

New Director of Fitness & Wellness

We are excited that Kyra Schroer has decided to join our team as Director of Health & Wellness. Kyra brings a breadth of fitness and wellness knowledge to our organization with over 10 years of experience in these areas.

Prior to joining our organization she worked as a Certified Fitness Instructor at Fit4You, and most recently as a Health Coach and Group Fitness Instructor at TriHealth Corporate Health. Kyra is currently certified by the American Council on Exercise as a Group Fitness Instructor and Behavior Change Specialist.

Kyra holds an MBA in Marketing from Xavier University as well as a BS in Marketing/Finance from Ohio State University. From a personal perspective Kyra enjoys reading and music. She has a 23 year old son, 21 year old daughter, and a 19 year old daughter who is a freshman at Bowling Green near Toledo. The two older children are Purdue Boilermakers. She also enjoys hiking, running, and spending time with family and friends.

Be sure to stop by the Renewal Fitness Center to meet her and check out her class schedule.



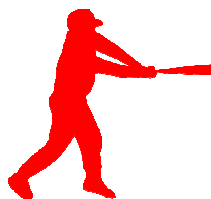
Submit your guess for the "Getting to Know Who?" Contest by March 4.

"Getting To Know Who?" Contest

Following her husband, Bob, who was sent overseas to be a comptroller for Firestone Europe, which Garden Home resident lived in Rome, taking and teaching art classes for nearly five years during the 1960s? Cast your guess in the glass box outside Julia's office in the Library. Contest ends Monday, March 4 at 8am.

Those with the correct answer will be entered to win two meal tickets for the Matthews Dining Room. The answer and contest winner will be announced on Channel 1851 on Monday, March 4.

Happening This Month



- Ash Wednesday — March 6
- Daylight Savings Time — March 10
- Reds Opening Day — March 28

March Birthdays

This information is available to CVM residents.

March Anniversaries

This information is available to CVM residents.

If we have missed your birthday or anniversary or have the wrong date, please call the Front Desk at 398-1486 and let us know. We'll do our best to correct it for next time.

Resident Directory Updates

Please Update

This information is available to CVM residents.

Lenten Specials

Come to the Matthews Dining Room on Fridays during Lent during lunch and dinner for Lenten specials. The special will be posted on Channel 1851.

The Village Clinic: 478-3974

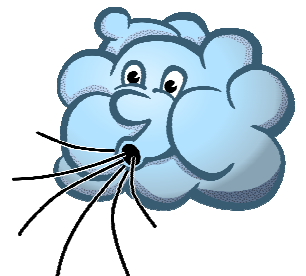
Nursing services provided by Gem City Home Care for our Garden Home Residents

Hours

- Monday 11:30am-12:30pm at 7169 Crescent
- Tuesday 11:30am-12:30pm at 7169 Crescent
- Wednesday 10:30am-11:30am in the Doctor's Clinic in the Main Building
- Thursday 11:30am-12:30pm at 7169 Crescent
- Friday 11:30am-12:30pm at 7169 Crescent

Just a Reminder

This can be a very windy time of year. When setting out your recycling, please be sure to cover loose papers so they do not get blown away.



Need assistance at night, on the weekend, or a holiday? Call 518-4378.

The Chaplain's Corner

By: Chaplain Tom Moll

Read the New Testament in 2019

We are thrilled with the number of people who have made a commitment to read through the New Testament in 2019. January and February messages came from the books of Matthew and Mark and we'll be moving into the gospel of Luke in March. It's not too late to catch with the readings or just begin with the month of March. Pick up a copy of the reading guide at the chaplain's office.

Chapel Services

Sunday services are open to anyone who wants to attend. Worship the Lord with us through singing hymns, observing the Lord's Supper, and a message from God's Word. Join us at 10am and 7pm in the chapel or watch on channel 1851.

Wednesday Bible Study

Approximately 30 people have been gathering on the first and third Wednesdays at 10am for our Bible study on the book of Revelation. Join us as we study and discuss this marvelous book.

