

Exciting Launch of our CVM Resident App

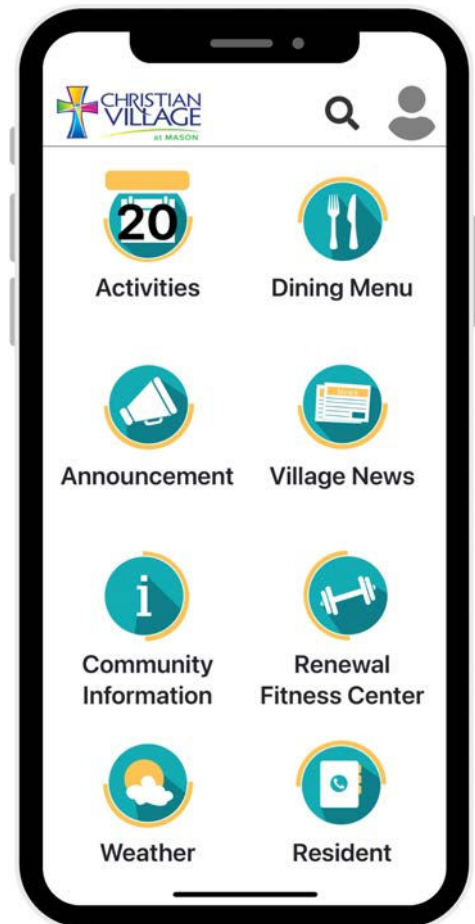
We are excited to announce that we have officially launched our new Resident Community App, designed to enhance communication and elevate your resident experience. On July 19, 2023, we hosted an app launch party in the Stone Center to unveil the app, reveal its various features, and provide personalized staff assistance to address any resident questions or concerns.

The Resident Community App offers an array of features carefully crafted to keep residents connected and engaged within our vibrant community. Some of the key features include:

- **Activities Calendar:** Stay up to date with the latest community events, fitness classes, and resident outings happening in our community.
- **Resident/Staff Directory:** Connect with neighbors and our dedicated staff members effortlessly using the directory feature.
- **CVC TV Announcements:** All CVC TV announcements will be shown on the app with the ability to view them at your convenience.
- **Important Messages:** Receive timely messages from our leadership team regarding any important community-wide updates.

At our app launch party, we witnessed firsthand the excitement and anticipation from residents as they embraced this new technology. A team of staff ambassadors were there to assist each resident personally, guiding them through the app's setup process and sharing in the enthusiasm for this new addition to our community. We have heard positive feedback from residents stating that the app is easy-to-use and is very useful for staying connected!

We look forward to this new chapter in our technological journey, as we utilize the app as a tool that will grow and evolve with our community. If you have questions about the app, please contact Hailley Stachowiak at (513) 701-3400 or Tracy Wolcott at (513) 701-3414.



Birthdays, Celebrations and Updates



August Birthdays

This information is for
Christian Village at Mason residents.



August 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 - \$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.

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

“LOSS”

Even amid great hope, loss is still very hard!

We have said goodbye to several Village residents over recent weeks. Losses are always hard, but especially when they come one-upon-another. It's a bit like standing in an ocean and getting smacked unexpectedly by a rogue wave. Then, without time to recover, yet another and another.

There is no real road map for grief. Some have suggested common stages many experience, and knowing this can be helpful—even reassuring—to know we are not the only one who feels lost. But the truth is, grief is often a bit like chaos. A step forward, then two or three back. A turn to the right, followed by a sudden jerk in the opposite way. A fast forward, but then a never-ending slog.

What to do during such a time? The temptation for some is trying to make the journey alone, certain that no one else could ever understand what you are feeling. Or trying to pretend that you're “doing just fine, thank you very much.” Some turn feelings inward, and begin to experience loneliness and overwhelming heaviness. Or we can decide to be mad at the world, or sometimes even with God.

I've known many who express hopeful platitudes or recite meaningful Scriptures. I have often said or quoted things I hoped would offer some clear sense of hope. And, as believers, hope *is* one of our greatest resources. But hope must also patiently allow for grief.

