantastic Christmas music.

At Federated Forum, Marian Vogel delighted us with the voice of an angel. Marcia Snavelly, our church organ player, accompanied by her on the piano and we all just sat back in awe.

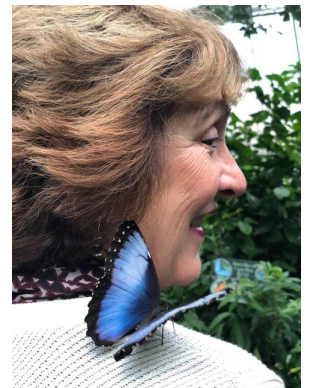
Our trip to Nighttown produced more favorite Christmas music along with some history of each song's origins. We enjoyed our meal as we listened and laughed to this musical production put on by The Musical Theater Project.

Carrying on with the Christmas theme, we visited the Cleveland Botanical Gardens. We were able to absorb some great decorating ideas from seeing all their different themed Christmas trees. One had pictures of babies on it! I won't decorate my tree that way, but everyone smiled when they looked at it! It was so nice to go into the warm tropical jungle area and see the birds and butterflies up close!

In January, we went to the Intermuseum Conservation Association. The museum restores and preserves historical and cultural artifacts. The 18,000-square-foot facility is climate-controlled and it stores many collections from Oberlin's Allen Memorial Art Museum and Stan Hywet Hall. They also work on many items from the Rock and Roll Hall of Fame. When we were there, they were working on a Chet Atkins guitar from The Rock Hall. Mr. Atkins was known as "Mr. Guitar" and "The Country Gentleman." What was spectacular was they were repairing a shawl that was Mary Todd Lincoln's, as well as a suit from President Warren G. Harding. Yes, we will go back!

We are renting buses from Precious Cargo now for our trips. The heater and air conditioner work, the seats are very comfortable and the ride is smooth. So, please give us a call at 440.247.6490 and sign up for our upcoming trips!

With Love ♥,
Dolly Herschel
Primetime Coordinator



Primetime Photo Gallery



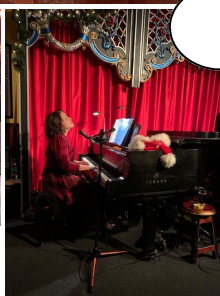
Botanical Gardens



January Federated Forum

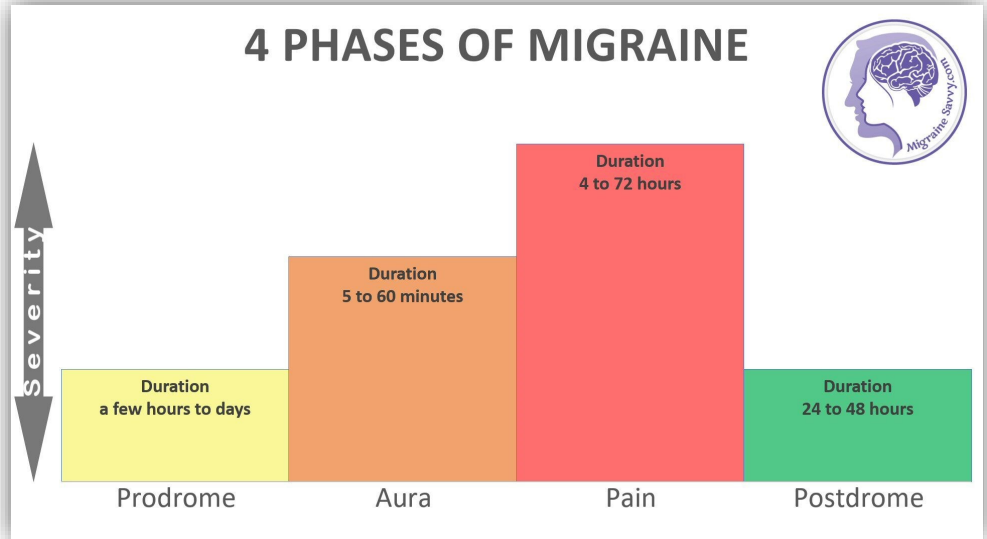


Nighttown



Intermuseum Conservation Association

Migraine headache (HA) is a serious and debilitating condition that affects more than 37 million people in the United States. Migraine HA is among the top 20 reasons for outpatient visits and the fourth most common cause for emergency department visits. It is estimated half of all migraine sufferers remain undiagnosed, and 90 percent of diagnosed patients report some level of functional disability.



The four phases of migraine development are premonitory symptoms, aura, headache (HA) and the resolution phase. Even though these four phases are often observed in migraine patients, not all patients will go through all phases.

