



CEO Town Hall Meeting

This information is for
The Christian Village at Mason residents.

**Town Hall
Meeting**

Birthdays, Celebrations and Updates



March Birthdays

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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



March Anniversaries

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Chaplain's Corner

BY CHAPLAIN DAVID RAY



A poem by Robert Browning begins with these thoughtful words:

Grow old along with me!

*The best is yet to be,
The last of life, for which the first was made:
Our times are in His hand
Who saith, 'A whole I planned,
Youth shows but half; trust God:
see all, nor be afraid!'*

Let's be honest. We are a Village of "old people." We have lived full lives and can sometimes dangerously conclude that "the best" years are *behind* us. And our increasing aches and pains may often seem to be ready reminders.

But I like the sentiment of Browning's words which remind us that God has planned "the *whole*," and that "youth shows but *half*."

We need to see the whole.

When I arrived here as chaplain—three years ago this month—one of our dear residents wrote me a note that included the following:

"You undoubtedly are among more old people than you have ever been before."

And then she added:

"I think you are finding us to be different than you perhaps thought we would be. **Few are just sitting around waiting to die.**"

These words have stuck in my head and continue to inspire my heart. We are a community of people—for the most part—who have not given up on growing, learning, creating, loving, exploring, and enjoying life. **Our lives are not done yet!**

Isn't it beautiful how Browning describes this time as: "The *last* of life, for which the *first* was made," and reminds us that God "planned the *whole*."

So let's "trust" Him and not "be afraid." Let's not quit before we are done. Or as my good friend put it, few of us are "just sitting around here waiting to die." "Our times"—from beginning to ending—"are in God's hand."

And who knows but that "the BEST"—of all we shall live—"is yet to be"?



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.**

Social Services

BY HEATHER CARTER, LSW, DIRECTOR OF SOCIAL SERVICES

Social Service Scoop - Community Resources

Caregiver Support Group

Join us on **Tuesday, March 11th, 2025**, from **10:30 a.m. – noon** to connect with other caregivers. Caregiving has many facets and challenges. Our team will facilitate group conversation, provide resources and education related to dementia care and caregiving in general. This group meets monthly on the 2nd Tuesday of each month. The group will meet at the **Village Clinic** located at **7169 Crescent Drive**.



Grief Support Group

Christian Village Hospice chaplain, David Ray, along with Ashli Gordon, RN and Heather Carter, LSW, will facilitate a 6-week grief support group on **Tuesday evenings** from **March 11th, 2025, through April 15th, 2025**. The Grief group will meet in the hospice office located at **7169 Crescent Drive**. The group is open to any residents looking for support, not just for hospice families. If you are interested in participating, please contact **Heather Carter** at **(513) 701-3403**.



Photo Identification – Christian Village at Mason

Christian Village at Mason staff will be taking pictures of Garden Home residents on **Monday, March 17th, 2025, from 2:00 p.m. - 3:30 p.m.** and on **Monday, March 24th, 2025, from 10:00 a.m. – 11:30 a.m.** Individual pictures will be used for the Electronic Health Records. These photos are for security purposes and are not shared with others. Photos will be taken from the Administrator's office.

If you are unable to attend one of these dates or would like more information, please contact **Heather Carter** at **(513) 701-3403**.

The Well

BY TOMI MARUNA, DIRECTOR OF FITNESS & WELLNESS

Spring Cleaning for Your Body: Refresh Your Fitness Routine This Season

As winter fades and spring bursts into bloom, many of us turn our attention to spring cleaning—dusting off shelves, organizing closets, and letting in fresh air. But what about spring cleaning for your body? Just as our homes need a seasonal refresh, our bodies benefit from shaking off winter sluggishness and embracing movement, flexibility, and renewal.

Declutter the Stiffness

Cold weather and shorter days often lead to less movement, which can result in stiff joints and tight muscles. Now is the perfect time to gently reintroduce daily stretching. Simple movements like shoulder rolls, seated toe touches, and neck stretches can help release built-up tension and improve flexibility.

Dust Off Your Strength

Just as we strengthen our homes by fixing leaky faucets and tightening loose screws, our bodies need strength to stay resilient. Strength training doesn't require heavy weights—resistance bands, light hand weights, or even bodyweight exercises like seated leg lifts and wall push-ups can help maintain muscle mass and improve stability.

