

Upcoming Fishing Tournament

Friday, June 21 at 10:30 a.m.
Shaffer Lake

By Tracy Wolcott, Director of Community Life Services

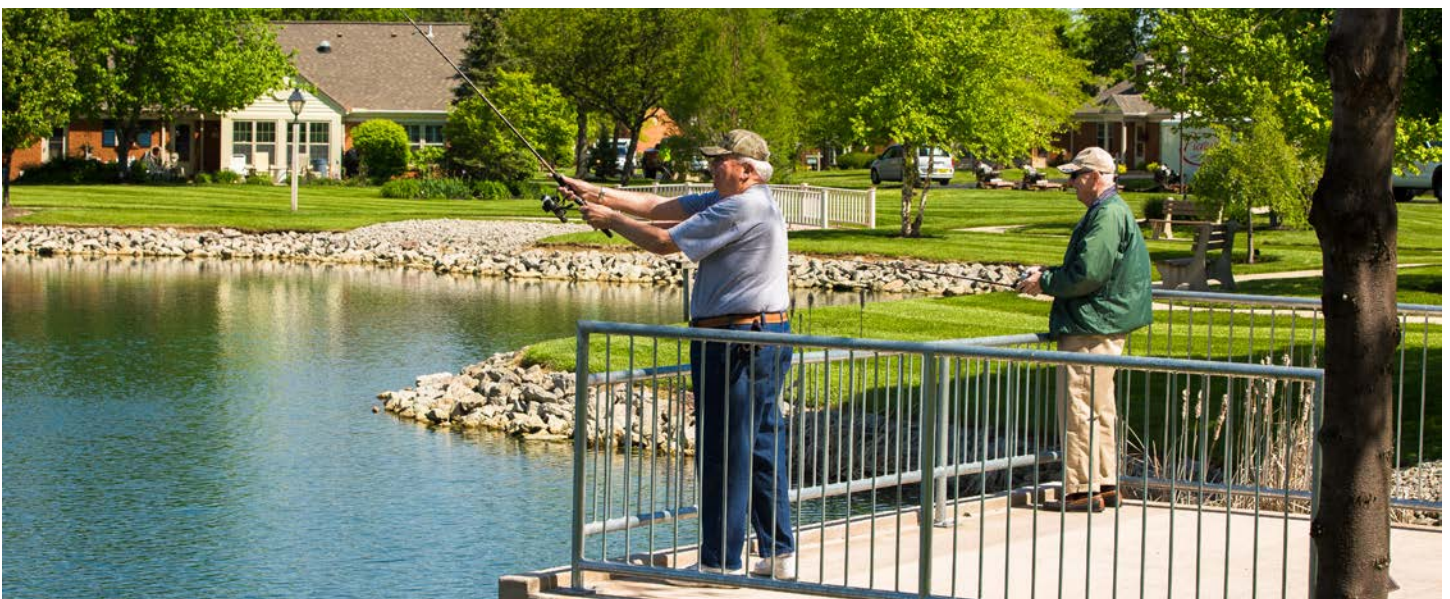
The Christian Village at Mason and The Christian Village at Mt. Healthy Fishing Tournament & Community Gathering is scheduled for Friday, June 21 at 10:30 a.m. at Shaffer Lake.

This special event aims to bring together Assisted Living residents from Mason and Mt. Healthy for a fun-filled day of fishing, contests, a picnic, and celebration!

Residents will compete in various fishing categories for a chance to win prizes and bragging rights. After the fishing excitement, our fishermen and volunteer helpers will enjoy a delicious picnic lunch at the new pavilion. There will be shared stories, laughter, and good food shared by all.

Volunteer Opportunities: We invite CVM Garden Home residents to team up with our staff and join us as volunteers for this special event. Whether you're helping with fishing logistics, assisting with picnic arrangements, or cheering on our residents, your support is invaluable in making this day memorable for everyone. If you would like to volunteer, please contact Tracy Wolcott at (513) 701-3414 to sign up and be part of this exciting community event!

Residents are encouraged to stop by the lake to cheer on our fishermen!



Birthdays, Celebrations and Updates



June Birthdays

This information is for
The Christian Village at Mason residents.

Village Clinic Hours

7169 Village Drive

Monday - Thursday - 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.

CVM Transportation

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

*Concierge Cards—\$36 for 13 trips

For errand & medical trips within 5 miles.

