



Independence Day Trivia

The 4th of July is easily America's most patriotic holiday. People throughout the country celebrate in different ways, exuding loads of creativity! As you prepare for the holiday, take some time to brush up on your July 4th knowledge. We've created a list of fun July 4th trivia facts that you may or may not have heard before.

- John Adams thought Independence Day should be celebrated on July 2. He had a point, given that the Continental Congress did declare its freedom from Great Britain on July 2, 1776. However, an official document explaining this move to the public wasn't published until two days later, on July 4, 1776.
- Americans consume a lot of hot dogs on July 4. About 150 million to be exact! According to the National Hot Dog and Sausage Council, Los Angeles residents alone consume about 30 million pounds of hot dogs on this day.
- There are approximately 16,000 Independence Day fireworks displays that take place each year.
- Americans spend over \$1 billion on fireworks every 4th of July.
- July 4th wasn't an official holiday until almost 100 years after the Declaration of Independence was signed. It wasn't common to celebrate this patriotic event for the first few decades of America's independence. When it was established as an official holiday in 1870, it became one of the most popular nonreligious celebrations in the United States.
- Our national anthem wasn't 'The Star-Spangled Banner' until 1931. It took 117 years for the words written in 1814 by Francis Key Scott to gain federal recognition. Now, it is easily one of the most famous songs in the country.
- The Liberty Bell hasn't been rung since 1846. Every year on July 4, children who are descendants of the Declaration signers tap the Liberty Bell 13 times. It's a sentimental tradition to help honor the original 13 colonies. The last time the bell rang was on Washington's birthday in February 1846, when a major crack appeared on the bell.
- It's a tradition in New England to eat salmon on the 4th of July. Eating salmon and peas on Independence Day is a New England practice that dates back centuries. Many swear by the recipe and have made it a staple for the American holiday.
- There is one U.S. president who was born on the 4th of July. America's 30th president, Calvin Coolidge, was born on July 4, 1872



Birthdays, Celebrations and Updates



July Birthdays

- 07-01** — Ruth S. Falk, Rob Robinson
07-02 — Karen Franzmeier, Barbara Bournique, Shirley Gressel
07-03 — Jan Marting
07-05 — Gerald Miller
07-06 — Jim Dailey, Frederick Herzner, Millie Merkel
07-09 — Bob Spreen
07-12 — Gertrude Omps
07-14 — Jane Morris, Janice Marting
07-15 — Pat Suer
07-17 — Doris Berman
07-19 — Rosemary Foster, Irene Butler
07-20 — Joy Ryan
07-21 — Bob Crum, Ruby Webster
07-22 — Mary “Dee” Poynter
07-26 — Van Morse
07-27 — Jean Kerr, Ron Reitz, Nina Coyle
07-29 — Elaine Harffman, Dick Kothrade, Marilyn Spitler
07-30 — Jackie Richardson



July Anniversaries

- 07-11** — Dick & Diane Welage
07-25 — Dick & Elissa Chisholm
07-30 — Dave & Nancy Doty
07-31 — Chuck & Betty Sams



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 - Thursday - 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

Grocery Pickups

Please turn in one list per week on Monday or Thursday into the Front Desk. (4 or 5 items).

Please give list and money to the front Desk or call Transportation at (513) 703-3415.

RESIDENT UPDATES

Nancy Arulf

306 Village Drive
(513) 378-7891

Barbara Chapman

316 Village Drive
(513) 701-3316

Bob Dell

325 Village Drive

Bill & Shirley Hallmark

7160 Crescent Drive
(513) 315-7463, (513) 310-2522

Chaplain's Corner

BY CHAPLAIN DAVID RAY

“Sabbath”

There is a beautiful concept in the Bible called, “Sabbath.” We get a first hint of its purpose in the early verses of Genesis: “On the seventh day God had finished his work of creation, so he rested from all his work. And God blessed the seventh day and declared it holy . . .” (Gen. 2:2-3a NLT) Even God, who didn’t need to rest, rested.

