

## UC Health™

### *UC Health - West Chester Hospital Health and Wellness Speaking Series*

In October, we began our WCH Health and Wellness Speaking Series. Our next program in the series is scheduled for Wednesday, January 25 at 6:30 p.m.

You are invited to the Stone Center Auditorium for a presentation on “Managing Health as We Age” presented by Dr. Bruce Gebhardt, MD. Dr. Gebhardt specializes in family medicine at WCH and is a Clinical Professor at the University of Cincinnati.

Dr. Gebhardt’s presentation will share insights about Managing Health as We Age and will address questions such as:

- What are the most profound physiological changes that occur as we age?
- What are the most common health issues or illnesses that affect both men and women?
- How do family history and lifestyle play a role in our overall health and wellness?
- What are the most-important diagnostic tests we should have performed regularly to monitor our health?
- What can we do to maintain good health as we grow older? What are helpful tips for achieving and maintaining good health during our senior years?

The presentation will conclude with a time for questions and answers. To RSVP, please call the front desk at (513) 398-1486 by January 23.

We hope to see you there!



# Birthdays, Celebrations and Updates



## January Birthdays

This information is for  
Christian Village at Mason residents.



## January Anniversaries

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.

### 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.

## RESIDENT UPDATES

This information is for  
Christian Village at Mason residents.

# Chaplain's Corner

BY CHAPLAIN DAVID RAY

## Community

John Naisbitt wrote a best-selling book around the turn of this century that called attention to the varied impacts technology was having upon human behavior in the work place.

While technology is designed to help *free* us from more routine tasks, Naisbitt argued that the unanticipated consequences were that it was actually *insulating* us from human interaction. His book, *High Tech/High Touch*, made a case for the importance of *relationships*. While applauding the benefits of technology, Naisbitt argued that it was coming at the high price of depleting the human spirit.

In the more than two decades since this book was written, new technology has continued to explode exponentially. So much so that we now often find ourselves glued to our screens, isolated from vital relationships, and in desperate need (realized or not) of any genuine measure of personal, intimate connectedness. Life today is certainly “High Tech,” but also increasingly, “NO Touch.”

I’m personally thankful for the smart phone I carry around in my pocket that can do more than early main-frame computers—requiring the space of an entire big building—could ever dream. I enjoy keeping up with friends and family over social media, too. And I love how Zoom and live streaming helped keep us connected during the isolation of the COVID pandemic. But to be honest, my soul would die without the in-person, “high touch” time I have with people. God made us to exist in *relationships*. From the very beginning, He said: “It is not good for man to be *alone*.”

I love walking down our Village hallways or around our beautiful campus, stopping to spend *personal* time with residents. I love sitting with someone in my office for a long conversation. I love coming to

worship in the Stone Center to sing, pray, and learn with other people all around me. Oh, I’m thankful I can also connect with many via CVC TV each week, but there is something about a “high touch” experience of being personally together that is almost always better.

I’m preparing a series of Sunday sermons for our January & February worship that will draw from what are often called the “One Another” passages of the New Testament. I’d love for you to hear these messages anyway you can, even over CVC TV each week. But what I would love, even more, is for you to join us *in-person* each Sunday, where we can enjoy a “high touch” experience through vital community.

## Stone Center Sermons

### Church.Community

- January 8      **Encourage** One Another (1 Thess. 5:11)
- January 15     **Love** One Another (John 13:33-35)
- January 22     **Bear** One Another’s Burdens (Gal. 6:1-5)
- January 29     **Forgive** One Another (Col. 3:15)

## 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**

## Christian Village Comfort Care

We are excited to share that Christian Village Hospice has submitted our application to the Ohio Department of Health to become a licensed hospice provider.

Hospice is a philosophy to provide comfort care for residents that are experiencing serious illness, may choose to stop certain treatments or acknowledge that their illness is not responding to medical attempts for cure. It is not only about end-of-life care. Hospice philosophy provides quality of care, dignity, and comfort.