*Appointments by Mile or Hour

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.

RESIDENT UPDATES

This information is for
The Christian Village at Mason residents.



June Anniversaries

This information is for
The Christian Village at Mason residents.

Chaplain's Corner

BY CHAPLAIN DAVID RAY



Strengthening the “Core”

You may hear fitness experts talk about the importance of strengthening your “CORE”—those vital muscles surrounding the body’s midsection that enable physical agility and strength. Neglect the core and it always shows. Unfortunately, the aging process can make maintaining this key strength even more challenging.

But I have noticed another core area that possesses a resilience that often defies the impact of age, and even the decline of mental acuity.

I make regular rounds through the memory care units of our Village, bringing me into regular contact with those whose recall is all but gone. Many have difficulty recognizing once-familiar faces and are unable to care for the simplest of basic needs. But I have discovered something often not lost to them despite the hard press of time.

When I deliver brief devotions to gathered residents in memory care, I almost always include a key verse of Scripture, along with some well-known spiritual songs. I do this on purpose, since it is clear to me that some things in our core are not easily lost. A resident may show little response to whatever else I have said until

I begin to speak a treasured verse from the Bible or play a sacred song, suddenly prompting eyes to open and lips to move—even to speak or sing.

Sometimes these “awakenings” enable short bursts of further conversation, and I stop to welcome such surprising dialogue. It is as if a window is re-opened into the soul for a few precious moments, when what was lost is found. There can be changes in expression, too, traces of smiles or wonder.

When the core elements of Christian faith have been so well-planted and exercised during our youth, they can be among the things not lost to us when we are old—even despite the cruelties of dementia.

Perhaps it is the special cadence of a Bible verse or the sweet movement of a song’s melody that help to retain the memory. Surely, it is also the blessedness of deep faith, brought back to mind when much else may be all but gone.

Stone Center Worship

During June, I will share some stand-alone sermons—while also taking some vacation and two Sundays of preaching respite—allowing me to prepare for a new series of messages that will take us next into the ancient book of Ecclesiastes.

Contact Information

Tune to CVC TV for the Chaplain’s Daily Devotions (Tuesday & Thursday, 11:00 a.m.) and Stone Center Worship (Sunday, 10:15 a.m.).

Office (513) 701-3406, **Cell** (513) 218-6548, or **Email** david.ray@christianvillages.org. If you need assistance to attend worship, desire Communion, or would welcome a visit, please contact us.

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

Social Services

BY HEATHER CARTER, LSW, DIRECTOR OF SOCIAL SERVICES

Understanding Advanced Directives

There is often confusion about advanced directives. What is the difference between a Durable Healthcare Power of Attorney and a Living Will? When will these documents become effective? Do I need to update these documents?

It is important to discuss your wishes with family. This gives your healthcare providers and loved ones guidelines, based on your wishes, in case you are no longer able to make decisions. The two documents that can help are the Durable Healthcare Power of Attorney and the Living Will.

It is important to understand each of these documents. This issue of the Village News will focus on the Durable Healthcare Power of Attorney.

Durable Healthcare Power of Attorney

A durable healthcare power of attorney (DPOA-HC) is a document that assigns another person as your “agent,” or representative. Your appointed agent can make healthcare decisions for you if you are not able. The designation of the Power of Attorney can be temporary or longer term depending on a person’s illness. It is typical that the Power of Attorney will require documentation from the person’s physician that they are not able to make informed health care decisions.

When considering your choice of an agent it is important to choose a person that knows your wishes and can fulfill them.

It is important to provide a copy of your signed Power of Attorney to your agent and your healthcare providers.

If at any time you would want to change your choice of agent, a new Durable Healthcare Power of Attorney can be completed. This new document will supersede any previously completed documents. Notify your health care providers of your changes.

Durable Power of Attorney forms can be witnessed by 2 adults or signed in the presence of a notary. Your witnesses:

- Must be over 18 years old.
- Cannot be your agent, relative (by blood, marriage, or adoption), current doctor or an administrator at your nursing home.

If you have questions about your current Durable Power of Attorney forms or would like assistance completing this document, please reach out to Heather Carter a (513) 701-3403 or the Social Service office at (513) 701-3423.



