

Sunrise Vista, CVM's Independent Living Expansion Breaks Ground



By Lizz Stephens, VP Marketing & Business Strategy

The management team is thrilled to share that on July 3, 2024, we broke ground for our new independent living home expansion-Sunrise Vista. Sunrise Vista will be adjacent to CVM's existing 75-acre community and has been designed to meet the rising demand for independent living homes among senior adults in Greater Cincinnati.

Sunrise Vista will feature:

- 24 independent living homes with modern finishes
- Each home featuring 3 bedrooms, 3 full bathrooms, and a two-car garage
- A large clubhouse for social gatherings and dining
- Direct connectivity to the main CVM campus and within walking distance to the new Dorothy Lane Market in the \$150 million Mosaic mixed-use development opening soon in Mason

CVM is partnering with the esteemed Robert Lucke Group to bring Sunrise Vista to life. The Robert Lucke Group has a distinguished history of building some of Greater Cincinnati's finest custom homes. They have been a HOMEARAMA® builder since 1976 and have received numerous awards for their design and architectural excellence. Luminaut, one of Cincinnati's leading architectural firms specializing in senior living is the architect for Sunrise Vista. Luminaut was recently ranked #33 among Building Design and Construction Media Giants 400 Top Senior Living Architecture Firms of 2023.

If you have a friend or family member that would be interested in more information, please contact Lizz Stephens, Vice President of Marketing and Business Strategy, at (513) 701-3408 and stay tuned for updates in future editions of the Village News!

Birthdays, Celebrations and Updates



August Birthdays

This information is for The Christian Village at Mason residents.

Village Clinic Hours

7169 Village Drive

Monday - Thursday - 10:00 a.m. - 11:30 a.m.

If you need to contact the nurse outside these hours, please contact Diane Reed, R.N., Queen City Skilled Care, Home Care Coordinator at (513) 314-0562 or Heather Carter at (513) 701-3403.

Grocery Pickups

Please turn in one list per week on Monday or Thursday into the Front Desk. (4 or 5 items).

Please give list and money to the front Desk or call Transportation at (513) 703-3415.

CVM Transportation

Transportation services are available to all residents. Monday-Friday, 8 a.m. – 4:30 p.m.

*Concierge Cards—\$36 for 13 trips

For errand & medical trips within 5 miles.

*Appointments by Mile or Hour

For medical appointments and other trips over 5 miles, or if you require the driver to stay with you, pricing listed below:

- \$3.00/mile from drop-off and pick-up
- \$40/hour for the driver to stay with you

Scheduling Transportation

Call (513) 701-3415 to schedule an appointment.



August Anniversaries

This information is for The Christian Village at Mason residents.

RESIDENT UPDATES

This information is for The Christian Village at Mason residents.

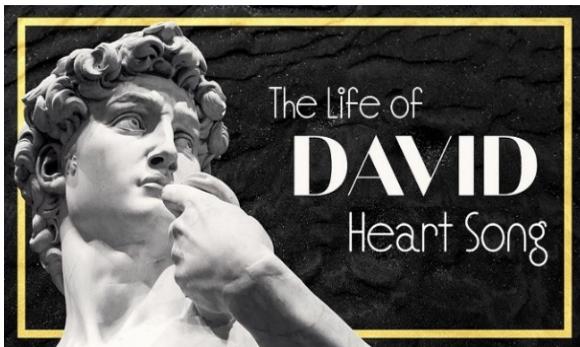
Chaplain's Corner

BY CHAPLAIN DAVID RAY

Polls, Politics, and Presidents

I WRITE THESE WORDS during a time of political upheaval within our country as strong sides are taken. People talk about this moment being more fraught and divided than ever seen within our nation (some might judge, within the entire world).

My purpose in bringing all this up is not to take a “side,” but to raise a more important question. Where do we place our ultimate trust? Anxieties rise with every changing (or reinforcing) poll. We anxiously devour each breaking news story. There will be significant consequences, and we become fiercely concerned that the “right” (*our*) candidate wins. But I would discourage you from ever being too politically confident, because you will always be disappointed.



