

7 Facts You Probably Didn't Know About Memorial Day

1. The tradition of decorating soldiers' graves with flowers and flags is what led to the creation of Memorial Day. It was especially popular to decorate the graves of Civil War soldiers, and some regions designated a day of the year to do so.
2. Memorial Day was officially established as a national public holiday in 1868 by General John A. Logan, head of a group of Union veterans. The holiday was originally called Decoration Day—named for the decoration of soldiers' graves—but the name gradually changed until it officially became Memorial Day in 1967.
3. From 1868 to 1966, Memorial Day was celebrated every year on May 30, not the last Monday of May like we do now. It's unclear why this date was chosen, though some have speculated that it's because no major battles had occurred on that day, or that spring flowers would be in bloom.
4. The date was changed in 1968 with the Uniform Monday Holiday Act, which moved Memorial Day and four other holidays to Mondays for the sake of creating the three-day weekends we all know and love. Some veterans' organizations and lawmakers disagree with the change, arguing that it diminishes the holiday's meaning.
5. There is a Moment of Remembrance at 3PM on Memorial Day. Congress passed the National Moment of Remembrance Act in 2000 to encourage people to stop and remember fallen service men and women at 3PM.
6. Memorial Day is not the same as Veteran's Day. The latter celebrates all service men and women throughout history, while Memorial Day technically only celebrates those who died while serving. Armed Forces Day is also separate, and honors those who are currently serving.
7. On Memorial Day morning, the Department of Veterans Affairs guidelines say the flag is supposed to be raised to the top of the pole quickly, and then slowly lowered to half-staff, where it should remain until noon. At noon, the flag should be raised to full staff to honor those who are still serving.



Memorial Day - May 30, 2022

Thank you to the men and women for your dedication and sacrifice for serving in the Armed Forces to protect our country's freedom!

Birthdays, Celebrations and Updates



May Birthdays



May Anniversaries

This information is for
The Christian Village at Mason
residents.

This information is for
The Christian Village at Mason
residents.

RESIDENT UPDATES

This information is for
The Christian Village at Mason
residents.

Grocery Pickups

Please turn in one list (4 or 5 items) per week on Monday or Thursday into the front desk. Please give the 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 - \$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

Chaplain's Corner

BY CHAPLAIN DAVID RAY

Stone Center Worship

Attendance continues to grow for our 10:15 a.m. Sunday worship. Our new facility allows us to welcome both Village and greater community residents to join us. Or you can watch live over CVC TV. Coming in May is the conclusion of our Easter series, Mother's Day, and the beginning of a new series on the Lord's Prayer:

May 1	Restored (Peter)
May 8	A Mother's Rise to Fame (Deborah)
May 15	We are Family (Our Father)
May 22	Don't Get too Casual (Holy Be Your Name)
May 29	Letting Go (Your Kingdom, Your Will)

More Listening

One of our CVM residents visited me recently, looking for an opportunity to get acquainted. And I got to do one of my favorite things, hear another story.

This man's life had been full of professional accomplishments: a long and successful career as a chemical engineer, a family he had loved, and hobbies that gave him joy—like painting and reading. Eventually, our conversation turned to how he might be able to contribute to our Village community, and I asked: "What would your passion be if you could do anything?" And, to my surprise, he said: "Listening."

I had to smile. I would have expected something like, "figuring things out for people" or "solving problems." After all, he was an engineer. But as I kept talking to him, it made perfect sense. He told me that one of the most rewarding things he had ever done in life was not his professional work. Oh, he had accomplishments that he could list, if pressed. But the passion he talked about was being a part of a group of people in a local

church that were special equipped to care for people. They learned how to navigate the dynamics of people's spiritual needs. And one of the primary skills for effective caregiving is—you guessed it—listening!

I told this special man that I thought we could find a way for him to engage this passion he loved even more than all his life's work. But let me ask you, too: What is the passion you would like to follow during the senior years of your life? God's not finished with you yet.

Frederick Buechner once said: "The place God calls you to is the place where your deep gladness and the world's deep hunger meet." Why don't we have a conversation soon about where this great intersection might be for you?

Communion & Offerings

The Lord's Supper is shared every Sunday during worship, and all who believe are welcomed. If you need communion delivered to you, request through the chaplain's office. Communion for our Catholic residents is also now available on Sundays at 10:30 a.m. in the Garden Apartment Lounge. All Sunday offerings go the CVM's "Benevolent Fund," or you can designate you gift 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 Renewal Fitness Center.

