



## The Village News

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



September  
2024

# Mercy Health – Kings Mills Hospital – Health and Wellness Speaking Series Kickoff

By Susan Meyers, VP of Health Services

We understand many residents enjoyed our previous Health and Wellness Speaking Series partnership with UC West Chester Hospital and were disappointed when it was discontinued.

We're thrilled to announce the new CVM and Mercy Health – Kings Mills Hospital Health and Wellness Speaking Series. This series will strengthen our partnership and connection with Mercy Health through quarterly events designed to offer ongoing education and support, fostering a well-informed community around health and wellness.

On Wednesday, October 9 at 11 a.m. you are invited to the Stone Center Auditorium for our first program "Cardiology Health" presented by Dr. Victoria Zysek, DO. Dr. Victoria Zysek is a distinguished provider in Internal Medicine and Cardiovascular Disease with extensive training from top institutions. She completed her fellowship in Internal Medicine/Preventive Medicine at Mayo Clinic in 2013, and in Cardiovascular Disease at Advocate Lutheran General Hospital in 2012. Her residency in Internal Medicine was completed at Cleveland Clinic in 2009 following her medical degree from Philadelphia College of Osteopathic Medicine in 2006. She holds certifications from the American Board of Internal Medicine in both Internal Medicine and Cardiovascular Disease and is licensed by the National Board of Echocardiography. Dr. Zysek provides care at the Mercy Health Heart Institute in Fairfield and Mercy Health - Kings Mills Hospital.

Dr. Zysek's presentation will address the importance of cardiovascular health including the following:

- Common cardiovascular conditions
- Risk factors
- Preventative measures
- Diagnosis and tests
- Treatment and management
- Lifestyle modifications
- Regular screenings and check-ups
- Medication adherence



The presentation will conclude with a time for questions and answers. To RSVP, please call the front desk at (513) 398-1486 by October 7th.

# Birthdays, Celebrations and Updates



## September Birthdays

This information is for  
The 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.

## 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.



## September Anniversaries

This information is for  
The Christian Village at Mason residents.

## RESIDENT UPDATES

This information is for  
The Christian Village at Mason residents.

# Chaplain's Corner

BY CHAPLAIN DAVID RAY

## Strength Against the Wind

Over recent years, my wife and I have enjoyed a few days of summer vacation in Petoskey, Michigan. The place in which we stay is a vintage hotel (built in 1911) within a Chautauqua-type community (established in 1866) alongside the Little Traverse Bay (created millennia ago). It is always a place of rest, inspiration, and beauty. And usually, it is accompanied by crisp cool nights and modestly warm days. The bright flowers are abundant, too.



But among the most welcomed sights are the sunsets—usually splashed with vibrant colors of orange set against soft layers of evening clouds. One year we enjoyed the silhouetted sight of two young boys tossing rocks into the bay. I caught their playfulness in a picture that says it all.



anchored boats, while seagulls soared back and forth through the sky. I captured the flight of one that is among one of my favorite Petoskey memories. Though a blustery evening, these birds welcomed the wind to propel them on their way—even pushing through it. I like to call the picture, “**Strength Against the Wind.**”

Sometimes—like this year, though—there are more rainy days than not. And sunsets are muted, yet still beautiful in their own way. One year, as threatening clouds filled the horizon, we looked out over a harbor of safely

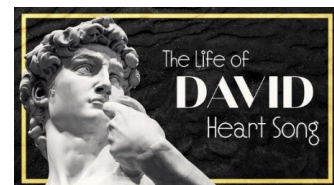
**Working within a Village like ours I see such effort daily.** Steps can be shuffled and labored, often negotiated with the help of a cane or walker. Pushing “against the wind,” or into a challenging “sunset.” But, when negotiated with strength, that’s a beautiful sight, too!

## Contact Information

Tune to CVC TV for the Chaplain’s 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.

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**Stone Center Sermon Series**  
Continuing through Sundays,  
10:15 a.m., through September and  
into October.

