



UC Health - West Chester Hospital Health and Wellness Speaking Series

Once again, we have planned an engaging and informative presentation with UC Health. On February 22 at 6:30 p.m., you are invited to the Stone Center Auditorium for the next seminar in our speaking series titled “Achieving Optimal Spine Health”. This seminar will be presented by Justin Virojanapa, DO, UC Health neurosurgeon.

Justin Virojanapa, DO, joined UC Health from Northwell Health in New York, with a clinical focus on complex spine surgeries, minimally invasive spine surgeries, spinal oncology, spinal trauma and syringomyelia. Dr. Virojanapa completed a minimally invasive and complex spine surgery fellowship at Yale University and served as chief resident at North Shore University Hospital for his residency in neurosurgery. He became interested in neurosurgery, particularly spine surgery, because it is one of the most mentally and physically demanding of all subspecialties. His favorite part about his job is being able to help patients become happy and functional again after their surgery. He is a member of numerous professional organizations, including the American Association of Neurological Surgeons, American College of Osteopathic Surgeons, and American Osteopathic Association. As an active humanitarian, Dr. Virojanapa spent time in Mae Sot, Thailand, at the Maw Tao Clinic, providing medical care to Burmese refugees displaced by war at the Thai Myanmar border. Outside of work, Dr. Virojanapa enjoys traveling. Additionally, he used to play the piano and the bass guitar in bands. He used to row crew and has run the Boston Marathon.

Dr. Virojanapa’s presentation will share insights about Achieving Optimal Spine Health and will address questions such as:

- What is the basic anatomy of the spine? How does aging affect the back?
- What are the common sources of pain? (Arthritis, injury, obesity, herniated disc, spinal stenosis, fractures, etc.)
- When is it time to see a doctor? How are back problems diagnosed?
- What are the traditional medical treatments for chronic back pain?
- What traditional and minimally invasive surgical procedures are available for common spine disorders?
- How can one achieve optimal quality of life after surgery?

The presentation will conclude with a time for questions and answers. To RSVP, please call the front desk at (513) 398-1486 by February 20.

We hope to see you there!

Birthdays, Celebrations and Updates



February Birthdays

This information is for
Christian Village at Mason residents.



February Anniversaries

This information is for
Christian Village at Mason residents.

CVM Transportation

NEW 2023 RATES

Transportation services are available to all residents.
Monday - Friday, 8:00 a.m. – 4:30 p.m.

*Concierge Cards - \$36 for 13 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.

- \$3.00/mile from drop-off and pick-up
- \$40/hour for the driver to stay with you

Scheduling Transportation

Call (513) 701-3415 to schedule an appointment.

Village Clinic Hours

7169 Village Drive

Updated Village Clinic Hours:

Monday - Friday - 10:00 a.m. - 11:30 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.

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

This information is for
Christian Village at Mason residents.

Chaplain's Corner

BY CHAPLAIN DAVID RAY

Stone Center Sermons

Church.Community

February 5 Be **Patient** with One Another (Eph. 4:2)

February 12 **Admonish** One Another (Col. 3:16)

February 19 **Serve** One Another (Gal. 5:13)

February 26 **Honor** One Another (Romans 12:10)

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 and 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.

It Takes a Village

"We all need somebody to lean on."

Bill Withers grew up in the small coal mining town of Slab Fork, West Virginia. It was a place where everybody knew each other, where the community ethic was strong. After later moving across country to the big city of Los Angeles, he found himself missing the hometown spirit he had left behind. The decrepit house in which he'd lived was in a poor section of Slab Fork, but it was a place where he felt connected. And it finally led him to write, "Lean On Me," a classic contribution to our American songbook.

Some people stubbornly try to navigate life all by themselves, but Withers realized there will be times when we are "not strong." That "sometimes in our lives we all have pain, we all have sorrow," and we are "gonna need somebody to lean on." So he implores: "Please swallow your pride if you have things you need," because "no one can fill . . . needs that you won't let show." His offer: "If there is a load you have to bear that you can't carry . . . I'll share your load, if you just call me . . . call me . . . call me."

When someone asks, "How are you doing?" why do we often say, "Just fine!" when—in fact—we are not? Are we afraid of looking weak or being a burden to others? Or what's your excuse? Withers gently reminds us: "We ALL need somebody to lean on."

I'm so thankful that we live in this "Village," for the "community ethic" which is so strong here. But there is a way you can help it grow even stronger. When you are in need, admit it. And when you are able, help share the load.

The Apostle Paul puts it this way: ". . . carry each other's burdens, and in this way you will fulfill the law of Christ." (Gal. 6:2)

P.S. Thanks for helping me carry my own personal burdens, and welcoming me to do the same for you! Please, "call me . . . call me."



Social Services

BY HEATHER CARTER, LSW, DIRECTOR OF SOCIAL SERVICES

Village Clinic

Queen City Skilled Care provides on-site services for our Garden Home residents. The Village Clinic is located at 7169 Crescent Drive. Trish Ford, RN, will be the nurse on campus. The Clinic will be open daily Monday-Friday 10:00 a.m. – 11:30 a.m. Trish can assist with medication and health questions, education regarding your medical diagnosis, can assist with setting up lab services and provide basic wound care.

