



UC Health - West Chester Hospital Health and Wellness Speaking Series Kickoff

In a previous Village News, we announced that to enhance the services we provide our residents and strengthen our relationship with West Chester Hospital (WCH), we converged with the creation of the WCH Health and Wellness Speaking Series. The series will begin in October, and you won't want to miss it!

On Wednesday, October 26 at 6:30 p.m. you are invited to the Stone Center Auditorium for our first program "Joint Health" presented by Dr. Tonya Dixon, MD UC Health, Orthopedic Surgeon.

Dr. Dixon performs patient consultations and surgical procedures at WCH. She is assistant professor of Orthopedic Surgery at University of Cincinnati College of Medicine and a member of the American Academy of Orthopedic Surgeons, J. Robert Gladden Orthopedic Society, and the Ruth Jackson Orthopedic Society. She completed her medical degree from Meharry Medical College, her residency training at University of Cincinnati Medical Center and fellowship at Massachusetts General Hospital.

Dr. Dixon's presentation will address questions focused on common causes and effective solutions to joint pain such as:

- How do joints function and how do they change as we age?
- What are common sources of joint pain in the feet/ankles, hips, and knees?
- What treatment options are available to address pain in these joints?
- How can one prevent pain in our joints?
- What are tips to ensure optimal joint health?

The presentation will conclude with a time for questions and answers. To RSVP, please call the front desk at (513) 398-1486 by October 24. We hope to see you there!

Birthdays, Celebrations and Updates



October Birthdays

This information is for Christian Village at Mason residents.



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.



October Anniversaries

This information is for Christian Village at Mason residents.

RESIDENT UPDATES

This information is for Christian Village at Mason residents.



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.

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

Chaplain's Corner

BY CHAPLAIN DAVID RAY



In January of this year, we were finally able to open the Stone Center & Auditorium for weekday gatherings and Sunday services. It was a bit like a late Christmas present for us—long awaited and joyfully celebrated.

The Stone Center has hosted a variety of events, large and small: worship, concerts, funerals, meetings, banquets, and more. Plus, it has provided a much-welcomed space for friends and small groups to enjoy each other's company in the Gathering Place.

I was privileged to know and love Sam & Gwen Stone, for whom our new Center was named. They were gracious and loving souls and would have delighted to live to see the building's completion. Sam served for several years as Dean of Cincinnati Bible Seminary, a same role I also filled several years ago. Sam was also a long-time professor, writer, pastor, a Christian magazine editor. But as much as anything, he was a man of supreme Christian character. It is fitting that our Stone Center honors both Sam and Gwen's exemplary lives.

The total cost of the Stone Center was almost \$3 million, funded with generous gifts from many who loved the Stones as well as our Village. Over \$1 million of the total needed funding came from Village residents. Amazing! And the Center is almost fully funded, with only about \$325,000 that remains.

Through the month of October, you will hear about a

short campaign we're calling: "Raising the Capstone." I'll be sharing a series of Sunday sermons drawn from early chapters of the Old Testament prophecy of Zechariah—a book written during a time when Israel was called to rebuild Jerusalem's temple after a long and painful exile. The prophecy reveals that all would lead to a grand celebration, when a capstone would finally be set in place, with accompanying shouts of: "God bless it! God bless it!"

Our goal is to do the same, "RAISING THE CAPSTONE," by receiving the remaining gifts needed to fully fund our new Stone Center. Watch for details about how you can personally join in this celebration!

Stone Center Sermons (Zechariah)

- October 9 Preparation: Repentance & Clean Clothes (1:2-4; 3:3-4)
- October 16 Expansion: Beyond the City Walls (2:1-5, 10-11)
- October 23 Empowerment: Not by Our Might, but by God's Spirit (4:6-7a)
- October 30 Completion: Raising the Capstone! (4:7b-9)

Contact Information

Office (513) 701-3406, **Cell** (513) 218-6548, or **Email** david.ray@christianvillages.org.

Tune to CVC TV for Chaplain's live: Word of the Week, Daily Devotions, & Stone Center Worship. If you need help to attend Sunday worship or desire communion delivery, please contact us. Hearing assistance devices are available in the Stone Center.