I began a new series of sermons in Stone Center Worship during July that continues to look at the life of David—a young man who would become king of Israel. It was a time of national and spiritual upheaval in his day, too. It made a difference whether a king was good or bad. And truthfully, most in the long string of kings were more often bad than good. God had strongly cautioned Israel when they first clamored to have a king like “all the other nations,” telling them that trusting in kings often leads to catastrophic disappointment.

So what to do today when so much is at stake? I’m not suggesting we be unconcerned about either kings or

presidents, but where we ultimately place our trust?

David, who had his own good and bad times on the throne, wrote a telling psalm that still deserves attention. Some of its words follow:

The best-equipped army cannot save a king,
Nor is great strength enough to save a warrior.
Don't count on your warhorse to give you victory—
For all its strength it cannot save you. . . .

We put our hope in the LORD.

He is our help and our shield. . . .
Let your unfailing love surround us, LORD,
for our hope is in you alone. (Ps. 33:16-22 NLT)

How is your chosen “warhorse” doing in the polls? In what kind of *person* do you trust? I didn’t share an earlier verse in the psalm, but will end with it now: **“Blessed is the nation whose God is the LORD.”** (vs. 13 NIV)

I’ll vote my conscience on election day in November, and I may even worry about other things between now and then. But I hope—far more—I **will put my ultimate hope in God alone.** He is the only one we can fully trust today.

Contact Information

Tune to CVC TV for the Chaplain’s Daily Devotions (Tuesday & Thursday, 11:00 a.m.) and Stone Center Worship (Sunday, 10:15 a.m.).

Office (513) 701-3406, **Cell** (513) 218-6548, or **Email** david.ray@christianvillages.org. If you need assistance to attend worship, desire Communion, or would welcome a visit, please contact us.

**This information is for
The Christian Village at Mason residents.**

Social Services

BY HEATHER CARTER, LSW, DIRECTOR OF SOCIAL SERVICES

Understanding Advanced Directives

In previous Village New articles, I have provided basic information about health care advanced directives, Living Will and Health Care Power of Attorney.

Each of these documents contains information about your health care decisions. Copies of these documents are considered valid when either notarized by a notary public or witnessed by two (2) adults that are not named as the health care advocate. Be sure to provide your health care advocate and your medical team with copies of these documents.



State of Ohio DNR

Unlike a Living Will or Health Care Power of Attorney, a Do Not Resuscitate (DNR) Order is a document that requires a physician's signature. A DNR order makes sure that medical personnel know that you do not wish to have CPR performed.

This is not as common as the Living Will and Health Care Power of Attorney.

The State of Ohio DNR is only recognized by health care professionals in the state of Ohio.

Considering a Do not Resuscitate (DNR) order is a difficult decision that should not be made in haste. Do not resuscitate means that cardiopulmonary resuscitation (CPR) will not occur if you start breathing or if your heart would stop. There is a specific protocol outlined on the DNR form. Your physician or health care team can help explain the protocol for the two options, a). DNR- CC (Do not resuscitate – comfort care) or b). DNR-CCA (Do not resuscitate comfort care arrest). It is important to have conversations with your physician or medical team before deciding. If you choose one of these options, your physician is required to sign the State of Ohio DNR form.

Always remember to provide your Health Care Power of Attorney, physician and other medical providers a copy of your Advanced Directives.

If you are interested in additional information or have any questions about Advanced Directives, please feel free to contact me at 513-701-3403.

Caregiver Support Group – The Caregiver Support Group meets the 2nd Tuesday of each month from 10:30a.m. – 12:00p.m. in the Village Clinic.

Grief Support Group – This is a 6-week overview of grief. The group will begin on September 10, 2024, and meet weekly on Tuesday evenings from 6:00 p.m. – 7:30 p.m. through October 15, 2024. If you are interested in participating, please contact Heather Carter at 513-701-3403 to RSVP.

The Well

BY TOMI MARUNA, DIRECTOR OF FITNESS & WELLNESS

How to Stimulate Your Brain: 4 Neuroplasticity Exercises

It's more important than ever to take care of our mental health. One concept that has gained significant attention in recent years is neuroplasticity.

