

## *Be-Leaf It or Not, October's in the Air*

While some Octobers mark the first frost of the winter to follow, within days this month often rebounds with warm, near-summer-like weather. It's during these final warm days of the year that farmers rush to harvest the last of their crops. The ancient Romans celebrated this harvest season with festivals throughout the month.

October, with its beautifully changing foliage, is also one of the most colorful months of the year. Deciduous trees provide vibrant hues, with leaves that change color before falling to the ground in a carpet of yellows, browns, purples, oranges, and fading reds. The long, sunny days of summer (and the active chlorophyll in the leaves turning sunlight into food) keep the leaves green. When the days shorten and cool in fall, the green recedes, causing the underlying colors to emerge.



These colorful deciduous trees include the following species:

- \*Ash (yellow or purplish yellow)
- \*Oak (red, brown, or russet)
- \*Red maple (red)
- \*Sassafras (deep orange or bright yellow)

### **Sweetest Day**

Sweetest Day, observed on Oct. 16, 2021, is an original American holiday not based on any group's religious tradition. It's simply a reminder that a thoughtful word, deed or small gift enriches the life of the recipient as well as the person giving it.

Legend has it that Sweetest Day was established around 1922 by Herbert Birch Kingston, a Cleveland, Ohio candy company employee who wanted to bring happiness to the lives of those who often were forgotten. Kingston and others distributed candy and small gifts to orphans, people confined to their homes and others to show them that someone cared.

In the early 1930s, movie stars got into the act. Ann Pennington distributed candy to 2,200 Cleveland newspaper boys, and Theda Bara gave candy to theater-goers and patients in Cleveland hospitals.

In time, the Sweetest Day idea of spreading cheer broadened to include everyone from family members to sweethearts and coworkers to acquaintances.

Observance of Sweetest Day is still most prevalent in the Great Lakes region where the holiday originated, including Illinois, Indiana, Michigan, Ohio and Wisconsin. But today, the once-regional celebration of Sweetest Day, has spread throughout the country.

Sweetest Day celebrations are similar to Valentine's Day in most locations, with the most popular gifts and acknowledgments being cards, flowers, chocolates and candy.

# Birthdays, Celebrations and Updates



## October Birthdays

This information is for  
Christian Village at Mason residents.



## Grocery Pickups

Please turn in one list per week into the Front Desk (4 or 5 items). Due to increased number of lists submitted each week and limited staff, you may not get your groceries until Friday. We will try to accommodate you in a timely manner. **Please give list and money to the Front Desk or call Transportation at (513) 703-3415.**



## CVM Transportation

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

**Concierge Cards - \$25 for 12 round trips**

For errand (non-medical) trips within 5 miles.

**Appointments by Mile or Hour**

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

- \$2.00/mile from drop-off and pick-up
- \$30/hour for the driver to stay with you

**Scheduling Transportation**

Call 701-3415 to schedule an appointment

## Village Clinic Hours - 7169 Village Drive

Monday through Friday 10:30 a.m. – 12:00 p.m.

Contact Information: **(513) 478-3974**



## October Anniversaries

This information is for  
Christian Village at Mason residents.

## RESIDENT UPDATES

This information is for  
Christian Village at Mason residents.

# Chaplain's Corner

BY CHAPLAIN TOM MOLL

## Theme for October: God Will Make a Way

Proverbs 3:5 contains these words: "Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him and he will make your paths straight."

There are times in our lives when we do not understand what is going on. Things seem out of control, and we do not see a solution. We do not see how God can make our paths straight. We do not see how He can make a way. Don Moen has written an encouraging song with these words:

*God will make a way  
Where there seems to be no way  
He works in ways we cannot see  
He will make a way for me  
He will be my guide  
Hold me closely to His side  
With love and strength for each new day  
He will make a way, He will make a way*

Our worship services in October will focus on this theme. We will consider how "God Will Help You . . . "

- |            |                          |
|------------|--------------------------|
| October 3  | When You Feel Anxious    |
| October 10 | Through Your Fears       |
| October 17 | When You Feel Stuck      |
| October 24 | Get Through Grief        |
| October 31 | When You Need to Forgive |

Join us in the chapel at 10:15 a.m. on Sunday mornings or on CVC TV (Channel 1851). Up to 18 people, who live in the main building, may attend in person.