This information is for Christian Village at Mason residents.

Social Services

BY HEATHER CARTER, LSW, DIRECTOR OF SOCIAL SERVICES



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. We had a recent situation in which 911 was contacted and the medics were not able to find the File of Life. 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 duplicate copy forms. 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. If you are unable to come to the main building we would be happy to deliver these 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 of magnetic pouch, please give me a call at 701-3403.



Village Clinic

Queen City Skilled Care will be available for clinic hours: Monday – Thursday 9:00 a.m. – 10:30 a.m.



Medicare Enrollment

REMINDER: It's not too soon to start thinking about Medicare Open Enrollment

Medicare Open Enrollment begins October 15 and will run through December 7, 2022. This is the time to review your current benefits and make any necessary changes.

Representatives from BOST benefits will be at CVM on Monday, October 17, 2022, from 9:00 a.m. – 4:00 p.m. They are scheduling one-on-one, 45-minute consultations to help answer your questions and find appropriate coverage. Please Call Mary Brown at 701-3423 to reserve a time.

If you schedule an appointment, please remember to bring your Medicare Care, Health Insurance Cards, list of doctors and medications.



The Well

BY KYRA SCHROER, DIRECTOR OF FITNESS & WELLNESS

Dare to not Compare

My youngest daughter, Tara, recently moved to South Carolina to start her first year as a first-grade teacher. She was feeling overwhelmed and started comparing her classroom to some of the other teacher's rooms. One of the veteran teachers told her that comparing herself to others is allowing Satan to stop her from doing the work God gave her to do. I had told her that during her high school years, but hearing it from someone not related to her made an impact. God bless that teacher!

As the youngest of four girls, I did some comparison growing up both within my family and with my peers. I have come to the realization that if I look with envy at other people's gifts and don't value my own, it does allow Satan to stop me from doing the work God gave me to do. I was not athletic and have memories of being picked last or close to last for dodge ball games. My passion for exercise started in high school even though I wasn't "athletic". It just made me feel better and think better when I moved. I've been moving ever since, and it has benefited both my physical and mental health. Practice makes us better, and if we want to get better at something then we need to keep doing it.

Group Fitness Opportunities

I am happy to report that my balance class and line dance class have good attendance, and the current schedule will continue. Some of you may be aware that chair volleyball is being played every other Tuesday in the group fitness room. This is an activity that Tracy's team started and manages. It is open to both apartments and homes, so you are encouraged to join the fun.

Good News! I am bringing ping pong back on Thursday afternoons. We will start with every other week and see how it goes, so please check the calendar for dates/times. I will take responsibility for getting the table



Kyra, Director of Fitness & Wellness, with Garden Home resident Colleen Dallmer.



Blanche Walker, pictured here with Skeeter, has been a Garden Home resident for over 27 years!

set up, and we can start with a two-hour window of opportunity for play. This will allow people to come and go for shorter periods, because ping pong is rather tiring.

Group fitness is more fun than doing it alone, and as one resident said today, sociability is the #1 reason. It is tempting to compare ourselves with others in this setting, so I challenge you to just do the best you can and celebrate that you are still able to do as much as you are able to do. If you are staying safe and having FUN, you are doing it right.

Auxiliary & Resident Organization News

CVM Christmas Fund - 2022 “Heroes Work Here”

The CVM Residents’ Employees Christmas Fund is now underway. Frosty, the Christmas Fund spokesperson, is on his way back. He will be here to give you updates on the Funds’ activities and how this year’s Fund is doing as we go along with the campaign. Look for Frosty on CVC TV along with the Frosty Display near the front desk. The Fund is strictly voluntary and confidential. All contributions should be turned in at the Front Desk. Please make checks out to **“CBAF” Christian Benevolent Association Fund**. Be sure to write “Christmas Fund” in the memo line of the check. Remember, the campaign has a fun contest to guess the amount donated each year. The winner will receive a gift card for a local restaurant if their amount guessed is the closest to the actual amount donated. Be sure to look for the Contest Entry Form in the October Issue of the Village News. In addition to details from Frosty, there will be additional news in a flyer and on the Activities Announcements on CVC TV each week. Any questions 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

CVM Veterans Association

By Bob Moorehead

The Veterans Association will hold the next meeting on Tuesday, November 15, 2022, at 10:00 a.m., in the Hockley Chapel. The program will be presented by John Mitchell from the Christian Restoration Association who will discuss his experience in the Submarine Services for the USN. All members and their spouses are welcome. Be sure to mark your calendars and save the date for this very interesting topic.

