

## Grandparents Day Bash, A Great Success!

By Tracy Wolcott, Director of Community Life Services

We held our first Grandparents Day celebration since Covid on September 7, 2024. Grandparents Day at CVM was a resounding success, with our campus coming alive under warm sunny skies. Over 350 people, including residents, their families, grandchildren, and great-grandchildren, joined us for the celebration. The Casa Mexican Grill and Peace Pizza food trucks served up delicious meals, while the Tikitz Ice Cream and Shaved Ice Truck provided free sweet treats, bringing smiles to everyone's faces. The Village Pavilion was filled with the sounds from the Carvan Burning Band as families enjoyed great food and conversation, and children eagerly lined up for the balloon artist, who kept busy twisting balloons throughout the entire event. We are especially grateful to our sponsors, Right at Home, Queen City Skilled Care, and our CVM Auxiliary, for their support in making this day possible. Given the tremendous turnout and positive feedback, we're excited to announce that we plan to make this an annual tradition.

Save the date for next year: **Saturday, September 6, 2025!**



# *Birthdays, Celebrations and Updates*



## **October 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.



## **October 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

## “THIN PLACES”

The ancient Celts, who later became Christians, spoke of “thin places”—locations (or moments) where the normal distance between heaven and earth shrinks, where time and eternity almost embrace. For these ancients, it might be experienced down on a fog-shrouded Scottish island, or high upon a ragged mountain above an Irish shore. Holy, spiritual places where God felt so near, and to which they might return to experience such closeness again.

**God is everywhere, we know, but haven't there been times or places in your life where you have felt closer to Him?** Perhaps it was when you welcomed the birth of a child or said a final goodbye to someone you deeply loved; or listened to the stirring lyrics of grand old hymn or took in the vibrant colors of a sunset. Maybe it was some hallowed place—a church in which you were baptized, or some site of quiet retreat where roots of faith were deepened.

**For ancient Israel, their journey was also marked by “thin places”**—like divinely dried up soil beneath the Red Sea, offering a route of safe escape for their feet; or a thundering mountain in the wilderness of Sinai which Moses climbed to get even closer to God. Later, Jacob found a “thin place,” too, where—with his head upon a pillow of stone—he dreamed of a stairway connecting heaven to earth, and received a wonderful promise from God. And when he woke, he exclaimed, “Surely the Lord is in this place,” and named it “Bethel”—which meant the “house of God.” “This is the gate of heaven,” Jacob said. That's how close God felt to him there.

**Is there some “holy” space where you have sensed God especially near?** Some “thin place” where distance was wonderfully narrowed; a place where you experienced a deep presence of God, and long for it again?

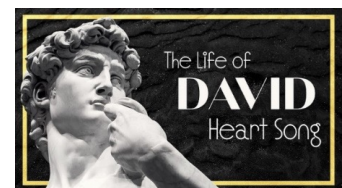
## Contact Information

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.

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



**Stone Center Sermon Series**  
Sundays at 10:15 am, concludes in  
October.



# Social Services

BY HEATHER CARTER, LSW, DIRECTOR OF SOCIAL SERVICES

## Social Service Scoop –

Don't forget – October begins open enrollment for Medicare beneficiaries to review their insurance plans. Open enrollment is **October 15, 2024 – December 7, 2024**. Representatives from BOST benefits will be here on **October 29, 2024**. They will provide 1:1 meetings to assist in reviewing your current benefits. There was significant reorganization of the prescription drug coverage benefit for the 2025 year. Please be sure to review your changes carefully. Watch for more information about scheduling your personal 1:1 meeting.



Vehicle Information – CVM keeps resident vehicle information on file. If you have not provided us information or if you have purchased a new vehicle in the past 6 months, please give me a call with the updated information, or you can complete the vehicle information form, available at the reception desk. Please be sure to place your car decal on the driver's side interior windshield. For security purposes, this helps identify cars of our campus residents. Additional or replacement decals are available by contacting the Social Service Office at 701-3403.

Village Clinic Services – The Village Clinic is located at 7169 Crescent Drive. There is a nurse, from Queen City Skilled Care in the clinic on **Monday – Thursday** from **10:00a.m. – 1:30a.m.** The nurse can check your blood pressure, help answer questions about your medications, or other medical questions.

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 schedule for **October 8, 2024**.



# The Well

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

## Aging Muscles Can Grow

For older adults, there are many benefits to beginning a strength training routine and improving muscle tone. It's not too late to start; in fact, studies show the body remains responsive to muscle-building exercises, regardless of age.

Sarcopenia, which is the gradual loss of muscle strength and mass, is an age-related concern that can cause declines in physical health, including strength, vitality, balance and overall functioning in daily activities. It is commonly associated with a higher risk of falls among older adults. Although sarcopenia is a natural part of the aging process, its impacts can be reduced through exercises that improve muscle tone, such as a regular strength training routine. The Centers for Disease Control and Prevention recommends older adults supplement regular aerobic exercise with at least two days of muscle strengthening exercises per week.



