



- ♥ February is mostly recognized for Valentine's Day, flowers, and depending on where you are, being incredibly cold! Oddly enough, even though it's just another month, there's a lot of history behind this month of romance and love!
- ♥ Did you know? Presidents' Day never falls on the actual birthday of any American president. Four chief executives—George Washington, William Henry Harrison, Abraham Lincoln and Ronald Reagan—were born in February, but their birthdays all come either too early or late to coincide with Presidents' Day, which is always celebrated on the third Monday of the month.
- ♥ Presidents' Day 2022 will occur on Monday, February 21. Originally established in 1885 in recognition of President George Washington, the holiday became popularly known as Presidents' Day after it was moved as part of 1971's Uniform Monday Holiday Act, an attempt to create more three-day weekends for the nation's workers. While several states still have individual holidays honoring the birthdays of Washington, Abraham Lincoln and other figures, Presidents' Day is now popularly viewed as a day to celebrate all U.S. presidents, past and present.
- ♥ February fluctuates between having 28 and 29 days per year. The 29th day only occurs every 4 years during leap years. Over time, the length of February kept changing. At one point, it had as little as 23 days.
- ♥ The odds of being born on February 29th are about 1 in 1,461. Those born on a leap day can be called a "leaper" or "leapling."
- ♥ In the Northern Hemisphere, February is the third month of winter. Meanwhile, in the Southern Hemisphere, February is the last month of summer. Between the North and South Hemispheres, February is the equivalent of August.
- ♥ Of all the words you can misspell, February is one of the most misspelled words in the English language. Even the White House has misprinted the word "February" before in a press release!
- ♥ February has been Black History Month for over 40 years.
- ♥ It was in February 1964 when The Beatles made their first American television appearance on the "Ed Sullivan Show." Over 73 million Americans watched!



FEBRUARY

CELEBRATING THE MANY FUN THINGS ABOUT FEBRUARY

Birthdays, Celebrations and Updates



February Birthdays

This information is for
Christian Village at Mason residents.



February Anniversaries

This information is for
Christian Village at Mason residents.



If we have missed your birthday or anniversary or have the wrong date, please call the Front Desk at **(513) 398-1486**.



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 residents. Monday-Friday, 8 a.m. – 4:30 p.m. ***New Prices**

***Concierge Cards - \$30 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.

- \$2.50/mile from drop-off and pick-up
- \$35/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.

RESIDENT UPDATES

This information is for
Christian Village at Mason residents.

Chaplain's Corner

BY CHAPLAIN TOM MOLL

God's Valentine to the World

An old story is told about a little girl who was often seen playing by herself at school. No one ever seemed to talk to her or play with her. A teacher kept a watchful eye on her and noticed that she went over to a corner of the school grounds where there was a big tree. The girl reached up into the tree, put something there, and then ran away.

The teacher thought she might have hidden something that she had stolen in the tree. Later she went to check and to her surprise, she found a piece of paper with these words: "To whoever finds this, I love you."

That is the message proclaimed by God on the cross: To whoever finds this: I love you. "For God so loved the world that He gave His only begotten Son...."

February Sermon Series

Join us for worship services in the Stone Center on Sunday mornings at 10:15 a.m. For those unable to attend in person, the service may also be viewed on CVC TV. The messages for February focus on the theme: What Do We Really Want to Know?

February 6 Can Anything Separate Us from the Love of God?

February 13 What Difference Does Grace Make?

February 20 Why Is Fellowship So Important?

February 27 Are You Delivered?

Offerings

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

The Stone Center

The first worship service in the Stone Center was held on January 16. After not being able to gather with everyone for 95 weeks during the Pandemic, it was wonderful to be together. We are delighted to have David Lautzenheiser, CVM's new Director of Music, leading us in worship on Sundays.

We now have plenty of space available and our Garden Home and Assisted Living Garden Apartment residents are welcome to attend. Garden Home residents are asked to enter the auditorium through the Stone Center entrance adjacent to the back parking lot.

Our Daily Bread Devotional Booklet

Our Daily Bread devotional booklets are available to pick up at the front desk or at services on Sundays. Let me know if you want one dropped off at your home.

