

Easter in the Village

Palm Sunday (April 13)

- **10:15 a.m.** Worship in the Stone Center, where all will receive palm fronds to add to the celebration of Jesus' triumphal entry into the city of Jerusalem.

Good Friday (April 18)

- **9:00-5:00 p.m.** Stations of the Cross in the Stone Center, when residents and staff can come at any time throughout the day to share in this self-paced experience to focus on the Last Words of Christ from the cross, moving from station to station with printed materials provided to prompt your reflection and prayer.

- **6:00 p.m.** Good Friday Service in the Stone Center, a reflective, 30-minute gathering to remember the cross through word and song.

Easter Sunday (April 20)

- **7:30 a.m.** Outdoor Sunrise Service in the New Pavillion, to welcome the dawn of the Resurrection through a 30-minute service, which will also include the decoration of a Living Cross for which you are invited to bring spring flowers to place upon the cross (some flowers will also be provided). Our handicap accessible shuttle bus will also run from our front canopied entrance back and forth to the pavilion, from 7 a.m. until service time, for those with special need. (This is a rain-or-shine event thanks to the pavilion covering.)

- **8:00 a.m.** Danish Delights in the Pavillion, with coffee, tea, breakfast sweets, and lingering fellowship time.

- **10:15 a.m.** Easter Worship in the Stone Center, a high morning of celebration to which you are urged to invite family, friends, and neighbors. (Also will broadcast live on CVCTV Channel 2493.)



Birthdays, Celebrations and Updates



April 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.



April Anniversaries

This information is for
The Christian Village at Mason residents.

Chaplain's Corner

BY CHAPLAIN DAVID RAY

“HOLY SATURDAY”



It is sometimes called, “Holy Saturday”—the day after the crucifixion and the day before the resurrection. Saturday was the day in-between, a painfully silent day. We know that Jesus was buried on Friday and raised from the dead on Sunday. But about Saturday, we know next to nothing, at least on the earthly plain.

John Ortberg describes this Saturday as: “The day after *this* but the day before *that*. The day after a prayer gets prayed, but before it gets answered. The day after a soul gets crushed way down, but there’s no promise of ever getting off the mat. . . . It’s a strange day, this in-between day. In between despair and joy. In between confusion and clarity. In between bad news and good news. In between darkness and light. . . . Friday was a nightmare day . . . Saturday is the day they realize they have to go on. Everybody knows Saturday. . . . Saturday is the day your dream died. You wake up and you’re still alive. You must go on, but you don’t know how. Worse, you don’t know why. Why is there a Saturday?” [from *Who Is This Man*]

Why wasn’t Easter a two-day story: Death *immediately* followed by Resurrection. Why a long, dark day of silence? Only God saw Sunday coming. The women who followed Jesus’ body to the grave sadly went back home when Friday’s first shadows fell.

There is a temptation to leap from the cross to the resurrection. No one wants to be stuck in a cemetery. We all prefer bright Easter Sundays. But what if we can find God even during dark Saturdays, too? Can both days have a “holy” purpose?

One of the lies we sometimes believe is that God is only present in the light. But Barbara Taylor Brown confesses: “I have learned things in the dark that I could never have learned in the light, things that have saved my life over and over again, so that there is only one logical conclusion. I need darkness as much as the light.” [from *Learning to Walk in the Dark*]

In the dawn of a Sunday morning, indescribable joy came to the women who finally returned to an empty tomb! “He is risen,” an angel said. True, but they and the whole world had to wait through a dark Saturday before celebrating a bright Easter. Barbara Taylor Brown offers a helpful reminder to all who fear the dark: “Darkness does not come from a different place than light; it is not presided over by a different God. . . . Both are fertile seasons for those who walk by faith and not by sight. This darkness is necessary to new life, even when it is uncomfortable, or we feel it goes on too long. Next Spring’s seeds break open out of the dark winter soil . . .”

Closing Notes

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.

Social Services

BY HEATHER CARTER, LSW, DIRECTOR OF SOCIAL SERVICES

Social Service Scoop -

Volunteers

There are many volunteer opportunities available at both the Christian Village at Mason and Christian Village Hospice. Volunteers assist with a variety of activities, including letters or card writing, 1:1 visit with residents, assisting with activities, and assisting with office paperwork.

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 complete an application and interest inventory. Applications are located on the facility website (www.christianvillages.org), in the Asst. Administrator's 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, Asst Administrator / Hospice Administrator** at **(513) 701-3403** or **Tracy Wolcott, Director of Community Life Services** at **(513) 701-3414**. We look forward to your involvement!

How to manage calls or solicitations that may be a scam or fraudulent -

Fraudsters continue to target older adults. Scams are typically done through phone calls, however, recently there has been an increase in solicitations. Below are a few of the top 10 scams recently targeting seniors, according to the National Council of Aging.

