

# The Village News

A publication for the residents living in the friendly community of The Christian Village at Mason.



# The Radiant Collective

#### Preserving a Legacy of Wisdom, Virtue, and Brilliant Hope

#### By Jeff Bradley, VP of Development

Do you have a junk drawer? What about a junk closet? Garage? For someone, like me, that has obsessive compulsive tendencies, it's easy to create a place that accumulates all the "junk" that you really don't want to deal with! The thoughts of "I'll get to it eventually," turn in to "Oh no! Please don't look in there!"

During my many years of working in the financial world, I was quite accustomed to helping others clean out their financial "junk drawers" – tasks like reviewing investment strategies, confirming financial goals, updating beneficiaries, and tweaking wills and trusts. I was always amazed at how much could change in just one year. Have there been any changes in your life since this time last year? If so, let's get out the Mr. Clean and the dust mops and get to work! Now is the time to contact your advisors, attorneys, accountants, family members and other trusted individuals who work hard to keep you on track as you pursue your goals!

I'd like to focus on a pesky item that most of us avoid during this hypothetical cleaning...estate planning. Honestly, I am the biggest procrastinator when it comes to thinking about my estate, mostly because I don't like the thought of not being around! Yet, as Benjamin Franklin famously said, "in this world nothing can be said to be certain, except death and taxes." Because of this inevitability, I urge to you review the goals you'd like to accomplish with your estate. It is so important to communicate these plans with trusted advisors and those who stand to benefit from God's blessings on our lives. As you consider your estate planning, I'd like to introduce you to something our team has established for the future of the mission of Christian Village Communities...The Radiant Collective.

The Radiant Collective is the legacy giving program of Christian Village Communities (CVC). It was established to ensure that the work of the ministry will continue for generations to come. Since its inception, CVC has been blessed, through the divinely inspired generosity of our giving partners, to provide financial assistance to many retired Christian ministry leaders, residents, and staff who have demonstrated need. Our CVC leadership desires to preserve the legacy of this God-honoring ministry and its programs, like the Compassionate Care program, that provides financial assistance to qualifying residents who face hardships.

Members of The Radiant Collective may designate their gifts to a specific ministry of the Foundation or give to our endowment fund. Endowment gifts are conservatively invested and at the appropriate time, CVC may utilize the investment income that the endowment generates, preserving the principal investment as a permanent asset of the ministry.

I know I am not alone when saying that I have been blessed by the mission of CVC and the CBA Foundation. And, with God's continued blessing, the mission of CVC will last long after we have left this earth. Would you consider joining with others who have prayerfully considered adding the CBA to their estate planning? If you have already taken this amazing step of generosity, THANK YOU! Welcome to The Radiant Collective! Please contact our development team and allow us to recognize you and celebrate as we stand together by preserving a legacy of wisdom, virtue, and brilliant hope!

If you have any questions about The Radiant Collective or would like to learn more about the work of the CBA Foundation, please contact us at any time.

# Birthdays, Celebrations and Updates



# February Birthdays

This information is for Christian Village at Mason residents.

#### **RESIDENT UPDATES**

This information is for Christian Village at Mason residents.



# February 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 of 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.

#### **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 and medical trips within 5 miles.

For medical appointments and other trips over 5 miles, or if you require the driver to stay with you, pricing listed below:

- \$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.

# Chaplain's Corner

## BY CHAPLAIN DAVID RAY

#### "WORDS"

Much of my ministry includes a focus upon WORDS—words spoken, written, heard, read. To be truthful, I sometimes even find myself wrestling with words in my sleep.

I'm thankful that when God chose to communicate with us he did so by His presence, through the "Word made flesh," but also through the written words of the Bible. From the beginnings of history down through the first decades of the early church, we have a collection of sixty-six books that bless us not only through the words of those who wrote them over the millennia, but the accompanying inspiration of God that prompted their writing.

Because of the unique nature of the Bible, we pay close attention to each word, trusting—as the Apostle Paul puts it—that "all Scripture is inspired by God and is useful to teach us what is true and to make us realize what is wrong with our lives. It corrects us when we are wrong and teaches us to do what is right. God uses it to prepare and equip his people to do every good work." (2 Tim. 3:16-17 NLT)

Working to discover the greatest potential that the words of Scripture have for us, scholars benefit from studying the Bible in the original languages in which they were written—primarily Hebrew for the Old Testament collection and Greek for the New. Reading and studying these books in their original languages provides a depth of clarity that can further enhance a grasp of the words intended meaning.

During this month of February, in Stone Center worship, we will look closely at one chapter of a New Testament letter by Paul that uses some amazing Greek words to describe a highest concept of LOVE. Don't worry, it may be "all Greek to you," but you will value the special meanings of the original words that fill this famous "love chapter" of the Bible.



And to help make it a little fun, I'm calling the sermon series: "My Big Fat GRESK Love Life."

Maybe you saw the first iteration of a popular movie by a similar name that had a main character, Gus Portokalos, that tended to say that about every word in human vocabulary had some kind of Greek root. He exaggerated a bit, but if you join us for Stone Center worship you will discover some Greek words in 1 Corinthians 13 that will enhance your understanding of the love that God wants us to embrace as "the greatest"! And it might even make you smile from time to time, just like the movie.