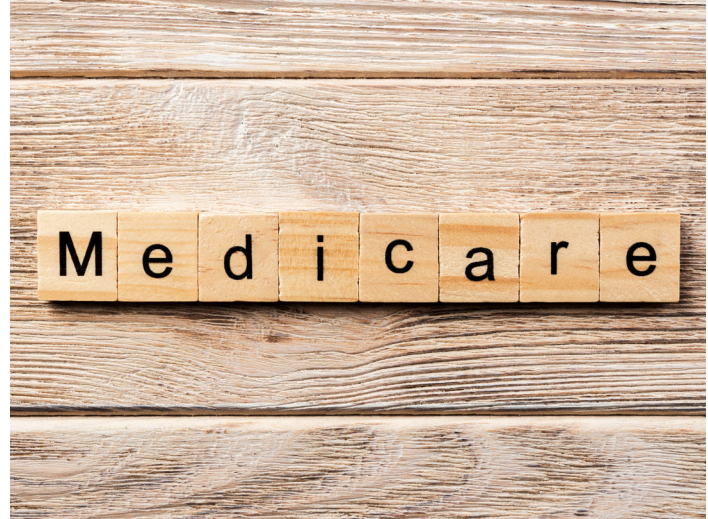
# Social Services

**BY HEATHER CARTER, LSW, DIRECTOR OF SOCIAL SERVICES**

## Save the Date - October 29th, 2024

Katie Miracle from BOST benefits will meet with residents to discuss the Medicare changes related to the prescription drug coverage reorganization.

Watch the Village News and CVC-TV for more information and sign-up times for one-on-one consultations.



## Caregiver Support Group

The Caregiver Support Group meets the 2nd Tuesday of every month from 10:30a.m. – 12:00p.m. in the Village Clinic. The next meeting is scheduled for September 10, 2024.

## Grief Support Group

Christian Village Hospice Chaplain, Lynn Gordon, along with David Ray and Heather Carter, will facilitate a 6-week overview of grief. The group will begin on September 10, 2024, and meet weekly on Tuesday evenings from 6:00 p.m. – 7:30 p.m. through October 15, 2024. If you are interested in participating, please contact Heather Carter at 513-701-3403 to RSVP.



# The Well

**BY TOMI MARUNA, DIRECTOR OF FITNESS & WELLNESS**

## A Journey of Love and Loss: Caring for My Dad with Alzheimer's

Caring for a loved one through illness is a journey filled with both challenges and profound moments of connection. My journey with my dad began when he was diagnosed with Parkinson's disease. While this marked the start of a difficult path, it also provided a unique opportunity to deepen our relationship in ways we had never experienced before. Sitting in on his doctor's appointments, we communicated and connected on a different level, sharing moments of understanding and mutual support.

As time passed, the reality of his condition became more challenging. The Parkinson's diagnosis was a tough blow, but the situation took a harsher turn when he was later diagnosed with Alzheimer's disease. The cruel nature of this illness became apparent as my dad's ability to communicate dwindled. Conversations became sparse, and he struggled with confusion and, at times, anger. These moments were heartbreaking, as I watched the father I knew slip away, replaced by someone who was often lost in his own mind.

Alzheimer's is a devastating disease, not only for those who suffer from it but also for their families and caregivers. It is the sixth leading cause of death in the United States, with over six million Americans currently living with the disease. Nearly one in three seniors passes away with Alzheimer's or another form of dementia. These statistics highlight the widespread and severe impact of Alzheimer's, underscoring the need for awareness, support, and research.

Supporting organizations like the Alzheimer's Association is crucial. They provide invaluable resources for families navigating this difficult journey, from offering caregiver support to funding crucial research. The fight against Alzheimer's is not just about improving care; it's about finding a cure and preventing others from experiencing this painful journey.

As we look to the future, it's essential to come together as a community to support those affected by Alzheimer's. On September 14th, there will be a walk to raise awareness and funds for Alzheimer's research. I encourage everyone to join us in this event. Whether you participate, donate, or spread the word, every action helps bring us closer to a world without Alzheimer's.

Let's walk together, not just for those we've lost, but for those who still fight and for a future free from Alzheimer's disease.



**WALK TO END™  
ALZHEIMER'S**  
ALZHEIMER'S  ASSOCIATION®

# Auxiliary & Resident Organization News

## Fall Craft Sale

The Craft Sale will be held on **Saturday, October 26 in Stone Center from 9:00 a.m. to 3:00 p.m.** All tables have been sold and Lowell Bowie has a waiting list in case any vendor needs to cancel. Remember table set-up is Friday the night before the sale and clean-up is after on Saturday. Mark your calendars if you can help. Final details will be in the October Village News.

## Village Bake Sale

The bake sale will be held on **Thursday, September 26 in the Fireside Lounge from 9:00 a.m. to 3:00 p.m.** We need both bakers and shoppers. Baked goods should be wrapped in fairly small packages. No need to price items unless you want to specify a certain amount. Items may be brought to the front desk on Wednesday September 25 from 7:00 a.m. to 3:00 p.m. If you are willing to bake, please call Joyce Adams at 513-234-0877. With your help, let's make this a great event!