Neuroplasticity is the brain's ability to change and adapt. Research has shown that activities such as physical exercise, mental stimulation, and social interaction can promote neuroplasticity and improve brain health. It can also reduce the risk of age-related cognitive decline and neurodegenerative diseases such as Alzheimer's and dementia.



4 neuroplasticity exercises for improved cognitive function

Exercise 1: Relaxation and mindfulness

Relaxation and mindfulness practices can reduce stress, enhance focus and attention, and promote a sense of calm and wellbeing. Try sitting in a quiet room, focusing on your breath and letting go of any distracting thoughts. As you engage in this practice, your brain undergoes changes at a cellular level.

Exercise 2: Physical exercise

Regular exercise, such as walking, strength training, or flexibility training, increases blood flow to the brain and stimulates the release of growth factors. Aim to incorporate at least 30 minutes of moderate-intensity exercise into your daily routine. You could maybe go for a walk around our beautiful lake, feeling the breeze on your face and the rhythm of your steps. When you exercise, your brain gets more oxygen and nutrients, which helps it grow new neurons and make new connections. You could also take advantage of our classes here and exercise with other amazing residents!

Exercise 3: Reading and writing

Reading exposes your brain to new information and ideas, while writing challenges your brain to organize thoughts and express ideas coherently. Aim to read a variety of genres and write regularly to reap the cognitive benefits. Curl up with a captivating book, getting lost in the words and ideas. As you read, your brain's language centers become active, processing the information and forming new connections. Similarly, when you engage in writing, your brain's creative and language regions work together, strengthening your neural pathways.

Exercise 4: Puzzles and problem solving

Engaging in puzzles and problem-solving activities, such as crosswords, Sudoku, or riddles, challenges your brain, as these activities require logic, critical thinking, and memory recall.

By incorporating these four neuroplasticity exercises into your daily routine, you can keep your mind sharp and adapt to the ever-changing world around you. Remember, just as physical exercise is essential for maintaining a healthy body, engaging in mental exercises is crucial for maintaining a healthy mind. Start today and experience the benefits!

Auxiliary & Resident Organization News

August Dine Out

By Al Shelton & Dee Bartholme

The Dine Out event will be on **Thursday, August 15 at the Lucky Dog Grille** at 729 Reading Rd., Mason, OH (located in Mason Square Shopping Center) from 11:00 a.m.-8:00 p.m. Present the flyer to the server.

Transportation will be available at 11:30 a.m. for those who no longer are able to drive. Please sign up ahead of time at the front desk if you need a ride.



Kroger Shopping Bus

If you are a Garden Home resident and would like to use the CVM Bus to go shopping at Kroger on **Tuesday, August 13 at 9:00 a.m.** Please contact the front desk with your name and Garden home address. The bus will pick you up at your home. Shopping trips require a Concierge Card — (\$36 for 13 trips). The cards can also be purchased at the front desk.



Under the Sea Senior Prom

Senior prom takes on a whole new meaning of making memories at this signature event. Dress to impress and get ready to submerge yourself in fun! Join us for heavy appetizers and refreshments.

There will be a DJ so be sure to wear your dancing shoes. Crowning of Prom Queen and King and so much more! **Tuesday, August 27, 5:00-8:00 p.m. at the Pavilion.**

Night of Stars

Join us in the Stone Center Auditorium on **September 12, 2024, 6:30 pm, for the 3rd annual Night of Stars banquet.** We are excited to announce Linda Mirante as our Keynote Speaker. We will celebrate extraordinary service and dedication of ten of our own teammates, five from both The Christian Village at Mason and The Christian Village at Mt. Healthy. Departments represented this year will include Admissions, Dietary, Housekeeping, Nursing, and Maintenance. You won't want to miss this evening of inspiration, dinner, and the presentation of awards.

The cost of reserved admission is \$20, and reservations are due by **August 23rd.** You can purchase tickets by sending in the reply card you received in the mail or registering online at www.christianvillages.org/nightofstars24. Act quickly as reservations are limited due to space! If you have any questions about the event, please contact Amie Kocher at 513-701-3448 or amie.kocher@christianvillages.org. We hope to see you at the event!