I love the story about Jesus finally arriving at the home of dear friends, Mary and Martha, after the death of their brother, Lazarus. An extended time of mourning was still continuing. No one present had a greater hope than Jesus, and he did say to the broken-hearted sisters: “I am the resurrection and the life. He who believes in me will live again, even though he dies. Your brother will rise again!”

But before hope would come to fruition, Jesus went to Lazarus' tomb where—after looking around at a deeply grieving crowd of family and friends—it just says that: “Jesus WEPT.” Followed by the people saying: “See how much he LOVED him!”

The journey of grief is messy, hard, and confusing. And sometimes the best beginning place is marked by friends “weeping” with each other. Tears are a language all their own. When words are inadequate, tears reveal how much we love. And when losses are many, so are the tears.



Genesis Summer Sermon Series

August 6	A Calling and a Promise
August 13	When Faith Gets Tested
August 20	Sibling Rivalry
August 27	Wrestling with God

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

New Support Groups Offered

Caregiver Support Group

We are pleased to announce that The Christian Village at Mason will offer a Caregiver Support Group. This group is for campus residents and their families that are providing care to a loved one.

We recognize that caregiving has many facets and challenges. Our team will facilitate group conversation, provide resources and education related to dementia care and caregiving in general.

The Caregiver Support Group will meet the 2nd Tuesday of each month beginning September 12, 2023

Time 10:00 a.m. - 11:30 a.m.

The group will meet at the Village Clinic located at 7169 Crescent Drive.

Grief Support Group

Christian Village Hospice will begin a Grief Support Group. This will be a 6-week program addressing key aspects of grief and grief recovery. The Christian Village Hospice team, lead by Chaplain David Ray, will help facilitate conversations, provide additional resources, and guide those in attendance through identifying and acknowledging grief, understanding the effects grief may have in our everyday lives and how to journey through grief.

The group will begin on September 12, 2023 and will meet on Tuesday evenings for 6-weeks from 6:00 p.m. – 7:30 p.m. in the Christian Village Hospice Office/Village Clinic, located at 7169 Crescent Drive.

If you have questions about either of these groups or if you would like to RSVP, please call Heather Carter at (513) 701-3403.



The Well

BY KYRA SCHROER, DIRECTOR OF FITNESS & WELLNESS

Identify Your WHY

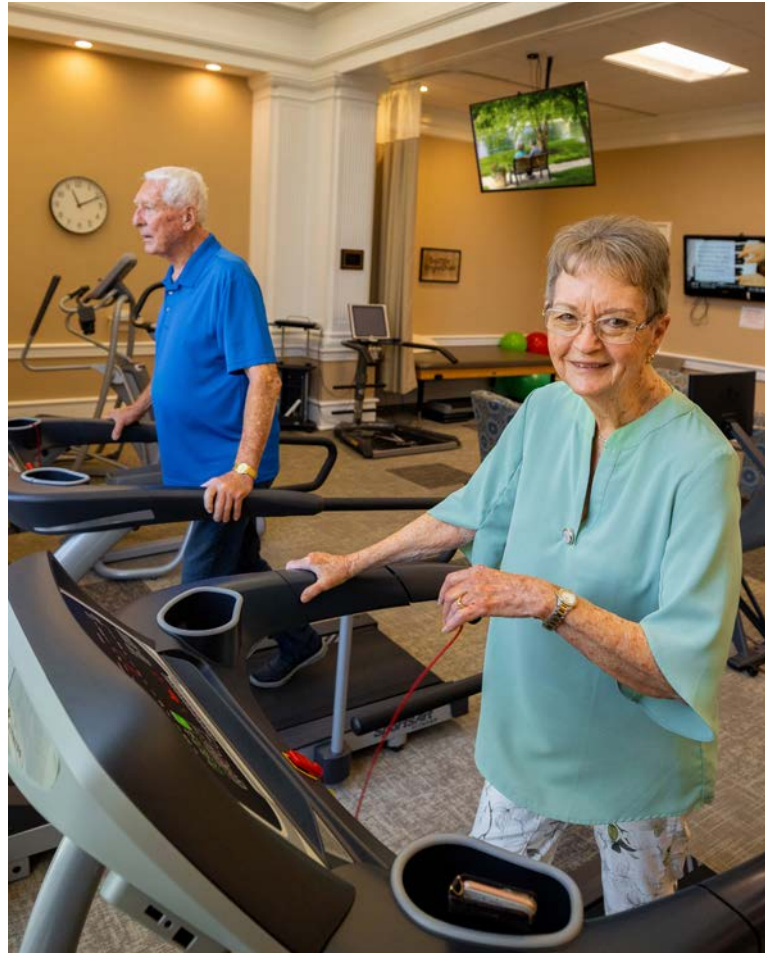
I've shared with many residents that my WHY related to exercise is mental health. I'm much happier after (and even during) physical activity. Exercise improves my sleep which also affects my mental health in a positive way. Physical activity gives me energy to do things I enjoy and of course that improves my mood and outlook on life.

