



West Chester Hospital - Health and Wellness Speaking Series

By Larry Monroe

We are continually searching for ways to enhance the services we provide our residents to further enrich their lives, especially when that includes ways to help them manage their own healthcare. Additionally, we eagerly seek ways to strengthen our relationships with area hospitals. We are pleased to announce that these two objectives have converged with the creation of the West Chester Hospital (WCH) Health and Wellness Speaking Series, hosted by The Christian Village at Mason.



I recently met with Tom Daskalakis, Chief Administrative Officer at UC West Chester Hospital, and I presented the idea of our partnering on this exciting endeavor. Mr. Daskalakis was excited with the idea and enthusiastically replied, "Consider WCH and its physicians all in!"

The details will be developing over the next few weeks, but we intend to bring WCH physicians to our campus to present content based upon their area(s) of specialized medicine. The meetings will be held in the Stone Center Auditorium, and all residents will be encouraged to attend. We anticipate that as the word gets out about these events, they will become popular with the Mason community at large, so you will be encouraged to invite your friends and relatives to attend as well.

We envision that the Speaking Series will be a regularly scheduled event on our community activity calendar and will include areas of specialized medicine such as cardiology, pulmonary, neurology, vascular, feet and ankle, general orthopedic, brain and spine, fall prevention, and many more.

The WCH Health and Wellness Speaking Series will begin later in 2022, so stay tuned!

SPECIAL DAYS

June 6

D-Day

June 14

Flag Day

June 19

Father's Day, Juneteenth

June 21

First day of Summer

Birthdays, Celebrations and Updates



June Birthdays

This information is for
The Christian Village at Mason
residents.

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June Anniversaries

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CVM Transportation

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

*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 - Friday - 9:00 a.m. - 10:30 a.m.

Contact the Queen City Skilled Nurses for any medical issues.

- Trish Ford, RN (513) 659-8494 - Available by phone on Fridays
- Lauren Hamilton, LPN (513) 439-5582
- Diane Reed, RN Home Care Coordinator (513) 314-0562

RESIDENT UPDATES

This information is for
The Christian Village at Mason residents.

Chaplain's Corner

BY CHAPLAIN DAVID RAY

“Help, I’ve fallen!”

Years ago, there was a memorable commercial about a then-new safety device that could send out an immediate distress signal. Push a button, and you’d soon be talking to a dispatcher about whatever bad thing was happening. A memorable line, spoken by a troubled older woman lying beside her walker, was: “Help, I’ve fallen, and I can’t get up!” The comforting response: “We’re sending help immediately.” Then these words: “Protect yourself with ‘Life Call,’ and you’re never alone.”

Psalm 121 arose out of a time of personal distress. Needing help, the psalmist wrote: “I look up to the mountains—does my help come from there?” The clear response: “No! My help comes from the Lord, who made heaven and earth!” Why look to a mountain when you can cry out to the mountain-maker?

The psalm continues, “He will not let you stumble . . . the Lord himself watches over you!” God is the guardian of both our body and soul. Some falls may still happen as we get older, but the psalm ends by saying, “The Lord keeps watch over you as you come and go, both now and forever.” That promise is still good, no matter how old or frail we become. So, when in need, look to the One most able to help.

What does a chaplain do?

That’s a good question. In our setting, it includes lots of things. My job description says the chaplain is “the spiritual leader” for our community. In this role, I’m privileged to be a part of our CEO’s Executive Council, meeting regularly with the key leaders that help shape the ministry of our Villages. I also “attend to the spiritual needs of residents and staff, and direct the spiritual programming for CVM, including the weekly Sunday chapel services,” for which I preach in the new Stone Center. I encourage faith, visit the sick, comfort the dying, and offer counsel to those in need. I stop

by lunch tables and chat in hallways, visit homes and apartments, and stand at bedsides. I offer devotions and Bible studies, too. In sum, I try to bring the compassionate presence of Christ throughout our Village. But most of all, I have the great privilege of loving each of you.

Stone Center Worship

Join us in the Stone Center or on CVC TV for our Sunday service at 10:15 a.m. The sermon series, LET’S PRAY, continues (with a break for Father’s Day):

June 5	Living a Life of Trust (Our Daily Bread)
June 12	Forgiven AND Forgiving (Forgive Us, As We Forgive)
June 19	Intentional Grounding (Honor Your Father & Mother)
June 26	Get Me Out of Here (Lead Us Not, but Deliver Us)

Communion Offerings

The Lord’s Supper is shared every Sunday during worship for all who believe. If you need communion delivered, please request through the chaplain’s office. Communion for Catholic residents is also available Sundays at 10:30 a.m., in the Garden Apartment Lounge. All offerings go to CVM’s “Benevolent Fund,” unless designated for the “Stone Center.”

