

Sunrise Vista

EXPANDING HORIZONS FOR OUR VIBRANT COMMUNITY

In 2017, our community took a significant step towards its future growth and development by acquiring a 10-acre parcel of land adjacent to our existing campus from Christ's Church. This strategic acquisition has provided us with a unique opportunity to expand our mission and grow our community.

Since the acquisition, your management team has been diligently working to envision the best use of this land. As you know, our project to add independent living homes is well underway, with potential floor plans developed and an approximate site plan in place. We believe that this exciting project deserves an inspiring name, one that resonates with our vision and captures the essence of this new development.

Introducing Sunrise Vista, the future home of our expanded community. This name was carefully chosen to reflect the symbolism of the land's location. Situated to the east of CVM, the land offers beautiful views of the rising sun, representing new beginnings and a bright future. With Sunrise Vista, we aim to create a harmonious living environment that enhances the lives of our new and existing residents.

As we forge ahead, we invite you to join us in embracing the name Sunrise Vista, a symbol of our commitment to a brighter future for all who call CVM home. Together, we will continue to grow, thrive, and create a nurturing environment that fosters independence, happiness, and well-being.

Thank you for your unwavering support as we embark on this exciting journey towards Sunrise Vista.



Birthdays, Celebrations and Updates



July Birthdays



July Anniversaries

This information is for
Christian Village at Mason residents.

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RESIDENT UPDATES

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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.

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.

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.

Chaplain's Corner

BY CHAPLAIN DAVID RAY



How can I help?

I enjoyed a recent television series called, “New Amsterdam.” It was about a struggling public hospital in New York City, where a principal character—newly appointed medical director, Dr. Max Goodwin—came on board to help find a way for the hospital to thrive and fulfil its threatened mission. And he was determined that New Amsterdam would not only provide stellar care, but do so with a deep heart. Unwilling to accept “no” as the answer to any challenge, he went around daily, asking his team of doctors, nurses, and other staff: “**How can I help?**” If a need was keeping them from success, he wanted to inspire and help make anything possible. And together, in almost every episode, that’s what they accomplished. Not without drama or challenge—after all, it was a TV show—but it was a “let’s work together to make this happen” atmosphere he created, fueled with a generous dose of compassion.

What is it that we need to be successful in accomplishing our spiritual mission as a Christian community? I’m saying: **How can I help?** Ultimately, though, I’m not asking what I can do alone, but how can I help inspire and enable us all to accomplish what needs to happen?

I had a recent conversation with a resident in our nursing care. His roommate had just died, and I came to help encourage the one left behind. I mentioned how I felt the two had been good for each other, and knew this was a sad moment for him. But he then

voiced something that made my heart smile. “We tried to help each other,” he said. “When he was weak, and called out for help, I would push the (call) button for him so that someone would come.” **How could HE help?** He took a barrier and turned it into an opportunity to serve.

What could we be and do together if we constantly asked (and inspired) each other by saying, “How can I help?”



Summer Sermon Series from Genesis

July 2	In the Very, Very Beginning
July 9	A Snake, a Tree, and a Fall
July 16	Murder <i>HE</i> Wrote
July 23	Build a Boat, Build a Boat
July 30	The High Cost of a High Rise

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

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 or magnetic pouch, please Social Services at (513) 701-3403.

Village Clinic

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



The Well

BY KYRA SCHROER, DIRECTOR OF FITNESS & WELLNESS

Renew You Fitness Challenge

To commemorate Independence Day, I am offering a personal challenge to residents. The 7-week challenge begins on Tuesday, July 4, 2023 and will end on Tuesday, August 22, 2023.

My purpose is to get more residents to take advantage of the Renewal Fitness Center (RFC); an amenity that has no additional charge and is available to all residents. Some of you are already doing more than is required for this challenge. Please sign up to compete for the prize and continue to inspire your neighbors. Here are the requirements:

1. Email kyra.schroer@christianvillages.org or leave me a voicemail (513) 701-3455 by no later than 7/5 to join the challenge.
2. Spend a minimum of 15 minutes on any type of exercise offered in the RFC at least 3 separate days per week.
3. Email or call Kyra each week when complete. Voicemail is fine and will simplify it for me. Thank you.

The fitness center is available 7 days per week so weekend days count. Remember to use a care pendant if you are by yourself in the RFC. The prize will be a \$100 Kroger gift card. You will have the opportunity to earn up to seven tickets (one per week) to be entered into the drawing. A minimum of 6 tickets keeps you eligible to win, allowing for one missed week during the challenge. The goal is improvement not perfection.