Many of us are good at working, but not so much with resting. And that includes me. We don’t always see how creative and regenerative rest can be. I think God does want us to work, but also to recognize our need to make a place for Sabbath.

Scripture tells us also that Sabbath is something “holy,” a time to consider God. Sabbath can be a time of formal worship. But it can also be a beautiful look at a sunset, a quiet retreat after a long day of work, or even a summer vacation. Sabbath is a holy time for something other than just work.

Some might say retirement is an extended time of Sabbath—after a long life of labor, a welcome time of rest. And that’s true. But, perhaps, during this later season there is also good reason to be reminded that work is not a bad thing. It is a healthy balance in life that God is addressing through Sabbath. The good rhythm of work and rest.

(Having said all this, I’m going to get away for a few days in July—to rest and enjoy some Sabbath. But I’ll soon be back, refreshed and ready to work again. I try to practice what I preach.)

Contact Information

To reach the chaplain: Email david.ray@christianvillages.org, Office (513) 701-3406, Cell (513) 218-6548, or visit his office near the RFC.

Stone Center Worship

On July 3, we close out our series on “**The Lord’s Prayer**” with a special focus on praise. We’ll welcome a familiar guest speaker the Sunday following. And then I’ll begin a new series, “**Blue Jeans Theology**,” on July 17. It will be a study of the New Testament book of James, full of practical, everyday kinds of advice about how to live out the Christian life.

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| July 3 | “Doxology” (God’s Kingdom, Power & Glory) |
| July 10 | Guest Speaker (Tom Moll) |
| July 17 | Faith Under Fire |
| July 24 | Wise Is As Wise Does |
| July 31 | Warning! Warning! Warning! |

New Bible Study

CVM resident, Ken Goble, will lead a study of the New Testament letter of 1 Peter, from 2:30-3:30 p.m. each Wed., from July 6 – Aug. 10. Ken describes this book as being still perfect for our “crazy times.” This study is open to all Village community residents. *Watch for location to be announced.*

Communion & Offerings

The Lord’s Supper is shared every Sunday during Stone Center worship. Communion can also be delivered per request through the chaplain’s office. Catholic Communion is also available on Sundays, at 10:30 a.m., in the Garden Apartments Lounge. All Sunday offerings benefit CVM’s “Benevolent Fund” unless designated for the “Stone Center.”

In Memory of: Sam Beitler, Roberta Heitman, Arleen Moeller

Social Services

BY HEATHER CARTER, LSW, DIRECTOR OF SOCIAL SERVICES



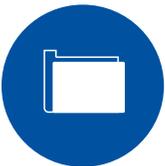
Audiologist

Audiologist from Hear All Hearing is here the 1st Friday of each month. Hearing screening, test and hearing aid cleanings can be scheduled. Please contact Mary Brown at 701-3423 if you are interested in scheduling an appointment.



Village Clinic

Trish Ford is one of the nurses that provide services in the Village Clinic, offered by Queen City Skilled Care. Feel free to stop by the clinic during Clinic Hours Monday – Thursday 9:00 a.m. – 10:30 a.m.



File of Life

The File of Life is an important document for you to keep updated with your medical condition as well as emergency contact. The City of Mason Paramedics and other surrounding units that respond to an emergency at your residence look for this document. There have been a couple recent situations in which 911 was contacted and the medics were not able to find the File of Life or the information on the form included outdated information. This may cause a delay in notification to your emergency contact and at times, not knowing your health status, could lead to a delay in proper treatment. Please be sure to complete this document if you have not done so. It is also important to keep the document up to date, with



changes in medications, new medical diagnosis or change of phone number for your emergency contact. The File of Life forms are a duplicate copy form. A copy should be kept in the magnetic pouch on your refrigerator. The bottom, or yellow copy, should be provided to the Social Service office. Blank copies can be picked up from the receptionist or in the Social Service office. During this time of restricted visitation, if you need a new File of Life or magnet, we would be happy to deliver it to you. **Garden Apartment residents are not required to complete a File of Life.** If you have any questions or need copies of the File of Life or magnetic pouch, please give me a call at (513) 701-3403.