Contact Information

To reach the chaplain: Email david.ray@christianvillages.org, Office (513) 701-3406, Cell (513) 218-6548, or stop by our office near the Fitness Center.

This information is for
The Christian Village at Mason residents.

Social Services

BY HEATHER CARTER, LSW, DIRECTOR OF SOCIAL SERVICES

Transportation Resources

Maintaining independence when you are no longer driving is a challenge many seniors experience. Simple trips to the grocery store, post office or doctor appointments now require the assistance of someone else and working around their schedule. Finding assistance for the Monday through Friday trips can be difficult. Weekend trips seem almost impossible.

While there is not a simple solution to filling the transportation need, I hope that the resources listed provide you with some options.

- **CVM Transportation** – CVM drivers are available Monday-Friday by scheduling through the transportation department. CVM Transportation provides concierge services upon request and can assist residents to and from various appointments. CVM transportation can be reached at (513) 701-3415.
- **Council on Aging** – through Warren County Elderly Services. All residents over 60 years of age living in Warren County are eligible for services. COA phone number is (513) 721-1025 or you can contact Warren County Elderly Services directly at (513) 695-2271.
- **For Veterans** – Warren County Veterans Commission will provide transportation for Veterans. They can be reached at (513) 695-1104. You may need to verify veteran status through the Veterans Commission office. You can contact them at (513) 695-1363
- **Taxi Maxx** – Offers taxi services. These services are available 6 days a week, and by appointment on Sundays. Rates vary. Taxi Maxx phone number is (513) 280-2412
- **Uber / Lyft** – This service provides rides on demand. They do require either a smart phone app or creating a GoGoGrandparent account.
- **GoGoGrandparent** – is described as one of the most multi-functional ride-hailing and delivery platforms. Seniors do not need a smartphone to use this service. It is a membership-only service. This does require some on-line setup to create an account. Once the account is created you can call (855) 464-6872. There is a menu prompt to connect you with the service you are requesting, or you can dial "0" and speak with a real person. www.gogograndparent.com
- The Council on Aging also lists on its webpage, www.help4seniors.org, various transportation services within the counties. A few listed in Warren County include:

Alux Transportation – (513) 655-5022

Errands and Services – (513) 891-2367

Kemper Shuttle Services – (513) 981-1111

Valley Transport – (513) 488-5879

Warren County Transit Services – 1 (888) 297-0990

If you would like more information about these companies, you can contact Council on Aging at (513) 721-1025 or contact the Social Service Office at CVM at (513) 701-3403.

The Well

BY KYRA SCHROER, DIRECTOR OF FITNESS & WELLNESS

RFC Schedule

Monday, Tuesday, Thursday: 8:00-10:00 a.m., 1:00-3:30 p.m.

Wednesday: 8:00 a.m.-12:00 p.m., 1:00-4:00 p.m.

Friday: 8:00 a.m.-12:00 p.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). Hours have been extended on Wednesdays and Fridays. **If you need assistance, please try to schedule afternoon appointments on days when group fitness classes are scheduled (M,W,F).** Check CVC TV for changes to these hours.

Group Fitness Class Schedule

Subject to change - check CVC TV & 3 person class minimum

Monday

- 9:00 a.m. - Line Dance
- 11:15 a.m. - Balance

Tuesday

- 2:30 p.m. - Chair Exercises
(weights optional)

Wednesday

- 9:00 a.m. - Line Dance
- 11:15 a.m. - Balance

Friday

- 9:00 a.m. - Line Dance

5 Reasons for Exercising with Other People in the RFC

1. We generally work harder in groups than we do alone. A recent example is a Garden Home resident who increased resistance level on the NuStep after discovering that her apartment resident friend was using a higher setting.
2. It is more FUN!
3. In-person classes and/or exercising at the RFC on the same day and time keeps you accountable. If you don't show up people miss you!
4. Mirrors allow you to see if you have good posture and balance bars provide safety.
5. Sociability is a HUGE part of wellness.