One resident shared her why: "I don't want to lose what I got."

This statement is simple but profound; please read it again.

A member of my balance class shared that she comes to group classes so she doesn't get depressed. It took courage to speak aloud, and her willingness to be vulnerable might be why she is making so many connections in our Village. According to a recent study conducted by a reputable global marketing firm, mental health is the top reason for exercise for 78% of people.

Identifying your why is an important step because it is easy to talk yourself out of it. Honestly, I still have an internal battle the night before my early morning exercise sessions. Twenty-seven residents identified a reason to sign up for the Renew You Fitness Challenge. If you aren't one of them, don't let that stop you from coming to the Renewal Fitness Center (RFC). Something is better than nothing, and I'm here to give you ideas for safe, effective exercises.



Walk to End Alzheimer's

Wednesday, September 27, at 2:00 p.m. on our beautiful campus

This will be our 5th Walk to End Alzheimer's as a Village team. The first one (2019) was in-person with 9 people traveling to Voice of America Park, and raising over \$1,000. We raised \$2,445 in 2020 with great participation in our "virtual" event. In 2021, we were recognized as the 3rd place top fundraising team (\$5,516) for Butler, Warren, and Clinton Counties. It is worth noting that two of our residents raised 40% of our fundraising goal with their individual fundraising efforts. Last year, we raised \$4,245 with nearly 30% from the auction. This year, look for opportunities to be part of the team. We will be having a bake sale and an auction (details will appear in next month's Village News with more frequent CVC TV announcements) to help us reach the \$4,500 goal for 2023.

Auxiliary & Resident Organization News

Night of Stars

Join us in the Stone Center Auditorium on September 14, 2023, for the 2nd annual Night of Stars banquet. We are excited to announce Mrs. Kay Moll as our Keynote Speaker. We will celebrate the extraordinary service and dedication of ten of our own teammates, five from both The Christian Village at Mason and The Christian Village at Mt. Healthy. Departments represented this year will include Housekeeping, Nursing, Resident Life Services, and Social Services. You won't want to miss this evening of inspiration, dinner, and the presentation of awards.

The cost of reserved admission is \$20, and reservations are due by August 25th. You can purchase tickets by sending in the reply card you received in the mail or registering online at www.christianvillages.org/nightofstars23. If you have any questions about the event, please contact Amie Kocher at (513) 701-3448 or amie.kocher@christianvillages.org. We hope to see you at the event!

ROMEOS Lunches

Join Us "ROMEOS" (Retired Old Men Eating Out) for breakfast or lunch. We gather every Tuesday at 11:30 a.m. in the parking lot adjacent to the picnic pavilion to carpool to one of the 18 restaurants on our list.

If you are interested, please call Chuck Abbott at (513) 492-7797 with your name, address and phone number. He will give you a copy of our restaurant list and will call to check whether you are going that week and arrange carpooling.

Upcoming Restaurant Outings

- August 1: Half Day Café
- August 8: El Caporal

A Look Out the Window

Recently, Garden Apartment resident Robert Kerr shared an idea that we think is terrific, and it has resulted in what we believe will be a wonderful enhancement to our CVC TV broadcasting.

Mr. Kerr occupies an apartment that affords him a wonderful view of the front of our community, the lake, fountains, and all the beauty and activity that takes place each day. He observed that many in our community do not share his view, are shut-in, or have other situations that limit their mobility and the ability to enjoy what he sees outside his window every day. This would even include some living in Garden Homes. He began to wonder, how could the beauty he enjoys daily be brought into the apartments and homes of everyone in our community?

