

## *Fundraiser Joins CBA Foundation*



We are excited to welcome Tammy Hutton to our team as the Director of Development for the CBA Foundation. Tammy began her position on May 15, and her office will be located at The Christian Village at Mason in the new Stone Center suite of offices. Tammy previously worked at Wilmington College for 26 years, and her experience there included overseeing the areas of Advancement Services, Alumni Engagement, and Annual Fund while also managing the prospect management process. Tammy resides in Wilmington with her husband, Tim.

In her free time, Tammy can be found working in her flower gardens. She also enjoys traveling to visit her son, Colton, who is an exotic animal caretaker/trainer.

Tammy shared, "When the time came to seek new employment, my prayer was to find a job at a place where I truly believed in their mission. Larry Monroe only had to share the mission statement of the Christian Village Communities and a bit about the Compassionate Care program, and I knew this was the place I wanted to be. In the few days I have been here I have already met many of the wonderful residents and staff members, and I cannot wait to meet more." Tammy plans to be out among the residents as much as possible, and she encourages residents to stop by her office anytime. She would love to meet and hear their stories.

We are thrilled to have someone with Tammy's experience and background in this very important role. We look forward to what God has in store for us through her leadership. Please feel free to stop by and welcome Tammy to our team!

### **SPECIAL DAYS**

**June 6**

D-day

**June 8**

Best Friends Day

**June 14**

Flag Day

**June 19**

Juneteenth

**June 21**

First Day of Summer

**June 18**

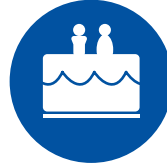
Father's Day

# Birthdays, Celebrations and Updates



## June Birthdays

This information is for  
Christian Village at Mason residents.



## June Anniversaries

This information is for  
Christian Village at Mason residents.

### Village Clinic Hours

7169 Village Drive

**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.

### CVM Transportation

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.

### 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



## Better Stories

**I have often quoted some lines from a favorite book as part of funeral services.** While such times are meant to mourn a loss, they should equally celebrate a life—to share someone's STORY.

Donald Miller, in his book *A Million Miles in a Thousand Years*, writes:

*"We live in a world where bad stories are told, stories that teach us life doesn't mean anything and that humanity has no great purpose.*

*It's a good calling, then, to speak a better story. How brightly a better story shines. How easily the world looks to it in wonder. How grateful we are to hear these stories, and how happy it makes us to repeat them."*

I love the lines about being called "to speak a better story" and "how brightly a better story shines."

**After someone has passed, and I meet with a family to help plan a service, I always ask them to tell me stories about the one they have lost.** Invariably it brings some tears, but almost always some smiles. Stories are like that. Everything from personality traits, to memorable vacations, to children, to careers and hobbies, to accomplishments, to faith, or you name it—they all bring a flood of celebration.

Often, after listening to a "good" life story, if it is someone I did not have the honor of knowing well,

I find myself wishing I had—all because of their "better story." Or if it is someone whom I have well known, I get the pleasure of being able to add my own reflections.

Miller's book goes on to add something more, with these later words: *"I don't wonder anymore what I'll tell God when I go to heaven, when we sit in the chairs under the tree, outside the city."* He then mentions good memories from his life that he will share with God. And he imagines that God *"will laugh, I think, and he'll remind me of the parts I forgot, the parts that were his favorite. We'll sit and remember my story together, and then he'll stand and put his arms around me and say, 'Well done,' and that he liked my story."*

**Never forget (while "writing" them) how much our "better stories" matter to family and friends—and how much they also matter to God!**

## Sermon Series

June 4	Guest Speaker: David Hargrave
June 11	Waiting on God
June 18	As for Me and My House (Father's Day)
June 25	A Concert of Prayer

## 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.).

**This information is for  
Christian Village at Mason residents.**

# 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 and is open Monday through Friday from 10:00 a.m. – 11:30 a.m. Queen City staff 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 contact the Social Service Department at (513) 701-3423.