I recently read in Health Fitness Magazine that 78% of exercisers said that mental/emotional well-being was the #1 reason for exercising while 76% said physical well-being was #1. This study was conducted by Mintel, a global market research firm. I am in the 78% group with mental health being my primary motivation. I have shared with many of you that I attend a rather expensive class twice a week. I have been going to this place for over 4 years now and it has helped me through the challenges of the last four years. I didn't attend for 6 months because of Covid, but then I adjusted my schedule for the next 6 months since showers weren't open. I was extremely grateful to get back to my Tuesday/Thursday morning routine, because it is key for my mental/emotional health. I didn't ever stop exercising, but it just isn't the same doing it alone.

I have enjoyed getting back to in-person classes in the RFC, and the energy you get from being around other people is amazing. You may have noticed some changes to the class schedule. I've added a chair class on Tuesdays at 2:30 p.m. This is like my Tuesday/Thursday option on CVC TV and weights/bands can be used to make it more challenging. Attendance was not good for the 11:15 a.m. line dance classes, so we are back to three times a week at 9:00 a.m. I will continue tweaking the schedule, so don't hesitate to reach out to me with suggestions. You could talk to your friends first and see if a particular time/day works. I need at least three people to attend to have class. If you bring a friend to class you get extra credit!

Auxiliary & Resident Organization News

Kroger Community Rewards

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

Thank you for helping **Mason Christian Village Auxiliary** by enrolling in Kroger Community Rewards program *krogercommunityrewards.com*. For those unfamiliar, this program links your Kroger's Plus Shopper's Card to the **Mason Christian Village Auxiliary** Community Rewards account. Our ID# **UY336**. A percentage of everything supporters spend at Kroger will go to the Auxiliary each quarter. Your spending information is 100% confidential and Kroger does not share this information with any organization which it funds. Enrolling in this program DOES NOT affect your fuel points earnings.

Activity Update

Activities in the main building are now open to Garden Home residents. Please check in at the front desk to screen, have your temperature checked, and receive a mask. Contact Tracy Wolcott at (513) 701-3414 with any questions.

If you would like to reserve a room for gatherings, card games, board games, etc., please contact the front desk to reserve a room. In addition, please let Tracy know so that she can add to the monthly calendar.

CVM Veterans Association

By Bob Moorehead

The Leadership of the CVM Veterans Association has met and decided to go ahead and rekindle the Association under very similar guidelines they had established prior to the Pandemic in 2020. The first meeting will happen on **Wednesday July 20, 2022**, at 1:00 p.m. in the Hockley Chapel in the Main Building. This will be an organizational type meeting, to set our schedule of meetings for the remainder of 2022 and nominate our leaders.

We are asking any new residents moving into CVM during the "shut down" period who happen to be Veterans to please call the Front Desk or any of our current leaders to indicate their interest in joining our Veterans Association. (398-1486)

Beginning in July 2022, we intend to meet every other month on the 3rd Wednesday at 10:00 a.m. in the Hockley Chapel. There will be an interesting Program Speaker each time focusing on a topic of interest to Veterans.

Present Leadership: Dave Doty, Jerry Kohls, Bob Moorehead, Chuck Abbott, Chuck Zindel (contact information in the CVM Directory).

Recycle Bins

Just a friendly reminder that when you put papers in your bin to secure the loose papers, either set them on the bottom of the bin or place in a bag to help contain them from blowing about the yards.

Salon Services:

PS Salon is now providing services on Fridays for Garden Home residents.

To schedule an appointment, call (513) 701-3439 on Wednesday, Thursday, or Friday.

Residents will need to be screened at front desk before proceeding to salon.

Apartment Residents

With the temperate spring days comes the luxury of open windows and fresh air in our homes. Isn't it wonderful? Apartment residents are asked to please not open their entrance doors off the main hallway when they have their patio doors open. This causes a back draft that depletes the hallways of cooler conditioned air, and puts a strain on the air conditioning system. Thank you!

Auxiliary & Resident Organization News

Heart Mini Update

We're excited to announce that we surpassed our fundraising goal for the Heart Mini, and we raised \$2,110 for heart health! Thank you to all who donated and participated in the event. We couldn't have done this without you!

