

A Christmas Message from Larry Monroe

Christmas is a very special holiday for so many reasons. For all Christendom it is a joyous time to celebrate the birth of Christ. It has also been said that Christmas is for kids. The thing is, at Christmastime it seems the kid comes out in most everyone, no matter their age.

One of my fondest childhood memories was my family gathered around the brightly lighted tree very early on Christmas morning as my father read from the Bible the story of the birth of Christ. Following the reading each of us would say a short prayer, thanking God for the gift of His Son, and thanking Him for the gifts we were about to open. That few minutes placed the day and the season in the proper perspective for the family. My parents are no longer with us, but the Christmas tradition begun by my dad years ago lives on in my own family as I now read from the Bible and lead everyone in our time of prayer. It remains a highlight for me on Christmas morning. I can only hope that my children will carry the tradition on after I'm no longer with them.

I would love to be able to hear your stories of Christmas traditions past, and memories you hold near and dear. I am sure that if we had that chance we would laugh and maybe even cry a bit. I am mindful of the fact that for some, Christmas is a difficult time of the year. I pray that amid all the emotions that can accompany this season, God will hold you and comfort you, and that the realization of His loving grace will bring you peace.

At this blessed time of year, Kathy and I want you to know that as you celebrate Christmas, our prayer is that God will bless you with a special measure of joy through Christ.

Merry Christmas!



Birthdays, Celebrations and Updates



December Birthdays

This information is for
Christian Village at Mason residents.



December Anniversaries

This information is for
Christian Village at Mason residents.

RESIDENT UPDATES

This information is for
Christian Village at Mason residents.



CVM Transportation

Transportation services are available to all residents.
Monday - Friday, 8:00 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.



Grocery Pickups

Please turn in one list per week to the Front Desk on
Monday or Thursday (4 or 5 items). Please give the
list and money to the Front Desk or call Transportation
at (513) 703-3415.



Village Clinic Hours

7169 Village Drive

Updated Village Clinic Hours:

Tuesday - Thursday - 9:00 a.m. - 10:00 a.m.

If you need to contact the nurse outside these hours,
please contact Diane Reed, R.N., Queen City Skilled
Care, Home Care Coordinator at (513) 314-0562 or
Heather Carter at (513) 701-3403.

Chaplain's Corner

BY CHAPLAIN DAVID RAY

Advent

Do you find the days leading up to Christmas as harried and confusing as I often do?

I heard about a little boy—exhausted after a hard day of Christmas shopping filled with rush and stress—choosing to use the Lord's prayer as a bedtime prayer, but with one notable change: "And forgive us our *Christmases* as we forgive those who *Christmas* against us."

Sometimes the commotion is so great that there is little way to focus upon the Christ child. Any readiness we might find for His coming gets crowded out by all the baggage we add to the season.

Have you ever found yourself snowbound on some cold winter day when the electricity goes down? It's amazing what you can hear when all the usual buzzing and humming of things around the house are silenced. The constant background noise of furnaces, refrigerators, radios, and televisions, all strangely gone, leaving you to hear what you might rarely notice on other days. Like the occasional groan of the roof under a thick blanket of snow. The brush of an ice-laden tree limb against a window pane. The gentle crackle of a log burning in a fireplace. The soft, in-and-out breath of a sleeping child. Perhaps, even the beating of your own heart.

Isn't it amazing what you can hear when all the clatter is taken away? What would it be like if we could do that for Christmas? Pull the plug, and just quietly wait and listen.

Advent is all about *preparing* for Christmas. So find some calm and quiet place where you might hear the brush of angel wings, a mother's cradle song, and a newborn baby's cry.

Stone Center Sermons: The Character of Christmas

- December 4 The Mary Miracle (Mary) Luke 1:26-38
- December 11 Surprised by Significance (Shepherds) Luke 2:8-20
- December 18 The Saint in the Shadows (Joseph) Matthew 1:18-25
- December 25 Majesty in Manger (Jesus) John 1:14

Christmas Services

Join us in the Stone Center: **Special Christmas Eve Service** at 6:00 p.m. and **Christmas Day Worship Service** at 10:15 a.m.

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 (Monday, 9:30 a.m.), Daily Devotions (Tuesday - Thursday, 11:00 a.m.), & Stone Center Worship (Sunday, 10:15 a.m.). If you need assistance to attend worship, desire communion delivery, or would welcome a visit, please contact us.

This information is for
Christian Village at Mason residents.



Social Services

BY HEATHER CARTER, LSW, DIRECTOR OF SOCIAL SERVICES

Emergency Pendants

CVM offers personal emergency response pendants for residents in the Garden Homes and in all areas of the healthcare center.

