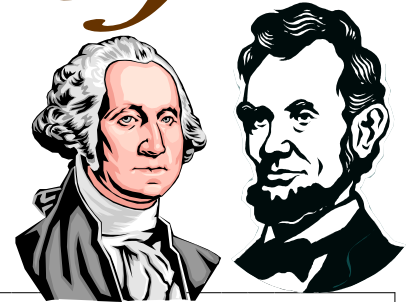


Elderlife



“A Mission in our Midst”
February 2012
Newsletter



“O worship the Lord in the beauty of holiness.” - Psalm 96:9

Dear Elderlife,

It is with a little sadness that we say goodbye to Pat Nichols as she retires. Pat has given so much of herself that it would take two or three pages to write it all down. She has been more than our newsletter designer. She has spent hours on the telephone consoling and encouraging others, not only those in Elderlife, but the Federated family in general. Her talents and behind-the-scenes efforts are not only vital administratively but they shine especially because of the Christian compassion she shows in all that she does. These are priceless qualities of her humanness and will be most missed. We wish her the best of luck in her retirement and hope she will join us every now and then - for her presence will be welcome and her light will shine no matter where she goes.

On behalf of Elderlife,

All of our love,

Lisa Braun

Elderlife Coordinator

From the Editor's Desk

As most of you know, I am finally retiring from my work here at Federated on February 17. As with most folks who retire, I do so with mixed feelings. I'll love being able to create my own schedule. I'll love being home more with my three four-legged "children," Rigzy, Toby and Sadie, and I'll love having the time, AND HOPEFULLY THE ENERGY, to tackle some of the projects around the house that I've looked forward to doing but have never done. And I'm waiting for God / and life to show me where my next "mission" will be. But what will I REALLY do when I retire? And who will I BE when I leave here???

My years here have been so varied, with my duties changing through the years. When I first started typing the Elderlife Newsletter, I took that job from Janet Peters who, as I remember, was typing it herself. And she was the Elderlife Director! What a gal! My gosh that was a long time ago. I was *practically a child* when I first started. (Yeah, right!)

Anyway, it's been a great ride here. I've made so many friends...in Elderlife and throughout the Church. I trust I will get to see you on Sundays and maybe at times through the week, too. (I have to say that even though I've asked you, when I've sent you the email about the newest Newsletter, to come and see me in the office, SEVERAL OF YOU HAVE NOT DONE SO! You still have time though because I'm still in the office until the 17th.)

I pray good things for all of you, as I always do. For those of you who have already retired, I might need some lessons on what to do with myself and what NOT to do with myself, from you. If you'd like to send me your phone numbers or email addresses so I could contact you when the need arises, I'd be grateful.

I thank you for forgiving my errors within the Newsletter, for your smiles and "hellos" and hugs, and for your love and good wishes. You are a great group of friends and near-friends and I will miss seeing you.

May God's blessings be abundant on you. And may you always lean on Him.

One more important thing... remember to laugh. It is the music of the soul. I plan to "play that music" often!

Pat Nichols

Akron Art Museum

Landscapes from the age of Impressionism

Thursday, February 2



What: We'll have a guided tour of the Akron Art Museum's exhibit of the Landscapes from the age of Impressionism. This exquisite exhibition of more than fifty paintings will include many of the finest examples of French and American Impressionist landscapes from the

collection of the Brooklyn Museum as well as American Impressionist paintings from the Akron Art Museum collection. The exhibition offers an in-depth look at landscape



painting as practiced by such leading French artists as Claude Monet and Gustave Courbet and their most significant American followers including John Singer Sargent and Frederick Childe Hassam. Following the museum we will go to the Spaghetti Warehouse for lunch.

Time: Van will leave the FLC at 10:15 am.

Reservations: Payment by Jan. 25

Cost: \$30

Lunch: Lunch includes choice of entrée and dessert. Salad, bread, and soft beverages are included.

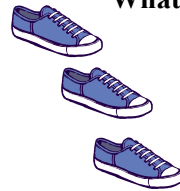


West Side Market

and Lunch at

The Market Cafe

WEDNESDAY, February 15



What: The West Side market is home to over 100 vendors of great ethnic diversity. You can find not only fine meats and fresh vegetables, but also fresh seafood, baked goods, dairy and cheese products, and even fresh flowers. There are also booths that sell ready-to-eat foods, herbs, candy and nuts. We'll have plenty of time to shop, have lunch in the cafe, and finish the 'Scavenger Hunt' that will be passed out!