This question was shared with our Marketing Strategist, Hailley Stachowiak, and she was challenged to take Mr. Kerr's dream and make it a reality.

Effective August 4th, be sure to tune into CVC TV to see, "A Look Out the Window", a special 3-minute video event broadcast daily at 9 a.m., 11:30 a.m., 2 p.m., 4 p.m., and 7 p.m.

We hope you enjoy "A Look Out the Window" and if you like it, be sure to thank resident Robert Kerr for the inspiration!

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, August 15 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.

Auxiliary & Resident Organization News

CVC TV Weekend Schedule

Show times on CVC TV: 3:00 p.m. and 7:00 p.m.

- Saturday, August 5 “Inside the Amish & Mennonite Community – Full Documentary- Living Plain”
- Saturday, August 12 “How Elephants Survive the World’s Most Hostile Desert (Namib Desert)”
- Saturday, August 19 “World’s Highest City - The Forgotten Town: La Rinconada, Peru”
- Saturday, August 26 “Madagascar: Tales of Lemurs, Fossas, and Unseen Battles”, Full Documentary

Craft Show Donation Raffle

The Craft Show Co-Chairs (Dave Doty and Lowell Bowie) have announced that a “raffle of donations” has been added to the October 28, 2023 Craft Show.

Please contact Dave Doty at (513) 398-1520 for details on what, when, and where to pick up arrangements.

At this time, the Craft Show has sold out about 95% of the spaces in both the Stone Center and the Gathering Place for the show.

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.

- **New Leaf Singers**

Tuesday, August 15, 7:00 p.m.

New Leaf Singers present Best of Bits on Broadway. Selections from your favorite musicals include West Side Story, Oklahoma, Sound of Music and more...

- **Cincinnati Jump and Jive Big Band**

Thursday, August 24, 7:00 p.m.

This band’s performances are packed with hits you are sure to enjoy. With swingin’ arrangements, this band will generate energy and enjoyment for your listening ear and your dancing feet!

Library News

By Mary Ann Watrous

June/July 2023 Additions:

- Sandra Brown, *Thick As Thieves; Identity* (New!)
- Ann Cleves, *The Crow Trap; Telling Tales, Hidden Depths, Silent Voices*
- Sharon Cameron, *The Light In Hidden Places*
- Deborah Crombie, *A Bitter Feast* (#18); *A Killing of Innocents* (#19)
- Nelson DeMille, *The Maze*
- Jean Grainger, *The Emerald Horizon* (#2 of 3), *The Hard Way Home* (#3 of 3)
- Tami Hoag, *Secrets To The Grave*
- Francine Rivers, *The Lady’s Mine*
- Stuart Woods, *Hush-Hush*

Large Print

- Jean Grainger, *The Star And The Shamrock* (#1 of 3) (LP)

Mason Public Library Outreach

Friday, August 4, 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

DO I HAVE TO?

I did not have to wear glasses for many years. Then one day my doctor said, "You need to be wearing glasses." "Do I have to?" was my reply. My doctor answered, "If you really want to see." That resulted in reading glasses, then regular glasses, bifocals, and then trifocals.

I have asked that question often in other areas of life. "You need to cut down on sugar in your diet," said my primary care doctor. I replied, "Do I have to?" "If you really want to stay healthy."

"You need to see a therapist and do those exercises." Do I have to? "If you want to keep on walking."

It's time for a visit to the dentist, my calendar reminds me. I think, "Do I have to?" "If you want to keep your teeth."

"You must go for a checkup." Do I have to? "If you want to know what's happening with your body."

My reply was always the same. Many times in life we dread an activity or simply do not want to do it at all. Often the directive is self-imposed. I know I need to spend more time reading the Bible. I think, "But I have read those passages many times. Do I have to?" And the answer comes in a still, small voice, "If you really want to know Me better." Sometimes I think that I should visit a friend in Nursing, but then I ask, "Do I have to?" The answer comes, "If you really care. If you want to have compassion like that of your Savior."

An answer to my question is always there. And it always leaves me with another question. Do I really want to know Him better? Do I really want to do His will? Do I really want to grow in grace and knowledge? Do I really want to be like Christ?

What is my answer to Him?



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