Please let me know if you have any questions. I will ask a resident to pick the winning ticket on Wednesday, August 23, 2023 at 11:00 a.m. in the RFC. Let's encourage one another to work towards being the best we can be and celebrate our individual levels of independence.

30 Minute Upper Body Class

Thursdays at 9:30 a.m.

Three reasons to attend:

1. Increases in muscle mass = better bone density
2. Enhance quality of life and improve ability to do everyday activities
3. Positive effect on circulatory and cardiovascular systems

There are many more reasons than I have space to list. Next month, I'll write about finding your WHY. Class can be seated, standing, or any combination that works for you with resistance options to build strength.



Skeeter reminds us to **Fully Rely On God**

Auxiliary & Resident Organization News

Auxiliary Update

By Ed Stagney

Have you tried the new rowing machine in the Fitness center purchased by the Auxiliary? Responses have been positive. And remember, the June performance by the “Cincinnati Delta Kings” was sponsored by the Auxiliary.

The Auxiliary recently received a \$100 check in memory of a Village resident even though the annual membership/donation campaign was over months ago. What a wonderful tribute. This might be something you wish to consider in the future.

The quarterly Community Rewards check from Kroger was almost \$300. This is one of the easiest ways to support the Auxiliary. If you have a Kroger card, just go online to the “Community Rewards” section at Kroger.com and use the organization code UY336.

The Craft Show is scheduled for the last Saturday in October (28). Set this date aside now and be sure to tell your relatives and friends.

Plan to attend the next Quarterly General Meeting on July 12 at 2 p.m. in the Hockley Chapel.

If you have any questions or suggestions about the auxiliary, please call Ed Stagney at (513) 492-7020.

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, July 11 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.

Good Vibes Happening Hour

Tuesday, July 18, 5:30 p.m., Hockley Chapel

Join us for appetizers and fun fellowship prior to the Boom, Boom Room Band performing that evening! Feel free to dress in silly beach attire. (ie; sunglasses, hats, shirts, shorts, etc.)

Veterans Association Meeting

The next Veterans meeting is Wednesday, July 19 at 10:00 - 11:00 a.m. in the Hockley Chapel.

There will be a guest speaker discussing the Navy’s mission to keep our seas safe and to defend our country and it’s allies in the 21st century.

All are welcome to attend.

Resident Community App

As shared in a previous edition of the Village News, we continue to make progress on the development of the new resident community app designed to enhance communication. As we diligently work towards its completion, we are planning to host a launch party.



At the launch party, we will unveil the resident community app, showcasing its unique features and demonstrating how it can enhance your resident experience. You will have the opportunity to learn firsthand how to access and navigate the app, as we provide detailed instructions on logging in and utilizing its various functionalities.

To ensure a seamless transition, we will have staff available at the launch party to help set up your personal profile and provide guidance and support as needed. Stay tuned for more information regarding the launch party! We will be announcing the date through CVC TV.

Auxiliary & Resident Organization News



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.

- **Boom, Boom Room Band** - Tuesday, July 18, 7:00 p.m.

The band will be playing a mix of 60s, 70s and 80s, popular songs of those eras.

- **Cincinnati Jazz Train** - Tuesday, July 25, 7:00 p.m.

This group is sure to dazzle you with their upbeat jazz renditions! They are always a good time!

CVC TV Weekend Schedule

- Saturday, July 1 - 3:00 & 7:00 p.m.
"Ultimate Battleships"
- Saturday, July 8 - 3:00 & 7:00 p.m.
"The Secret Life of Badgers"
- Saturday, July 15 - 3:00 & 7:00 p.m. "Amazing Quests, Stories from Ecuador"
- Saturday, July 22– 3:00 & 7:00 p.m.
"The Codebreaker" (Full Documentary about cryptanalyst, Elizabeth Smith Friedman)
- Saturday, July 29 – 3:00 & 7:00 p.m.
"Grizzly Country- The Heart of Yellowstone National Park"

Library News

By Mary Ann Watrous

May/June 2023 Additions:

- David Baldacci, *Simply Lies*
- Carol Higgins Clark, *Mobbed*
- Mary Higgins Clark, *Where Are The Children Now?* (New!)
- Catherine Coulter, *Paradox*
- Deborah Crombie, *The Sound of Broken Glass* (#15); *To Dwell In Darkness* (#16); *Garden of Lamentations* (#17)
- Barbara Delinsky, *Looking For Peyton Place*
- Janet Evanovich, *The Recovery Agent*
- A. J. Finn, *The Woman In The Window*
- Phillip Margolin, *Supreme Justice; Proof Positive*
- Nancy Mehl, *Mind Games; Fire Storm*
- T.J. Newman, *Falling*
- Dani Pettrey, *The Killing Tide*
- Jodi Picoult, *Mad Honey*
- John Sandford, *Bloody Genius*
- Nicholas Sparks, *Dreamland*