Sweep Away the Old, Bring in the New

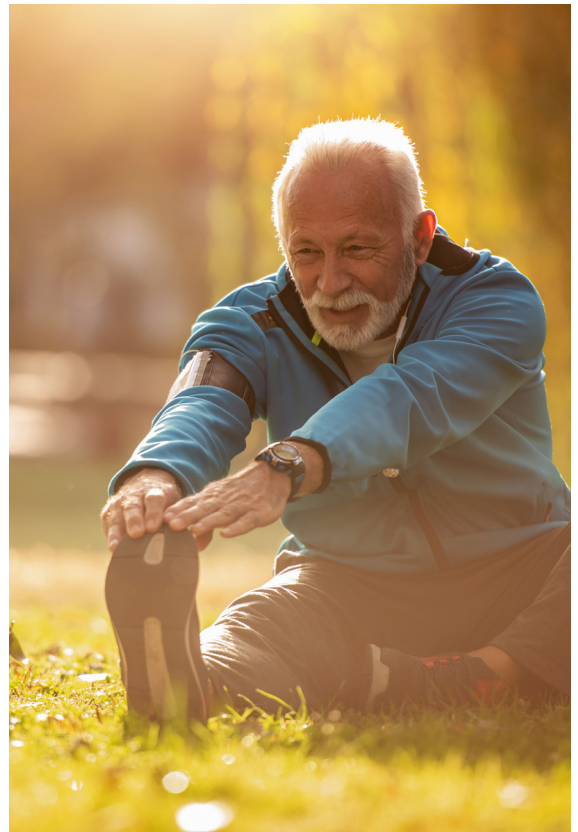
Routines can become stale, making it easy to lose motivation. Spring is the perfect time to try something new—perhaps a different fitness class, a fresh walking route, or even a new piece of workout equipment. Keeping things fresh and exciting encourages consistency.

A Fresh Start for a Healthier You

Spring is a season of renewal, making it the perfect time to refresh your fitness routine. By incorporating gentle movement, and strength training, you can shake off winter sluggishness and step into spring feeling strong, energized, and ready to embrace the season.

So, as you tidy up your home this spring, don't forget to give your body the same care and attention—it's the most important home you'll ever have!

Join me for Stretch & Restore, a gentle class designed to release tension, improve flexibility, and refresh your body and mind. Let's shake off winter stiffness and step into spring with renewed energy! Check the fitness schedule for class times—I'd love to see you there!



Auxiliary & Resident Organization News

Get to Know the CEO! Vickie Brashear's Plans to Connect with Residents in 2025

Vickie Brashear, CVC President & CEO, is eager to personally connect with each of our residents over the coming year. She welcomes residents to schedule individual meetings at their home to get to know them and share thoughts about living in our community. If you are interested in scheduling with Vickie this year, please contact her Executive Assistant, **Amie Kocher**, (513) 701-3448. She looks forward to this opportunity to get to know all of you.

CVM Resident App

Have you heard about the CVM Resident App? CVM has a community app to help residents stay connected and provide a go-to-source for community information. The CVM Resident app features CVC TV announcements, an interactive activities calendar, resident and staff directory, and timely messages from our leadership.

Accessing the app is easy! Download "Touchtown Community Apps" on your smartphone or tablet or visit www.residentapps.com on your computer. Garden Home residents would have received login information when we launched the app or at the time of your move-in. Garden Apartment residents can access the app by requesting an account from **Audrey Mays** at (513) 701-3400.

We are going to host a CVM App Informational Session on **April 4th** in the **Craft Room**. Audrey Mays will be on hand to guide residents through the process of downloading and accessing the community app, familiarizing them with its various features, and addressing any questions you may have. There's no need to RSVP for this event; you can drop in anytime between **10:00 a.m. – 12:00 p.m.** at your convenience.

We hope you will take advantage of this convenient tool to stay connected at CVM!

Join Us

Every Friday at 10:00 a.m. residents living in the Garden apartments and Garden homes gather in the apartment lounge for a half hour to say the Rosary. This is led by several different parishioners from St. Susanna. Rosaries are available if needed. Come and join us in this time of prayer and fellowship.

CVM Mail Delivery

To ensure your mail is delivered correctly, Garden Home residents should use their house number with the street name (Village Dr., Crescent Dr. or Leisure Ln.) do not include the cul-de-sac name. Garden Apartment residents should use their apartment number with Village Drive. Following these guidelines will help prevent delays and ensure your mail reaches the right address in a timely manner.

Michael Williams, Special Music Performance

Michael Williams is a touring and recording pop music artist born, raised, and based right here in Cincinnati, OH. Over the last few years, Michael has been a finalist on both American Idol and The Voice and just got back from his first national tour last fall. While he is home, he wants to connect more with the community through his music and get involved with what our great city is all about. He offers a night full of songs from his television journeys as well as classics you know and love with many of his original songs also. Come enjoy a night with Michael Williams on **Monday, March 3rd at 7:00 p.m.!**

Mason Public Library Outreach

Friday, March 7, 10:00 a.m.