## Our Daily Bread Devotional Booklet

The October, November and December Our Daily Bread devotional booklets are now available. There is no cost, and they may be picked up outside the chaplain's office or in the chapel on Sundays. Let me know if you would like me to leave one for you at the front desk or drop it off at your home.

## "Pray the Village"

We are down to the last three months for you to "Pray the Village." Pray for as many friends, neighbors, and Village staff as you can in the weeks ahead. Your prayers will make a difference!

## Communion Sets Available

Remember that communion cup and wafer sets are available for pickup in the outer lobby from noon on Fridays until noon on Sundays (or we will deliver to you).

## Offerings

Please continue to be faithful in giving your gifts to the Church at the Village. These offerings are either for the Compassionate Care Fund or for the Stone Center, designated by you.

## Contact the Chaplain

Phone: **(513) 701-3406**. E-mail: **tom.moll@christianvillages.org**. Please contact me with any needs or prayer requests that you may have.

This information is for  
Christian Village at Mason residents.

# Social Services

**BY HEATHER CARTER, LSW, DIRECTOR OF SOCIAL SERVICES**

## Medicare Open Enrollment

Medicare Open Enrollment begins October 15 and will run through December 7, 2021. This is the time to review your current benefits and make any necessary changes.

Here are 5 tips from the [medicare.gov](https://www.medicare.gov) web page to help you prepare.

1. Check your mail. You may get important notices from Medicare or Social Security. If you're in a Medicare plan, you'll get an Annual Notice of Changes (ANOC). Note any 2022 changes to your health coverage or any Extra Help you may get to pay for prescription drugs. You may also get health plan marketing materials, like brochures, from insurance companies that offer Medicare health and prescription drug plans. Remember — plans aren't allowed to call or come to your home without an invitation from you.
2. Review your 2022 "Medicare & You" handbook. It has information about Medicare coverage, as well as Medicare plans in your area. If you get your handbook by mail and want to get your next copy electronically, choose to go paperless next fall.
3. Think about your Medicare coverage needs for 2022. Carefully review your Medicare coverage materials during Medicare Open Enrollment. Note any changes in 2022 costs or benefits. Decide if your current Medicare coverage will meet your needs for the year ahead. If you like your current coverage and it's still available for 2022, you don't need to take any action.
4. Preview 2022 health and prescription drug plans. Medicare Plan Finder makes it easy to compare coverage options and shop for health plans. For a personalized search, log in or create an account (if you have a Medicare Number) to create or access a list of your drugs, compare your current Medicare plan to others, and see prices based on any help you get with drug costs.
5. Get personalized help in your community. You may be able to find free information and events online, and help from health insurance counselors in your area by phone, like your State Health Insurance Assistance Program.

Representatives from BOST benefits will be at CVM on November 3.

## Audiologist

Hear All Hearing Audiologists have returned to our campus. They will have scheduled visits with Garden Home residents in the Fitness Center classroom on the first Friday of each month.

Hear All Hearing will offer routine cleaning of hearing aids, hearing screenings and on-site hearing testing. They request residents schedule an appointment. Appointment times will be scheduled in 15-minute blocks of time, unless you request a full hearing test, which will be a 30-minute visit.

If you would like to have a scheduled time, please contact the receptionist at (513) 398-1486.

# The Well

BY KYRA SCHROER, DIRECTOR OF FITNESS & WELLNESS

## Walk to End Alzheimer's CVM team SUCCESS

I am overwhelmed with the support for this year's Walk to End Alzheimer's. Next month's Village News will focus on our cheerleaders. This month's focus is on the fundraising that resulted in over \$5,400 raised which is more than twice last year's total.

Barb Poston (Garden Home resident) and Carol Albers (Garden Apartment resident) were our top fundraisers responsible for \$2,255 of that total. My coworkers organized a bake sale that resulted in approximately \$470 and the El Caporal fundraiser provided another \$150. We are truly better together. We all have a part to play and do best when we play to our strengths. The CVM employees who like to bake did and those that don't made some fine purchases. People who are comfortable fundraising reached out to friends and family via social media. I asked Barb to write a section describing how she raised so much money for this cause and perhaps even more importantly, why she did it:

### *From Barb Poston:*

It's been a joy to watch my Facebook friends donate to my Alzheimer's Walk page. Such a variety of people from times and places, past and present. There's been no pressure put on them to donate; they are just responding to stories I tell about people with Alzheimer's. For example, there was "J" who was at a social event. He couldn't even figure out how to take a cookie from the plate I was holding out to him. Yet, later, when we were singing Jesus Loves Me, I looked over and "J" was singing every single word. Also, there was "E" who had forgotten how to swallow. His wife went to feed him twice a day, massaging his throat after each bite of soft food so that he would swallow. My friends often don't realize that Alzheimer's is much more than forgetfulness and memory loss. I challenge them to help research a cure before their generation or their children's generation must suffer through such a debilitating disease.