Women's Bible Study

Our Women's Bible Study, led by Kay Moll, will begin a spring session on March 12 and continue through the end of April. The study will focus on the second half of 1 Samuel.

Retired Ministers' Fellowship

Retired Ministers' Fellowship meets on the third Tuesday of each month at 10am in the Chaplain's Lounge. Howard Brammer, retired minister from Indianapolis and a resident of the Village, leads our discussions.

Prayer Requests

Prayer requests that have been given to me are prayed for every day. Please let me know if you or a loved one have a prayer need.

Service Schedule for Our Catholic Residents

Mass: Celebrated monthly in the chapel on the third Thursday at 2:30pm
Sundays: Liturgy of the Word with Holy Communion in the chapel at 10:45am
Tuesdays: Praying the Rosary in the lounge at 11am
Wednesdays: Bible Study in the lounge on the second and fourth Wednesdays at 10am
Special Events: Announced in advance throughout the year

Ashes will be given on Wednesday, March 6 from 10-10:30am in the Lounge.

In Memoriam

Shirley Hohler
Donald Schwieterman

Roger Shepler



Social Services Scoop

By: Heather Carter, LSW, Director of Social Services

Caregiver Support Group will meet March 7, 2018 from 1-2:30 pm. This group is for residents and their families that are caring for a loved one. Please note there is a new meeting location for the Caregiver Support Group. The group will meet in the Chaplain's Lounge.

Parkinson's Support Group - Please join us in the Renewal Fitness Center on March 4. We will be reviewing exercises. Topic of conversation for the group will be "Effective Communication with your Neurologist". Please bring ideas of other topics you would like discussed.

File of Life – It is important to keep the information on your file of life up-to-date. A copy should be kept in the magnetic pouch on your refrigerator as well as one in the Social Service office. Blank copies can be picked up from the receptionist or in the Social Service office.

State ID cards – If you are in need of a State ID card, but are not able to get to the License Bureau easily, the State of Ohio does have a service that will come here to assist you. For more information, contact the Social Service office at 701-3423.

Driver's Information – We are currently updating our driver and vehicle database. For security purposes, please complete the Garden Home Resident Vehicle and Driver Information form. This form is available at the Reception Desk or in the Social Service Office.

Conversations of a Lifetime - An accident or serious illness can happen to anyone, at any time. Think about what might happen if you're unable to make healthcare decisions for yourself. Would your loved one know what you want? Will they wonder if they made the right decision? Talking about those possibilities now, before a medical crisis, is a gift you give to yourself and your loved ones. Join us in the Chapel on March 23 from 10a.m -12p.m to learn more about starting these important conversations, how to choose a Health Care Proxy and understanding the various Advance Directives for Health Care. If you have questions or would like more information, please contact Heather Carter, LSW, Director of Social Services at 701-3403.

Special Event!

THURSDAY, MARCH 7
5:00PM

**FUN
BUNCH**

DINNER & SHOW

Fun Bunch Dinner

Be sure to reserve your spot for a special Fun Bunch Dinner in the Matthews Dining Room at 5pm on Thursday, March 7. After a set 3-course dinner, enjoy live music and commentary by a duo from the Cincinnati Chamber Orchestra.

Cost is \$10, though Garden Apartment residents may attend as their included daily meal. If you would like to reserve a table with

friends, please decide on a table name for when you RSVP. We can accommodate tables of up to 6 people.



Cincinnati
**CHAMBER
ORCHESTRA**

Last Chance to Order - 2019
Spring Flower Sale

By: Don Fruchtemeyer

Since the March newsletter will be delivered to you before the February 28th deadline, this is your last chance to turn in your flower order to the front desk. No orders will be accepted after February 28th. If you miss the deadline, we will be ordering extra flowers to be available for sale on the sale dates.



Membership Goals

By: Herb Schneider

Congratulations to WREN as the first cul-de-sac to achieve 100% resident participation as members of the CVM Auxiliary. Several more are getting close but we would appreciate all of our Garden Home owners being supporting members of the Auxiliary. Ask your neighbors if they have sent in their dues. The apartment residents are also an important part of our Auxiliary so talk to your friends and neighbors to help us achieve our membership goals. Dues can be dropped off at the reception desk in the Village Center.