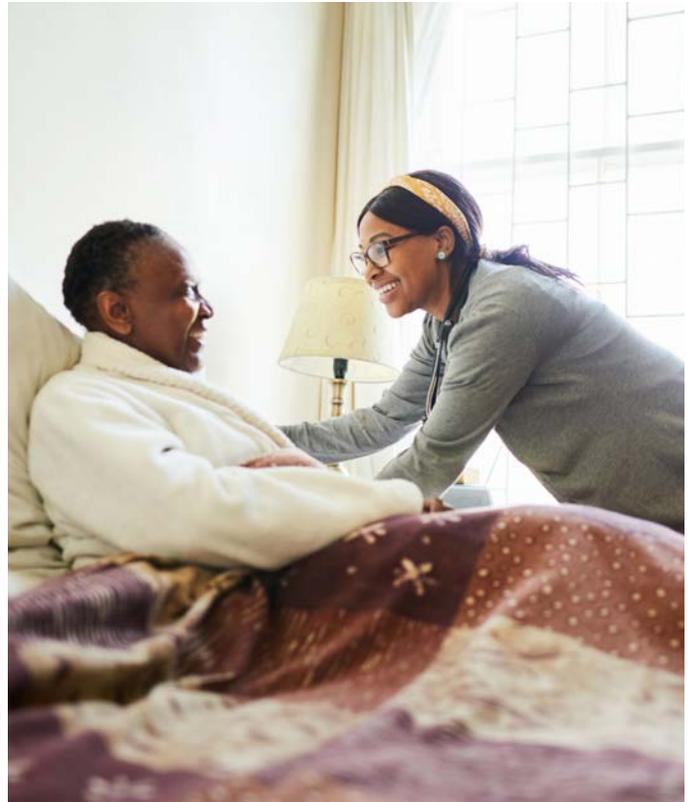
The Christian Village Communities mission statement is “Care is the heart and soul of everything we do, being devoted to maintain the highest standards of expertise and service in health and wellness and being committed to serving each person as though they were our own family, with love, compassion and excellence”. Comfort care or hospice services will help us fulfill this mission.

Ashli Gordon, RN, joined our team in September 2022. She will be the Clinical Director for the program. She has been working on our policies and procedures and working with the teams at Mason and Mt. Healthy. She will be responsible for admissions and enrollment to comfort care services and will follow patients and their families through end-of-life. In addition, our team of social work and chaplains will be able to follow your care. Our program will also focus on grief support and bereavement services to help enhance support to family members.

While we have submitted our application for licensure to the Ohio Department of Health, there is an approximate 60-day waiting period. We anticipate the Ohio Dept. of Health for initial survey of our policies and procedures sometime in January. Once the surveyors have approved our policies and program specification, they will then require we provide services to a small number of patients. They will then review our care and services, prior to issuing our hospice license. Until we are licensed, our program will be referred to as Christian Village Comfort Care.

We look forward to watching the launch and growth of this program. The benefits to our organizations as an additional source of revenue as well as philanthropic gain are great. But the benefit that a hospice program can provide our resident and families truly speaks to our mission, our love and compassion for those we serve.

If you have any questions, please feel free to reach out to Ashli or me. The Comfort Care program office will be located at 7169 Village Drive, or you can contact the office by calling (513) 204-2185.



# The Well

## BY KYRA SCHROER, DIRECTOR OF FITNESS & WELLNESS

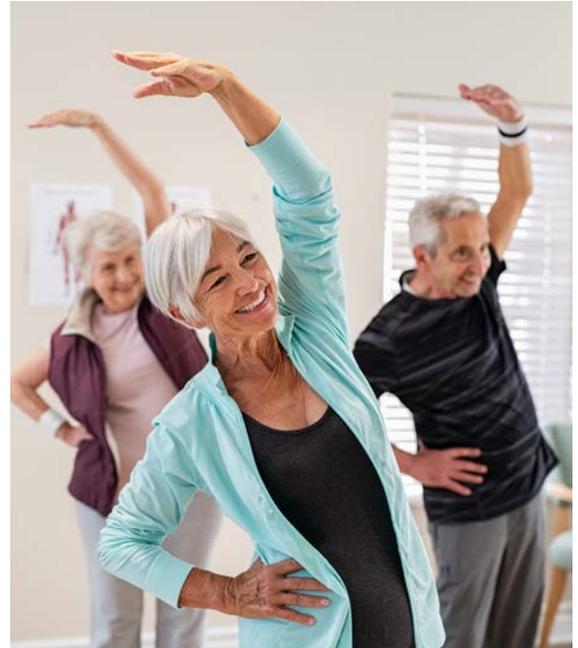
It is amazing how a deadline motivates a person to complete a task. I realized that the courses to earn my continuing education credits needed to be completed in the same year as purchased, so December became education month for me. The Senior Fitness Consultant Specialty Certificate took 10 hours to complete and covered 5 broad topics related to seniors. I will share a couple of things I learned to get the year off to a good start.