Where: West Side Market

Time: The van will leave the FLC at 10 am

Reservations: Payment by February 6

Cost: \$25

Monday, February 27

Det. Tim Reed, from the Chagrin Falls Police Dept.

Program: Frauds and Scams that Threaten Seniors

Fellowship Hall

Noon to 2 pm



Arrive at noon for a tasty chicken Chili Lunch prepared by Lisa Braun, Det. Reed's presentation. Reservations are a must and can be made by calling the Church, 440.247.6490. The cost is \$5 per person.

March I...

A trip to the Kent State University Museum to see the exhibit ...

On the Home Front Civil War Fashions & Domestic Life

This exhibit brings together clothing, jewelry, photography, letters and diaries to show how the war changed and influenced fashion for both men and women.

Van will leave the Family Life Center at 10 am.

Cost is \$27 which includes lunch at Pufferbelly.

Call 440.247.6490 to sign up.



Federated Drum Monday February 13

Gather at 1:30 for refreshments; program at 2 pm in Fellowship Hall

Want to be Healthier, Happier and Smarter? Get Outside!

Presenter: Dawn Wrench



Inspired by Richard Louv's, book "Last Child in the Woods—Saving Our Children from Nature Deficit Disorder," Dawn Wrench, earnestly wants to see kids active in nature. Generations past have known this, and now research shows that kids who play outdoors, or simply spend time out-of-doors have healthier hearts, smile more and learn better.

As Director of Earth Day Coalition's Student Leadership Program and Regional Director for the Environmental Education Council of Ohio, Dawn promotes the Leave No Child Inside Message through out NE Ohio. For more than 15 years she has worked directly with students, teachers, urban and suburban neighborhoods and community to engage them in environmental education, sustainable development, pollution prevention and environmental justice. More recently Dawn has become passionate about getting those she works with into nature, and to help them make the connection between the environmental issues that effect them daily and the natural world. She hopes to instill a value and love for the wild things of the environment.

Elderlife Luncheon Thursday, February 23, 12:30 pm at the FLC

COST: \$8.00 Register by calling 440-247-6490, (mentioning any van needs at this time) by Wednesday, **Feb 15**. After that date, names will go on a waiting list. Hamlet residents, let Hamlet know if you want to ride the Hamlet Van to this event. If you need to cancel, do so by Jan. 18. *The expectation is that you will pay for the meal if you register and do not cancel by the 15th.*

This luncheon is catered by "Kater to You"

Hot Chicken Salad	Broccoli Salad	Mini Muffins	Cherry Cheesecake
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Progressive Field Dixieland Band



Ladies and Gentlemen! ! !

Be ready for a toe-tapping treat! Andy Verres and the Progressive Field Dixieland Band will be performing for us this month.

This group has been playing at the Indians' games for 17 years. They also play at different venues around the Cleveland area.

Sit back!! Relax!! And enjoy the music.. Hope to see you!



Scrumptious Hough Bakery Chocolate Valentine Pops

Place your orders now for these creamy sensations available in mild, dark and white chocolate. The cost is \$3 per pop! All proceeds benefit St. Paul's Community Church and Ohio City Power. Friends of St. Paul's keep a small portion of the profits. They learn the importance of teamwork and accountability and we all have fun! Betty Ryan and Frances Slate of Federated's Elderlife Ministry donate their precious time to make the pops. Their efforts are priceless.

Orders will be taken thru Sunday, Feb. 12
by contacting Lisa Braun 440.247.6490
ext 160 or lbrown@fedchurch.org
Look for Lisa in Fellowship Hall after
worship beginning Sunday, Jan. 22.

Elderlife Photo Gallery

Elderlife Christmas Dinner 2011



Trip to Football Hall of Fame-January 2012



Health & Wellness Initiative...

To improve your health, put a positive spin on the past... Remembering events negatively is linked to greater pain and illness. A positive outlook can do wonders for your health. How you choose to remember things affects how you view the present and the future. People with negative impressions of their past tend to be pessimistic about current events as well. This kind of fatalistic attitude can take a toll on personal relationships and make it difficult to put forth an effort in day-to-day activities. Research shows that people with a negative impression of their past perceive greater bodily pain and are more likely to become ill than those who look back fondly. Conversely, people who have positive emotions about the past are able to learn from past experiences and focus on future goals. The next time you take a walk down memory lane, try to reframe situations in a positive light and ask yourself how a difficult experience might help you in the future.

