

# Primetime

"A Mission in our Midst"

January 2021

Newsletter



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

Hallelujah for the vaccine!

Hopefully, many of you will be getting it very soon. And then... "All the places you'll go!" as Dr. Seuss puts it.

Still a no go for January activities for Primetime but hang in there a little longer and we will be back at it.

I should have had it in last month's newsletter but Don Hoke, our Chairman of Primetime, had his 90th birthday on December 19! So, if you didn't already, send this good man a birthday card. He has been so important to Primetime for many years. He was our co-pilot when we were on the bus, he was the gentleman helping you off the bus and he hardly missed any of our events. Thanks, Don, for always being there and lending a hand.



**Happy 90th Birthday, Don!**

Thanks also to those of you that read in the last newsletter to give me a call and wish me Merry Christmas! It was so nice to catch up! Now, you can call and wish me Happy New Year! My phone number is 440.785.5998 or you can email me at [dherschel@fedchurch.org](mailto:dherschel@fedchurch.org).

Be patient a little bit longer.

Stay safe and warm,  
Dolly Herschel

## Health and Wellness

*by Duncan McVean B.S., R.Ph. M.S., M.B.A., Ph.D*  
Health & Wellness Initiative Chair

Physical decline may begin in the 20s, but there are things every person can do to feel young. A study by Duke University found that some types of physical decline happen later than others. Hearing can begin to decline around age 25. On the other hand, lower body muscle performance decline may not be detectable until you are in your 50s.

Everyone wants to stay young, and perhaps the best way to do that is to take action. Physical activity brings more blood, nutrients, and oxygen to the brain, which is thought to help delay brain decline.

Although exercise is important, it's also important to take a break between sessions. Never taking a day off can impede your body's healing from the tiny tears caused by exercises.

If you stop eating before you're entirely full, that may help as well. Researchers have found that eating fewer calories can help metabolism. Another diet-related tip: ensure that your diet includes plenty of foods with antioxidants that break down free radicals and protect the brain.

Standing with proper posture can have an immense impact on how you feel, and how your spine is affected. Exercises that require pulling and reverse movements can help to avoid spinal problems later.

In conclusion, I convey my sincere desire that you all have a Merry Christmas and a Healthy, Happy New Year.

# I Want to Age Like Sea Glass

***Bernadette Noll***

I want to age like sea glass.  
Smoothed by tides  
but not broken.  
I want my hard edges to soften.  
I want to ride the waves  
and go with the flow.  
I want to catch a wave  
and let it carry me  
to where I belong.

I want to be picked up  
and held gently by  
those who delight in my  
well earned patina and  
appreciate the changes I went  
through to achieve that beauty.  
I want to enjoy the journey  
and always remember that if  
you give the ocean something  
breakable it will turn it into  
something beautiful.  
I want to age like sea glass.



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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	Sandy Sommers	20
Kathie Biggin	2	Mary Mason	21
Sue Mansour	4	Joyce Gorretta	21
Ralph Spresser	8	Becky Carter	23
John Fitzgerald	10	Lori Frey	25
William Bauer	15	Carol Basler	26
Jane Hinman	18	Ginger Gratzl	29
Skip Riegel	19	Elsie Lutman	30
Jack Abbott	20		