



National Nursing Home Week

In honor of National Nursing Home Week, we celebrated and recognized our dedicated staff members with various team appreciation festivities. Team members enjoyed a candy bar, beverage truck, games, a staff cookout, and more.

We extend our heartfelt appreciation to our incredible staff for all they do, and for their commitment to serving our residents and family members with kindness and compassion. Thank you to our caring and compassionate team members; you truly embody what it means to do things the R.I.T.E. way, with Respect, Integrity, Teamwork, and Excellence!

Birthdays, Celebrations and Updates



June Birthdays

This information is for
The Christian Village at Mason residents.

Grocery Pickups

Please turn in one list per week on Monday or Thursday to the Front Desk. (4 or 5 items).

Please give list and money to the front Desk or call Transportation at (513) 703-3415.

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.

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.



June 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



NEW Stone Center Worship SUMMER SERMON SERIES

There is often something within us that pushes back against RULES—at least those imposed upon us by someone else.

We don't like being told what we can or cannot do. We prefer to be our own boss, plot our own course, make our own rules.

But what if we are not the best deciders when it comes to determining what is best for us?

How often does a parent hear from a child: WHY do I have to do this or that? Until, after one challenge too many, all that's left to say is: BECAUSE I'm your dad (or mom), and this is what I'm telling you!

Most parents only have the best interest of their children in mind when it comes to rulemaking. We set boundaries, assign curfews, and establish standards because we love them, and because we are the ones who gave them life.

You've probably heard the phrase: "I brought you into this world, and I am the one who can take you out." We don't act on that thought, but might have felt it.

This tug-a-war with rules gets even more complex as children grow, claiming an even more determined right to be their own rule-setters. But sadly, this is a trait we too often carry into adult years, as well?

After 400 years of being told what to do by their Egyptian captors, God delivered the Children of Israel from bondage. No more constraints. No more taskmasters. *No more rules!*

When they finally came to the wilderness mountain of Sinai, Moses climbed high into the holy presence of God and came back down with tablets of stone upon which God had written "**Ten Rules for Life**" for the Hebrew people.

But Moses returned to discover that—like rebellious children—the people had fashioned a god of their own making, a golden calf. Angrily, Moses broke the first tablets into pieces, forcing him to climb up the mountain again to get a replacement set from the one true God.

What if these "Ten Rules for Life" were not meant to constrain, but to free Israel—as well as all of us—to live a better life? What if a loving Father wrote them not to limit us, but to help us best realize what we were created to be.

Join us on Sundays this summer for Stone Center Sunday worship to consider "Ten Rules" that are good for us. June will also include a special worship celebration of Father's Day! And did you know that there's a "rule" for that, too.

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 -

Village Clinic

Queen City Skilled Care provides on-site services for our Garden Home residents. The Village Clinic is located at 7169 Crescent Drive. The Clinic will be open daily Monday - Thursday, 10:00 a.m. - 11:30 a.m. Queen City staff can assist with medication and health questions, education regarding your medical diagnosis, can assist with setting up lab services and provide basic wound care.



Right at Home

Christian Village at Mason partnered with Right at Home to provide in-home private duty services for our residents on campus. Most home care providers require a 3-4 hour minimum for scheduling. Our partnership provides an option of a 30 or 60 minute visit. A nurse from Right at Home will complete an assessment and will establish a plan of care for the services requested.



If you are interested in learning more about the Community Care services offered, please contact the Social Service Dept at 513-701-3423.

Caregiver Support Group

The caregiver support group meets monthly, on the 2nd Tuesday of each month from 10:30 a.m. to 12:00 p.m. in the Village Clinic. The group provides opportunities for caregivers to share challenges of caregiving and to share ideas and interventions that have been successful for them in caring for their loved ones.



The Well

BY TOMI MARUNA, DIRECTOR OF FITNESS & WELLNESS

Chronological Age vs. Functional Age: Why the Number Doesn't Always Tell the Story

When someone asks how old you are, chances are you respond with your chronological age—the number of years you've been alive. But did you know that there's another kind of age that might be even more important?