## Christian Village Hospice

As a newly licensed hospice, we have started to enroll a small number of patients to our program. While we await our next step in the Medicare certification process, we will continue to provide care for these residents and others who may be hospice appropriate.

Volunteers are an important part of our program. We completed our first volunteer orientation in May and hope to schedule another new volunteer orientation in June. There are a variety of volunteer opportunities available. To learn more about our hospice program or if you are interested in becoming a volunteer, please contact Heather Carter at (513) 701-3403 or the Hospice Office at (513) 204-2185.



# The Well

## BY KYRA SCHROER, DIRECTOR OF FITNESS & WELLNESS

### Thank You!

I want to extend a big “Thank You” to the Auxiliary from our community for purchasing a top-rated rowing machine for the RFC. Even if you won’t use the machine, it helps some of your neighbors and is attractive to prospective residents and their families. This purchase was a request from a current resident.

I will be offering two group “Intro to Rowing” sessions in the RFC on Wednesdays 6/7 and 6/21 from 2:00-2:30 p.m. If you prefer a private demonstration, please make an appointment. The benefits of a rowing machine:

- Low Impact
- Full Body Workout
- Stimulates Mind and Body
- Short Effective Workouts
- Cardio and Strength in one machine

### Upper Body Work Out

Several residents, including Marion Parish pictured to the right, have added upper body strength exercises to their workout. Our lower body is worked when we walk but we must be more intentional about getting the upper body work done. Here are some options:

- Attend 9:30 a.m. Upper Body group class on Thursday mornings in the RFC - optional use of free weights and resistance bands.
- Use the TRX (see GH resident Gayle Keeton pictured.)
- Independent use of weights/resistance bands.
- Access Strength (aka Deb) functional trainer.
- Keiser pneumatic equipment that targets upper body (4 of the 6 machines in the RFC).
- The new Rowing Machine works 86% of muscles (GH resident Ron Anthony pictured).
- NuStep recumbent cross trainers (4 machines) Best option for many residents!
- Tune into CVC TV on Tuesday and Thursday mornings at 10:30 a.m. and work out from home.



# Auxiliary & Resident Organization News



## West Chester Hospital Speaking Series

Due to unforeseen circumstances, the UC Health-West Chester Hospital speaking series is currently on hold. The event scheduled for Wednesday, June 28 at 6:30 p.m. has been cancelled. Stay tuned for more information.

## Saturday Morning Paint & Coffee Time

Saturday, June 17, 10:00 a.m., Garden Apartment Lounge, Cost: \$10.00

Everyone is welcome to attend this uplifting morning with Martha Blair, a renowned art educator, who will teach us to paint an 11x14 portrait. She will guide us step by step on how to complete our artwork. Martha's success as an Art Educator in the classroom and community has earned her local and state-wide recognition. Her timeless dedication and knowledge of the art profession has helped make her city's art program into one of the best educational art programs in the state of Pennsylvania. *Try something new and seek your inner artist!*

## May/June Birthday Lunch

Wednesday, June 28, 11:30 a.m., Hockley Chapel  
Cost: Free

If you have or had a birthday in May or June, you are invited to a free birthday lunch with a guest. Tom White, pianist, will be there providing entertaining music as we celebrate you and your special day! RSVP by Friday, June 23 at the front desk.

## Kroger Shopping Bus

If you are a Garden Home resident and would like to use the CVM Bus to go shopping at Kroger on Tuesday, June 13 at 9:00 a.m., please contact the front desk with your name and Garden Home address. The bus will pick you up at your home. Shopping trips require a Concierge Card — (\$36 for 13 trips). The cards can also be purchased at the front desk.

## Men's Breakfast

Wednesday, June 14, 9:00 a.m., Hockley Chapel  
Cost: Free

This is a great way to start your morning with a delicious hot breakfast and fellowship! RSVP by Friday, June 9 at the front desk.