The *Empowering Transformation: Managing Chronic Disease* topic focused on the following senior health concerns:

- Heart Disease
- Diabetes
- Osteoporosis
- Alzheimer's
- Parkinson's
- Osteoarthritis

One common factor across all these conditions that also applies to any aging body is loss of muscle strength. Sarcopenia is defined as loss of muscle tissue as a natural part of the aging process. The good news is that we can do things to slow this process. Resistance training 2-3 days per week and adequate protein intake are recommended. Lower body strength and Upper body strength exercises are both important. In fact, improved blood flow from your upper body strength work also benefits the lower body. One thing I learned is that Grip Strength is now considered a better predictor of functional decline than age. Regular strength training will improve grip strength and direct finger and hand exercise may be beneficial. A lot of people aren't sure what to do or not to do. There is not a boilerplate program and the first and most important thing is "do no harm". If something causes pain or doesn't feel safe just say "no".

The chart shown on the right was included in the course and I found it helpful. Spinal flexion & rotation listed under AVOID means bending at the waist and twisting your body, so it belongs on the Don't list! Flexibility exercises are very important so look for more in the classes that I offer in the RFC. If there is enough interest in a stretching class, it could be added for 2023. There are also classes at the Mason Community Center in addition to the indoor walking track and swimming pools. Set some deadlines for yourself and find an accountability partner to share your goals with. I'm happy to hold you accountable if you choose me to be that partner. Happy New Year!



### Exercise Do's & Don'ts

#### Select

- Strength training for the upper back
- Weight-bearing activities
- Flexibility exercises
- Stability and balance exercises

#### Avoid

- High impact
- Spinal flexion & rotation
- High fall risk exercises

#### Consider

- Aquatics; although not weight bearing there are "significant" core strengthening & fall prevention benefits

Mayo Clinic, 2014

# Auxiliary & Resident Organization News

## CVM Christmas Fund Recap

### THE 2022 CHRISTMAS FUND COMMITTEE

The Christmas Fund Committee would like to let everyone know the thrilling results of this year's campaign.

Despite the more severe economy and additional illness among us all, we were able to collect a total of \$38,565 for our HEROES WHO WORK HERE. All things considered, that is terrific and a huge blessing on our entire Village. Frosty says, "Thank you, thank you, thank you! See you next year!".

## Wii Bowling Is Back!

This is a great way to meet new people. No bowling equipment required, and it is a lot of fun! If you are interested, the activity is offered on Fridays at 1:30 p.m. in the Fitness Studio. Start out the new year and join the group on Friday, January 6, 1:30 p.m.

## Picnic Pavilion Meeting

As you know, one of CVM's many amenities is our picnic pavilion. The pavilion is used by residents and families regularly during the warmer months to gather and participate in events and activities. For a while, the management team has thought that there are ways this space can be improved to make it more usable, accessible and enhance the overall experience.

You are invited to attend an informational meeting in the Stone Center Auditorium on Friday, January 20, at 2 p.m. to learn about some very exciting plans for improvement of the pavilion. President & CEO Larry Monroe will share how we can enhance this amenity including renderings of how it will look.

Hope to see you there!

## CVM Veterans Association

By Jerry Kohls

The Veterans Association will hold the next meeting on Wednesday, January 18, at 10:00 a.m., in the Hockley Chapel. All are welcome to attend. The speaker and topic are TBD. Tune into CVC TV for January updates.

## CVM HealthCare Residents Celebrate Christmas Together

The Community Life Services Department would like to thank the Auxiliary members for their financial support in funding for all Healthcare residents to receive individual Christmas gifts, such as throw blankets, shirts, sweaters, body lotions, jewelry etc. In addition to the Christmas gifts, the Auxiliary also provided funding for the residents' Christmas party. So much joy, gratitude and smiles made for a special celebration!



# 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.

- **Delta King Chorus Christmas Concert** -  
Wednesday, January 4, 7:00 p.m. (rescheduled from November)

This group loves to sing Barbershop harmony! Please join us and kick off the New Year with this wonderful performance of Christmas songs Barbershop style!