#### **Contact Information**

**Office** (513) 701-3406, **Cell** (513) 218-6548, or **Email** david.ray@christianvillages.org.

Tune to CVC TV (Channel 2493) 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

#### **Garden Home Resident Pictures**

We had a tremendous response to complete the photos for the electronic health record.

If you have not had your picture taken yet, mark your calendars for February 29. The Social Service staff will be available from 10:00 a.m. - 11:30 a.m. in the Hockley chapel to take your photo.

If you are unable to attend this session, please contact Mary Brown at (513) 701-3423 or Heather Carter at (513) 701-3403 to schedule an alternate time.

#### **Caregiver Support Group**

The Caregiver Support Group meets the second Tuesday of each month from 10:30 a.m. - 12:00 p.m. at the Village Clinic.

If you would like more information or have any questions, please contact Heather Carter.

### **Volunteering**

Over the years, the residents of the Christian Village at Mason have benefited from volunteers. Our volunteers have provided one-on-one visits, pet therapy, music therapy and assisted with a variety of activities, such as calling a Bingo game. A few years ago, as the initial wave of the COVID-19 virus hit our communities and the public, the volunteer program at CVM came to a halt.

Since that time, there have been changes in programming as well as our rules and regulations regarding volunteer programs. These changes require the facility to have a completed volunteer application and interest inventory on file and all volunteers to complete an orientation program.

So, what is a volunteer? A volunteer is an individual who willingly offers their time, skills, and efforts to

participate in activities or provide services without expecting financial compensation. Volunteers contribute to a more enriching and fufilling quality of life for those receiving care.

Volunteers help provide companionship, socialization, and friendships. They help provide meaningful activities to fill the days of our residents.

While the benefit to our residents is great, there is a significant benefit for those who volunteer, as well. Volunteering helps promote physical activity, offers opportunity for skill utilization, and contributes to a healthier, more active lifestyle.

The Christian Village at Mason is excited to welcome volunteers back to our community.

If you or someone you know has an interest in volunteering, either to assist with general activities and social engagement or with the Christian Village Hospice program, we ask you to complete an application and interest inventory. Applications are located on the website (www.christianvillages.org), in the Social Service office, or at the reception desk. Once your application is received, we will reach out to schedule a brief volunteer orientation.

If you have questions or would like additional information, please contact Heather Carter, Assistant Administrator/Hospice Administrator at (513) 701-3403 or Tracy Wolcott, Director of Community Life Services at (513) 701-3414.



# The Well

## BY KYRA SCHROER, DIRECTOR OF FITNESS & WELLNESS

I am passionate about understanding how the mind and body interact and enjoy encouraging individuals to be the best version of self. This means not comparing oneself to others but starting right where you are and making progress. Changes happen a little at a time and the key is consistency!

Wellness encompasses much more than physical fitness. It is also important to think about our mental and social fitness. The good news is when you make an improvement in one of these areas it has a synergistic effect improving the other dimensions of health. For example, regular exercise improves brain connectivity and reduces cognitive impairment improving mental health. Consistent exercise also generates hormones that affect our lymphatic system enhancing our mood.

I encourage you to set a goal in one of these categories: Physical, Mental, and Social.

Start with one small action step and be sure to celebrate your success along the way to stay motivated. When you set that goal make sure it is Specific, Measurable, Attainable, Realistic, and Timely (SMART). For example, starting February 2nd, (Wear Red day for heart health) walk 15-minutes per day at least three times per week. If you are less than 80% confident that you can do this, decrease the time to 10 minutes or set the goal for 2 days instead of 3 until you are consistently succeeding. Identify any barriers and if the weather is one of them, come try out the new treadmills in the Renewal Fitness Center.

February is heart health month and prioritizing your mind and body is a great way to show your love. What is stopping you from setting a goal? Who can hold you accountable?





New year, new treadmills!

Come try out our new equipment but don't forget to wear the safety clip and do NOT remove the round red magnet.

# Auxiliary & Resident Organization News

# 2024 March 19 Primary Election

Representatives from the Board of Elections will be in the Craft Room on **Wednesday**, **February 7 from** 1:30 p.m. - 4:00 p.m.

If you have a new address, they will help you register. If you need assistance voting and can't make it to Christ Church, you may sign up for early/assisted voting. BOE will return on February 26 with your ballot.

If you wish to do the standard absentee voting via mail, you will need to do this on your own. Applications must be in the mail by March 12.

Contact Mary Brown at (513) 701-3423 in the Social Services office with any questions.

# Caffeine, Cookies, and Chit Chat is back!

Hosted by Jeff Bradley, VP of Development

February 22 at 2:00 p.m. in the Hockley Chapel

It's spring cleaning time! Let's clean out those financial "junk drawers", eat some "junk food," and enjoy a cup of "joe" as we discuss:

- The economy!
- Important tips for financial "spring cleaning!"
- IRS Reminders!
- CBA Foundation Updates!