Auxiliary & Resident Organization News

Access Cincinnati Enquirer Online

Access your free subscription to the Cincinnati Enquirer by following these simple steps:

1. Go to www.cincinnati.com
2. Click on "Sign In"
3. In Sign In box enter the email address
subscriptions@christianvillages.org
4. Enter Password: **CVM45040**
5. Once you are logged in, click the under the "Hi CVM" dropdown box and click eNewspaper to access the online Enquirer.



CVC TV Weekend Schedule

- Saturday, August 3 - 3:00 & 7:00 p.m. "Australia & Oceania: Where Desert Meets Ocean"
- Saturday, August 10 – 3:00 & 7:00 p.m. Nove Special: "Why Ships Crash: Inside the Crash that Shut Down the Global Economy"
- Saturday, August 17– 3:00 & 7:00 p.m. "Dallas Symphony presents, Mahler's Fifth Symphony"
- Saturday, August 24 – 3:00 & 7:00 p.m. "Colorado Road Trip"- (Epic 9 Day Road trip through Colorado best Mountain Towns & Rocky Mountain National Park)
- Saturday, August 31- 3:00 & 7:00 p.m. "Hauser First Ever Cello Show- Budapest 2022"

Upcoming Concerts

Concerts will be held in the Stone Center. They may not be available to be aired on CVC TV if music groups bring their own sound equipment.

- **Squeeze Play Accordion Band** - Tuesday, August 6, 7:00 p.m.
- **New Leaf Singers** - Tuesday, August 13, 7:00 p.m.
- **Glen Bowles, singer** - Tuesday, August 20, 7:00 p.m.

Library News

By Mary Ann Watrous

April/May 2024 Additions:

- Mary Higgins Clark, *Where Are You Now?*
- Philippa Gregory, *The Kingmaker's Daughter*
- John Grisham, *Camino Ghosts (New)*
- Tricia O'Malley, *Wild Scottish Knight*
- James Patterson, *Private London; Missing Person; The 24th Hour*
- James Patterson/Michael Crichton, *Eruption (New)*
- Maddie Please, *The Old Ducks' Hen Do; The Old Ducks' Club; Sunrise With the Silver Surfers*
- Fern Michaels et al, *In Bloom*

Non-Fiction

- *Brad Ricca, Mrs. Sherlock Holmes*

Mason Public Library Outreach

Friday, August 2, 10:00 a.m.

Please remember to turn in your used books to the craft room for pick up.



You Never Know

BY RUTH ODOR,
GARDEN APARTMENT
RESIDENT



VIEW FINDERS

At last, their dream of living in the mountains had come true. The cabin high up on a mountainside was a great place for retirement. There was one problem: they were surrounded by tall evergreen trees that obstructed the view of the lovely valleys below. Then someone told them about men called view finders or view cutters whose profession was finding and cutting the trees that obstructed the view. (Now this term is used specifically in this region. You may find view finders defined as part of a camera or view cutters as something that cuts.)

The homeowners contacted the men and soon they came armed with their saws and axes. They selected the right trees to take down and worked away. When the work was finished one could look out the windows to beautiful views below. There was a horse farm with brown horses grazing in a green pasture, a blue river rolling placidly along, a tiny village with a white church in the center. Wonderful views!

Often, we let our lives be cluttered by things that obstruct our view. Not being able to do the things we used to do; not having enough money to pay the bills; whether or not to sell the car and give up some of our independence. And we miss the beautiful views: the pink sunrise, the white snowflakes, the flowering trees and plants. We miss the music we could have heard, the songs we could have sung, the conversation we could have had with a friend. We let the "trees" obstruct the view. Our focus is inward and not on the view that is out there. We have to be our own view finders, our own view cutters.

And we have to be very careful in removing the things that obstruct our view. One false note should not spoil the music for us. One grammatical error should not spoil the sermon. One ill-chosen word should not spoil the friendship. One missing petal should not spoil the flower.



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