A friend of mine used to take notes after hosting a dinner party so she would know what went well and what could be improved. I love great ideas like that so I'm keeping notes for next year. If anyone has feedback about how we can improve feel free to pass on your ideas. Thanks so much to everyone who got involved this year to make it a FUN day! Special thanks to Joyce Drake and Jan Taylor for leading our walkers.



# Auxiliary & Resident Organization News

## Kroger Community Rewards

By Pat Wilson #1

The Auxiliary needs your participation and support even during this time of Covid shut-down. The Auxiliary continues to provide items that enhance the lives of village residents. I will touch upon those in the future.

To Change Organization On Your Kroger Plus Card

1. Kroger.com
2. Sign in (email address) & (password)
3. My account
4. Click Community Rewards (blue button appears)
5. Change Organization (blue bar)
6. Fill in oval box with name or number (our number is UY336) click search
7. This should appear: Mason Christian Village Auxiliary, 411 Western Row Rd., Mason OH 45040
8. Click the blue Enroll button

## Garden Home Clubhouse

By Lizz Stephens, VP of Marketing & Business Strategy

Recently, the management team has seriously discussed the addition of a new amenity that would serve as a gathering place and activity center specially designed for our Garden Home (GH) residents. As we emerge from the pandemic, which prevented GH residents from full access to the main healthcare building, we feel now is the perfect time to pursue such a place. We also believe that the addition of a GH clubhouse will help to make our community even more attractive to prospective residents considering CVM as their home. In August, all GH residents were sent an important survey to gauge interest in adding a clubhouse to our campus. Out of approximately 180 surveys that were sent, 113 were returned. The resident response indicates that the vast majority would have interest in the addition of a clubhouse.

One important question that many residents asked on the returned surveys was what the cost would be and how it will be paid for. To get a cost and decide how the project will be funded, we must first determine what the clubhouse will include and what it will look like. A task force has been formed to work with an architectural firm to work through these details. The task force includes Larry Monroe, Vickie Brashear, Bob Slade, Lizz Stephens, Kitty Garner (CVC Board Member), Luminaut (architectural firm) and GH residents Hank Coyle, Nina Coyle, and Carol Guthrie. We hope to have our cost determined before the end of this year.

Thank you to all GH residents that completed the clubhouse survey! We truly appreciate your input and comments on this important project. The randomly selected winner of the Kroger gift card for completing the survey was Ken & Kathy Hastings!

As we continue to develop this project, we will keep the CVM community informed of the progress. If you have any questions, please feel free to reach me at 701-3408 or lizz.stephens@christianvillages.org.

## Library News

By Mary Ann Watrous

### New Additions from Mid-August to Mid-September:

- David Baldacci, *The Last Mile*
- Sandra Brown, *Lethal*
- James Patterson, *Cross Fire (LP)*
- James Patterson, *Murder Thy Neighbor*
- Louise Penny, *The Madness of Crowds (#17- New)*
- Lisa Regan, *Her Deadly Touch*
- Daniel Silva, *The Order, The Cellist (New)*
- David Siracusa, *The Final Run of Flagler's Folly*

### Mason Public Library Outreach

Friday, October 1, 10:00 a.m.

# Auxiliary & Resident Organization News

## CVM Christmas Fund 2021 “Heroes Work Here”

The CVM Residents’ and Employee Christmas Fund is now underway. Frosty, the Christmas Fund spokesperson, is on his way back and will be here to give everyone updates on how we’re doing with this year’s fund, starting in late October. Look for Frosty on CVC TV. The fund is strictly voluntary and confidential. All contributions should be turned in at the Front Desk. Be sure to make checks out to “CBAF” CBA Foundation Fund. Please write “Christmas Fund” on the memo line of your check. Look for the Christmas Fund “guess the amount” contest form in this issue of Village News.