Regardless of age or health, these devices really can be lifesaving. In the event of an injury or other emergency, the button on the device is pressed and the staff from the facility is alerted to send help immediately. Having a personal pendant is sometimes better than just simply dialing 9-1-1, because a phone is not always readily available in the event of an emergency.

Garden Home residents' security panels are set up with an option to have a pendant that can be pushed in the event of an emergency. The pendant works like the pull cords in the home and will alert someone in the main building that you need assistance. The device works within the boundaries of the Garden Home.

If you reside in the main building, you also have the option of using a pendant at an additional cost. These pendants work just as your emergency pull cords in the apartments or rooms would work, alerting staff you need assistance. These pendants will work anywhere within the main building and have a location sensor, to alert staff of the area in which you are closest.

If you have questions or would like more information about the pendant services offered at CVM, please feel free to give me a call.



Village Clinic New Hours

The Village Clinic is open Tuesday through Thursday from 9:00 a.m. to 10:00 a.m.

If you need to contact a nurse outside of these hours, you can reach our Queen City Skilled Care, Home Care Coordinator, Diane Reed, RN at (513) 314-0562 or Heather Carter, Assistant Administrator/ Director of Social Service at (513) 701-3403.



The Well

BY KYRA SCHROER, DIRECTOR OF FITNESS & WELLNESS

Your Presence is a Present

The weeks leading up to Christmas are an opportunity to prepare our hearts and minds to celebrate Christ's birth. Recognizing that Jesus is with us in the present, not in the past or the future, challenges us to "be where our feet are" also known as practicing mindfulness.

The Mason Community Center had an education session on mindfulness for the senior group in September. One of the exercises presented was practicing an awareness of what three (see, hear, feel) of your five senses were experiencing. The exercise did not include taste or smell which are two of my dog's favorites. Dogs are incredibly good at living in the present! The next few weeks might include visits from family and friends, so I challenge each of you to pay attention to the sights, sounds, smells, tastes, and touches that make this time of the year so wonderful. Being fully present is a gift to us (see Benefits of Mindfulness) and to the people we are with.

In Charles Dickens' classic "A Christmas Carol", Ebenezer Scrooge was visited by the Ghost of Christmas Past and the Ghost of Christmas Yet to Come. Sometimes we allow our thoughts to take us to past regrets or our worries about the future and we miss the blessings that are right in front of us. God is with us in the here and now so let's celebrate his birth by being fully present.

Merry Christmas!

Benefits of Mindfulness

- Decreased stress and anxiety
- Reduced chronic pain
- Strengthened immune system
- Higher relationship satisfaction
- Improved attention, memory, and the ability to focus



Auxiliary & Resident Organization News

Furniture Removal Requests

The CVM maintenance team is here to serve our residents and does so in many capacities. However, there are certain requests that our team is unable to accommodate. One such request is the removal of furniture from your home. If you need furniture removed, we can refer you to the following resources to assist with donating or removing furniture:

- Relocation Planners, (513) 405-7356
- Goodwill Industries, (513) 770-3290
- St. Vincent DePaul, (513) 492-7940
- 1-800-GOT-JUNK, (800) 468-5865
- Habitat for Humanity of Greater Cincinnati, (513) 621-0061
- Planes Moving & Storage, Junk Removal, (513) 759-6000

CVM Christmas Fund - “Heroes Work Here”

Our campaign for the Residents/Employees Christmas Fund is coming to a close soon for 2022. Everyone needs to know how grateful we all are for the hard work our employees do on our behalf daily here at CVM.

At the same time, the Christmas Fund Committee would like to share how grateful they feel for all the donations that flow into the Fund each year! Frosty says, “Thank you all so much for your support!”

This year, we also enjoy being able to hold the fun annual Christmas Party at which the Gift checks are distributed, and everyone can share their appreciation in person! Please continue to watch CVC TV for the winner’s name of the “Guess the Amount” contest and the final dollar amount donated to the 2022 campaign, and the details on the Christmas Party.

A Christmas Celebration

Mark your calendars for December 19th at 7:00 p.m. when pianist extraordinaire, Tom White, and our CEO, Larry Monroe, will share a special Christmas musical celebration. Many are familiar with Tom White who plays regularly in the Matthews Dining Room and for other CVM special events. Tom will join Larry in a concert of beloved secular and spiritual Christmas songs and carols, consisting of a combination of featured instrumentals and singing. Larry will be including several songs with guitar accompaniment. Have a favorite request? Call Amie Kocher at (513) 701-3448.