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



Auxiliary & Resident Organization News

Benefits of Giving Life Insurance

by Matt Hildebran, VP of Development

Many people overlook life insurance as a giving option, but it's an easy way to make a difference at Christian Village Communities. Plus, a gift of life insurance has the following four perks.

1. Cost-Efficient

Life insurance allows you to make a significant gift even if your means are limited today.

2. Tax-Beneficial

For an existing policy, you may receive a federal income tax charitable deduction. For a new policy, with the CBA Foundation named as the owner and beneficiary, your premium payments may be deductible as charitable gifts.

3. Secure and Confidential

Your life insurance policy is a contract and therefore cannot be changed by anyone. If you make the CBA Foundation the owner and beneficiary of the policy now, it will not be included in your probate estate and therefore will remain confidential.

4. Helpful to Our Mission

Life insurance gives you the option to make a gift with an asset other than cash, helping you to make a bigger impact than you may have ever thought possible.

Life Insurance Policies You Can Give

- A recently issued policy
- An existing policy in premium-paying mode
- A paid-up life insurance policy

The information in this publication is not intended as legal or tax advice. For such advice, please consult an attorney or tax advisor.

If you have questions or would like to have a conversation about designating your policy as a charitable gift to the CBA Foundation, please contact **Matt Hilderbran, VP of Development**, at **(513) 701-3345**, or **matt.hilderbran@christianvillages.org**.

Upcoming Music Concerts

Michael Williams, Monday, March 3, 7:00 p.m.

String Trio Tuesday, March 11, 7:00 p.m.

String Trio 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. A few examples are: The Beatles, Simon and Garfunkel, James Taylor, America and Seals and Crofts. They can also perform music from the 1940's such as the Mills Brothers.

Jessie Lyn & Company, Country Singer, Tuesday, March 25, 7:00 p.m.

Jessie and her accompaniment will play and sing classic country songs with a tasteful touch.

Library News

By Mary Ann Watrous

January/February 2025 Additions:

Nicole Baart, The Long Way Back
Ally Condie, The Unwedding
Sadeqa Johnson, The House of Eve
Ariel Lawhon, I Was Anastasia; The Wife, the Maid, And the Mistress
Ann Patchett, Tom Lake
Glynis Peters, The Secret Orphan
M. L. Stedman, The Light Between Oceans
Danielle Steel, Without A Trace; Trial By Fire
Anne Tyler, Digging to America
Shelby Van Pelt, Remarkably Bright Creatures
Penny Walker Veraar, Owl In The Oak Tree
Jacqueline Winspear, The Comfort Of Ghosts
Evie Woods, The Lost Bookshop

Non-Fiction

H. W. Brands, America First (NonF)
Prince Harry Sussex, Spare (NonF)

Large Print

G. K. Chesterton, Father Brown Mysteries (LP)
Debbie Macomber, The Christmas Spirit (LP)
David McCollough, The Pioneers (NonF, LP)

You Never Know

BY RUTH ODOR,
GARDEN APARTMENT
RESIDENT

I WILL MAKE YOU

As little children our most popular chorus was "Fishers of Men." As I grew older, I knew that it urged us to evangelize – to tell others about Jesus. Only recently have I paid attention to the first part of that chorus—"I will make you..." Those disciples of Jesus did not become preachers, writers, and leaders overnight. He made them what He wanted them to be. The rugged, outspoken fisherman, Peter, preached the first gospel sermon and wrote two books of the New Testament only after living and learning from Jesus. We marvel when we think of John who wrote not only three gospels, but also Revelation as once having been called "the son of thunder." They grew in knowledge; they learned from the Master Teacher.

And so, it is with us if we surrender our lives to Him. At this stage in life, we often think of ourselves as stagnant. We think we have "gone as far as we can go." But have we? We are still capable of spiritual growth. We can grow in grace and knowledge. When I first came to live in this village I was asked, "What do you like most?" I replied, "The opportunities for spiritual growth." Now, years later, I would give the same answer-Bible studies, sermons, conversations. They are here if I will find them. Just because I have read a Scripture over and over doesn't mean I have fully understood it. There is still knowledge to be explored and learned. What will He make of me if I will let Him?

So, will I become stagnant spiritually or will I grow? Will I reach out and up? Will I grow "taller" spiritually? Will tomorrow find me a little "taller" than I am today?



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