Remember Us While Spring
Cleaning

By: Barbara Harrison

Are you or your children doing spring cleaning? Be on the lookout for kitchen items or entertaining supplies you no longer need. The CVM Auxiliary can sell them in the raffle or white elephant tables at the next fall fair on November 2.

The Auxiliary

By: Judy Oliger

Please join the Auxiliary this year if you have not already done so. Your dues help to enhance the lives of our residents, with an emphasis on the residents in Health Care. Put your \$5 for a couple or \$3 for a single person in an envelope with your name and Auxiliary on the front and leave it at the main desk. Remember, you have to be a member to vote.

When you are shopping, remember to use your Kroger card which you have registered in the Kroger Rewards program to support MCV Auxiliary. If you have not yet registered your card, call Joanne Biedinger for assistance (339-0491).

The Auxiliary is in need of some garage space to store items for the White Elephant Sale this November. If you could share part of your garage, call Dave Doty (398-1520).

FYI - All requests for the Auxiliary to purchase items are made through Community Life Services or Nursing. All requests are first presented to the Auxiliary Board which meets about a week before the general membership meeting. The request must receive Board approval before it will move on to the general Auxiliary meeting where it is moved, seconded, discussed, and a vote is taken. The majority decides if the item will be purchased.

The Board consists of a President, Vice-President, Secretary, and Treasurer plus up to six additional residents. Each additional member of the Board is responsible for another Auxiliary job or handles one of the fundraisers.



The Board members take office at the first Auxiliary meeting of the year (January) and have been voted into office at the previous meeting in October. Give some thought to being a Board Member next year. You are needed.

Recipe for Success Fundraising

By: Charlene Asbach



"A Piece of the Pie"

**At LaRosa's
6674 Tri-Way Drive
Mason, Ohio 45040**

March 12, 2019

As we begin our New Year with the monthly Dine-out locations from March through October, we will be scheduling the events for the **2nd Tuesday of each month** for **lunch time** and for **dinner time**. If you wish to **ride the bus**, please sign up for this on the **sign-up date** for that month, and the bus is **only available** at **lunch time**.

There will be a **flyer** in the **Village News** with the date and the location of the restaurant. There will be extra flyers at the receptionist desk.

Please bring the flyer with you to the restaurant so that we receive the credit for the Auxiliary.

Our Dine-Out Restaurant for **Tuesday, March 12, 2019** will be at **LaRosa's in Mason**. They will honor MCV Auxiliary fundraiser for **dine-in service**, for **take-out orders** and for anyone who wishes to have a **delivery order**. Please remember to have your **flyer for all orders**, even if you have your order **delivered**.

I want to invite everyone to enjoy sharing time with your family and friends at the restaurant. For those who cannot go to the restaurant, please enjoy your delivery order **347-1111**.

Thanks for your continued support to the Auxiliary.

Council Meetings

Share your compliments, comments, and concerns at a council meeting in the Lounge.

- **Garden Home Council:** Thursday, 3/14 at 9a
- **Garden Apartment Council:** Monday, 3/18 at 1:30pm
- **Residents Association:** Summer...date TBD.

CVM Veterans Association

Our Association's next meeting will take place Thursday, March 21 at 10am in the Chapel. We will have our installation of officers for 2019 consisting of:

- Commander - Dave Strang
- First Vice Cmdr. - Lou Kressin
- Second Vice Cmdr. - Bob Moorehead
- Adjutant - Chuck Abbott
- Finance Officer - Chuck Zindel

Our program will be presented by Mr. Abraham Lincoln, President of the U.S. during the Civil War. Mr. Stan Wernz, a local Lincoln portrayer will speak to us as our 16th President. Stan has an excellent reputation and many performances in his background.



Please mark your calendars to save this date. All residents are welcome to join us for this unique program.

Book Clubs

Nonfiction Book Club

Friday, 3/1 at 3pm in the Lounge

(1st Friday of every month)

Discussing *The Professor and the Mad Man* by Simon Winchester.