Pray your way to happiness... Regular churchgoers are more optimistic and less depressed than those who don't attend religious services. Wish you had a more positive outlook? You may be able to find it at your house of worship. New research in the Journal of Religion and Health confirms that people who regularly attend religious services are less cynical, depressed and pessimistic than their non-spiritual brethren. What's more, previous research suggests that being active in your religious community may also increase longevity in senior women. According to researchers, being involved in a parish helps people stay social, which is key to a long and healthy life. Other research has shown that praying helps alleviate anger, even in people who aren't particularly religious. If you're feeling disconnected or down this holiday season, attending a spiritual service may provide you with some comfort or hope.

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

TAI CHI: THE MOVEMENT OF LIFE

Cost is \$100.00 per person or \$170 per couple.

New students always welcome

To sign up, mail a check to
Edward Niam,
118 W. Streetsboro Suite,
Suite 224, Hudson 44236



A word from the instructor, Sifu Edward Niam, Tai Chi Institute USA:

For more than a year it has been my privilege to conduct classes for members of Elderlife at The Federated Church in Chagrin Falls. They are an incredible group of intelligent, quick witted, hard working and dedicated students. Their training consists of the Yang Style Tai Chi-Long Form as well as exercises from Shaolin Kung Fu and Qi Gong.

The program, "The Movement of Life," involves dozens of complex and intricate movements requiring practice and dedication. They are moving along at an incredible pace and are learning the material better than any other comparable class that I have ever taught.

This training is difficult and I am proud of the discipline, dedication and hard work everyone in the class exhibits. They are a joy to work with.

*Offered by the
Health & Wellness Initiative of Elderlife at Federated*

'Trinkets and Treasures' Returns May 3-5

The Federated Church sale -- known as "TNT" because it's *dy-na-mite* -- will be back next spring!



Start saving items for the sale that are vintage, antique, art and make great donations.

Think about volunteering for jobs prior to the sale as well as the week before and days of TNT that all need doing. Please contact one of the sale co-chairs: Anne Swegan at (swegan@sbcglobal.net) or 440-247-4747 or Liz Manchester at (Imanche1@live.com) or 440-557-5023.

Thank you...

to members and friends of Elderlife for their donations to the Van Fund and Elderlife in honor and memory of some special people...

THANK YOU, *Kathy & Frank Zupan and Frances Slate*, for giving to the Clyde Transportation Fund.

THANK YOU, *Don Hoke*, for giving to the Clyde Transportation Fund.

Ongoing Elderlife Offerings . . .

Monday thru Friday 8:00 to 9:00 a.m. at the FLC! **"Spirit Walk & Roll"** Come when you can and leave when you must. Walk at your own pace. Bring a buddy if you wish. **Warm inside in the winter; cool inside in the summer!**



The 2nd & 4th Mondays of each month at 7 pm in the Church Lounge —

Good Grief with Dick & Jane This is an on-going support group, for any and all widowed persons. There is no cost. Dick Ziegler and Jane Badal facilitate these confidential meetings.



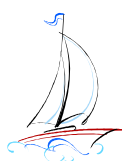
The second Monday of each month at 10 a.m. in Fellowship Hall — **Simple Sewing Makes a Precious Gift**

This is a group of women who 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, and for hygienic reasons they are discarded after use so there is always a need for more. The sewing consists of simply closing a seam. The fellowship often includes some yummy treats. All is done knowing the pillows give honor and glory to God as they bring comfort to ones whom we shall never meet. All are welcome.



Tuesdays, February 7 and 21 — Elderlife Bridge
In The Lounge from **1:00-???**

Players must sign up **by 3:30pm the Friday before!** (Call 440-247-6490) Sign ups after that will be put on a sub list. Remember to cancel if you find you're **not** able to attend. Only 28 players can be seated at 7 tables. This group is coordinated by Barb Matthews and Carol Willems.



Wednesday, February 8 @ 6pm 'Same Boat' Girl Friends

This group for widowed women will meet at **Imperial Wok in Solon**. Contact Jenny Evans (440-247-7101 or jenny8854@sbcglobal.net) by **Tuesday, Feb. 7**. Those wanting to carpool meet at Church at 5:30 pm. Tell Jenny if you'll need a ride when making reservations. Note: if leaving a message or sending an email, be sure to include your phone number so Jenny can contact you with any last minute updates.



