

Primetime



"A Mission in our Midst"

April 2021

Newsletter

For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life. For God did not send his Son into the world to condemn the world, but to save the world through him. - John 3:16-17

It might soon be time to come out of hiding and get back out there! Many of you have already had your first or second vaccination and are nearly ready to go!

Although the church is still closed for now, we can still meet for a walk! Let's plan on Wednesday, April 7, at 11:00 am and Friday, April 30, at 11:00 am at Frohring Meadows. The address is:

16780 Savage Road
Chagrin Falls, OH 44023

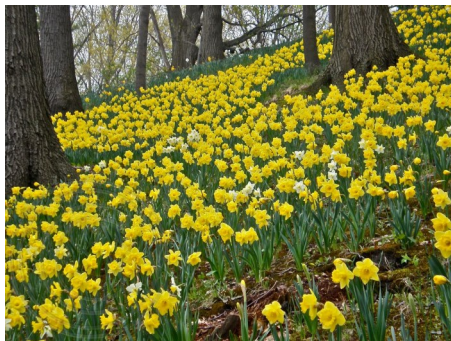
If you have an itch to get outside on your own, these are other great places that have paved sidewalks:

South Chagrin Reservation
37343 Miles Road
Bentleyville OH 44022

Beartown Lakes Reservation (Lake Trail)
18870 Quinn Road
Chagrin Falls, OH 44023

Observatory Park
10610 Caly St
Montville, Oh 44064

Another suggestion would be to go for a walk around Lake View Cemetery to see Daffodil Hill. During the months of March and April nearly 100,000 daffodil blooms carpet the hill with



brilliant yellow. There are also many notable individuals buried there including John D. Rockefeller, President James A. Garfield and Eliot Ness.

We will be having our annual picnic this year at Westwoods again on July 22! Get ready for bingo, too!

If anyone still needs to get their vaccinations and can't find an appointment, there are two ladies out there that can help you! Stacy Bene and Marla Zwinggi are the "Vaccine Queens" and they've helped over 500 senior citizens schedule appointments to get their vaccines. They are two incredible women and Marla lives in Chagrin Falls! Their email is vaccinequeens@gmail.com. If you don't have access to a computer, you can call me, and I will get your information and forward it on to them. My phone number is 440.785.5998.

Over the last two months, some of you have responded to my requests for your favorite recipes and shows, now I would like some suggestions of where you would like to go once we start our Primetime trips again! This will help our committee and me to plan our upcoming events! By the way, thanks to those of you who sent me some delicious recipes!

Can wait to see you soon and get a big hug!
Dolly Herschel
Primetime Coordinator

Health and Wellness

By Duncan McVean

Hooray! All adults over 50 years of age are now eligible to receive a COVID-19 vaccine. My wife and I have already completed the vaccination sequence, and we recommend that you all do so. What a year 2020 was! With the lockdowns and other sanitation issues, one could not help feeling distressed.

Major depressive disorder (MDD), also known simply as *depression*, is a common but serious mood disorder. Approximately one in six persons will experience depression in their lifetimes. MDD results in significant disruption in normal daily activities and in decreased quality of life. It can adversely affect an individual's

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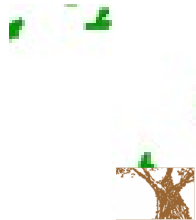
work, school, and family life; social and leisure activities; and maintenance of health and hygiene.

As many as five million of the 31 million adults in the U.S. over the age of 65 suffer from depression. However, there are many barriers of appropriate treatment. Oftentimes, depressive symptoms can be dismissed as "normal aging". Of adults who have experienced an episode of MDD, some have had severe impairment. Depression can occur at any age but, on average, first appears in late teens to early twenties.

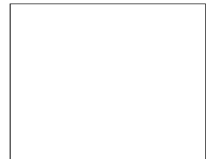
How should one know that they are depressed? A diagnosis of MDD may be made when five or more of the following symptoms are present during a two-week period and represent a change from previous function.

Depressed mood occurs most of the day, every day.
 Loss of interest/pleasure
 Weight loss/gain
 Insomnia/hypersomnia
 Psychomotor agitation or retardation
 Fatigue
 Feeling of worthlessness or excessive/inappropriate guilt
 Decreased concentration occurs almost every day.
 Thoughts of death/suicide

For an MDD diagnosis, none of the above symptoms can be attributable to another disease or cause. Depression is treatable, so do not despair. If we are depressed as a result of the pandemic, there is relief on the horizon.



The Federated Church
 76 Bell Street
 Chagrin Falls, OH 44022
 440-247-6490
www.fedchurch.org



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.



April Birthdays

John Leech	3	Bob Burrows (turns 101!)	13
Bobbie Walker	6	Alma Faroo	16
Bob Bathgate	6	Ginger McVean	24
Pat Leech	7	Trent Bobbitt	25
Marge Benny	7	Jeri Shaffer	27
Marilyn Collier	11		