

Primetime

"A Mission in our Midst"

March 2020

Newsletter



He shall come down like rain upon the mown grass—as showers that water the earth.

Psalm 72:6

A friend of mine is fond of saying "If you're lucky enough to be Irish, you're lucky enough!" Another of her favorites is "May you live to be 100 years, with one extra year to repent!" And that's no blarney!

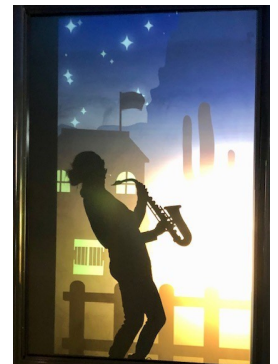
We kept very busy last month.

Mari Halkovich, our Federated Forum speaker, an expert in vintage jewelry, had our rapt attention as she explained the "Glitz and Glamour in the White House: Presidential First Ladies from Ohio." I was amazed to learn, for example, that First Lady Lucy Webb Hayes, wife of Rutherford B. Hayes, wore hair combs that started a huge fashion trend in the late-1880s. When William McKinley was our Commander in Chief in at the turn of the century until his assassination in 1901, his bride, First Lady Ida McKinley dressed very elegantly often donning an egret bird feather on her head band. Ladies all over the country jumped on this fashion bandwagon, which rendered the poor egret almost extinct.



Our first trip in February was a "spirited" one! We went to the Western Reserve Distillers where they make local gin, rum, rye and bourbon! We learned how these spirits are organically produced in an enormous copper hybrid pot still. At our tasting, we had to agree with them that it brings a little bit of sunshine with every sip!

Our next February jaunt enabled us to tour and play at the Children's Museum! We were "lucky enough" to visit on a Thursday when the museum is closed to the public, so we didn't have to share the stage for action fights (show picture of us fighting), playing a wooden instrument to music or the many, fun water activities. The doll houses themselves are worth the trip. The Museum is the perfect place to take the grandchildren and we felt like kids ourselves again! Even having worked up quite the appetites after all of our frolicking, we still couldn't finish our four-inch-high sandwiches at Slyman's Tavern, the famous delicatessen!



Please remember to sign up for our "Lunch Out" at 56 Kitchen, in Solon, this month – it's one of my favorite places to eat!

May your worries be slight, and your troubles be few - may the luck of the Irish always be with you!

Dolly Herschel

Primetime Coordinator

Primetime Photo Gallery



Chagrin Valley Little Theater



February Federated Forum

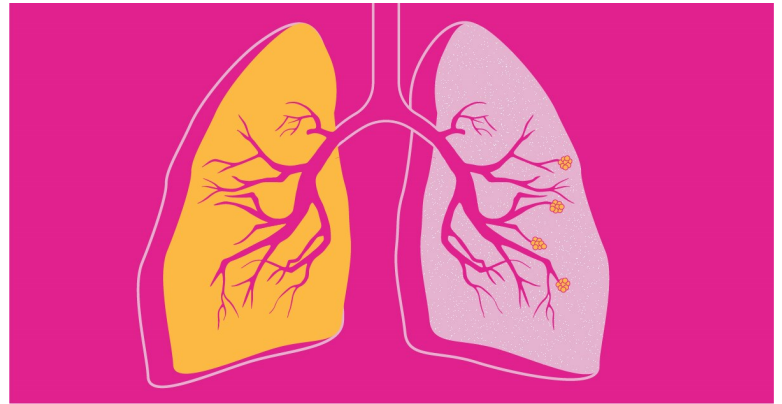


Children's Museum of Cleveland



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.

The risk of developing COPD is based on several factors. The most important modifiable risk factor is exposure to tobacco smoke. Exposure to indoor air pollution, outdoor air pollution, and occupational exposure to organic and inorganic dusts, chemical agents, and fumes place an increased burden on the lungs.



An estimated 62 percent of patients with moderate to severe COPD report variability in symptoms over the course of the day or week-to-week. Symptoms are typically worse upon waking. COPD is associated with three cardinal symptoms— (1) dyspnea (especially upon exertion), (2) chronic cough, and (3) increased sputum production.