Auxiliary Meeting

The next Quarterly Auxiliary Meeting will be Wednesday, October 26th, at 1 p.m. in the Hockley Chapel. Refer to the insert for more information.

Mason Community Center Sign Ups



Since May of 2018, all new and existing Garden Home residents have been able to receive a complimentary Basic Membership to

Mason Community Center (MCC). With the Basic Membership, you can experience all the fun the MCC has to offer; exercise equipment, two indoor pools, a walking and running track, group exercise classes at \$3 per class, senior center activities, gift shop, post office, cafe and much more! The Basic Membership provides full access to the facility during normal operating.

If you are a new Garden Home resident or if you just haven’t had time to sign up for your membership, we are offering an on campus sign up day on Thursday, October 20 from 10:00 a.m. – 12:00 p.m. in the Stone Center Gathering Place so that you can easily obtain your complimentary membership. Make sure to bring your insurance information with you to see if you are eligible for membership based on your insurance plan. If you can’t make it to the sign-up day, you can visit the MCC at 6050 Mason Montgomery Road to complete your application.

I hope you will take advantage of this exciting opportunity!

Week at a Glance - CVC TV

We will start running a “Week at a Glance” slide on Mondays at 10 a.m., 2 p.m., and 7 p.m., on CVC TV. This slide will share an overview of community updates, event changes, and important news.

Auxiliary & Resident Organization News



Upcoming Music Concerts

Concerts will be held in the Stone Center. They may not be available to be aired on CVC TV if music groups bring their own sound equipment.

- **A Night with Tom White, pianist** - Saturday, October 8, 7:00 p.m.
- **Landmark Boys** - Tuesday, October 11, 7:00 p.m.
- **Squeeze Play Accordion Band** - Tuesday, October 25, 7:00 p.m.

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

CVC TV Weekend Schedule

- Saturday, October 1, 3:00 & 7:00 p.m. “Wild Conga Part I, River of the Monsters”
- Saturday, October 8, 3:00 p.m. “Wild Conga, Part II, King Kong’s Lair”
- Saturday, October 15, 3:00 & 7:00 p.m. “Kamchatka, The Frozen Forbidden Zone”
- Saturday, October 22, 3:00 & 7:00 p.m. “Being the Queen: The Life of Queen Elizabeth II”
- Saturday, October 29, 3:00 & 7:00 p.m. “Cities of the Underworld: Secrets From Underneath Washington, DC”

Library News

By Mary Ann Watrous

August/September 2022 Additions:

- David Baldacci, *Walk The Wire* (LP)
- Marie Benedict, *The Mystery of Mrs. Christie*
- Catherine Coulter, *Reckoning* (New)
- Catherine Coulter, *Blind Side* (LP)
- Allen Eskens, *Nothing More Dangerous*
- Kerry Fisher, *The Silent Wife*
- Brian Freeman, *The Deep, Deep Snow, The Ursulina*
- Shari Lapena, *Not A Happy Family*
- Frieda McFadden, *The Housemaid*
- Richard Osman, *The Thursday Murder Club*
- James Patterson, *Shattered* (New)
- Kate Quinn, *The Rose Code*
- Kim Michele Richardson, *The Book Woman’s Daughter* (New)
- Francine Rivers, *The Masterpiece*
- David Rosenfelt, *Deck the Hounds, Muzzled, The K Team, Black and Blue*
- David Rosenfelt, *Without Warning* (LP almost)
- Michelle Sacks, *All The Lost Things*
- Lisa Scottoline, *Come Home*

Mason Public Library Outreach

Friday, October 7, 10:00 a.m.

Please remember to turn in your used books to the craft room for pick up.