Wednesday, February 29 'Same Boat' Friends

...we will leave Bell Street and head to **Yours Truly in Chagrin**. Call Herb Lawyer, 440-247-7915 by **Tuesday, Feb. 28** to join the crew. "Same Boat" friends is a social group for widowed men.



Fridays, February 3 and 17 —Bowling

2-4 pm at Freeway Lanes in Solon Call 440-247-6490, to sign up!!

February 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
			8:00-9:00am—Spirit Walk n' Roll — FLC			9-10:30 am-Breakfast & FUNDRAISER "Trip to Tara" DRAWING -Fellowship Hall
			1 pm —Elderlife Chocolate Making - Fellowship Hall Kitchen	10:15 am-Van leaves For Akron Art Museum From FLC	2pm Elders go Bowling in Solon	
5	6	7	8	9	10	11
8:45am Worship-Sanctuary 10:15am Worship-Sanctuary 11:45am Alive360 Worship -Chapel	8:00-9:00am—Spirit Walk n' Roll — FLC					
	10-11:30am Tai Chi Class— Fellowship Hall	1pm Elderlife Bridge - Lounge	1pm —Elderlife Chocolate Making - Fellowship Hall Kitchen 6pm 'Same Boat Girlfriends' meet for dinner (away)			
12	13	14	15	16	17	18
8:45am Worship-Sanctuary 10:15am Worship-Sanctuary 11:45am Alive360 Worship -Chapel	8:00-9:00am—Spirit Walk n' Roll — FLC					
	10-11:30am Tai Chi Class— LOUNGE 10-11:30am Service Project- Fell Hall 2:00-3:30pm Federated Forum- Fell Hall 3pm Elderlife Committee - Conf Room 7-8:30pm Good Grief- Lounge	NOTE ROOM CHANGE	10am Van leaves for West Side Market From FLC	8am Prepare Elderlife Newsletter for mailing- Lounge	2pm Elders go Bowling in Solon	
19	20	21	22	23	24	25
8:45am Worship -Sanctuary 10:15am Worship-Sanctuary 11:30am Spaghetti Supper -FLC 12:30pm FEDERATED CHURCH ANNUAL MEETING -FLC	8:00-9:00am—Spirit Walk n' Roll — FLC					
	PRESIDENT'S DAY CHURCH CLOSED	1-3:30pm Elderlife Bridge -Lounge	Ash Wednesday 12noon Lenten Brown Bag Bible Study-Lounge	12:30pm Elderlife Luncheon - FLC		
26	27	28	29			
8:45am Worship -Sanctuary 10:15am Worship-Sanctuary 11:45am Alive360 Worship -Chapel 1 pm Retirement Party For Pat Nichols - FLC	8:00-9:00am—Spirit Walk n' Roll — FLC					
	10-11:30am Tai Chi Class-Fellowship Hall Noon Lunch and then "Kindles, Oh My!" -Fellowship Hall		12noon Lenten Brown Bag Bible Study-Lounge 5pm 'Same Boat Friends' leave for Dinner (from Bell St)			

Elderlife



The Federated Church
76 Bell Street-P O Box 60
Chagrin Falls, OH 44022
440-247-6490
www.fedchurch.org

'A Mission in our Midst'

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Elderlife Mission Statement

Elderlife is a church based program directed toward senior citizens in Federated Church and the wider community. It provides programs for spiritual growth, service to others and education which are especially relevant to the age group. It responds to the needs of all participants including those with decreasing physical capabilities. The program provides opportunities for social involvement and gives people a sense of community and support which is so vital to the elder population.

ADDRESS SERVICE REQUESTED



February Birthdays

Edith Mallett	1	Ann Cawrse	16
Betty Hollister	2	Dale Wennerstrom	16
Blanche Winston	2	Gladys Arnold	18
Marie Wisniewski	2	Lucy Simmons	18
Kitty Anderson	3	Richard Ziegler	19
Jinny McSherry	3	Bill Foley	22
Jean Endle	4	Mary Elizabeth Miller	22
Faye Weber	4	Marnie Albers	23
Carol Willems	4	Marilee Biel	24
Norma Bobbitt	9	Gail Dekker	24
Luther Miller	11	Don Poe	25
Ellen Quigley	11	Harriett Wild	25
Jack Koenig	12	Jean Evans	26
Jim McWilliams	12	Rex Taylor	26
Bill Nemeth	12	Marilyn Pierson	27
Nora Thompson	14	Jim Parr	28
Merry Lee Phillips	15		