- **The Great Miami Bluegrass Band** -  
Tuesday, January 17, 7:00 p.m.

The Great Miami Bluegrass Band plays a uniquely American form of music that emerged in the late 1940s. It is derived from old time and traditional music of the Appalachian Region which is rooted in traditional English, Scottish, and Irish Ballads and dance tunes as well as American Blues and Jazz. Band members are Mike Ryan, lead vocals and rhythm guitar; Kitty McIntyre, harmony vocals and mandolin; Dan Conly, banjo; Adam Hicks, vocals and lead guitar; and Mary Jones, bass.

- **Cincy Jazz Train** - Tuesday January 24, 7:00 p.m.

This is a local group of well-established musicians returning to perform an array of popular jazz songs.

### CVC TV Weekend Schedule

- Saturday, January 7, 3:00 & 7:00 p.m. "The Greater Caucasus Between Europe & Asia," Documentary
- Saturday, January 14, 3:00 & 7:00 p.m. "Mongoose The Story of an Unlikely Predator"
- Saturday, January 21, 3:00 & 7:00 p.m. "Norway Travel Documentary"
- Saturday, January 28, 3:00 & 7:00 p.m. "Wild Baltic Sea Between Estonia & Finland"

## Library News

By MaryAnn Watrous

### November/December 2022 Additions:

- David Baldacci, *The 6:20 Man* (New), *Long Shadows* (New)
- Geraldine Brooks, *Caleb's Crossing*
- Diane Chamberlain, *Brass Ring*
- Lee Child, *No Plan B* (New)
- Agatha Christie, *The Clocks*, *Cat Among Pigeons*
- Michael Connelly, *Desert Star* (New)
- Robin Cook, *Genesis*
- Sandra Dallas, *Tallgrass*, *Whiter Than Snow*
- Colleen Hoover, *Verity*
- James Herriot, *All Creatures Great and Small*, *All Things Bright and Beautiful*, *All Things Wise and Wonderful*, *The Lord God Made Them All*, *Every Living Thing*
- Elin Hilderbrand, *Golden Girl*
- Ron and Clint Howard, *The Boys* (LP)
- Megan Miranda, *The Last To Vanish*
- Marcia Morse Odor, *Detour Through Danger*
- Louise Penny, *A World of Curiosities (#18)* (New)
- Stuart Woods, *Cut and Thrust*

There is now a dedicated Religion section on the wall by the restroom. These books need not be checked out, just return them to the basket when finished

### Mason Public Library Outreach

Friday, January 6, 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

## BUMPS IN THE ROAD

Two little children, a brother and sister, were climbing up a steep, rocky hill. "It would be easier to climb if it weren't for the rocks in our path," said the littler girl. "But the rocks are what you climb on," said her brother.

Really? The bumps are what we climb on? This pandemic has brought many bumps in our road. The path ahead has not been easy. However, as we look back across these past years, we realize that there is much we have learned. We have had to look carefully at our priorities. Things that once seemed important seem not so important anymore. We have learned not to "sweat the small stuff."

We've learned to appreciate friends and family more than ever. How dear they were when we could not see them, could not visit with them.

We have learned to trust our Heavenly Father more. We depend on Him, on His care, His guidance, His great love for us. We know that we must go His way and not our own.

Even though the pandemic is over (we hope) we still find ourselves climbing over bumps in our road. We don't like the doctor's diagnosis of our pain. Won't it get any better? We mourn for our friend who recently died. We wonder if there will be enough money to pay the bills. Our faith ebbs low and



climbing upward is so difficult. But because of the difficulties that we have to overcome we are stronger. We learn acceptance. We learn to cope. We learn to trust. The "rocks" in our path are a hindrance but each one on which we step leads us a little higher. And we are a little "taller" than we were before.

Perhaps the little boy was right. It is the bumps that we climb on. And in the days ahead we shall try (although we may not always be successful) to be thankful for those bumps and climb a little higher. So we pray:

"A higher plane than I have found;  
Lord, plant my feet on higher ground."

*Johnson Oatman, Jr.*

### The staff at The Christian Village at Mason want to say...



**Thank you for the Frosty Christmas bonus and taking care of the team members at CVM!**



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