Any questions or information you may have may be directed to any of the following Christmas Fund committee members:

- Bob Moorehead (513) 492-7738
- Ruth Shoemaker (513) 204-0298
- Buzz Dorward (513) 492-9642
- Barbara Bournique (317) 902-7222
- Mike Ryan (207) 266-1097

## Lobby Update

We will soon begin an update to our main lobby entrance, Fireside Lounge, reception desk and the hallway that extends from the start of the Assisted Living Garden Apartments and ends just past the public restrooms outside the Chapel. This update includes new floor coverings, wall coverings, furniture, fixtures, and art. Our anticipated start date for the work is October 18, it is projected to be completed before the end of the year. Please excuse our mess as we begin construction for this exciting project.

## Front Sign

If you watched Larry Monroe’s Town Hall address in August, you would have heard that we are moving forward with updating the front sign that sits directly on Western Row Rd. This update will include new stone on the brick columns and a brand-new sign with our community’s name and logo to replace the existing marquee-style sign. There will be a period when we are without a sign and electricity for the lights to the main signs on Western Row Rd. The project should be completed by the end of the year.

## Upcoming Garden Home Activities

All reservations for Garden Home activities can be made at the front desk by calling (513) 398-1486.

### Line Dancing

Wednesday, October 17 and October 27 at 11:15 a.m. in the picnic shelter (weather permitting). Max. 25 participants.

### Hofbraus Haus, Newport, KY Lunch Outings

We are offering 2 separate dates for this outing because the restaurant can only accommodate 10 people at a time per group. You will only be able to select one of the dates.

Thursday, October 14, 11:00 a.m. (R) or Thursday, October 21, 11:00 a.m. (R), transportation cost- \$4 (does not include meal). Pick-up is at the picnic shelter.

### Short Term Memory Band

Performing songs from the 50’s & 60’s. Tuesday, October 12, 7:00 p.m. in the picnic shelter. (Reserved seating, max. 50).

### La Comedia Dinner Theater - Presenting “Footloose”

Thursday, October 28, 9:30 a.m. Cost: \$42 (incl. buffet meal & show ticket). Transportation cost: \$4. Reservation only. Max. 19 participants. Pick-up at the picnic shelter.

# You Never Know

BY RUTH ODOR,  
GARDEN APARTMENT  
RESIDENT

## THE BREAD THAT GIVES LIFE

One day recently a friend brought me a chunk of bread. I think it was Italian bread. Her children had brought some home from a restaurant; and knowing my love of good bread, she shared it with me. I covered it with butter and ate every crumb.

When I was young, thin, and trying to gain weight, I had no desire for bread and ate very little of it. Now, when I shouldn't eat bread because of the carbs, I "love" bread--any kind of bread. Whole wheat bread, croissants, biscuits, muffins, cornbread, scones, bagels, and the wonderful homemade banana or zucchini bread that friends sometimes bring to me.

Bread is still the principal food of most of the world and has been for most of history. Bread was important in Bible times and is often mentioned in the Scriptures. For years the Israelites were fed with manna from heaven. Ravens brought bread to Elijah when he was hiding in a ravine. The Widow of Zarephath used the last of her flour and oil to bake bread for Elijah. Jesus took the bread a little boy had brought for his lunch and fed thousands. At the Last Supper Jesus gave His disciples unleavened bread and the fruit of the vine and asked them to take this in remembrance of Him. After the resurrection, when two of His followers sat at a table with Him in Emmaus, they recognized Him when He broke the bread. The early church and even today Jesus' followers remember Him as they eat the bread and drink the fruit of the vine in worship.

There is a Bread that never grows moldy and stale, a Bread that satisfies the soul, a Bread that gives eternal life. Jesus himself is that Bread. He told us that He is. He said, "I am the bread of life. He who comes to me will never go hungry, and he who believes in me will never be thirsty" (John 6:35). He also said, "I am the living bread that came down from heaven. If a man eats of this bread, he will live forever" (John 6: 51).

"Just as bread is assimilated into the body, Jesus must be assimilated into the mind and heart and life. We are to think His thoughts. We are to feel His emotions. His deeds are to be our deeds. In this way He becomes to us the bread of everlasting life." (Robert Shannon in "Christ Above All")

"Bread of heav'n, on Thee we feed,  
For Thy flesh is meat indeed; . . .  
Day by day, with strength supplied  
Thro' the life of Him who died,  
Ever let our souls be fed  
With this true and living bread."

--J. Conder



The Christian Benevolent Association does not discriminate on the basis of race, color, national origin, ethnicity, sex, religion, age, qualified handicap or veteran status.