The Well

BY KYRA SCHROER, DIRECTOR OF FITNESS & WELLNESS

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

Being Present in the Moment

I was recently challenged in a Bible Study to sit quietly with Jesus and tell Him my desire. Wow- never thought to do that and it wasn't easy. I know you'll find this hard to believe but sitting quietly doesn't come easily to me. Something I appreciate about prayer and exercise is both activities require a person to be present in the moment.

If you are anything like me being present is difficult and your mind wanders into all kinds of directions (What do I need from the store? Who did I say I'd call? etc.). If you've come to my group fitness classes, you've probably heard me say, "Be where your feet are." I say this because it keeps us safe and engaged in what we are doing. This offers an opportunity to not be thinking about the past or the future, and the more we practice it the better we get at it. If you haven't come to my in-person group fitness classes, why not? I will continue to evaluate offerings based on attendance and feedback from you. We encourage one another, and the only expectation is to do your best. We have plenty of chairs for resting whenever that is your best option.

Line dance and Balance classes have been well attended and the times seem to work for the people who are attending. I started a chair class on Tuesday 6/7 and attendance has not been good. I will offer the class at least through July. Remember that I need at least 3 people to have class. Is there a better time/day for a chair class? I hope you're enjoying that appointments aren't necessary anymore and the RFC



is open from 6 a.m. to 7 p.m. I encourage people who need my assistance to stick to previous appointment times or at least make sure you come when I am here and not teaching a class. If you are the only person in the RFC, please use an emergency call pendant.

My brother-in-law gave each of us a copy of the book *Pilgrim's Progress* by John Bunyan for Christmas. I love the part when Christian's burden is lifted, and his journey begins. The illustrator included a picture of a large pack falling from his back. This inspired my desire "to travel freely and lightly with Jesus". I pick that bag back up frequently, but at least I'm more aware of things that are in the bag and that it is weighing me down. Are there things in your bag keeping you from being present?

Auxiliary & Resident Organization News

Kroger Community Rewards

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

How to Change Your Kroger Plus Card to benefit Mason Christian Village Auxiliary

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**) and click search
7. This should appear:
Mason Christian Village Auxiliary
411 Western Row Rd.
Mason, OH 45040
8. Click the blue **Enroll** button

CVM Veterans Association

By Bob Moorehead

Please mark your calendars for the CVM Veterans Association meeting **Wednesday July 20, 2022 at 1:00 p.m.** in the Hockley Chapel. This is the "original" Chapel in the main building. One and all are welcome as guests, as we will have a very interesting speaker for this meeting.

ROMEOS Lunches Are Back!

Starting July 5, Join the CVM men (Retired Old Men Eating Out) as they carpool to a nearby restaurant for lunch. They will meet on Tuesdays at 11:30 a.m. at the picnic shelter. No reservations are required and the cost is the cost for the meal. If you have questions, please contact Garden Home resident Chuck Abbott at (513) 492-7797 or email ctabbott1@gmail.com.

Upcoming Music Concerts

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

- **Short Term Memory Band** - Monday, July 11, 7:00 p.m.

This group of musicians sing and play music from the 50's and 60's. Their music is sure to bring back fond memories of those Golden Years of Music.

- **David Hennig, Magician with a Mission** - Tuesday, July 19, 7:00 p.m.

Enjoy an evening of magical fun that will tickle your funny bone and touch your heart! David Hennig will bring an amazing evening of fun featuring music, magic, and message.

- **Hearsay Barbershop Quartet** - Tuesday, July 26 - 7:00 p.m.