Mason Public Library Book Club at CVM

Wednesday, 3/27 at 2:30pm in the Lounge

(4th Wednesday of every month)

Discussing *A Life Intercepted* by Charles Martin.

Library News

By: Mary Ann Watrous

New books in our library:

- Susan Mallery, *A Million Little Things*
- Fern Michaels, *Blind-sided*
- Janette Oke & T. Davis Bunn, *The Meeting Place*
- Bill O'Reilly, *Killing Patton*
- Lisa Scottoline, *Save Me*
- Danielle Steele, *Dangerous Games*
- Joanna Goodman, *The Home for Unwanted Girls*



Quality Crafts

March

Operation Christmas Child

Each fall, residents have the opportunity to fill festive shoeboxes with gifts for children in need throughout the world.

Stock up throughout the year so when it comes time to pack, you are all ready!

March Funny:

The March of Time

By: Dick Biedinger

Do you know that awesome feeling when you get into bed, fall right to sleep, stay asleep all night and wake up feeling refreshed and ready to take on the new day? Yeah, me neither! However, this was a good morning so far. I didn't brush my teeth with Bengay, the shower head didn't fall off, and I didn't lock myself outside while getting the Enquirer. I can't reach my back so I washed my chest twice. I opened my child-proof pill container with a hammer. But I like to think positive because it helps me keep young. When I fell down this morning, I thought "WOW", that's the fastest I've moved in years! I no longer recognize a single person, actor, rock musician or comedian listed in the Enquirer daily birthday list. Several dates to remember this month: March 10 – we move our clocks ahead one hour. Here's a tip: do this the night before rather than at 2 AM. Get ready to greet Spring on March 20. One of my friends has March Madness teeth. He's down to the 'final four'. And let's not forget St. Patrick's Day on March 17.

"May the road rise to meet you, may the wind be always at your back. May the sun shine warm upon your face, the rain fall soft upon your fields, and until we meet again, may God hold you in the hallow of His hand."



Activity Sign-Ups

There are well over 100 programs offered every month, and the vast majority are offered at no cost and require no registration. For those which do ask for payment or registration, we have Sign-Ups.

Please fill out the included Sign Up Sheet and bring it with you to Sign Ups, which begin on Tuesday, February 26 at 8:30am in the Lounge. You may also call in to 701-3381 at that time. We will be taking reservations until 10:30am.

If you are not able to attend or call in, a friend may sign up on your behalf. After 10:30am and throughout the month, sign up for activities at the Front Desk.

Free Furniture Pick-Up

As you are cleaning, donating, and downsizing, consider donating your unwanted furniture! New Life Furniture Bank will be on campus Monday, 3/4 from 12-4pm to pick up your unwanted mattresses, furniture, linens, and kitchenwares.

New Life Furniture Bank takes these donations, and cleans, inspects, and then delivers them to Cincinnati-area families in need.

To participate, fill out the form in the insert packet and submit on Sign-Up Day or by Friday, March 1. New Life will pick up your donations at your home or apartment.

Julia's 3 Months in Italy

LA
DOLCE
VITA

Last month's program has been rescheduled for Tuesday, March 5 at 1pm in the Lounge.

Come to learn about Julia's experience studying and interning in Milan.

Sheep Talk with Christy

Have you ever visited or maybe even lived on a farm? Christy Hedger from our Admissions department lives in a subdivision in Alexandria, Kentucky, but that hasn't stopped her from owning sheep! Come learn about her sheep, Patrick and Easter, and what it is like to take care of them.



Christy will present with many pictures and even videos of her jumping sheep on Tuesday, March 5 at 2:30pm in the Lounge.

A sign for New Life Furniture Bank. The sign is white with a black border and is set against a dark wood background. The text on the sign reads: "NEW LIFE FURNITURE BANK" in blue, "FURNITURE DRIVE MARCH 4" in large black letters, and "Free Pick-Up at your Home or Apartment!" in blue at the bottom.