### Practical strength exercises for older adults

Strength training isn't just about lifting weights; it can include activities like using your own body weight, resistance bands and chairs. Many of these exercises can be completed at home and built into your daily routine.

Practical ideas for strength training exercises include:

- 1) Chair squats: Begin by sitting in a chair and leaning your chest forward over your legs. Push down through your feet and stand up (using the arms of the chair if needed.) Lower back down with control.
- 2) Leg raises: While seated or lying down, lift one leg at a time to engage your leg and core muscles.
- 3) Wall push-ups: Place your hands on the wall, standing an arm's length away, and perform push-ups against the wall. Adjust your distance from the wall to change control or intensity.
- 4) Seated dumbbell workout: With a straight back, sit down while holding a dumbbell or resistance band. Pull the dumbbell toward your chest or push above your head (depending on the exercise you choose). Select weights light enough that you can perform the exercise with controlled movements. You can also use water bottles or soup cans if you don't have dumbbells.
- 5) Toe taps/Heel Raises: While seated, alternate tapping your toes on the ground. Next, lift and lower your heels while keeping your toes down. Engage your leg muscles and increase the pace for more intensity.
- 6) Balancing exercises: Stand on one leg or perform heel-to-toe walking to improve your balance and core strength. Use a chair, counter or wall for support.

In conclusion, there are many benefits to beginning a strength training routine and improving muscle tone. It's not too late to start; so, what are you waiting for?! See Tomi for more suggestions!



# Auxiliary & Resident Organization News



## Larry Monroe Fall Concert

All are invited to join CEO, Larry Monroe in the Stone Center on **October 3 at 7 pm** for an evening of music, fun and fellowship. Larry will share a mix of gospel, country, and pop music spanning many decades.

## Auxiliary News

By Ed Stagney

The main purpose of the Auxiliary, as stated in the bylaws, is to “enhance the living situation of all residents of CVM with emphasis on those residing in our Health Care Facility.” The Auxiliary funds residents have “earned” through dues, donations, and numerous fund-raising projects can now be used to fulfill the mission of the Auxiliary.

The October Quarterly General Auxiliary Meeting is probably the most important. It is at this meeting where many financial decisions are approved. As requests for funds are received from the various areas, members must vote to approve all disbursements. Although all requests are not yet finalized, several areas have indicated their desire to make a request. One of the most important will be approval for Christmas gifts to residents living in the Health Care areas. In the past, these presents have brought a lot of joy to our residents.

This is the last General Auxiliary meeting this year since the next General Meeting will be in January 2025. So please plan to attend on **Wednesday, October 9 at 2pm in Hockley Chapel**. Everyone is welcome to attend but only members are allowed to vote.

If you have any questions, comments, etc., contact me at [513-492-7020](tel:513-492-7020) or [edstagney@yahoo.com](mailto:edstagney@yahoo.com)

## Christmas Fund 2024

The Christmas Fund for CVM Employees begins in September each year. It always feels a bit strange to be talking about Christmas in all this hot, summer-type weather. This wonderful event allows all of us residents a good way to say, “thank you!” to our staff. Primarily due to the “No Tipping” policy we have in the non-profit culture of our village, none of our employees are permitted to receive a “tip” for any of the services they provide to us all throughout the year, including the dining room, maintenance and nursing, to name a few.

Residents will be receiving information about this project for the next few months, via letters from the committee, ad spots on CVC TV, and other publicity efforts, as we go through the 2024 campaign.

## CEO Town Hall – Fall 2024

The second of two resident Town Hall meetings for 2024 is scheduled for **Friday, October 18, 2024, 2-4 pm**. It will be held in the Stone Center Auditorium.

In addition to his planned meeting agenda, Mr. Monroe will also answer resident questions that are signed and submitted to the Village Center front desk by close of business day **Friday, October 11th**.

Town Hall meetings are planned in support of the administration’s objective of enhancing communication between management at CVM and our residents.

## White Elephant Sale

The sale will be held on **Saturday, October 26, 9:00 a.m.- 3:00 p.m. in the Hockley Chapel** while the Craft Show will be held in the Stone Center. If you have items you would like to donate, call Dave Doty at [\(513\) 377-8554](tel:513-377-8554) and he will pick them up. If you have any questions, call Barb Poston at [\(513\) 444-0274](tel:513-444-0274).

**Safety Reminder:** For your safety, please stay on the sidewalks at all times when walking in the Village and refrain from walking in the streets. It is also important to wear reflective clothing or carry a light source when walking at night. This will help ensure that cars and others can see you clearly. Let’s all do our part to keep our Village a safe and enjoyable for everyone!

# Auxiliary & Resident Organization News

## Sunrise Vista Update

By Lizz Stephens, VP Marketing & Business Strategy

You have probably seen the impressive and quick progress we are making on our new independent living development, Sunrise Vista. If you've driven by the site, you may have noticed the framing going up for some of the first homes! Our partners at the Robert Lucke Group are moving right along and project to have the first phase completed by **September 2025!** The first phase consists of 10 single-family homes, 1 duplex and the clubhouse. The next and final phase consists of 2 single-family homes and 5 duplexes. This phase is projected to be finished in July 2026.