Hearsay barbershop quartet formed in the summer of 2018 to compete in the Barbershop Harmony Society competitions and to entertain folks in the area. Their success was almost immediate as Hearsay is the 2020 International Barbershop Society Seniors Quartet Champion Gold Medalist which was awarded in January 2020 in Jacksonville, Florida. The four men are all members of the Southern Gateway Chorus from Cincinnati Western Hills Chapter of the Barbershop Society. They have over 160 combined years of barbershopping experience and really enjoy ringing chords and having fun.

Lead: Kent Vanderkolk

Bass: Mike Bell

Baritone: Tom Rouse

Tenor: Bob Moorehead



Auxiliary & Resident Organization News

Library News

By Mary Ann Watrous

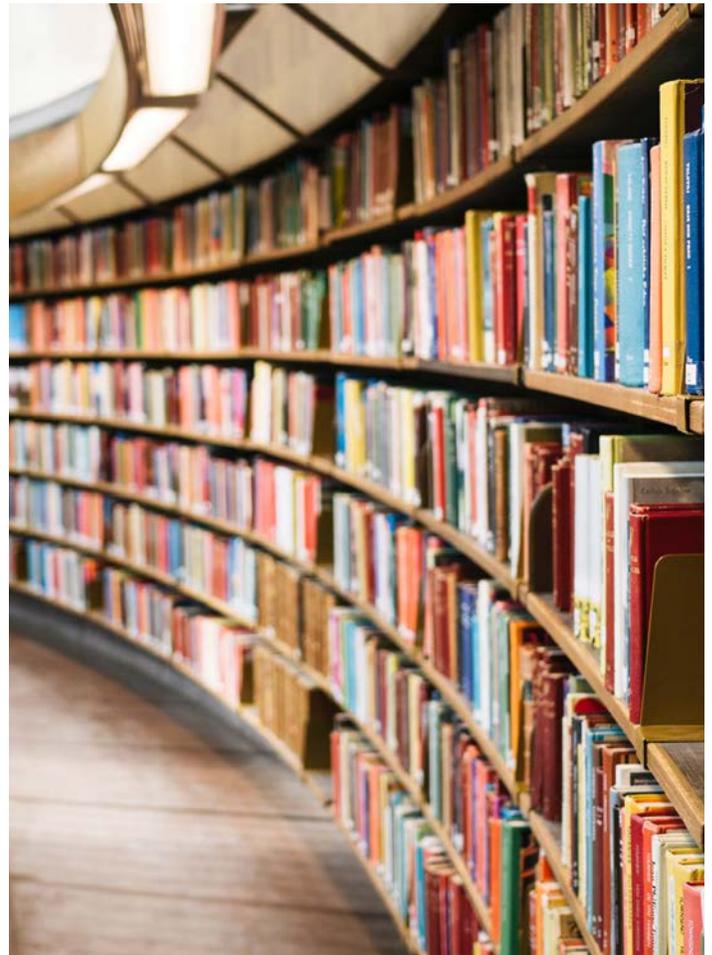
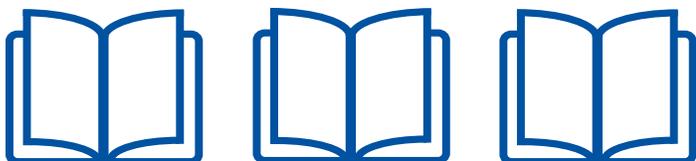
May/June 2022 Additions:

- Linda Byler, *Running Around (and Such) When Strawberries Bloom*, *BIG Decisions* (numbered set)
- Lee Child, *The Visitor*
- Patricia Cornwell, *Autopsy* (New)
- Julian Fellows, *Belgravia*
- Sue Grafton, *N is For Noose*
- John Grisham, *Sooley*
- Nelson DeMille, *The Panther* (LP)
- Brian Freeman, *Alter Ego*
- Debbie Macomber, *Sweet Tomorrows*
- Robert B. Parker, *Rough Weather*
- James Patterson, *The First Lady*, *The Coast to Coast Murders*, *22 Seconds* (New)
- Tom Perrotta, *Tracy Flick Can't Win*
- Joanna D Politano, *Lady Jayne Disappears*
- Matthew Quirk, *Hour of the Assassin*
- John Sandford, *Holy Ghost*
- Lisa Scottoline, *The Perfect Lie*
- Nicholas Sparks, *The Guardian*

There are two delightful series of paperback books on the carousel! The authors are Nancy Atherton and Shirley Rousseau Murphy. They don't need to be checked out. Just take, read and return to the basket.

Mason Public Library Outreach

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



CVC TV Weekend Schedule

- Saturday, July 2, 3:00 & 7:00 p.m., "PBS A Capital 4th Concert"
- Saturday, July 9, 3:00 & 7:00 p.m. "Amazing Quest: Stories from Bissagos Islands"
- Saturday, July 16, 3:00 & 7:00 p.m. "The Ends of the Earth Alaska's Wild Peninsula"
- Saturday, July 23, 7:00 p.m. Movie: "Million Dollar Arm"
- Saturday, July 30, 3:00 & 7:00 p.m. "The Norwegian Fjords- Life in the Twilight"

You Never Know

BY RUTH ODOR,
GARDEN APARTMENT
RESIDENT

AN IMPORTANT PART OF PRAYER

One cold winter Sunday an American couple sat in a little church in Eastern Europe. Both the sermon and the songs were in a language they could not understand. Of course, they were able to recognize some of the hymns by the melodies, and hum or sing along in English. Then came the closing chorus with a word they did know--"Alleluia." "Alleluia" or "Hallelujah" is a word known to Christians all over the world. It is the Hebrew word meaning "Praise the Lord."

Praise, both the word and the act, has sometimes been neglected. For many years for me it was no more than the singing of "The Doxology" or "Praise Him! Praise Him, Jesus our Blessed Redeemer" at Sunday morning worship service. I enjoyed both the words and the music of the "Hallelujah Chorus" from Handel's *Messiah*. Only in recent years have I given thought to praise as an important part of prayer.

Praise, in relation to God, can be defined "to glorify by homage." To glorify means to honor, to adore, to exalt. Homage is respect or reverential regard. To praise God, therefore, is to glorify Him, to honor Him, to adore Him, to exalt Him, to give Him proper respect and reverence. Praise also means to magnify. When we magnify something, we make it large. Unfortunately, the world in which we live has pushed God into the background and written Him small. Robert Savage has said that praise is "talking to God about himself." Not about me, but about Him. It is the most selfless of all acts for we empty our hearts of self and reach up to Him who is the highest of all.

If we are to talk to God about himself then we had better know Him. And how do you get to know someone? By spending time with them. If we are to know God better, then we must spend time in His

presence--being still and knowing that He is God, speaking to Him in prayer, letting Him speak to us through His Word.

Instead of barging into the presence of God and giving Him my shopping list of prayer requests, I need to offer Him praise for who He is. Oh there are times when a prayer request is so urgent that I must go to God immediately. On most days, however, I need to first offer Him praise and then go to thanksgiving, requests, and intercessory prayer. I need to praise Him for His majesty, His power, His holiness, His mercy, and His grace. For never changing and for His never-ending, everlasting love. To know Him is to praise Him.

God does not need our praise, but He created us to know Him, to love Him, to have fellowship with Him. Someone has said that He put in our hearts a "God-shaped vacuum" that only He can fill. He knows that we need to acknowledge His presence and "climb the stairs" to Him, to empty our hearts of self and reach up to Him. God does not need to hear me say "I love You," but He wants me to say it and live it. He knows that in praising Him I find joy and satisfaction and I prepare for the day when I shall praise Him for all eternity.



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