The Well

BY TOMI MARUNA, DIRECTOR OF FITNESS & WELLNESS

Feeling at Home in a Vibrant and Energetic Community

I have only been here a short time, but already I feel like I am “home.” I am so thankful to work in such a vibrant and energetic community! Meeting you and learning about your lives has been a joy, and it’s inspiring to see how committed you are to aging with strength and grace. Our classes are going well, and we are adapting to the changes with positive attitudes and flexibility. Thank you for making it so fun to teach here!

Your input and feedback are invaluable to me. They help me implement programs that meet the specific needs of our amazing residents. Here are some of the principles I strive to adhere to when developing new programs:

1. Exercise Should Be Safe for Your Level of Experience and Body

Safety is my top priority. Every exercise program is designed with your individual capabilities in mind to ensure you can participate confidently and without risk of injury.

2. Exercise Should Improve Your Functionality in Life

The goal is to enhance your ability to perform everyday tasks more easily and independently. Whether it’s gardening, playing with grandchildren, or simply moving around your home, our exercises aim to make daily life more manageable.

3. Exercise Should Challenge You, Not Hurt You

While it’s important to push your limits to gain strength and resilience, it’s equally important to listen to your body and avoid pain. Each class is structured to challenge you appropriately, fostering growth without causing harm.

4. Exercise Should Help You Lead a Healthy, Happy Life

Ultimately, our programs are designed to contribute to your overall well-being, ensuring you can continue participating in the activities you enjoy. A healthy body supports a happy life, allowing you to engage fully in the vibrant community we share.

Let’s continue to work together to make our community a place where we all can thrive. Your enthusiasm and dedication inspire me every day, and I look forward to many more fun and fulfilling classes with you. Thank you for being such an incredible part of this journey!



Auxiliary & Resident Organization News

June Dine Out

By Al Shelton & Dee Bartholme

The Dine Out event will be on Tuesday, June 11 at the City Barbeque, at VOA Centre from 11:00 a.m. - 8:00 p.m. The restaurant will reimburse the auxiliary 20% of the food bill! As with Quatmans, you will present the flyer to the cashier when placing an order or use the code **GIVE** if placing an online order or by phone.

Transportation will be available at 11:30 a.m. for those needing a ride. Please sign up ahead of time at the front desk if you need a ride.

Front Sign

At the most recent CEO Town Hall meeting, Larry Monroe mentioned that the management team was planning to improve and enhance the brick signs at our community's main entrance. Since part of this sign was recently struck by a vehicle and badly damaged, we will be accelerating the project. We soon plan to engage with an architect to advise us on design options to not only make the sign more modern, but also maximize the visibility from Western Row Rd. Stay tuned for future updates.

CVM ROMEOS (Retired Old Men Eating Out)

We're looking for additional guys for our CVM group of ROMEOS. Every Tuesday, we go out for breakfast or lunch at a local restaurant. We will gather to car pool at 11:30 a.m. in the parking area next to the new picnic pavilion. We usually have six to twelve of our group participating. This is a great opportunity for socializing... besides enjoying the food. (e.g., the restaurants we will be visiting in June are Skyline, Half-Day Cafe, El Caporal, and Olive Garden.) Everyone is provided a list of the restaurants and a Romeo members list. If you are interested or have questions, call Chuck Abbott at (513) 492-7797.

Bush Trimming Update

By Jeff Wade, Maintenance Supervisor

Starting in June, we have arranged to have our landscape contractor begin trimming the bushes around our campus. If you have a bush or plant that you do not want trimmed, please contact Maintenance at (513) 701-3417 and we will provide you with a flag indicating that you do not want the bush or plant trimmed.

Below is a schedule for the bush trimming and is subject to change if there is inclement weather.

Main building: June 3 – June 5

Lower Village: June 5 – June 7

Crescent Dr: June 10 – June 12

Leisure Lane: June 12 – June 18

Upper Village: June 18 – June 21

Please do not hesitate to contact me if you have any questions. Call (513) 701-341 or email jeff.wade@christianvillages.org

CVC TV Weekend Schedule

- Saturday, June 1 - 3:00 & 7:00 p.m.
CSO "Live from Music Hall, Louis' Grand Finale"
- Saturday, June 8, 3:00 & 7:00 p.m.
"Circus Show 2024/The Ringling Bros. Barnum & Bailey"
- Saturday, June 15, 3:00 & 7:00 p.m.
"Royal Film Concert Orchestra"
- Saturday, June 22, 3:00 & 7:00 p.m.
"Backpacking the Wonderland Trail/Mt. Rainier National Park"
- Saturday, June 29, 3:00 & 7:00 p.m.
"Britain's Got Talent 2024: Best Auditions So Far!"