Only 3 residences are still available in the first phase, and we have already secured a sale in the second phase with interest continuing to grow. If you have a friend or family member interested in becoming a resident of Sunrise Vista, don't wait! Please have them contact Lizz Stephens at [513-701-3408](tel:513-701-3408).

We will continue to give regular updates in the Village News. If you don't already follow The Christian Village at Mason on Facebook, you can find ongoing updates there and on the new Sunrise Vista website at <https://christianvillages.org/sunrise-vista/>.

Thank you for your ongoing support and shared excitement as we watch Sunrise Vista come to life!



## Mason Public Library Outreach

Friday, October 4, 10:00 a.m.

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

## Upcoming Music 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.

**Larry Monroe, CEO in Concert** - Thursday, October 3, 7:00 p.m.

**Hearsay Barbershop Quartet** - Tuesday, October 8, 7:00 p.m.

**Oola Khan Grotto Band** - Tuesday, October 15, 7:00 p.m.

**The Great Miami Bluegrass Band** - Tuesday, October 22, 7:00 p.m.

## Library News

By Mary Ann Watrous

### August/September 2024 Additions:

- Mary Kay Andrews, *Ladies Night*
- Nellie Brooks, *Beach Cove Inn*
- Ann Cleves, *The Dark Wives* (#11 of Vera Stanhope Series)
- Karen Harper, *Falling Darkness; Drowning Tides*
- Markiee Nijkamp, *before I let go*
- James Patterson, *The Girl In The Castle*
- Jennifer Ryan, *The Spies of Shilling Lane*
- Lisa Scottoline, *Damaged; Corrupted; The Truth About the Devlins* (New)
- Nicholas Sparks, *Every Breath*
- Beth Wiseman, *The Bookseller's Promise; Hopefully Ever After*

### Large Print

- Carla Neggers, *Cider Brook* (LP)
- Beverly Lewis, *The Ebb Tide* (LP)

### Non-Fiction

- Marlene Wagman-Geller, *Women of Means*
- Mark Levine, *Unfreedom of the Press*

Our library often receives donations of Faith-based mysteries published by Guideposts. We have decided to keep these books on the bottom shelf of the carousel where the paperback books are. They do not need to be signed out. Enjoy!

# You Never Know

BY RUTH ODOR,  
GARDEN APARTMENT  
RESIDENT

## WATER FROM ABOVE

Remember when you were a child lifting your face to the sky and feeling the first gentle drops of rain on your face, or running in the rain until your mother called for you to come inside.

Water is so vital for our existence—always has been, and in all parts of the world. We take it for granted as we turn the faucet or drink from a bottle of water. The digging of a well is so essential in many villages of the world. There are many references to wells in the Bible—water from underground veins. There are more references to rain than you might think. Here are a few, but there are many more. “The LORD will open the heavens, the storehouse of his bounty, to send rain on your land in season and bless all the work of your hands. You will lend to many nations but will borrow from none.” (Deuteronomy 28:12 NIV). “He provides rain for the earth; he sends water on the countryside.” (Job 5:10 NIV). “As the rain and the snow come down from heaven, and do not return to it without watering the earth and making it bud and flourish, so that it yields seed for the sower, and bread for the eater,” (Isaiah 55:10 NIV).

On the small farm in Kentucky where I grew up there was a pond on top of a hill. I wondered why it was often dry. Recently I learned that ponds like these can be found in Kentucky and a few in West Virginia. The rock in this area is shale and the shale forms a clay soil that holds water. The ponds you see today were dug long ago and are called “sky ponds.” Water from the sky was their only water supply and it stayed for a long time. Now I know why the pond on our farm was usually dry.

Remember the Samaritan woman who came to the well where Jesus was sitting. He told her that He could give her living water, water that would be-

come in Him a spring of water welling up to everlasting life. He gives us water that is His presence within us. And that enables me to pray:

“Fill my cup, Lord,  
I lift it up, Lord!  
Come and quench this  
thirsting of my soul.  
Bread of heaven feed me  
‘til I want no more.  
Fill my cup and make me whole.”  
(Richard Blanchard)

So, I can lift my face to the sky and know His presence and His blessings. When I was a child, the congregation sang an old hymn about “Showers of Blessing.” I wondered why they were singing about rain. Now I know what those showers really are and how much I need them.

“There shall be showers of blessing,  
Precious reviving again;  
Over the hills and the valleys,  
Sound of abundance of rain.

There shall be showers of blessing,  
If we but trust and obey;  
There shall be seasons refreshing,  
If we let God have His way.”  
(El Nathan)

Just as we are dependent on water for our lives, we are dependent on “water” from above, not rain but the gift that Jesus gives. We need the “water” that washes away the drought, the dryness, the dust from our lives, the “water” that fills our “sky ponds.”



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