

A Stone Center Thanksgiving with Breakfast & Worship

The Tradition Continues, Sunday, November 24th,
beginning with a delicious (and free) Buffet Breakfast
served from 9-10:00 a.m., in the Matthews Dining Room,
followed by Worship at 10:15 a.m.

Reserve your place (through the front desk)
by Monday, November 18. All are welcomed!

Few holidays are more enjoyable than Thanksgiving—a simple time for family and friends to gather and express their gratitude for all that God has given. For the past two years we have begun a new tradition in the Village to celebrate the Sunday that precedes Thanksgiving through both a delicious breakfast and worship together.

Perhaps you have been thinking about joining us for worship on Sundays in the Stone Center. Many watch the worship service via our CVCTV channel, but there is nothing like being together, in person, with others. Why not make Thanksgiving a time to come and bring a friend or family member with you?

The prologue to John's gospel says that "the Word became flesh," which is another way to say that we were visited by God with "skin on Him." While we are thankful for any presence of God, a "flesh and blood" coming changed everything. That's often true about how much more personal connections also mean for each of us, too.

Make this holiday a time to express our gratitude together. Worship services in November will feature sermons inspired by some well-loved, traditional "Songs of THANKSGIVING."



Birthdays, Celebrations and Updates



November 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

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November Anniversaries

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The Christian Village at Mason residents.

Chaplain's Corner

BY CHAPLAIN DAVID RAY

“GIVE THANKS”

It was the only published song out of some 300 that Henry Smith had written, but it made its way all around the world before the publisher found out he was the writer.

In 1978, after graduating from college, Smith was discouraged, not being able to find a job and also suffering from a degenerative disease that would eventually leave him blind. But one Sunday, he found inspiration, through a sermon by the pastor of his church in Virginia, which referenced how Jesus made himself poor so that others might be rich through him. And it led Smith to write a now famous chorus that has become a favorite of so many, “Give Thanks.”

Not long after its writing, Smith and his wife, Cindy, first sang the song for his church, and repeated it a number of times over coming weeks. A military family attending his church for a while carried the song back with them to where they were stationed in Germany. And from there, it appears to have begun to spread internationally—even into a war-torn land called Uzbekistan, where Russian was spoken.

Eight years after the song was written, a friend of Smith's brought him a cassette tape from a music company, and “Give Thanks” was listed and labeled with, “author unknown.” “Listen to this song and see if you have ever heard,” his friend said. And after he did, Smith said, “I wrote that song. He called the music company and told them he was the author, and they said, “Good! We have been trying to find you.”

More years later, the Smiths were in the audience for a concert being conducted by a much more well-know artist named, Don Moen, who played a recording for the audience of Henry's song being sung in the Russian language. Moen had no idea the song's writer was

in the crowd, and Smith and his wife were brought to tears to hear their song had reached so far from its humble beginnings.

Today, “Give Thanks” is among one of the most popular songs still sung in contemporary worship.

*Give thanks with a grateful heart
Give thanks to the Holy one.
Give thanks because he's given Jesus Christ, His Son.
And now let the weak say, “I am strong!”
Let the poor say, “I am rich
because of what the Lord has done for us.”
Give thanks! Give thanks! Give thanks!*



During November, sermons in Stone Center Worship will take inspiration from some all-time favorite, *traditional* hymns of Thanksgiving. Come join me as we, “Give thanks!”

And we just might also sing Henry Smith's *newer* song, 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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The Christian Village at Mason residents.

Social Services

BY SAMANTHA RUTLEDGE, ASSISTED LIVING ADMISSIONS COUNSELOR

How do I know if it's time to consider assisted living?

The question above is posed to me almost daily by prospects and current residents alike. The truth is, it can be difficult to know when the time is right to start looking for assistance and what the right help is for you. Often this decision is a humbling experience, as no one ever feels quite ready to make a change even though our bodies might be trying to tell us something different. Moreover, the changes in our physical and cognitive health are not always obvious and may sneak up before we realize what is happening. This makes it harder to decipher if a change in environment or level of support is warranted. To simplify this process and help you decide if now may be the right time to consider a change, I encourage you to complete the self-assessment below.