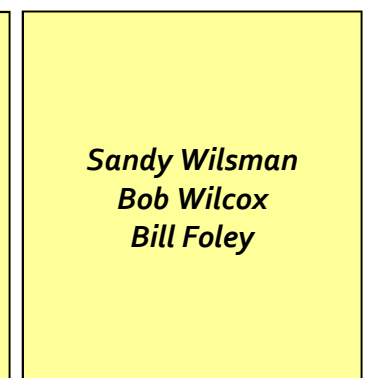
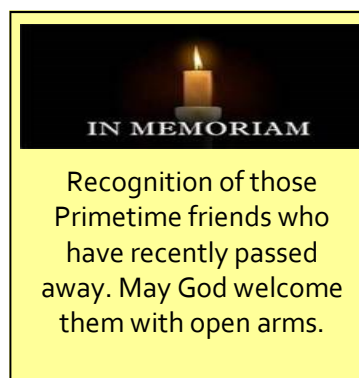
Sixty percent of migraine sufferers experience the premonitory phase. It occurs hours to days prior to headache onset. The patient may experience such symptoms as a stiff neck, hunger, food cravings, feeling cold, anorexia, drowsiness, sluggishness, thirst, fluid retention, increased frequency of urination, diarrhea and constipation. Psychological symptoms may be observed such as depression, hyperactivity, euphoria, irritability, restlessness, mood changes, and anxiety.

Aura is caused by the spreading or transmission of the neurogenic pain in the brain. Aural symptoms occur within an hour of onset of the HA, usually develop over five to 20 minutes after emergence and last for less than one hour. Symptoms may include flashing lights, zigzag lines, blurred vision, tunnel vision, paresthesia, hallucinations, distortions, speech disturbances, and hemiparesis. They are often described as exotic or bizarre.

The migraine headache occurs after the aura fades. Each episode lasts four to 72 hours. Due to the worsening of symptoms with activity, patients often find it more comfortable to rest in dark and quiet rooms.

The migraine resolution phase occurs after the HA is over. The conclusion of all four phases of migraine development often leave a patient exhausted and many are unable to function for more than a day.

Migraine HA may be mild, moderate, or severe. Mild migraines are characterized by occasional throbbing and result in little to no impairment in daily function, while moderate or severe migraines may exhibit moderate to very severe pain, nausea, vomiting, and significant impairment of daily functions.



Primetime Federated Forum

Bell St. Fellowship Hall

Monday, February 10

Refreshments at 1:30 pm

Program at 2:00 pm

Presenter: Dr. Mari Halkovich

**Program: Glitz and Glamour in the White House:
Seven Presidential First Ladies from Ohio, Their
History and Fashion**

We appreciate Hamlet at Chagrin Falls for sponsoring this program.

After retiring as a school district superintendent, Dr. Mari Halkovich began a second career which combines her interest in history with her love of antique and vintage jewelry. She started her antiques business, Vintage Vanities, and began participating in antique shows, often traveling to other states to buy, sell, and appraise jewelry.

Mari is constantly updating and expanding her knowledge of vintage jewelry. She attends conferences and classes nationally. She is a member of the Gemological Institute of America, American Society of Jewelry Historians, and Costume Jewelry Collectors International.

Mari enjoys enthusiastically sharing her knowledge in this area by presenting programs and teaching classes at the University of Akron.

She is a resident of Granger Township in Medina County, Ohio.

Visit her website at vintagevanitiesjewelry.com



Western Reserve Distillers—Tour, Tasting and Lunch

Thursday, February 6 | 10:00 am

Western Reserve Distillers is a family owned Organic Craft Distillery producing world class spirits in Lakewood, Ohio, which is just a few miles from downtown Cleveland. All of the products are hand crafted in small batches from Ohio farms within 150 miles of the distillery. Each and every product is carefully crafted with an attention to detail often lacking in the products produced by major brands these days.

We will be joining them for a tour of their facilities. The envy of all is the beautiful handmade, 3000L, copper hybrid pot still. It is a sight to behold with the 24 plates inside the tall towers working hard and allowing the distillery to go from mash to the final spirit in a single pass. By doing things this way, they are preserving the natural flavors of the grains to bring a little bit of sunshine with every sip.

At the end of the tour. We will have tastings and a lunch on the premises.

When: Arrive at Family Life Center by 9:45 am for 10:00 am departure. Return around 3:30 pm

Meal: Lunch included.

Cost: \$25. Includes lunch and Precious Cargo bus transportation—more comfortable!

Reservations: Call 440.247.6490. Payment due by Saturday, January 25. Limited to 30 people.



Children's Museum of Cleveland and Slyman's Tavern

Thursday, February 13 | 10:15 am

In 2017, the Children's Museum moved into the Stager Beckwith Mansion, the oldest of the mansions on Cleveland's historic Millionaire's Row and one of the few still standing. We will learn the history of this beautiful 1866 building. The Stager Beckwith had had several owners over the years and served as the University Club for many years. In recent years the mansion went up for auction twice and when it finally went into forfeiture it was picked up by the Cuyahoga Land Bank. In 2014, Dick and Doreen Cahoon bought the mansion for just \$50,000 and gave it to the Children's Museum.

Our tour will highlight the building's history and how the conversion into a museum took place. We will also see their extensive collection of dolls and dollhouses. In displaying these large dollhouses, multiple rooms interconnect to show examples from formal mansions to stucco haciendas and from a safari camp to a Gothic greenhouse.

The Museum is closed to the public on Thursdays so there will not be any children around.