Auxiliary & Resident Organization News

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 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.

Facts and Snacks

Hosted by VP of Development, Jeff Bradley

Thursday, June 27 at 2:00 p.m. in the Hockley Chapel

Summer is officially here, and nothing tackles the heat like some sweet treats...and trendy financial topics! It's time for some Facts and Snacks! Get in on the fun as we tackle issues such as:

- The Economy and the Markets!
- Financial and Estate Planning Ideas!
- Social Security and Taxes!
- CBA Foundation Updates and More!

Join Jeff and Barbara for a fun, informal and informative event! Register at the front desk or call Barbara Nicholas at (513) 468-1247 to attend.

CVM Room Reservations

All Rooms (except Stone Center): Please visit the **front desk** between the hours of 8:00 a.m. and 3:00 p.m., or call (513) 398-1486, to request a room reservation for your event at CVM. This includes reserving the new picnic pavilion. You will be asked to complete an Event Request form with the details of your event.

Stone Center: Please call Amie Kocher at (513) 701-3448, or stop by her office to make a request for an event reservation in the Stone Center Auditorium.

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.

- **P&G Big Band Concert** - Tuesday, June 11 at 7:00 p.m.
The P&G Big Band is a 20-member ensemble made up entirely of Procter & Gamble employees and retirees. The band has been in existence since 1987.
- **Cincinnati Jazz Train** - Tuesday, June 18 at 7:00 p.m.

Library News

By Mary Ann Watrous

April/May 2024 Additions:

- David Baldacci, *A Calamity of Souls* (New!)
- C. J. Box, *Three-Inch Teeth* (New!)
- Sandra Brown, *Friction*
- Mary Higgins Clark, *I Heard That Song Before*
- Harlan Coben, *Six Years*
- Bruce Leonard, *Quilt City Murders*
- Catherine West, *The Things We Knew*

Non-Fiction

- William C. Davis, *Three Roads To The Alamo*

Mason Public Library Outreach

Friday, June 7, 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

SURPRISED BY ANSWERED PRAYER

He had told them that He would rise from the dead, but their minds could not believe such a wondrous thing. The women who came to the tomb could not believe that the stone was rolled away. The disciples could not believe that the tomb was empty. They were surprised. And we would have been too.

Sometimes we are surprised by answered prayer. Sometimes it was a prayer we had prayed long ago and sometimes it is answered immediately. I had prayed for a dear friend to be made well. I had not just asked; I had begged. Over and over again. I knew the odds were stacked against the answer I was seeking, and sometimes back in the recesses of my mind I doubted. Then one day the answer came. Improbable. Unpredictable. But clear as could be.

But what if God had said, No. Our loving heavenly Father always hears our prayers, and He always answers. Sometimes He says Yes; sometimes He says Wait A While; sometimes He says No. His wisdom is far greater than ours; He knows what is best. The difficult part for us is the Nevertheless. "Nevertheless Thy will be done." You see, the true purpose of prayer is not getting from God but giving ourselves to God. It is offering up our desires to God for things agreeable to His will. "Thy will be done."

Sometimes we wonder just how long we should keep praying for the same thing. Consider Jesus' parable of the persistent widow. She kept coming to the judge over and over with the same plea until finally the judge gave her what she asked for. Jesus himself said, "Don't give up." I know a woman who prayed for her daughter for thirty years, thirty years



of praying every single night. After thirty years her prayer was answered. We ask, we seek, we knock. It is interesting to note that in the original Greek these three words are in the present tense and call for continuing action. So, we keep on asking. We keep on seeking. We keep on knocking.

The answer to my prayer was Yes, but what if it had been No. Would I have felt the same way? Our Father knows best, and we have to trust Him. We have to trust Him no matter what. The poet Ella Wheeler Wilcox says it so well.

I will not doubt though all my ships at Sea
Come drifting home with broken masts and sails.
I shall believe the Hand which never fails
From seeming evil worketh good for me.
And though I weep because those sails are battered,
Still will I cry when my best hopes are shattered,
"I trust in Thee."



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