1) Am I able to independently and safely navigate around sidewalks, furniture, and bathrooms without risk of falls or injury?

Yes, No, Sometimes

2) Has it become more difficult to prepare and cook meals for yourself or someone else?

Yes, No, Sometimes

3) Do I have to limit my activities outside of my home because it became too difficult to drive or get around with ease?

Yes, No, Sometimes

4) Have certain daily activities such as dressing, cleaning, or bathing become more difficult without assistance?

Yes, No, Sometimes

5) Do I struggle to walk longer distances without some kind of assistance or break?

Yes, No, Sometimes

6) Am I able to stay consistent in taking my medications as directed and on time, effectively managing my health conditions?

Yes, No, Sometimes

7) Do I yearn for the convenience of being closer to our communities' amenities and having easier access to the staff?

Yes, No, Sometimes

If you answered mostly yes or sometimes to those questions, then it might be time to consider making a transition in your level of care. More supportive care can drastically improve your wellbeing by increasing your independence, making it easier for you to get out and connect with others, and help you feel confident in accomplishing daily tasks again.

If you have known you need to make a change for a while, but are dragging your feet about this decision, I encourage you to consider this. I've needed some form of corrective lenses ever since I was in grade school. Before I got my first pair of glasses I managed okay, because even though I struggled to see, it was normal for me. Once I finally got my eyes tested and tried on those first pair of glasses, my world opened. Everything became clearer and somehow almost brighter. I felt more connected and more confident because I was no longer trying to hide or compensate for my impaired vision. While it wasn't easy for me to accept having to wear glasses or deal with contact lenses every day, getting corrective lenses was worth it because they gave something back to me.

I believe that's what assisted living can do for you. I can't promise you this will be an easy decision, however what I can guarantee is you will be grateful you decided to make the decision for yourself when you did.

To further discuss your options, call Samantha Rutledge, the Assisted Living Admissions Counselor, at 513-701-3463 or stop by my office in the main healthcare building. I look forward to speaking with you soon.

The Well

BY TOMI MARUNA, DIRECTOR OF FITNESS & WELLNESS

Harvesting Health: Mindful Eating and Nourishment

As the autumn leaves fall and the Thanksgiving season approaches, we find ourselves surrounded by an abundance—of food, family, and gratitude. It's a time to celebrate the harvest, not just of the earth's bounty but also of the blessings in our lives. But in the midst of the celebrations, it's easy to overlook the deeper connection between what we eat and how it nourishes us.

Mindful Eating: A Path to Wellness

Mindful eating is more than just paying attention to the food on our plates; it's a practice that invites us to be fully present in the moment. When we eat mindfully, we slow down and savor each bite, appreciating the textures, flavors, and aromas. This practice can transform a simple meal into a moment of gratitude—honoring the goodness of God who provided it and appreciating the hands that prepared it.

Mindful eating encourages us to listen to our bodies' cues—eating when hungry, stopping when full, and choosing foods that truly nourish. This approach not only promotes better digestion and overall health but also fosters a sense of inner peace and contentment.

Gratitude at the Table

Gratitude is at the heart of mindful eating. Before each meal, take a moment to pause and give thanks. This practice can deepen us spiritually and enhance the feeling of satisfaction.

Practical Tips for Mindful Eating

- 1. Eat Slowly:** Take time to chew your food thoroughly and savor the flavors. This helps with digestion and allows you to fully appreciate the meal.
- 2. Eliminate Distractions:** Try to eat in a calm environment without the distraction of television or phones. Focus on the experience of eating.
- 3. Practice Portion Control:** Serve smaller portions and take the time to assess whether you're still hungry before reaching for more. This helps prevent overeating and encourages mindful choices.
- 4. Engage All Senses:** Notice the colors, textures, and smells of your food. Engaging all your senses can enhance the eating experience.
- 5. Reflect on Your Meal:** After eating, take a moment to reflect on how the meal made you feel physically and emotionally. Did it nourish you? Did it bring comfort or joy?