You Never Know

BY RUTH ODOR,
GARDEN APARTMENT
RESIDENT



TRANSITIONS AND MIDDLE C

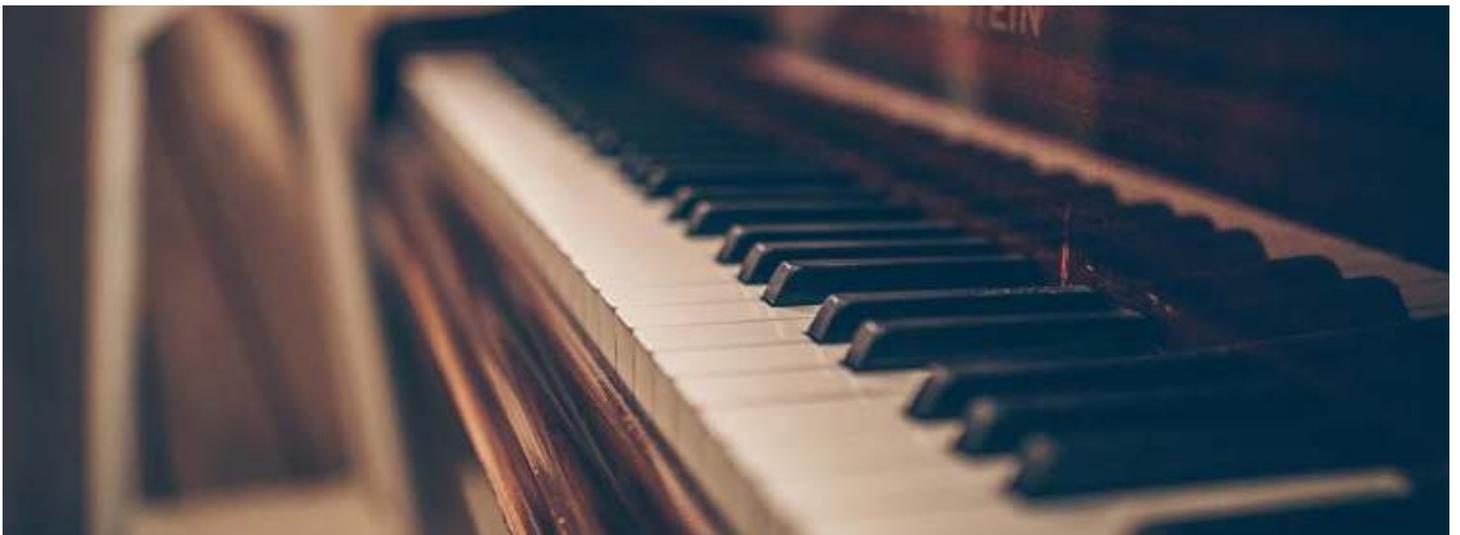
We should have expected them--transitions, but most of us didn't. In this place where we live there are transitions every day. A neighbor is here one day and gone the next. I no longer go to a friend's home for lunch or just a visit. No more trips to restaurants or ballets for she has moved to the Guardian Center and does not always know who I am. A different nurse checks my temperature; a different server in the dining room brings my coffee; a different preacher delivers the message on Sunday. All this without even mentioning all the changes brought about by the pandemic. Is nothing constant? We wonder.

My mother was a piano teacher. For all beginners she began the first lesson by pointing out Middle C on the piano. Then she would tell the student, "Put your finger on Middle C." And at the second lesson she would ask the student to find Middle C. We soon learned that Middle C was the basis for everything else.

When you strike a tuning fork on wood or metal it produces an almost pure tone, Middle C. This tone is one of definite and constant pitch. The soloist may be singing flat. The piano may be out of tune. But Middle C is still, and always will be, Middle C.

In this world of change we need a Middle C. We need someone who is definite and constant, someone who never changes. How good to know that our Heavenly Father never changes. He is the same yesterday, today, and forever. "I the Lord do not change," He tells us in Malachi 3:6. "Thou changest not; As Thou hast been Thou forever wilt be," we sing. We quote and describe Him as "The Father of the heavenly lights, who does not change like shifting shadows" (James 1:17). His love for us never changes. It is never more one day and less the next, depending upon our behavior or our attitude. It is always all it can be.

And so we sing, "Change and decay in all around I see." And we pray, "Oh Thou who changest not, abide with 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.