Santa Helpers Needed

The Community Life Services department will need some volunteers to help wrap presents for our Healthcare residents in preparation for their Christmas party on Thursday, December 22.

Thank you to the CVM Auxiliary for providing financial support to fund a Christmas party and Christmas gifts for each resident. If you would like to help wrap gifts, please contact Tracy Wolcott at (513) 701-3414.



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.

- **CVM Ambassador Choir Christmas Concert** - Tuesday, December 6, 7:00 p.m.

What a great way to kick off the Christmas season with a special concert performance by our very own CVM residents and other choir members sharing the joyful sounds of Christmas.

- **Mason High School Choir Performance** - Wednesday, December 7, 3:15 p.m.

It has been almost 3 years since we had our Mason High School students perform at CVM. This is a great opportunity to listen in and afterward have a chance to speak to the students.

- **Sycamore Presbyterian Church Bell Choir Christmas Concert** - Tuesday, December 13, 7:00p.m.

- **CEO, Larry Monroe & Tom White, A Christmas Celebration** - Monday, December 19, 7:00 p.m.

Pianist extraordinaire, Tom White, and our CEO, Larry Monroe, will share a special Christmas musical celebration.

- **Buckeye Strings** - Tuesday, December 20, 2:00 p.m.

This is a group of women who play the dulcimer. The dulcimer is a musical instrument with a long-rounded body and a fretted fingerboard, played by bowing, plucking, and strumming. This will be a great unique experience listening to the sounds of Christmas.

Library News

By Mary Ann Watrous

October/November 2022 Additions:

- Kate Atkinson, *Big Sky*
- Clive Cussler, *The Gray Ghost*
- Lucy Foley, *The Guest List*
- John Grisham, *The Boys From Biloxi* (New)
- Jojo Moyes, *The Ship of Brides*
- James Patterson, *Blowback* (New), *Fear No Evil* (New)
- Kelly Rimmer, *The Warsaw Orphan*
- John Sandford, *Righteous Prey* (New)
- Danielle Steel, *The Challenge* (New) (LP)

Mason Public Library Outreach

Friday, December 2, 10:00 a.m.

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

CVC TV Weekend Schedule

- Saturday, December 3, 3:00 & 7:00 p.m.
“Woodpecker: The Hole Story”
- Saturday, December 10, 3:00 & 7:00 p.m.
“Colorado Experience: Million Dollar Highway”
- Saturday, December 17, 3:00 & 7:00 p.m.
“Gracias Choir & Symphony Christmas Concert”
- Saturday, December 24, 3:00 & 7:00 p.m.
“Rick Steeves European Christmas”
- Saturday, December 31, 3:00 & 7:00 p.m.
“New York Philharmonic New Years Eve: Bernstein on Broadway”

You Never Know

BY RUTH ODOR,
GARDEN APARTMENT
RESIDENT

CHRISTMAS

The people of Bethlehem were asleep that night. They were unaware that God had come to earth in their little town. The people of the world did not know that Immanuel was here. But a few people did know.

Mary knew who the Baby was. Of course, she did. The angel had told her that her Baby Boy would be Jesus, the Son of God. Mary knew who the Baby was. She loved Him.

Joseph knew who the Baby was. An angel had told him in a dream. The angel had said that Mary's Son would be Jesus, the Son of God. Yes, Joseph knew who the Baby was. He protected Him.

The shepherds knew who the Baby was, this tiny Baby wrapped in swaddling clothes and lying in a manger in a stable in Bethlehem. While they were out on a hillside watching over their sheep, they had seen an angel. The angel had told them that the Baby in Bethlehem was Christ the Lord, and they had gone to Bethlehem to see Him. The shepherds knew who the Baby was. They worshiped Him.

The Wise men who lived in a faraway land knew who the Baby was. They had seen His star and traveled all the way to Jerusalem and then to Bethlehem to see Him. They knew who this Child was. They gave Him precious gifts.

Herod knew who the Baby was. He knew after the Wise men had come to his palace asking about a baby. He knew after he had heard the prophecies of old. He did not want anyone else to be the king. He knew who Jesus was. He tried to kill Him.

Simeon knew who the Baby was when Mary and Joseph brought Him to the temple. God had promised him that he would not die until he had seen God's promised Son. Simeon knew who the Baby was. He thanked God for sending Him to the world.

The disciples knew who Jesus was. Peter, the outspoken one, declared, "Thou art the Christ, the Son of the living God." Oh yes, those disciples knew who Jesus was. They followed Him.

We know who Jesus is. We know that He is Creator, Shepherd, Redeemer, Saviour, the coming King. We know who Jesus is. How will **we** respond?



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