Conclusion

As we celebrate the harvest season, let's remember that food is not just fuel for the body. By practicing mindful eating, we can turn our meals into a practice that enhances our overall well-being. This Thanksgiving let's embrace the opportunity to connect more deeply with the food we eat, the loved ones we share it with, and our heavenly Father who provides it, for it is through Him, His word, His Son and Holy Spirit that we receive spiritual nourishment.

Auxiliary & Resident Organization News

Save the Date to Celebrate our CEO, Larry Monroe!

All residents & employees are invited to attend a celebration for Larry Monroe's retirement on **Friday, December 6**. The party will be held in the **Stone Center** from **2:00-4:00 pm**. We hope you can join us!

Christmas Fund 2024

With the "no tipping" policy at CVM, the Christmas Fund provides an excellent way to let our employees know how much their dedication is appreciated. Frosty says, "There is still time to donate to this year's fund!"

To donate, please drop it off at the CVM front desk **by 4 pm on November 29th**. Contributions are voluntary. Please write Christmas Fund on the memo line of your check. To all of you who have already given Frosty says, "many, many thanks!"

Be sure to check CVCTV as the donation totals are posted during the campaign. Remember to enter the fun "guess the final amount." You can fill out your "guess" at the CVM front desk. The closest guess to the final dollar amount will win a nice gift card from a local restaurant!

Also, please join us all to recognize our employees for all the ways they helped us this year at the Christmas party on **Thursday, December 12th, 2-4 pm**. There will be music, fun, and Santa as we distribute the gift checks to the employees at the party.

Free Greeting Cards

As we are approaching the holiday season, we have lots of free Christmas cards, birthday cards and assortment of cards for all occasions. The cards are in the craft room and are free! If you need assistance, please feel free to ask one of our activity coordinators.

Veterans Association Meeting

By Jerry Kohls

The meeting will be held on **November 20** at **10:00 a.m.** in the **Hockley Chapel**. The guest speaker is a retired Army Chaplain, Colonel (retired) Jess Abbott who will provide a colorful presentation along with a few stories of his own experience while deployed to Iraq, Kuwait and Saudi Arabia.

All veterans are encouraged to join the meetings. The association is in the process of updating their roster and making plans for next year. If you have any questions, please contact Jerry at (513) 314-2028.

Musical Christmas Celebration

Mark your calendars for **December 17 at 7:00 p.m.** when pianist extraordinaire, Tom White, and our CEO, Larry Monroe, will share a special Christmas musical celebration in the Stone Center Auditorium. The program will include beloved secular and spiritual Christmas songs and carols, consisting of a combination of featured instrumentals and singing. Larry will be including several songs with guitar accompaniment. Come early to get a good seat as this event traditionally packs the auditorium.

CVC TV Weekend Schedule

- Saturday, November 2 - 3:00 & 7:00 p.m.
"Kruger National Park African Safari-North to South"
- Saturday, November 9- 3:00 & 7:00 p.m.
"Martha Argerich, concert pianist- Beethoven No. 1"
- Saturday, November 16- 3:00 & 7:00 p.m.
"Wonders of Alaska"
- Saturday, November 23 - 3:00 & 7:00 p.m.
"Creation by Dan Forrest & River Tree Singers"
- Saturday, November 30- 3:00 & 7:00 p.m.
Nova PBS: "Solar Systems-Strange Worlds"

Auxiliary & Resident Organization News



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.)

Jump-n-Jive Band - Wednesday, November 6, 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!

String Theory Trio - Saturday, November 16, 1:00 p.m.

String Theory is a family friendly trio that focuses on classic music from mostly the 60's and 70's with a strong emphasis on three-part harmony. (ie: Beatles, James Taylor, Simon & Garfunkel)

Delta Kings Barbershop Chorus - Tuesday, November 19, 7:00 p.m.

This group loves to sing Barbershop harmony! Please join us and kick off the Christmas season with this wonderful performance of Christmas songs Barbershop style!