## White Elephant Sale

It's time to clean out your home of items you no longer need or want. We can use all of that (except for furniture or clothing) to be sold in **the White Elephant Sale on October 26th.** Gather all you want to donate and call Dave Doty at **513-377-855** to pick up your items for storage until the sale date. For questions, call Barb Poston at **513-444-0274.** All proceeds support the CVM Auxiliary.

## Veterans Association Meeting

By Jerry Kohls

The Veterans Association meeting will be held on **Wednesday, September 18 at 10:00 a.m. in the Hockley Chapel.** The guest speaker will be from The Butler County Warbirds Museum. He will speak on the Warbird Museum and what is on display in the museum. All are welcome to attend.

## Grandparents Day Bash

Mark your calendars for an unforgettable afternoon at **the Village Pavilion on Saturday, September 7, from 1:00 to 4:00 p.m.,** as we celebrate Grandparents Day in style! This year's bash will be a day filled with fun, food, and entertainment for all ages.

Enjoy delicious bites from some of the best food trucks around, including Peace Pizza, Casa Mexico Grill, and Tikiz serving shaved ice and ice cream. We will have live music from the band Burning Caravan, setting the perfect backdrop for an afternoon of celebration. We've got plenty of activities lined up for the little ones, ensuring that everyone has a great time. You also don't want to miss the chance to meet Olympian swimmer Carson Foster, (grandson of Garden apartment resident, Judy Foster) who brought home both silver and bronze medals from the 2024 Paris Olympics. This is a community event you won't want to miss!

In addition, I would also like to give special thanks to our CVM Auxiliary, Right at Home and Queen City Health Care for their support with this event.

## Dine Out

By Al Shelton & Dee Bartholme

The Dine Out event will be on Wednesday, **September 18 at the Taste of Belgium at 12071 Mason Montgomery Rd, Cincinnati, OH 45249 from 11:00 a.m. - 8:00 p.m.** Present the flyer to the server. Transportation will be available at 11:30 a.m. for those who no longer are able to drive. Please sign up ahead of time at the front desk if you need a ride.

## Don't Fall this Fall!

Save the date for **Wednesday, September 25th, from 1:00pm - 3:00pm in the Hockley Chapel!** We will be hosting our most comprehensive fall risk evaluation event yet. Come learn about all the factors that can increase your risk of falling, such as vision, hearing, footwear, medications, and more. Attend all stations and be entered into a raffle!

# Auxiliary & Resident Organization News

## Christmas Fund

By Bob Moorehead

The Christmas Fund Committee is announcing the opening of the 2024 Campaign. This is a project established over 15 years ago by the CVM Residents to help the employees have a better Christmas. Largely due to the CVM Policy of “No Tipping”, it is a great way for the residents to say, “Thank you!” for all the amazing help they receive during the year from our employees, no matter what department is involved. From Dining Room, Maintenance, Nursing, etc. Every employee will receive a gift check from the Christmas Fund. The Committee will be sending out details soon, including important dates and times for the various features of the program.

Watch for letters, CVC TV announcements and our spokesperson, “Frosty’s” ads to keep up with the campaign as it moves along this Fall. Last year’s event enabled us to deliver over \$50,000 to our employees. With a larger number of residents and many new faces this year, we are excited to meet or exceed this excellent result this year. Please feel free to contact any of our committee members with any questions.

## 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.

- **Short Term Memory Band** - Tuesday, September 10th, 7:00 pm
- **The Wild Honey Band** - Tuesday, September 24th, 7:00 pm. A seasoned and talented five-member group who bring fun and enthusiasm to their audiences. Whether pop, blues, latin, jazz, or country, they perform a variety of popular songs.