After our tour we will go eat at Slyman's Tavern near Pinecrest, which is known around the region as having the best corned beef! You are welcome Don Hoke!



We are now renting buses from Precious Cargo. It's a very comfortable ride with room for everyone!

When: Arrive at Family Life Center at 10:00 am and depart at 10:15 am. Return 3:15 pm

Meal: Lunch at Slyman's Tavern, on your own.

Cost: \$18.

Reservations: Call 440.247.6490. Payment due by Thursday, February 6.



Lunch Out: Mangia Mangia

Thursday, February 27

12:00—1:30 pm

This month, we will be traveling to Mangia Mangia at 11081 Kinsman Road in Newbury, OH (at the corner of 87 and Auburn Rd.). Meet us at the restaurant at noon for a fun afternoon.

RSVP: Call 440.247.6490 by Friday, February 21.



Save the Date!

Monday, March 9 —

1:30 Refreshments, 2:00 pm Program

Federated Forum:

"Send in the Clowns"

presented by Carol A. Lucas

Join us as she explore the lives and legacies of some world-famous comedians. See video clips of memorable comedy routines that will surely bring back memories.

Thursday, March 19 — 9:45 am

Medina Raptor Center



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.

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.

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.

Same Boat Girlfriends—Wednesday, February 12 5:30 pm

Same Boat Girlfriends is a social group for widowed women that meets each month. In February, we will meet at El Camino Mexican restaurant at 395 N. Aurora Rd. in Aurora. For Please RSVP to Jenny Evans at 440.364.3323 or jenny8854@sbcglobal.net by Tuesday, February 11. 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, February 26 5:15 pm

"Same Boat" friends is a social group for widowed men. In February, we will go to Village Martini and Wine Bar restaurant located at 516 E. Washington in Chagrin. Plan to arrive at the restaurant at 5:15 pm. To RSVP, call Don Hoke at 440.338.8219 by Monday, February 24. 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!

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.

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.

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.



February 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2 <u>10 am</u> <i>Traditional Worship, Bell St.</i> <u>11:30 am</u> <i>RISE to Shine Modern Worship</i>	3 <u>10-11 am</u> <i>Tai Chi, Fellowship Hall</i>	4 <u>12:30-3:15 pm</u> <i>Primetime Bridge, Lounge</i>	5	6 <u>10:00 am</u> <i>Trip to Western Reserve Distillers, meet at FLC</i> <u>10:30 am</u> <i>Balance, Balls & Bands, Fellowship Hall</i> <u>2-4 pm</u> <i>Primetimers go bowling in Solon</i>	7 <u>1 pm</u> <i>Mahjong, Lounge</i>	8
9 <u>10 am</u> <i>Traditional Worship, Bell St.</i> <u>11:30 am</u> <i>RISE to Shine Modern Worship</i>	10 <u>10-11 am</u> <i>Tai Chi, Fellowship Hall</i> <u>10-11:30 am</u> <i>Pillows for Hospice, Small Meeting Room</i> <u>1:30 pm</u> <i>Primetime Federated Forum, Fellowship Hall</i> <u>3:15 pm</u> <i>Primetime Ministry Team Mtg, Conference Room</i>	11	12 <u>5:30 pm</u> <i>Same Boat Girlfriends meet at El Camino</i>	13 <u>10:15 am</u> <i>Trip to Children's Museum, Meet at FLC</i> <u>10:30 am</u> <i>Balance, Balls & Bands, Fellowship Hall</i>	14 <u>1 pm</u> <i>Mahjong, Lounge</i>	15
16 <u>10 am</u> <i>Traditional Worship, Bell St.</i> <u>11:30 am</u> <i>RISE to Shine Modern Worship</i>	17 <div>All buildings closed for President's Day.</div>	18 <u>12:30-3:15 pm</u> <i>Primetime Bridge, Lounge</i>	19	20 <u>10:30 am</u> <i>Balance, Balls & Bands, Fellowship Hall</i> <u>2-4 pm</u> <i>Primetimers go bowling in Solon</i>	21 <u>1 pm</u> <i>Mahjong, Lounge</i>	22
23 <u>10 am</u> <i>Traditional Worship, Bell St.</i> <u>11:30 am</u> <i>RISE to Shine Modern Worship</i> <u>12:45 pm</u> <i>Annual Meeting</i>	24 <u>10-11 am</u> <i>Tai Chi, Fellowship Hall</i>	25	26 <u>5:15 pm</u> <i>Same Boat Friends, meet at Village Martini and Wine Bar</i> <u>7 pm</u> <i>Ash Wednesday Service</i>	27 <u>10:30 am</u> <i>Balance, Balls & Bands, Fellowship Hall</i> <u>12 pm</u> <i>Lunch Out, Mangia Mangia</i>	28 <u>1 pm</u> <i>Mahjong, Lounge</i>	29





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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.



February Birthdays

Blanche Winston	2	Gail Dekker	24
Jean Endle	4	Marilee Biel	24
Norma Bobbitt	9	Bill Shaul	24
Donna Rule	17	Don Poe	25
Paul Evans	23	Marilyn Pierson	27
Marnie Albers	23		

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