Large Print:

- Katie Davis, *Kisses From Katie* (Biography), (LP)
- Nora Roberts, *Tribute* (LP)

Mason Public Library Outreach

Friday, July 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

CERTAINTY

I grew up in a part of rural Kentucky that was indeed inland. It was many years before we children saw the ocean, a lake, a river, or even a creek. I used to stand on the bank of a very small pond on our little farm and sing, "My Bonnie Lies Over the Ocean." I was an adult before I saw the ocean for the first time. We were on a visit to Cape Cod. I stood on a large, firm sand dune and gazed at the blue water and the billowing waves rushing to the shore one after another.

In later years and on other shores I walked on the sand beside the ocean, waded in its waters, and even boarded a plane and flew across it to lands far away.

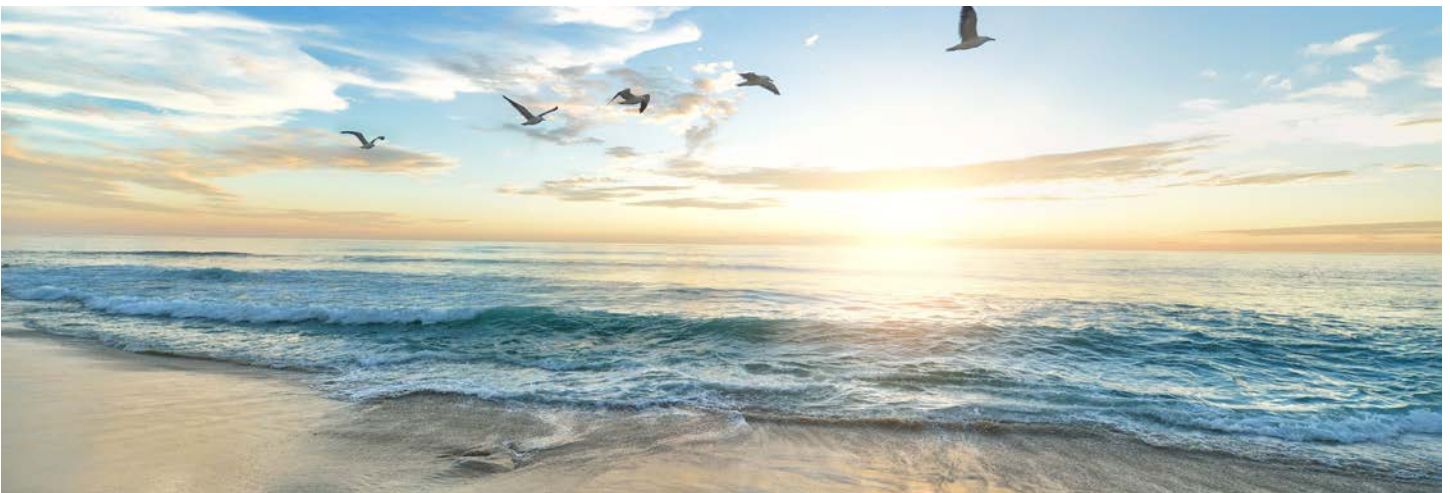
More recently I traveled with friends to a condo beside the sea. When we arrived all was dark, and there was no ocean to be seen and no sounds to be heard. "It's not out there," I said to our host. "You promised that we would be right beside the ocean." "Oh, it's there," was his reply. The next morning, I realized that he was right as I stood by our window and looked at the expanse of blue waters with billowing waves washing ashore.

My mother was a musician and a piano teacher. As a part of her studies at the Conservatory of Music, she had to create a composition and have it published. She gave it the title "Murmurs of the Sea." My brother and I wondered at those words for our mother had never seen the sea nor heard its murmurs. But she knew that it was there, and one day saw it for herself.

I've never seen my Saviour but I know that He is there. I know that "nearer is He than breathing and closer than hands or feet."

I have always liked the way Emily Dickinson said it in one of her little poems:

"I never saw a moor--
I never saw the sea--
Yet I know how the heather looks
And what a billow be.
I never spoke with God,
Nor visited in heaven,
Yet certain am I of the spot
As if a chart were given."



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