Communion Sets Available

Communion cup and wafer sets will still be available for pickup in the outer lobby on weekends for those unable to attend in person (or we will deliver to you—just let me know).

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

NEW SERVICE FOR THE CINCINNATI AREA

Same-Day Medical Care in the Comfort and Convenience of Home

DispatchHealth is an in-home urgent care service new to the Cincinnati area. DispatchHealth services originated in Colorado in 2013 and they have recently expanded, with the Cincinnati area as their 43rd market.

DispatchHealth can provide safe, convenient, effective and more affordable healthcare solutions. Same-day services for urgent but non-life-threatening conditions are provided in your home so that you can avoid ambulances, waiting rooms and expensive ER bills.

DispatchHealth medical teams can treat everything an urgent care can, plus more. Common conditions include symptoms associated with COVID-19, UTI's, respiratory infections, COPD exacerbation, pneumonia, skin infections, dehydration, diarrhea, CHF exacerbation and many other common to complex illnesses and injuries.

DispatchHealth accepts most insurance, including Medicare and Medicaid.

Affordable in-home medical care is just a few simple steps away.

Request Care

DispatchHealth's services can be requested by calling 513-296-2153, using their mobile app or visiting their website at dispatchhealth.com. DispatchHealth is available 8 a.m. – 10 p.m., seven days a week including holidays.

Receive Care at Home

The medical team arrives within a few hours. Each team consists of either a nurse practitioner or physician assistant, along with a medical technician. An ER physician is always available by phone for consultations. Medical teams always wear protective gear and arrive with sanitized equipment.

They'll Take Care of the Rest

DispatchHealth will call in any prescriptions you might need, update your care team and handle billing directly with your insurance company.



The Well

BY KYRA SCHROER, DIRECTOR OF FITNESS & WELLNESS

RFC Schedule • Monday - Friday: 8:00-10:00 a.m., 1:00-3:30 p.m.

The RFC is open to residents of Garden Apartments and Garden Homes by appointment only (subject to change). Please check CVC TV for any changes to these hours.

Food Choices

I am a group fitness instructor and certified behavior change specialist, not a dietitian, and I'm careful to stay in my lane. I asked our registered dietitian, Sheryl Baumann, for topics that would be beneficial for people in our community. She mentioned two topics that might be worth communicating.

1. A sugar free food is not necessarily carbohydrate free, and a low sugar content does not always mean low carbs.
2. Malnutrition is often a result of limiting food groups.

We are individuals and our bodies, although similar, are also very different. There isn't a magic formula to eating well and it certainly isn't easy. One idea is to try to make your plate colorful. Vegetables can add this color and variety. Most vegetables aren't considered high carbs or high in sugar although there are exceptions.

When I learned about food groups as a child it was simple. A lot of learning has happened since, and it is more complicated now. You hear about Macros (protein, fat, and carb) and types of nutrients now in addition to the food groups. There are 7 types of nutrients (carbs, proteins, fats, fiber, minerals, vitamins, and water) and foods contain more than one type. For example, vegetables include vitamins, minerals, and water.

Food seems to taste better in the winter especially soup. It is just as important to hydrate in the winter as in the other seasons and soup counts toward that water intake goal!



There are a lot of varieties of soup to purchase in the store and many of them are healthy if cooking isn't a good option. Restaurant soup made from scratch is also yummy this time of year. Hydration is super important so look for ways to stay hydrated.

Fun Fitness Fridays

I will choose a winner for a \$25 Kroger gift card each Friday during the month of February. In order to participate please let me know if you are either a consistent exerciser or a new exerciser for my program on CVC TV at 10:30 a.m. You can call me at (513) 701-3455 (feel free to leave a message) or email me at kyra.schroer@christianvillages.org to let me know you are participating.

Correction - Heart Mini

Save the Date: The Heart Mini Garden Apartment event will be held in the main building on Friday 4/8. The Garden Home event will be outdoors at the Village on Saturday 4/9.