Join Jeff and Barbara for our first informative and informal conversation of 2024! Register at the front desk or call Barbara at (513) 468-1247 to attend.

#### Valentine's Concert

Mark your calendars for **Thursday, February 15 at 7:00 p.m.** when CEO, Larry Monroe, will share a special Valentine's musical celebration in the Stone Center Auditorium. He will play a selection of heartfelt love songs on the guitar and you won't want to miss it!

#### **CVM Resident App**

Have you heard about the CVM Resident App?
Last year, we launched a community app to help residents stay connected and provide a go-to-source for community information. The CVM Resident app features CVC TV announcements, an interactive activities calendar, resident and staff directory, and timely messages from our leadership.

Accessing the app is easy! Download "Touchtown Community Apps" on your smartphone or tablet or visit **www.residentapps.com** on your computer. Garden Home residents would have received login information when we launched the app or at the time of your move-in. Garden Apartment residents can access the app by requesting an account from Hailley Stachowiak at (513) 701-3400.

We are going to host a CVM App Informational Session on **February 20 in the Craft Room**. Hailley Stachowiak will be on hand to guide residents through the process of downloading and accessing the community app, familiarizing them with its various features, and addressing any questions you may have. There's no need to RSVP for this event; you can drop in anytime between **2:00 - 4:00 p.m.** at your convenience.

We hope you will take advantage of this convenient tool to stay connected at CVM!

#### **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, February 20 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

## **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.

#### America's Sweetheart - Doris Day Monday, February 12, 2:00 p.m.

Take a sentimental journey with photographs and stories through the life of a great American entertainer. Ten songs made famous by Doris will be performed live by a professional local singer.

#### Larry Monroe Valentine Concert

Thursday, February 15, 7:00 p.m.

Larry Monroe will share a special Valentine's Concert.

#### Short Term Memory Band

Monday, February 19, 7:00 p.m.

This group of musicians sing and play music from the 50's and 60's. Their music is sure to bring back fond memories of those Golden Years of Music.

#### Jump Jive Band

Thursday, February 29, 7:00 p.m.

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

#### **CVC TV Weekend Schedule**

- Saturday, February 3, 3:00 & 7:00 p.m.
   "Wonders of Brazil"
- Saturday, February 10, 3:00 & 7:00 p.m.
  "2 Cellos Concert Live at Sydney Opera House"
- Saturday, February 17, 3:00 & 7:00 p.m.
   "The Boys of '36" Full Documentary about the American Rowing Team (Based on the Movie, "The Boys in the Boat")
- Saturday, February 24, 3:00 & 7:00 p.m. "Storm Chasing in the Atlantic"

## **Library News**

#### By Mary Ann Watrous

#### January/February 2024 Additions:

- · Lisa Carter, Carolina Reckoning
- Ann Cleeves, The Long Call; The Heron's Cry (Matthew Venn Series)
- Colleen Coble, Dangerous Depths
- Dirk Cussler, The Corsican Shadow (2023)
- Anita Diamant, Good Harbor
- Marianne Fredriksson, Hanna's Daughters
- Rachel Hawkins, The Villa
- Colleen Hoover, Maybe Someday; Maybe Now
- Sally John, Ransomed Dreams
- Liz Johnson, A Sparkle of Silver
- · Dennis LeHane, Live By Night
- Beverly Lewis, The Heirloom (2023)
- Debbie Macomber, 204 Rosewood Lane
- · Robert B. Parker. Ironhorse
- Ann Patchett, The Dutch House
- Lisa Samson, Club Sandwich
- Danielle Steel. The Award

#### Large Print:

- Grand Ginder, The People We Hate At the Wedding
- Allegra Goodman, Intuition

#### **Mason Public Library Outreach**

Friday, February 2, 10:00 a.m.

Please remember to turn in your library books to the craft room for pick up.

# You Never Know

BY RUTH ODOR, **GARDEN APARTMENT** RESIDENT

## WORDS WE WEAR

As I walked down the hall, I found myself reading the words on the back of the t-shirt the person in front of me was wearing. We see words on t-shirts all the time and pay little attention to them even though we know they are meaningful. On this day, however, I gave some thought to each word, words that are called our core values. I do not think that it was by accident that the word "respect" was given first place on that list.

The word "respect" means high regard for the feelings, rights, wishes, or traditions of others. It has to do with the proper acceptance of others; with politeness, honor, and care toward others. It is a strong word, a word that is woven into the fabric of who we are here at our Christian village.

Residents respect management; they trust the members of that team. Management respects residents for who they were and who they are. Staff respect those they care for. It does not matter if the resident is bedridden, bound to a wheelchair, listless, or uncommunicative, that resident is treated with dignity and respect. When we watched the videos of those who were honored at our "Night of Stars" and saw them going about their daily tasks, the word "respect" could have jumped out at us in huge, bold letters. In our new Christian Village Hospice program those who are facing the ending of life are treated with the utmost dignity and respect by all those involved, including volunteers.

Yes, respect heads the list of our core values, values that are the goals, the attitudes, and actions by which we strive to live. And each day our respect for others reflects our respect for God.