This information is for
The Christian Village at Mason residents.



Social Services

BY HEATHER CARTER, LSW, DIRECTOR OF SOCIAL SERVICES

Advanced Directives

Have you completed a Living Will or Durable Power Attorney for Health Care?

Does your power of attorney know your health care wishes? There are several forms of advanced directives.

Durable Power of Attorney for Health Care

This is a legal document that allows you to authorize another person to make health care decisions for you in most health care situations, when you are no longer able to make such decisions. The person named as the agent can also gather protected health information for and on your behalf immediately or at any other time. A Health Care Power of Attorney does not authorize the agent to handle any financial affair. This would require a financial power of attorney.

It is important when appointing an agent to discuss with them, while you are able, your wishes. The appointment of an agent for Health Care Decisions is so that you have someone to make decisions for you, as you would make them, if you were able. The Durable Power of Attorney appointment does not supersede any decisions regarding your health care if you completed a Living Will.

Living Will

This legal document provides opportunity for a competent adult to specify what health care they want or do not want if or when they become terminally ill or permanently unconscious and can no longer make their wishes know. It is NOT and does not replace a will, which is used to appoint an executor or manage a person's estate after death. A Living Will is only effective after two physicians determine there is

no reasonable possibility of regaining consciousness or there can be no recovery from a specific illness and death is likely to occur within a relatively short time if life-sustaining treatment is not administered. A Living Will, after two physicians have determined someone is terminally ill or permanently unconscious, will supersede the Durable Power of Attorney for Health Care.

It is important to share your health care wishes with your family. These conversations are not easy but will help ensure that when you are not able to make health care decisions, that your requests are being honored.

Remember to review your documents periodically and update them if needed and provide copies of updated forms to the Social Service Office.

If you have questions about Health Care Advanced Directives or need assistance accessing or completing forms, please contact the Social Service Office at 513-701-3423.



The Well

BY KYRA SCHROER, DIRECTOR OF FITNESS & WELLNESS

Adjusted 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)

Monday

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

Wednesday

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

Friday

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

Great News

There is no charge for group fitness classes so if you can, please attend in person. Televised exercise is still an option Monday through Friday. I will exercise “live” on Mondays and Tuesdays with prerecorded tape airing Wednesday-Friday. I will be evaluating how well this is working out so if you have any input please reach out and share your thoughts or concerns. One resident mentioned to me that it would be nice to have the recording scheduled to play again in the afternoon. Many residents have told me that they record my exercise program and play it whenever they want to. If you don't have the ability to record and would benefit from the recordings to be scheduled in the afternoon, please reach out to me via email or phone.

Thank you for all who participated in Heart Mini events on Friday 4/8 and Saturday 4/23. As of this writing, we've raised \$1,460 for the American Heart Association, which includes \$100 raised from El Caporal fundraiser.



Ron Anthony (left) and Russ Hoffer (Right) enjoy fitness and fellowship in the Renewal Fitness Center.

Auxiliary & Resident Organization News

Kroger Community Rewards

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

Mason Christian Village Auxiliary supporters can enroll their Kroger Plus Cards online at the secure website, <https://www.kroger.com/communityrewards>. Auxiliary account number **UY336**.

Every time an enrolled member shops at Kroger using his or her Kroger Plus Card, the Auxiliary will earn rewards. The Auxiliary will also receive Kroger Rewards credit if you forget your card and provide your alternate ID (usually phone number). Ask your family and friends to enroll using the Auxiliary account number **UY336** as well.

If you do not yet have a Kroger Plus card and shop at Kroger, these cards are available at the customer service desk at any Kroger. (They don't cost anything and save you money when scanned at the cash register.)

Outpatient Therapy

The CVM Therapy Department is now open for outpatient therapy for Garden Home residents. If you would like to schedule an appointment, please call (513) 468-1010.

Upcoming Music Concerts

Concerts will be held in the Stone Center as well as aired on CVC TV.

- Cincy Jazz Train - Monday, May 9, 7:00 p.m.

This is a local group of well-established musicians who perform an array of popular jazz standards.

- Hope Church Choir - Thursday, May 19, 6:30 p.m.



Chaplain Reception

Join us for a reception in the Stone Center Auditorium to welcome our new Chaplain, David Ray on May 18 from 3-4:30 pm. This will be an open house and all residents are invited to attend.