# Auxiliary & Resident Organization News

STAY TUNED

COMING

SOON

## Resident Community App

We are pleased to provide an exciting update regarding the implementation of the community app presented at the Spring Town Hall, a solution that will greatly enhance communication and engagement within our community. We have officially begun the development of the resident app and are quickly making progress. As we diligently work towards its completion, we are on track to finalize the app and host a launch party sometime this summer. We will share further details about the app's features and launch party in the July Village News. Stay tuned for more information!

## Upcoming 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 Kings Barbershop Chorus Spring Show**  
Monday, June 12, 7:00 p.m.

Come and enjoy the Delta King Chorus as they share some fun, well-loved songs from "The Good Old Days"!! Some of the highlights from this production include: Neil Diamond's, "Sweet Caroline"; The Drifter's "Under the Boardwalk"; and Bill Withers' "Lean on Me", just to name a few. This A-Capella presentation will help start off your summer in a very positive way!

- **CVM Ambassador Choir Patriotic Concert**  
Tuesday, June 27, 7:00 p.m.

## CVC TV Weekend Schedule

- Saturday, June 3 - 3:00 & 7:00 p.m.  
"Life of African Elephants"
- Saturday, June 10 – 3:00 & 7:00 p.m.  
"Exploring Norway"
- Saturday, June 17 – 3:00 & 7:00 p.m.  
"Giraffes, The forgotten Giants"
- Saturday, June 24 – 3:00 & 7:00 p.m.  
"Japan Islands of the Extremes"

## Library News

By Mary Ann Watrous

### April/May 2023 Additions:

- Sharon Cameron, *Bluebird*
- Deborah Crombie, *In A Dark House (#10)*, *Water Like A Stone (#11)*, *Where Memories Lie (#12)*, *Necessary As Blood (#13)* *No Mark Upon Her (#14)*
- Alex Kava, *Reckless Creed*, *Lost Creed*, *Desperate Creed*
- Fern Michaels, *No Place Like Home* (LP)

### Mason Public Library Outreach

Friday, June 2, 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

## THE SET OF THE SAIL

I have always been fond of Ella Wheeler Wilcox's poem " 'Tis the Set of the Sail." Perhaps it is a favorite of yours. Here is part of that poem:

"To every man there openeth  
A high way and a low,  
And every mind decideth  
Which way his soul shall go.

One ship sails East,  
And another West,  
By the self-same winds that blow  
'Tis the set of the sails  
And not the gales  
That tells the way we go.

Like the winds of the sea  
Are the waves of time,  
As we journey along through life.  
'Tis the set of the soul  
That determines the goal,  
And not the calm or the strife."

I have wondered about the line that says that it is the sailor and the way he sets the sails and not the winds of the storm that determine which way the sailboat goes. Surely the poet is correct, but how can that be? Suddenly I thought of one who lives right here in our village who knows the answer. Mike and Joy Ryan live in a Garden Home on our campus. Both of them have several degrees and prestigious careers. After retiring, they bought a sailboat, Mike learned how to sail, and they made many trips up and down the Atlantic coast and even to the Carribean. They actually lived on a sailboat!

So I asked Mike to write something for me that would answer my question. Here is his answer:

"A sailboat on a long ocean passage will encounter changing wind direction. If the sailor takes no action the boat will be overpowered and blown off course. However, the sailor can maintain course by changing the angle of the sails in relationship to the wind direction. Sailboats cannot go directly into the wind, but they can sail at an approximately 35-degree angle to it. So with the proper gear, skill set, and hard work, it is the sailor not the gale that determines where the boat will go." (Mike Ryan)

So the poet is correct (of course), and it is the set of the sail and not the gale that determines where the ship will go. So it is with life. Many difficulties are the storms in our life--sickness, grief, inability to do the things we used to do, loss of home and family and longtime friends. But those storms do not control our lives; we do. So it is we ourselves-- our faith, our attitude, our determination-- and not the difficulties that is the determining factor. It is both challenging and comforting to remember that "it is the set of the sail and not the gale that tells the way we go."



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