Library News

By Mary Ann Watrous

April/May 2022 Additions:

- Jeffrey Archer, *Hidden in Plain Sight*
- Suzanne Brockman, *Hero Under Cover* (LP)
- Diane Chamberlain, *Secrets She Left Behind*
- Jennifer Chaverini, *The Christmas Boutique*
- Bobbi French, *The Good Women of Safe Harbour*
- John Grisham, *Rogue Lawyer*
- J. A. Jance, *Nothing To Lose* (New)
- Harry Kemelman, *Friday The Rabbi Slept Late*
- Madeline Martin, *The Last Bookshop in London*
- Paula McLain, *When the Stars Go Dark*
- Joan Medlicott, *Two Days After the Wedding* (LP)
- Brad Meltzer, *The Lightning Rod*
- Alex Michaelides, *The Silent Patient*
- Alex Michaelides, *The Maidens*
- James Patterson, *Steal* (New)
- Nora Roberts, *Under Currents*
- David Rosenfelt, *Dachshund Through the Snow*
- Nicholas Sparks, *Every Breath*
- Lisa Unger, *Last Girl Ghosted* (New)
- Lauren Willig, *Band of Sisters*

Mason Public Library Outreach

Friday, June 3, 10:00 a.m.



Upcoming Music Concerts

Concerts will be held in the Stone Center as well as aired on CVC TV (*unless otherwise noted).

- **Squeeze Play Accordion Band** - Thursday, June 2, 7:00 p.m.

This is a unique group of well-established musicians who perform using accordions. You don't want to miss this fun and entertaining show!

- **Sycamore Community Band**- Monday, June 13, 7:00 p.m. *Picnic Shelter
- **Stacy "Duke" Todd** – Monday, June 27 – 7:00 p.m.

Singer-songwriter has toured with the Van-Dells for 47 years. When he is not touring, he performs solo concerts for all audiences of all ages.

*Depending on the preference of performers or musicians, some performances in the Stone Center cannot be broadcast on CVC TV. We will do our best to notify residents of this distinction before an event. We encourage everyone to join us in the Stone Center auditorium for all performances.

CVC TV Weekend Schedule

- Saturday, June 4, 3:00 & 7:00 p.m., "June 6, 1944 – The Light of Dawn"
- Saturday, June 11, 3:00 & 7:00 p.m., "Portugal Wild Land on the Edge"
- Saturday, June 18, 3:00 & 7:00 p.m., "Power of Miracles, The Story of God with Morgan Freeman"
- Saturday, June 25, 7:00 p.m., Community Movie: "Gods & Generals"

You Never Know

BY RUTH ODOR,
GARDEN APARTMENT
RESIDENT

‘SINCE YOU HAVE NEVER BEEN THIS WAY BEFORE’

They were scared as they stood on the banks of the Jordan. Those Israelites had traveled a long way on their journey to the land God had promised them. And now--now--they looked at the high waters of the river before them. Water lapped at the banks of the river for it was at flood stage. And they needed to be on the other side.

God understood; He cared; He would not leave them helpless and afraid. They were told that when they saw the ark of the covenant of the Lord carried by the priests, they were to follow it. "Then you will know which way to go, since you have never been this way before."

When the priests carrying the ark of the covenant of the Lord stepped into the water and walked to the middle of the river, the water receded and instead of flowing downstream it stood up in a heap. The multitude of people walked across on dry ground. After all the people had crossed and the priests crossed to dry ground, the waters of the river returned to their place. The Israelites had followed where God led and they had known which way to go.

Sometimes a verse of Scripture seems to drop down just before us, to have been written just for us who live centuries after the Israelites crossed that river. A number of people have recently moved here to our village. They didn't want to come. They didn't want to leave their home, the house in which they had lived for many years. They didn't want to leave their friends or the places they knew so well. This place to which they have come seems so strange, so new, so different. Then it is as if they hear a Voice saying, "Since you have never been this way before, I will show you the way."

For many of us that day is long past. We have lived here for many years and this place has become our home. However, we are often confronted with challenges, decisions, difficulties of which we can say, "I have never been this way before." We wonder if the money we so carefully saved for retirement will soon run out. Shall we have that knee replacement the doctor says we need? And that greatest unknown of all--death, the death of our loved ones, our own death. We simply have not been this way before. We do not know which way to turn. What a wonder, what a comfort to know that if we listen carefully we can "hear" that Voice saying, "You will know which way to go, since you have never been this way before."

"In shady, green pastures, so rich and so sweet,
God leads His dear children along;
Where the water's cool flow bathes the weary
one's feet,
God leads His dear children along.
Sometimes on the mount where the sun shines
so bright,
God leads His dear children along;
Sometimes in the valley, in the darkest of night,
God leads His dear children along."

G.A. Long

As the song writer said, we won't have to cross Jordan alone. There is One who knows and understands that we have not been this way before.



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