Romeos Lunches

(Retired Old Men Eating Out)

This is a great opportunity for CVM men to weekly have fellowship and eat together at a nearby restaurant for lunch.

If you are interested in participating, please contact Garden Home resident Chuck Abbott at (513) 492-7797 or email ctabbott1@gmail.com.

CVM Mixed Golf League

If you are interested in playing golf beginning in mid-May, on Thursdays at 11:00 am at Armco Park, please contact Dave Doty at (513) 377-8554. All skill levels welcome.

CVC TV Weekend Schedule

- Saturday, May 7, 7:00 p.m., Community Movie: "Respect", (Following the rise of Aretha Franklin)
- Saturday, May 14, 3:00 & 7:00 p.m. Rick Steves, "Best of the Alps"
- Saturday, May 21, 3:00 & 7:00 p.m "Grand Canyon – America's Most Spectacular National Park"
- Saturday, May 28, 7:00 p.m. Community Movie: "Bucket List"

Auxiliary & Resident Organization News

Prayer for Mothers

Lord, we remember the mothers who have gone before us.

For their love, sacrifice, struggle & joy, we thank you.

Lord, we remember the mothers of scripture who are part of our story.

For their courage, faith, love and fierceness, we thank you.

Lord, we remember those who have not given birth to us, but are Mothers to us.

For their gift of themselves that they have given, we thank you.

Happy Mother's Day! (May 8, 2022)



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 **CVM45050**

Special May Days to Display your American Flag

- May 8 – Victory in Europe Day (1945)
- May 21 – Armed Forces Day
- May 30 - Memorial Day

Library News

By Mary Ann Watrous

March/April 2022 Additions:

- Diane Chamberlain, *Before The Storm*
- Harlan Coben, *The Match* (New)
- Michael Connelly, *The Dark Hours* (New)
- Liv Constantine, *The Last Time I Saw You*
- Nelson and Alex DeMille, *The Deserter*
- Anthony Doerr, *All The Light I Cannot See*
- Janet Evanovich, *Game On* (Tempting Twenty-eight)
- Vince Flynn, *Extreme Measures*
- Brian Freeman, *The Deep, Deep Snow* (LP)
- Linda Goodnight, *The Rain Sparrow*
- Liane Moriarty, *Nine Perfect Strangers*
- Ann Napolitano, *Dear Edward*
- Robert B. Parker, *Killing The Blues*
- JD Robb, *New York to Dallas*
- Nora Roberts, *Tribute* (LP)
- Stuart Woods, *Loitering With Intent*

Mason Public Library Outreach

Friday, May 6, 10:00 a.m.



You Never Know

BY RUTH ODOR,
GARDEN APARTMENT
RESIDENT

IT'S SO EASY TO FORGET

Oh how well we know that it's easy to forget. During these sheltered days of the pandemic, we sometimes even forget what day it is. We forget things we should have done and places to which we should have gone. We forget where we put something and why we came into a room. And names! I can forget the name of my best friend. We say, "Oh, you know. Her name was _____." and sometime later that day or the next day that name floats up in our mind and we remember.

Jesus told us to remember--to remember Him. "Do this in remembrance of me," He said in reference to the Lord's Supper. And we breathe, "Oh, Lord, we will not forget. We will not forget You or what You did." And we don't. But sometimes we remember casually or only for a few moments.

After an injury to my shoulder, I spent hours in the Emergency Room as doctors tried to get my shoulder back in place. I didn't know there could be such pain. It was excruciating even though they gave me all the pain medication they could. They finally had to "put me out" before they could get the shoulder in place. Afterward when I sat in worship services, I never thought of the Lord's Supper in the same way. I recalled my pain and thought of our Lord's pain which did not come close in comparison. But that helped me to appreciate more than ever before the price that He paid. Time has caused the memory of my pain to dim. I must not let the memory of His pain dim. I must never forget the enormity of Calvary, of what it meant to pay the awful price for our sins and what it means to receive forgiveness, to receive grace.

It was remembering the terrible sins of his past life that enabled John Newton to write "Amazing Grace," the hymn most loved and most often sung by thousands. Writing in *Christian Standard* several years ago, Tom Lawson said: "Perhaps it is only out of the clear memory of where we would be without grace, and a clear Biblical understanding of the nature of our own wickedness and sin, that grace becomes truly amazing."

So it is only the memory of where I would be without grace that enables me to use that word "amazing," and to sing, "Amazing grace, how sweet the sound, that saved a wretch like me!"



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