1. Medicare / Social Security related
2. Anti-aging products
3. Internet
4. Mortgages or Reverse Morgages
5. Sweepstakes/lotteries
6. The grandparent scam

Please remember to never provide the caller with personal information such as social security number or bank account numbers. If you are concerned about their request, particularly regarding your Medicare benefits, remember, Medicare and Social Security will never call you. The Christian Village at Mason has a 'No Solicitation' policy. If someone comes to your door, do not feel obligated to answer. You can reach out to the maintenance department by calling or using the emergency pull cords in your home, if you are fearful.

If you feel you have been a victim of a scam, you can contact the local police or the State of Ohio Attorney General's office.

The Well

BY TOMI MARUNA, DIRECTOR OF FITNESS & WELLNESS

The Importance of Stretching and Mobility for Seniors

As we age, our bodies naturally experience changes that can affect flexibility, balance, and overall mobility. Incorporating regular stretching and mobility exercises into daily routines can greatly enhance the quality of life for seniors, helping to maintain independence and reduce the risk of injury.



Benefits of Stretching and Mobility Exercises

1. Improved Flexibility – Over time, muscles and joints can become stiff, making daily activities more challenging. Stretching helps to keep muscles supple and increases the range of motion, making movements easier and more fluid.
2. Enhanced Balance and Stability – Falls are a major concern for older adults, often leading to serious injuries. Mobility exercises improve coordination and balance, reducing the likelihood of falls.
3. Reduced Pain and Stiffness – Stretching can alleviate joint pain and stiffness, particularly for those with arthritis or other chronic conditions. Gentle movements help keep joints lubricated and decrease discomfort.
4. Better Posture – Poor posture can lead to back pain and other musculoskeletal issues. Stretching and mobility work strengthen the core and promote proper alignment.
5. Increased Circulation – Stretching improves blood flow, which helps deliver oxygen and nutrients to muscles, reducing muscle soreness and enhancing recovery.

Incorporating Mobility into Daily Life

Staying active doesn't have to be complicated. Seniors can integrate mobility exercises into their daily routine by:

- Taking short walks throughout the day.
- Performing a simple and quick stretching routine every day.
- Joining a senior fitness class for guided stretching sessions.

Stretching and mobility exercises are essential for maintaining independence, reducing pain, and enhancing overall well-being. By making them a part of daily life, seniors can enjoy greater flexibility, improved posture, and a lower risk of falls. It's never too late to start—small, consistent efforts can lead to significant benefits in the long run. If you need help building a stretching routine come to the new Stretch and Restore class in April. See the flier for more details!

Auxiliary & Resident Organization News

Auxiliary Update

By Harold Lorton, Auxiliary President

MEMBERSHIP: A thank you to everyone who joined the Auxiliary this year, with a special Thank You to everyone who added a donation to their dues. Although the annual membership campaign is over, you may still join or donate at any time.

Please come to the Quarterly General Membership Meeting on Wednesday, April 9 at 2:00 pm in Hockley Chapel. Not a member? It's Okay. Forms will be available on the sign-in table and are also available at the reception desk in the main building. Annual dues are \$10.00/per member. For planning purposes, the next General Membership Meeting will be **Wednesday, July 9 at 2:00 pm in Hockley Chapel.**

DINE OUTS: Thanks to Dee and Al Shelton, Dine Outs are back. They have lined up three – April through June. The first is **Thursday, April 3 at Skyline Restaurant at the corner of Western Row and US 42, from 11:00 am to 8:00 pm.** Take the flyer from the April Village Newsletter or pick one up at the front desk. Present the flyer to the server or cash register attendant when you pay for your food. The restaurant will reimburse the Auxiliary for a % of the food bill. Community Life Services will provide transportation at 11:30 am for those no longer able to drive. Please sign up ahead of time at the front desk if you need a ride.

CRAFT SHOW: The 2025 Auxiliary sponsored Craft Show will be held on **the last Saturday in October – the 25th, 9:00 am to 3:00 pm.** Lowell Bowie distributed a very inviting registration packet to prior and other prospective vendors last month. Response, to date, has been very good. There are about 20 spots still open. As vendors were packing up their wares at the end of the 2024 show, many were making plans to come back and negotiating with Lowell about keeping their same spot or seeking to move to a more preferred location.

WHITE ELEPHANT SALE: On **Saturday, October 25,** same day as the Craft Show, the Auxiliary will also host a White Elephant Sale. If you have items to

donate (no clothing or furniture) and want them picked up for storage until sale date, contact **Dave Doty** on his home phone, **(513) 398-1520** and leave a message – name, phone number for call-back, address and general description of donation(s). On day before and day of the sale, Barb Poston and Donna Woosley, co-chairs, could use help-your assistance would be appreciated as would letting them know you're interested in volunteering ahead of time.

CEO Town Hall

The first of two Town Hall meetings for 2025 is scheduled for **Wednesday, April 16, 2025, 2:00 p.m. in the Stone Center Auditorium.** These meetings are for residents only. They are a great source of information about what is going on at CVC. Vickie Brashear will answer resident questions that are signed and submitted by close of business day **on April 11th.** Please mark your calendar to save the date!