Library News

By Mary Ann Watrous

September/October 2024 Additions:

- Sarah Blake, *The Postmistress*
- Diane Chamberlain, *The Lost Daughter*
- Michael Connelly, *Resurrection Walk*
- Tatiana deRosnay, *The House I Loved*
- Shari Lapena, *Someone We Know*
- Adriana Trigiani, *The Shoemakers's Wife*
- Tracey Enerson Wood, *The War Nurse*

Non-Fiction

- Beth Moore, *All My Knotted-Up Life*
- Gertrude Morse, *The Dogs May Bark But...*
- Danielle Steele, *His Bright Light*

Large Print

- Robin Merrill, *Shelter (#1), Daniel (#2), Revival (#3)*

Mason Public Library Outreach

Friday, November 1, 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

THE DAY OF SMALL THINGS

"Who despises the day of small things?"

It's a verse hidden away in the Old Testament. I have often wondered if it doesn't apply to those of us who live in this village and who have arrived at our present stage in life. Our days are made up of small things. The big things, the important things we did, are now just memories. We can't do many of the things we used to do. Maybe we need to remind ourselves that there are many ways of serving God and many of them are small things. Those small things matter.

We trudge down the hall to visit a friend who needs us.

We bake a loaf of bread or make a casserole for someone who is ill.

We speak a word of encouragement to a member of the management team who is having a difficult day.

We do without so we can give an offering on Sunday.

We smile as we greet a neighbor and disregard the pain that racks our body.

We take time to send a card to someone for whom it will brighten a dark day.

We say Thank you to someone who has taken the time to help us.

Just small things--and yet--and yet--

"There are strange ways of serving God. . ."

Your days are filled with small, seemingly unimportant tasks.

You think you have so little to offer Him, your King.

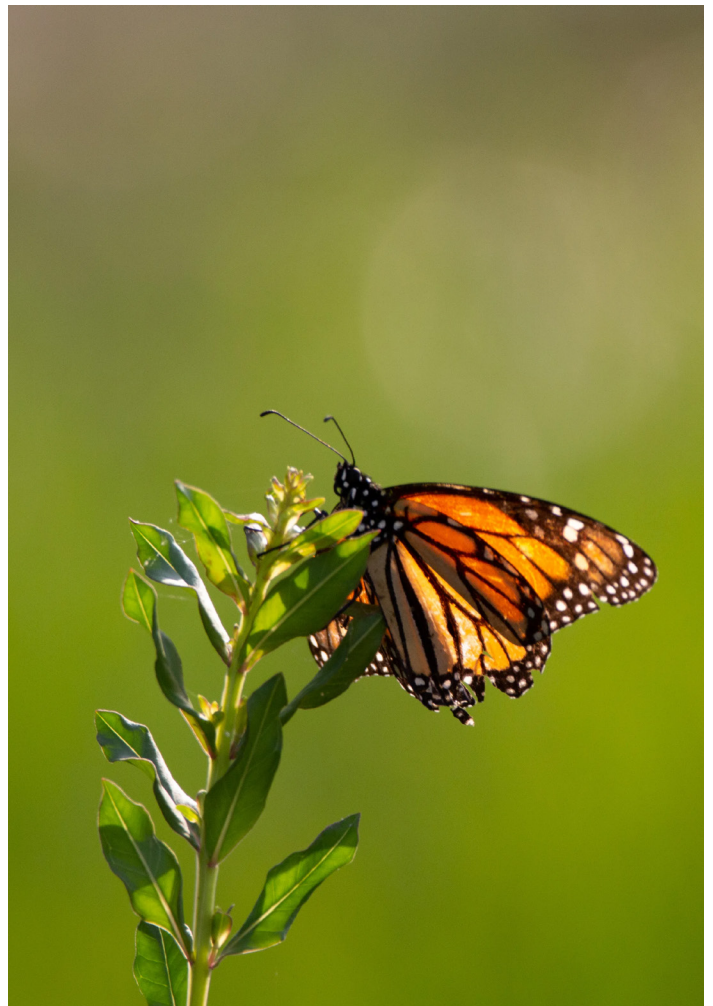
And yet--and yet--sometimes--

You "hear the whirr of seraphim,

And know you're building palaces for Him."

"Who despises the day of small things?"

--Zechariah 4:10.



The Christian Benevolent Association does not discriminate on the basis of race, color, national origin, ethnicity, sex, religion, age, qualified handicap or veteran status.