## Mason Public Library Outreach

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

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

## Library News

By Mary Ann Watrous

### July/August 2024 Additions:

- Michelle Collins Anderson, *The Flower Sisters*
- Maeve Binchy, *Minding Frankie*
- Katarina Bivaldi, *The Readers of Broken Wheel Recommend*
- Rhys Bowen, *The Tuscan Child*
- Sandra Brown, *Low Pressure*
- Melody Carlson, *Under A Summer Sky*
- Mary Higgins Clark, *The Lost Years*
- Michael Connelly, *The Drop; The Burning Room*
- Patricia Cornwell, *Flesh and Blood*
- Janet Evanovich, *Fortune and Glory*
- Richard Paul Evans, *The Broken Road (#1 of 3); The Forgotten Road (#2 of 3); The Road Home (#3 of 3)*
- Lauren Denton, *Glory Road*
- Fannie Flagg, *The Whole Town’s Talking*
- Dorothea Benton Frank, *Queen Bee*
- Jenny Hale, *Summer at Firefly Beach*
- Rachel Hauck, *Dining With Joy*
- Tami Hoag, *Dark Horse*
- Angela Hunt, *Daughter of Cana*
- Jonathan Kellerman, *The Ghost Orchid*
- Barbara Kingsolver, *Unsheltered*
- Dean Koontz, *Innocence*
- Sofia Lundberg, *The Red Address Book*
- Debbie Macomber, *The Christmas Spirit; Silver Linings*
- Fern Michaels, *Perfect Match*
- James Patterson, *Toys; Confessions Of The Dead (New)*
- J.D. Robb, *Celebrity in Death*
- Nora Roberts, *Under Currents; The Gift*
- Danielle Steel, *The Sins of the Mother; Amazing Grace; The Dark Side*
- D.E. Stevenson, *Miss Buncler’s Book*
- Susan Wiggs, *Between You & Me*

### Large Print

Daniel Silva, *The Black Widow (LP)*

### Nonfiction

John G. Harris, *323 Days (Firsthand account of the Korean War 1951-1952)\**

\*Resident Gerry Harris’s father’s story

# You Never Know

BY RUTH ODOR,  
GARDEN APARTMENT  
RESIDENT



## IT DOES MATTER

By the world's standards it is surprising that the second word on our t-shirts and on our list of core values is "integrity." However, it is not surprising here in our village.

Our world today says, "It doesn't matter. It doesn't matter anymore." But it does matter. "Integrity" is still a prominent word. It is the quality of being honest and showing a consistent and uncompromising adherence to strong moral and ethical principles and values. The word means to fit together correctly. Someone has said that it is like a quilt in which all the pieces fit together.

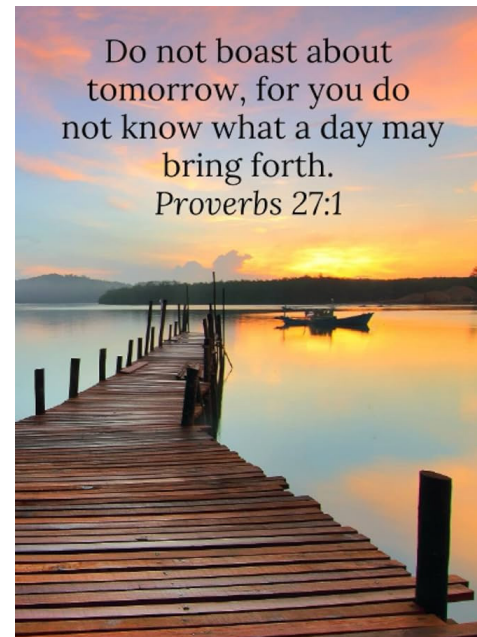
Two extremes test our integrity – adversity and prosperity. Adversity comes in many different forms, and at this stage in our lives it comes often, and sometimes unexpected. Failing health; not doing the things we used to do; changing environment; the loss of friends; financial problems, so we know about adversity! Reaching deeply into integrity, we face it squarely, surely, and with courage. And we cling tightly to the One who is our protector and our guide.

Then there is often the test of prosperity. We may have more of this than we realize. We cannot take our days for granted. Proverbs 27:1 tells us, "Do not boast about tomorrow, for you do not know what a day may bring." (NIV) "You may say to yourself, 'My power and the strength of my hands have produced this wealth for me.' But remember the Lord your God, for it is He who gives us the ability to produce wealth, and so controls his covenant..." (Deuteronomy 8:17-18 NIV). We must not take God's blessings for granted. When things are going right, we often forget our set of values, we sometimes waver.

Remember Daniel. If there ever was a man of integrity it was Daniel. He took the right position even when it meant facing death. And then there was Joseph, always standing for that which was right.

You see it does matter even in the little things. In measuring property lines one degree matters. We are different from the world.

I am grateful to live where integrity matters. We see it in management, leadership and staff. We see people take a stand for the right even when it is difficult. I am glad to live where integrity is one of our core values. Perhaps it is like a quilt, as someone has suggested, and all the pieces fit together in this our culture of caring, our culture of integrity.



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