Knit & Crochet with Purpose

Socialize with friends and neighbors as you knit various pieces for charity. The group donates hats for premature babies, winter accessories for a women's shelter, and lap blankets for CVM health center residents and the VA. Patterns are provided. CVM also keeps a stock of needles in the Craft Room which residents are welcome to take! Join the group in the Craft Room on the 1st and 3rd Tuesdays at 3pm (March 5 and 19).

Luncheon with the Zoo

This month's Chapel Luncheon features a speaker from the Cincinnati Zoo, who will be presenting the history of our local zoo and botanical garden. For lunch, we will serve Jet's Pizza.

Be sure to RSVP for this event, which will take place on Friday, March 8 at 11:30am. Cost is \$4 for lunch, and there will be a basket in the back for donations to the Zoo for their presentation.

Shamrock on Canvas

Rachel will teach you how to paint a shamrock on canvas, just in time for St. Patrick's Day! No art experience necessary. Cost is \$5. Please RSVP for this event which will take place on Wednesday, March 13 at 10:45am in the Craft Room.



Sham-rockin' Social

Join friends and neighbors in the Lounge on Friday, March 15 at 2:30pm for an Irish-themed social to celebrate St. Patrick's Day!

Indoor Ice Cream Social



It's 73 degrees inside, so why shouldn't we have an ice cream social? Come to the Lounge on Tuesday, March 19 at 2:30pm for this summer preview.

Soap Making

Make your own oatmeal-based soap, adding essential oils to create a beautifully scented bar. You will get to make 2-3 bars and choose between flower or heart shapes.

After they dry, you will get to take them home in

beautifully wrapped bags. They make a great gift! Cost is \$5, please RSVP. This event will take place in the Lounge on Wednesday, March 20, at 10:45am.

Life History Journaling

Join other residents in the Craft Room as we work our way through 50 prompts which, when together, turn into your life story. On Wednesday, 3/20 at 2:30pm, we will share our responses to the following prompt:

9. What was your favorite activity as a child?

Flower Arranging

Spring is in the air! Join Rachel for a flower arranging class on Wednesday, March 20 at 3:30 pm in the Lounge. Cost is \$10, please RSVP.

Birthday Lunch

Is your birthday in March or April? If so, you and a friend are invited to the Birthday Lunch on Monday, March 25 at 11:30am in the Chapel. Tom White will play the piano. Please RSVP.

Retired Teachers & Educators Luncheon

Calling all retired and active teachers and education professionals! All education professionals including teachers, principals, librarians, counselors, deans, coaches, administrators, educational speakers and friends are invited. Remembering 2 teach is 2 touch a life 4 ever!

The luncheon will be held on Tuesday, March 26 at 11:30am in the Matthews Dining Room. The cost is \$5. Please RSVP.

Questions? Call Fae Audre Rice at 573-9754.

Transportation: 701-3414

CVM offers transportation Monday-Friday from 8am-4:30pm. We take residents all over, from just going to and from the main building, to doctors appointments, airport runs, and anything in between.

Concierge Cards — \$20 for 12 trips

For errand (non-medical) trips within 5 miles, including rides to and from the Village Center. Use this to get a ride up when Tom White plays in the dining room, when you have a hair appointment, when you want to go to the pool...you name it! The card never expires.

Transportation can also pick up your groceries (5 items or less), medications, or food from a nearby drive-thru using your Concierge Card. Grocery lists are due by 9am on Tuesdays and Fridays.

Unlimited Concierge — \$35 per month

Used for the same purposes as the Concierge Card. If you do many local trips, this is for you.

Appointments by Mile or Hour

For medical appointments or other trips that would not qualify as a concierge trip.

- \$1.50/mile for drop-off and pick-up
- OR \$25/hour for the driver to stay with you

Scheduling Transportation

Call Darlene at 701-3414 to schedule an appointment. The more notice, the better! If she is unavailable to answer when you call, please leave a detailed message and she will return your call as soon as possible.