Right at Home

The Christian Village at Mason partnered with Right at Home to provide in-home private duty services for our residents on campus. Most home care providers require a 3-4 hour minimum for scheduling.

Our partnership provides an option of a 30 or 60 minute visit.

A nurse from Right at Home will complete an assessment and will establish a plan of care for the services requested.

If you are interested in learning more about the Community Care services offered, please reach out the Social Service Dept at (513) 701-3423.



The Well

BY KYRA SCHROER, DIRECTOR OF FITNESS & WELLNESS

Resident Testimonials

Balance Class

Monday, Wednesday, Friday 11:15-12:00 p.m. in the Renewal Fitness Center



Here in the Village, we have a tremendous opportunity of going to a great exercise group. It is led by Kyra Schroer, and she is a very knowledgeable, dedicated believer of exercise for good health of body and mind.

Recently, I was going out to my car in the garage and tripped on the mess on the garage floor, and I truly believe I would have fallen and broke something if my legs didn't have the strength to hold me. I believe it is because I go to the 11:15 balance class three times a week and work on my balance. Hooray for Kyra!

Marge Ellsworth



I wanted to speak up about the balance class held in the RFC. It has been exactly what I needed to help my history of dizziness issues starting last year, and I'm showing much improvement these days. Kyra keeps it fun and works all the "right" places at each person's level and pace, being careful to "do no harm", of course. At the same time, we have the advantage of learning and sharing information with our fellow students in the class. I consider myself lucky to have been able to attend class since it came back in May 2022. Thank you, CVM!

Bob Moorehead

Line Dance

Monday, Wednesday, Friday 9:00-10:00 a.m. in the Renewal Fitness Center



Line dancing is my favorite form of exercise. In addition to enjoying the music, it develops balance, increases cardio, improves memory and improves strength even in the arms at times. Add to all these benefits is the sociability of wonderful friends. Kyra has a great selection of music and dances and teaches new dances to challenge us. We are encouraged to add our own ideas. It is really fun!

Maxine LeForge



Line dancing for me means fellowship, laughter, relaxation, exercise, and less stress. We challenge our brains to learn and remember the dances. Music is therapeutic and Kyra provides us with a variety of songs meant to please our many different tastes. I'm so grateful that Kyra offers this three times a week.

Dee Bartholme

Auxiliary & Resident Organization News

Kroger Community Rewards

Kroger Community Rewards is a CVM Auxiliary fundraiser. The money is used to purchase items for the benefit of all residents. 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.

Cribbage Players Needed

We need a person with knowledge of the game of cribbage to substitute in a group of four men who meet on Wednesday afternoons in a Garden Home. If interested, contact John Kalberg at (513) 486-3740.

Access Cincinnati Enquirer Online

Did you know that you can access your free "eNewspaper" online by following these steps:

1. Go to www.cincinnati.com
2. Click on "Sign In" in the upper right-hand corner.
3. Enter the email address: subscription@christianvillages.org in the Sign In box
4. Enter Password: CVM45040

CVM Christmas Fund Recap

THE 2022 CHRISTMAS FUND COMMITTEE

Our campaign for 2022 has now closed, and the committee wishes everyone to know how grateful we are for the support in this year's tough economic times. The theme of "HEROES WORK HERE" remained in place, as the pandemic is still with us in a lesser way, yet still here. CVM is so blessed to see the tremendous support our residents receive every day - despite the economic challenges or unusual health threats in our country. What a great place to live! While Frosty did enjoy the brief chilly and snowy weather around Christmas time, he is now back home in the frozen North and sends his love and thanks for all the gifts received this year.

Golden Age of Television Lecture

Come out to the Golden Age of Television Lecture presented by the Cincinnati Museum Center's Speaker's Bureau. Explore television pioneers such as Ruth Lyons, Paul Dixon, the Cool Ghoul and Skipper Ryle who entertained greater Cincinnati's "by the seat of their pants" on live TV. Join us in the Hockley Chapel at 2:00 p.m. on Tuesday, February 28.

Valentine Concert

Join CEO Larry Monroe and guitar in the Stone Center at 7:00 p.m. on February 16 for a Valentine week concert. All are invited!



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.

- **Stacy “Duke” Todd** - Tuesday, February 7, 7:00 p.m.

This singer-songwriter has toured with the Van-Dells for 47 years. When he is not touring, he performs solo concerts for all audiences of all ages.

- **Frank Gallenstein, Folk Musician** - Tuesday, February 21, 7:00 p.m.

He plays guitar, mandolin and sings traditional and popular folk songs

- **Hope Church Choir** - Sunday, February 26, 3:00 p.m.