A Simple Form, A Lasting Legacy

by Matt Hildebran, VP of Development

A **beneficiary** doesn't have to be a person—it can be an organization whose mission you want to continue long after your lifetime. When you name the CBA Foundation as a beneficiary of your retirement plan assets, life insurance policy, donor advised fund or entry fee refund, you can make a big impact on our future! And you can do it simply by filling out a form.

You can name the **CBA Foundation** as beneficiary of many different types of accounts:

- **Retirement plan assets.** When left to loved ones, these assets are subject to income tax. When left to us however, they pass tax-free, allowing us to put 100 percent of your gift to work supporting the mission of Christian Village Communities.
- **Life insurance policy.** Perhaps your children are now grown, and you have a life insurance policy you no longer need. Consider naming CBA Foundation as beneficiary. This gift allows you to make a substantial donation at a relatively low cost.

Auxiliary & Resident Organization News

• **Donor advised funds.** If you have a donor advised fund, you can recommend grants to Christian Village Communities during your lifetime and name us as the beneficiary to receive the balance of your account after your lifetime.

• **Entry Fee Refund (EFR).** You can make CBA Foundation the beneficiary of a portion or your entire refundable entrance fee. Contact us for the beneficiary form.

4 Steps to the Gift of a Lifetime

1. **Contact** your administrator to request a change-of-beneficiary form or download a copy from their website. The EFR form can be obtained from us!
2. **Fill out** the form listing CBA Foundation, and the amount or percentage you'd like us to receive, on the form.
3. **Return** the form to your administrator. (Be sure to keep a copy for yourself as well.)
4. **Let us know** about your gift! It would be our honor to thank you and welcome you into our *Legacy Society*.

Take the Next Step:

Need help getting started?

Contact **Matt at 513.701.3345 or matt.hilderbran@christianvillages.org**. Or, if you've already named CBA Foundation as a beneficiary, let us know!

Mason City Manager, Eric Hansen Visit

Eric Hansen and his staff will be visiting on **Wednesday, April 30, at 2:00 p.m. in the Stone Center** to share updates on what's new and happening in Mason. This is a great opportunity to hear about current projects, upcoming developments, and city initiatives directly from the leadership team. Don't miss this chance to stay informed and ask any questions you may have!

Upcoming Music Concerts

Great Miami Bluegrass Band - Tuesday, April 15, 7:00 p.m.

Squeeze Play Accordion Band - Tuesday, April 29, 7:00 p.m.

This group is always such a fun band to listen to. They compose all their songs, and it is much more than accordions playing. If you haven't seen them perform before, you're in for a real treat!

Library News

By Mary Ann Watrous

February /March 2025 Additions:

C.J. Box, *Battle Mountain (New)*
Rebecca Drake, *Just Between Us*
Tonya Mitchell, *The Arsenic Eater's Wife*
James Patterson, *Hard To Kill*
Riley Sager, *Middle of the Night*
Anita Shreve, *Light On Snow*
Ruth Ware, *Zero Days*

Non-Fiction

Terry Burrows, *The Nuremberg Trials*
Bill O'Reilly, *Confronting the Presidents*

Large Print

Jojo Moyes, *The Giver of Stars (LP)*
J. Courtney Sullivan, *The Cliffs (LP)*

Mason Public Library Outreach

Friday, April 4th, 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



CONSTANTLY ABIDING

Yes, that's the title of a song. It's seldom sung. Never was, and is seldom on screens or in hymn books. But it was a favorite of my mother's. As the pianist or organist, she often accompanied a quartet as they sang it as "a special" on Sunday morning. The only other song I remember is "Abide With Me" and it was usually sung at funerals.

The word "abiding" is used often in translations of the New Testament. It can mean to stay, to dwell, to continue, to wait for, to stand firm. In John 15 Jesus uses the illustration of the vine and the branches:

"I am the true vine, and my Father is the vinedresser. 2 Every branch in me that does not bear fruit he takes away, and every branch that does bear fruit he prunes, that it may bear more fruit. 3 Already you are clean because of the word that I have spoken to you. 4 Abide in me, and I in you. As the branch cannot bear fruit by itself, unless it abides in the vine, neither can you, unless you abide in me." (ESV)

Jesus tells us to abide in Him and He will abide in us and that we cannot bear fruit unless we abide in Him. We must let Him live in us, be a part of our very being, and it should be constant--always, continually. As the hymn "Abide With Me" says I need Him every passing hour.

"I need Thy presence every passing hour;
What but Thy grace can foil the tempter's power?
Who like Thyself my guide and stay can be?
Through cloud and sunshine oh abide with me."

-H.F. Lyte

I have a habit of compartmentalizing things. I mentally put things in their separate boxes. I've had my devotions (Bible study and prayer) and now I will get busy with errands and daily tasks. But if I abide in Him I will let Him be a part of everything I do. If I am constantly abiding I will make sure that all my thoughts and all my motives are what He would have them to be. I will let Him be a part of ALL of my life.

"Constantly abiding, Jesus mine;
Constantly abiding, rapture divine;
He never leaves me lonely, whispers , oh, so kind;
'I will never leave thee.'
Jesus is mine."

-Anne S. Murphy



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