Dyspnea, or shortness of breath, is persistent, progressively worse over time, and is characteristically worse with exercise. Chronic cough may be intermittent and unproductive; however, this varies by individual patient. Less common symptoms include chest pain/tightness, wheezing, weight gain, physical activity limitation, cough syncope, and feelings of depression or anxiety. Weight loss is generally more indicative of advanced disease and is associated with a worse prognosis. Comorbid disease that may accompany COPD include lung cancer, cardiovascular disease, metabolic syndrome, skeletal muscle weakness, anxiety, depression, and cognitive dysfunction. Because some of the symptoms of COPD overlap with those of other diagnoses, a thorough assessment must be performed.

Assessment of 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. Spirometry is the most commonly used 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.



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

Margaret Aldrich
Charles Blank
Tom Harvey
Muriel Lamppert
DeeDee Miller

Primetime Federated Forum

Bell St. Fellowship Hall

Monday, March 9

Refreshments at 1:30 pm

Program at 2:00 pm

Presenter: Carol Lucas

Program: "Send in the Clowns"

Sponsored by: The Campus of Anna Maria

A Cleveland native, Carol Lucas is a writer and educator. She has taught business writing at Cleveland State and presents lifelong learning courses for Tri-C's Encore Program.

"Send in the Clowns" is such a fun topic and covers some of our favorite comedians in history, including those in the Circus, Vaudeville, movies, and television," says Carol. We know them for their fuzzy hair, painted cheeks and pratfalls that make us laugh

one moment and cry the next. Who dwells behind such masks? Carol explores the lives of some of the world's most fascinating comedians (Bozo, Lucy, Sid and Imogene et al.)

"People enjoy reminiscing about these special times and what better way to do it than with your peers!"

We all remember Carol's spectacular presentation in October 2018 on the life of Walt Disney. That was fantastic!

So, join us for this wonderful informative and fun presentation.



Craft and Antique Co-Op Event

Thursday, March 19 | 10:00 am

At the Painesville Craft and Antique store, we will find over 150 shops! There is something for everyone. The vendors work very hard to bring you an easy-to-shop experience by providing a variety of items not found in your everyday stores. Not only do they provide great quality products, they also make it very affordable.

When: Arrive at Family Life Center at 9:45 am and depart at 10:00 am. Return 3:00 pm.

Meal: Lunch On Your Own in the café.

Cost: 15.

Reservations: Call 440.247.6490. Payment due by Thursday, March 12.



Raptor Encounters at Penitentiary Glen Reservation

Wednesday, March 11 | 11:30 am

We are going to visit the Kevin P. Clinton Wildlife Center at Penitentiary Glen Reservation. At this center they provide first aid and rehabilitation to nearly 2,000 injured or orphaned animals annually. Their patients include backyard wildlife such as rabbits, songbirds and some uncommon species such as peregrine falcons and bald eagles. Their goal is to return healthy wildlife back to the wild.

We will attend their program called "Raptor Encounters." Birds of prey also known as raptors are visible in late winter as they look for mates and nesting sites. Many of them are passing through on migration up north. Meet three of their Animal Ambassador raptors up close and learn about the habitats and behaviors of their wild counterparts in this special program.



First, we will have lunch at Tavern 6.

They opened five years ago and their "cupcake of the day" has been different every day! Over 1,500 different cupcakes served and still counting! They also make fresh every day is their cracked pepper chips with a blend of six peppers and buffalo sauce.



When: Arrive at Family Life Center by 11:15 am for 11:30 am departure. Return around 4:00 pm.

Meal: Lunch On Your Own at Tavern 6

Cost: \$15. Includes "Cupcake of the Day" at lunch, and Precious Cargo bus transportation—more comfortable!

Reservations: Call 440.247.6490. Payment due by Wednesday, March 4.

Lunch Out: 56 Kitchen

Thursday, March 26

12:00—1:30 pm

This month, we will be traveling to 56 Kitchen at 33587 Aurora Rd. in Solon. Meet us at the restaurant at noon for a fun afternoon.