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

CVC TV Weekend Schedule

- Saturday, February 4, 3:00 & 7:00 p.m. “How Trains Survived the World”
- Saturday, February 11, 3:00 & 7:00 p.m. “Ghost Ship Mary Celeste 150 Year Mystery”
- Saturday, February 18, 3:00 & 7:00 p.m. “Animal Winter Wonderland”
- Saturday, February 25, 3:00 & 7:00 p.m. “Worlds Greatest Journeys: Treks America”

Library News

By MaryAnn Watrous

December/January 2022 Additions:

- Marie Benedict, *The Only Woman in the Room, The Personal Librarian*
- Wanda Brunstetter, *Amish Front Porch Stories, Sarah’s Choice*
- Mary Higgins Clark, *I Heard That Song Before*
- Fiona Davis, *The Magnolia Palace*
- Barbara Delinsky, *Before and Again*
- Daisy Goodwin, *The Fortune Hunter*
- Emily Griffin, *Heart of the Matter*
- Pam Jenoff, *A Hidden Affair*
- Martha Rose Kelly, *Lost Roses*
- Debbie Macomber, *It’s Better This Way*
- Liane Moriarty, *The Last Anniversary*
- Heather Morris, *The Three Sisters*
- Jojo Moyes, *Sheltering Rain, The Giver of Stars*
- James Patterson, *Triple Cross (New)*
- Alice Sebold, *The Almost Moon*
- Jess Walter, *The Cold Millions*
- Karen White, *The Color of Light*
- Beatriz Williams, *The Golden Hour*
- Lauren Willig, *The English Wife*
- Lisa Wingate, *Good Hope Road, The Book of Lost Friends, Dandelion Summer, The Language of Sycamores*
- Ellen Marie Wiseman, *The Life She Was Given*

Mason Public Library Outreach

Friday, February 3, 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

LIGHT AT EVENING TIME

I am afraid of the dark. I have always been afraid of the dark. When I was a child I often asked, "Mother, could you leave a light on?" or "Pull up the blind so I can see the moon."

We did not have a car (few people did in those days after the depression) so we walked almost everywhere. Our school was in walking distance of our house, just over the hill. When I left a basketball game or another evening school event, I dreaded that walk home -- in the dark. How happy I was when I came to the top of the hill and could see the light on the porch of my home. Sometimes I ran the rest of the way.

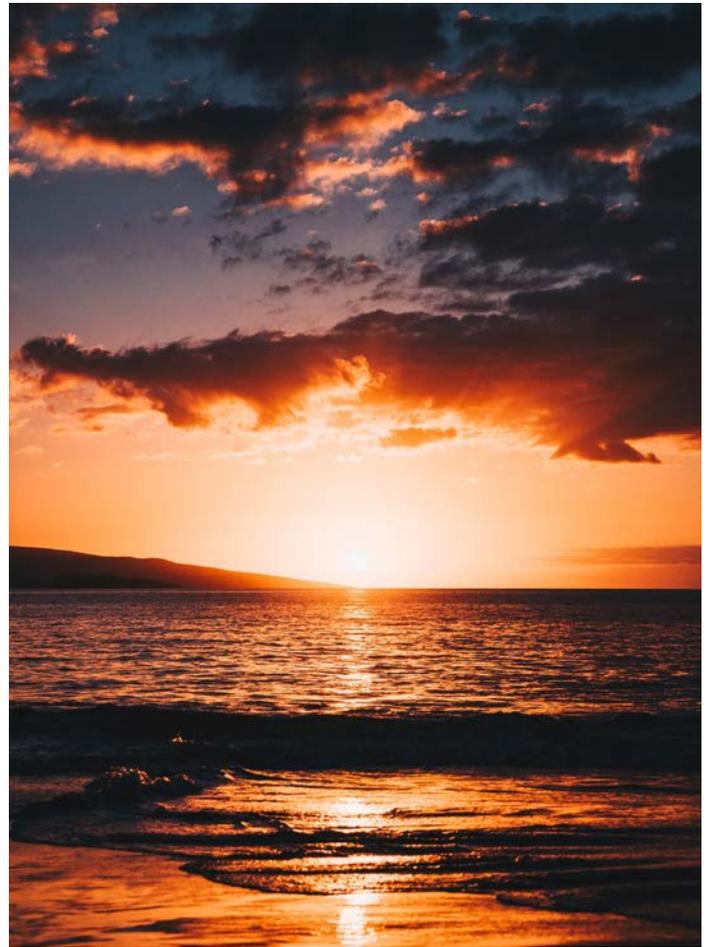
Now that I live here, I never have to be afraid of the dark. Streetlights lighten our entire campus. The night light in my bathroom shines into my bedroom. There is always light in the halls.

Recently I discovered a little verse of scripture hidden away in the book of Zechariah. "When evening comes, there will be light" (Zechariah 14:7 b). This verse is the basis for the words of an old hymn:

"Holy, blessed Trinity,
Darkness is not dark with Thee.
Those Thou keepst always see
Light at evening time."

I especially value those last two lines. How I want to be one of "those He keepst." And then that word "always." Remember when a song with that title was often sung at weddings? Not just some of the time, not just now and then, but always.

Sometimes the shadows in our world turn into darkness. We cannot find the answers. We cannot find our way. We are troubled by problems big and small. Evening time approaches and we are enveloped in darkness. But always there is light. Sometimes it is bright like a glowing sunset. Sometimes it is barely a glimmer that we have to strain to see. But it is there. What a gift the Father has given us -- this light at evening time.



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