We need to know:

- Your name and phone number
- Appointment or pick-up time
- Your address
- Destination address
- Whether you would like the driver to stay with you, or else your expected pick-up time
- If you need the bus (with mechanical lift) or can ride in the car

Concerts at CVM

The Great Miami Bluegrass Band

Wednesday, March 6 at 1pm in the Chapel

This bluegrass band is led by one of CVM's own Garden Home residents, Mike Ryan. You won't want to miss this!



Banjo Bob

Monday, March 18 at 7pm in the Chapel

If you have been on one of the Cincinnati river-boats, you may have heard Banjo Bob. Come to the Chapel on March 18 as he shares his talents.

Mason Chorale

Monday, March 25 at 7pm in the Chapel

You may remember the Mason Chorale from their December show, and now they are back for a spring performance.

All About Art

Arts & Crafts Open Studio

Saturdays, 9am-12pm in the Craft Room

Work alongside other artists and crafters. You are welcome to use CVM supplies, or bring your own materials and projects.

Featured Art of the Month

Since November, we have featured a piece of art by or from different CVM residents. Come check it out on the Gallery Wall in the Craft Room.

Self-Guided Tour of Simon Dewey Art at CVM

Pick up a guide book outside the Craft Room and tour the Simon Dewey art collection at CVM. The guide lists the verse of inspiration for each piece and commentary by the artist. There are nearly 40 pieces in our collection.

All About Outings

Time listed is the departure time from the Fireside Lounge. RSVP unless otherwise indicated.

Kroger

Tuesdays and Fridays at 1:30pm

Cost: 1 Concierge Card Trip

No reservation required. Note: on Tuesday, March 4, the Kroger run will take place at 10:30am instead of 1:30pm.

ROMEOS Lunches

Thursdays at 11:30am

Cost: Cost of Meal

Join CVM men (Retired Old Men Eating Ot) as they carpool to a nearby restaurant for lunch. No reservation required.

Mystery Lunch #1

Monday, March 11 at 11:15am

Cost: \$4 + Cost of Meal

We are going out for lunch but the restaurant is a secret! We play it safe with the menus so all are sure to find something they enjoy. Limit 14.

Auxiliary Dine-Out to La Rosa's

Tuesday, March 12 at 11:30am

Cost: Cost of Meal

Bring your flyer to La Rosa's so that a portion of your purchase will benefit the CVM Auxiliary.

American Sign Museum

Thursday, March 14 at 1:00pm

Cost: \$12

See vintage signs from local and national establishments in this unique Cincinnati museum. They offer a self-guided audio tour using your smart phone to access AmericanSignMuseum.org/tour. If you would

like to do the self-guided audio tour, headphones are provided by the museum. Limit 14.



Cincinnati Symphony

Friday, March 15 at 9:45am

Cost: \$46

This concert, "American in Paris + Amériques," features Grammy-winning violinist, Augustin Hadelich. Must RSVP by March 7 to guarantee a ticket. Limit 14.



Mystery Lunch #2

Wednesday, March 27 at 11:15am

Cost: \$2 + Cost of Meal

Same drill, different restaurant. Priority is given to those who did not go on Mystery Lunch #1. If you are interested in going to both, ask to be added to the Wait List for one of the Mystery Lunches so you can be called if there are any openings. This restaurant is not far, so the transportation charge is only \$2. Limit 14.

Matthew 25 Ministries

Thursday, March 28 at 10:00am

Cost: Free

Volunteer with Matthew 25 Ministries. Seated positions are available.

Village Voyagers Trips

Do you enjoy traveling? Travel with friends and neighbors through the Village Voyagers! Residents choose and help plan trips throughout the year.

We are going to:

1. Stephen Foster Musical in Bardstown, KY
2. The Wilds in Cumberland, OH
3. Ron Retzer's Classic Country Show in Plain City, OH
4. Frankenmuth, MI
5. Toyota Factory in Georgetown, KY

Registration is now open for Ron Retzer and Frankenmuth. Pick up a flyer/registration form outside the Craft Room. Registration for The Wilds will begin at our meeting March 12 at 2:30 in the Lounge.



*The Christian Village at
Mason
411 Western Row Road
Mason, OH 45040*