Meal cost and transportation to the restaurant are "on your own."

To RSVP: Call 440.247.6490 by Friday, March 20.



Save the Date!

Tuesday, April 7 —

Day Trip

Cleveland Museum of Art



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—Thursday, March 12 5:30 pm

Same Boat Girlfriends is a social group for widowed women that meets each month. In March, we will meet for dinner at Rusty Bucket in Solon. Please RSVP to Jenny Evans at 440.364.3323 or jenny8854@sbcglobal.net by Wednesday, March 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, March 25 5:15 pm

"Same Boat" friends is a social group for widowed men. In March, we go to Mitchell's Fish Market in Woodmere. We will carpool, so plan to arrive at Federated Church on Bell St. at 5:15 pm. To RSVP, call Don Hoke at 440.338.8219 by Monday, March 23. 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.



March 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 <u>10 am</u> <i>Traditional Worship, Bell St.</i> <u>11:30 am</u> <i>RISE to Shine Modern Worship</i>	2 <u>10-11 am</u> <i>Tai Chi, Fellowship Hall</i>	3 <u>12:30-3:15 pm</u> <i>Primetime Bridge, Lounge</i>	4	5 <u>10:30 am</u> <i>Balance, Balls & Bands, Fellowship Hall</i> <u>2-4 pm</u> <i>Primetimers go bowling in Solon</i>	6 <u>1 pm</u> <i>Mahjong, Lounge</i>	7
8 Daylight Saving Time Begins <u>10 am</u> <i>Traditional Worship, Bell St.</i> <u>11:30 am</u> <i>RISE to Shine Modern Worship</i>	9 <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>	10	11 <u>11:30 am</u> <i>Trip to Penitentiary Glen Reservation, meet at FLC</i>	12 <u>10:30 am</u> <i>Balance, Balls & Bands, Fellowship Hall</i> <u>5:30 pm</u> <i>Same Boat Girlfriends meet at Rusty Bucket</i>	13 <u>1 pm</u> <i>Mahjong, Lounge</i>	14
15 <u>10 am</u> <i>Traditional Worship, Bell St.</i> <u>11:30 am</u> <i>RISE to Shine Modern Worship</i>	16 <u>10-11 am</u> <i>Tai Chi, Fellowship Hall</i>	17 <u>12:30-3:15 pm</u> <i>Primetime Bridge, Lounge</i>	18	19 <u>10:00 am</u> <i>Trip to Craft and Antique Co-Op, 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>	20 <u>1 pm</u> <i>Mahjong, Lounge</i>	21
22 <u>10 am</u> <i>Traditional Worship, Bell St.</i> <u>11:30 am</u> <i>RISE to Shine Modern Worship</i>	23 <u>10-11 am</u> <i>Tai Chi, Fellowship Hall</i>	24	25 <u>5:15 pm</u> <i>Same Boat Friends, carpool to Mitchell's Fish Market</i>	26 <u>10:30 am</u> <i>Balance, Balls & Bands, Fellowship Hall</i> <u>12 pm</u> <i>Lunch Out, 56 Kitchen</i>	27 <u>1 pm</u> <i>Mahjong, Lounge</i>	28
29 <u>10 am</u> <i>Traditional Worship, Bell St.</i> <u>11:30 am</u> <i>RISE to Shine Modern Worship</i>	30 <u>10-11 am</u> <i>Tai Chi, Fellowship Hall</i>	31 <u>12:30-3:15 pm</u> <i>Primetime Bridge, Lounge</i>				





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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.



March Birthdays

Larry Wiley	1	Becky Bartter	18
Kris Exline	2	Cathy Watterson	19
Leah Hassett	3	Carol Foley	21
Dick Masters	5	Susan Schreiner	22
Janet Peters	5	Richard Falkenberg	22
Ilona Chambre-Telfer	7	Jack Hobbs	24
Jeff Kerekes	9	Larry Trace	27
John Crabb	11	Dave Larson	28
Donna Hogarth	12	Ralph Hegsted	28
Roger Ehle	13	Lee Hoffman	28
Jackie Zahl	15	Joie Cody	30

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