Auxiliary & Resident Organization News

Kroger Community Rewards

By, Pat Wilson #1 (513) 234-0982

Do you wonder the purpose of the funds of The Christian Village at Mason Auxiliary? Puzzles and library books for the CVM library are just a sampling of purchases made by the Auxiliary. During this time of Covid, Garden Home residents can request to borrow puzzles and books by calling Beth Stratman 513-886-1630. The Christian Village at Mason Auxiliary supporters can enroll their Kroger Plus Cards online at the secure website, <https://www.kroger.com/communityrewards>. Auxiliary account number **UY336**.

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@cincinnati-villages.org
4. Enter Password **CVM45040**

Auxiliary News

By Herb Schneider

Let me start out by thanking those of you who have responded so quickly to our request for yearly dues. The earlier we can get all our dues in makes it easier to plan our budget. Along with our request for dues we also asked for your suggestions on how we can use these funds to our residents' interests. Let us know if you have any suggestions or questions.

Please keep sending in your dues. Your continued support means a lot to our efforts. Thanks again.

CVC TV Weekend Schedule

- Saturday, February 5, 3:00 p.m. "Costa Rica Travel Documentary"
- Saturday, February 5, 7:30 p.m. "CSO Digital Concert presents: Music of John Williams"
- Saturday, February 12, 3:00 & 7:00 p.m. "National Geographic, Strange Things in the Amazon Force"
- Wednesday, February 16, 7:00 p.m. Valentine's Week Concert with Tom White & Larry Monroe
*This concert is also in-person at the Stone Worship Center
- Saturday, February 19, 3:00 & 7:00 p.m. "Skyrim Tenth Anniversary Concert"
- Saturday, February 26, 3:00 & 7:00 p.m. "Komi, The Nomads from the Arctic Circle"

Valentine's Concert

Join CEO Larry Monroe on the guitar and Tom White on the piano for a Valentine's week concert in the Stone Center at 7:00 p.m. on February 16. This concert will feature love songs from a variety of musical eras and genres.

Reminder

If you receive a drink to go from the dining room, it will be placed in a blue to-go cup. Please remember to return these reusable cups to the dining room. Thank you for your cooperation.

Auxiliary & Resident Organization News

Library News

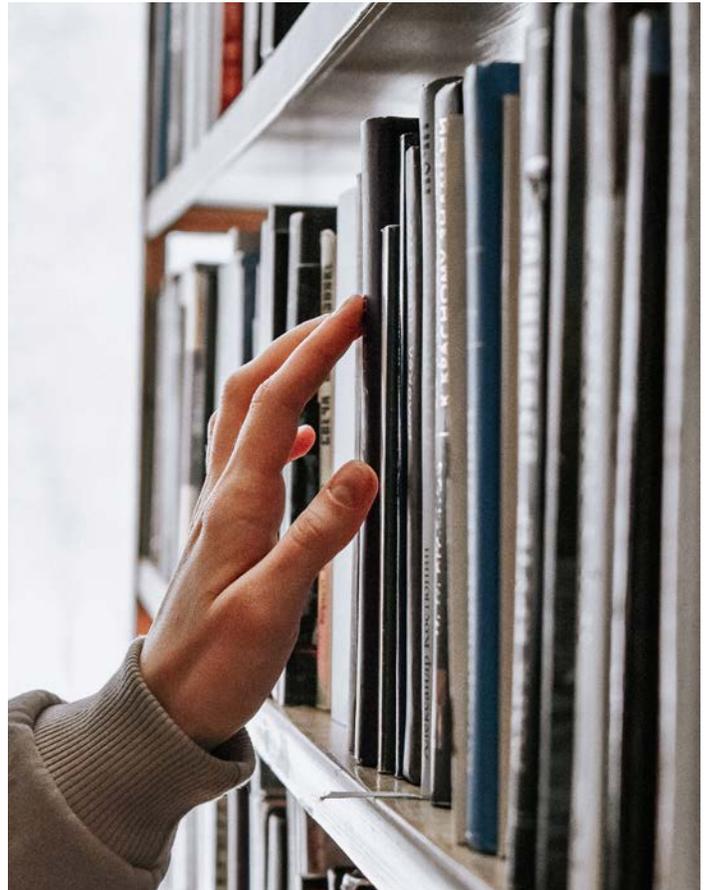
By Mary Ann Watrous

December/January Additions:

- Fredrik Backman, *Anxious People*
- Mary Higgins Clark, *Piece of My Heart*
- Suzanne Woods Fisher, *Mending Fences* (#1), *Stitches in Time* (#2), *Two Steps Forward* (#3)
- Andrew Gross, *15 Seconds*
- Pamela Kelley, *The Nantucket Inn*
- Karen McQuestion, *The Moonlight Child*
- Lisa Regan, *Her Silent Cry* (#6), *Cold Heart Creek* (#7), *Find Her Alive* (#8), *Save Her Soul* (#9), *Breathe Your Last* (#10)
- Jodi Picoult, *Wish You Were Here* (New)
- Jaqueline Winspear, *Birds of a Feather*
- Stuart Woods, *Barely Legal*, *Quick & Dirty*, *Wild Card*

Mason Public Library Outreach

Friday, February 4, 10:00 a.m.



Upcoming Garden Home Activities

To make reservations, please see the “New Sign Up Process” insert in this month’s Village News for instructions.

Buca Di Peppo Italian Restaurant: (Rookwood Pavilion, Norwood, OH)

Thursday, February 10, 11:00 a.m.

Total cost: \$20 (Includes *pre-set menu & transportation)

*Menu: Baked fresh bread, Caesar or Mixed Green salad, Spaghetti w/meat sauce & Ravioli at Pomodoro, unlimited soft drinks, coffee & tea.

Reservation only: max. 20 participants

Pick up: Picnic Shelter

Buckhead Mountain Grill: (Bellevue, KY)

Thursday, February 24, 11:00 a.m.

Transportation Cost: \$4 (does not include meal)

Pick-up: Picnic Shelter

Reservation only: max. 20 participants

You Never Know

BY RUTH ODOR,
GARDEN APARTMENT
RESIDENT

ME DO IT. ME DO IT MYSELF.

All of us probably said those words--long ago and too far back in time for us to remember. How proud we were to be able to stand alone, without a hand to hold us, to walk even a step at a time all by ourselves. That was good and it continued as we were able to do more and more things for ourselves.

I am still a "me do it myself" person. I never intended to grow old; that was not on my agenda. I resisted the first signs. I was working in a newspaper office in a small town when a Hardee's moved in next door. We employees were excited to be able to go there for breakfast or lunch. The first time I went to the new restaurant the man at the cash register said, "And you want a Senior coffee." I was insulted. How dare he think I looked that old. In fact, I was so insulted that I did not go back there for several days. Now I can hardly believe how silly I was, and I am glad to ask for that Senior coffee.

When I was traveling on motor coach tours, I sometimes had difficulty putting on my jacket. Often a fellow traveler would say, "May I help you?" I replied, "No, thank you. I am slow because of my osteoporosis but I can do it myself." Now I say, "Sure. I take all the help I can get."

When I drop the mail I have just taken out of the mailbox, and someone passing by says, "Wait. Let me get that for you." I smile and say, "Oh thank you; you came along at just the right time."

When friends began buying groceries for me or bringing a meal from a restaurant, I accepted reluctantly. "I don't want you to do that," I said. My brother remarked, "You have to learn to let others do things for you. If you don't, you deny them the blessing that comes from giving." I had not fully understood the words of Jesus when He said, "It is more blessed to give than to receive." (Acts 20:35) When you think about it, that is a great truth inside a paradox. I am learning to make myself open to receiving, to accept help from others graciously and with gratitude.

You may be familiar with the old hymn "Brother, Let Me Be Your Servant." I am learning to listen to those who are by their actions saying, "Let me be your servant. Let me be as Christ to you," and to pray, "Give me grace to let others be my servants. To let them be as Christ to me."

I'm not there yet, but I am learning.

*"The quality of mercy is not strained;
It droppeth as the gentle rain from heaven upon the
place beneath:
It is twice blest;
It blesses him that gives and him that takes."*

(Shakespeare)



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