It's called functional age, and it measures how well your body and mind are performing compared to others of your age group. In other words, your functional age reflects your physical strength, cognitive sharpness, mobility, energy levels, and ability to perform daily tasks—regardless of how many candles were on your last birthday cake.

Why Functional Age Matters

You've probably known someone in their 80s who walks with a spring in their step, stays mentally sharp, and lives independently. You've also probably known others decades younger who struggle with mobility or memory. The difference often lies not in years, but in lifestyle, habits, and mindset.

In fact, a 2015 study published in *The Journals of Gerontology* found that physical performance measures—such as walking speed, sit-to-stand test, and grip strength—were better predictors of mortality than chronological age alone. Those who performed well physically tended to live longer and more independent lives.

Another long-term study from the National Institute on Aging showed that people who maintained regular physical activity, a healthy diet, and strong social connections could have a functional age as much as 10-15 years younger than their chronological age.

The Good News: You Can Influence Your Functional Age

The exciting part is that unlike chronological age, which we can't control, functional age can improve at any time in life—even in our 70s, 80s, and beyond. Small, consistent changes in your daily routine can help maintain or even reverse signs of aging.

Here are five key ways to keep your functional age young:

1. **Stay Active** - Regular movement strengthens muscles, supports balance, and improves mood. Even seated exercises or light walking make a difference.
2. **Challenge Your Brain** - Reading, puzzles, or learning a new skill can keep your mind sharp.
3. **Eat for Vitality** - Focus on nutrient-rich foods with protein, healthy fats, and fiber to fuel your body.
4. **Sleep Well** - Quality rest helps with memory, immune health, and energy.
5. **Stay Connected** - Social relationships and a sense of purpose can boost both emotional and physical health.

A Final Word

So next time someone asks your age, feel free to share your birthday—but know that it's only one part of the story. Your functional age tells a richer, more accurate tale of how well you're living. And best of all, you have a say in how that story unfolds.

Auxiliary & Resident Organization News

Auxiliary Update

By Harold Lorton, Auxiliary President

A SPECIAL THANK YOU TO VILLAGE RESIDENTS supporting the Auxiliary via Dine Outs and Kroger Rewards. Seventy residents dined at Skyline restaurant in April and seventy-five at Quatman's Café in May. Kroger reports that ninety-six Kroger Plus Shopper's Cards direct the value of their grocery purchases to the Auxiliary. Quarterly, Kroger Community Rewards distributes funds based on a percentage of Auxiliary-directed purchases to all directed purchases. We compete with churches, schools and other non-profits and receive a proportionate share of the money distributed.

Look at the bottom third of your Kroger grocery receipt to see if you are contributing to an organization. Mine say "Kroger Community Rewards: On Your behalf, we are contributing to Mason Christian Village Auxiliary." After I moved to Village, I recognized I was still contributing to an organization I no longer belonged to. I wished to change and followed the instructions provided on "Kroger.Com." If anyone wishes to direct Kroger grocery purchases to the Auxiliary and has difficulty, I would be happy to help. Please call or text my cell phone, **513-324-4695** or send me an email at **helorton3@aol.com**.

DINE OUTS: Thursday, June 5th, the Auxiliary is sponsoring a Dine Out at **Rusty Bucket** at **5035 Deerfield Blvd, Mason**. They open at 11:00 am. Our Dine Out ends at 8:00 pm. Please take the flyer from this June Village Newsletter or pick one up at the front desk. Present the flyer to the server 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.

Maintenance Request Reminder

To help our maintenance team address your needs more quickly and efficiently, please be sure to include only your name, address, and a brief description of the issue when submitting a request on voicemail.

This simple step will save time and allow our maintenance department to resolve your concern as promptly as possible. Thank you for your cooperation.

Widow Wise & Wonderful

By Barb Poston

As widows, we women often find ourselves having to navigate a world we were once part of as a couple, now on our own. By coming together and uplifting one another, Widow Wise & Wonderful aims to create a community that provides opportunities for connection, friendship, and shared fun experiences.

Join us on **Saturday, June 14th** at **2:00 p.m.** in the **Craft Room**. If you have any questions, please contact **Barb Poston** at **(513) 444-0274**.

An Evening with Linda Mirante – "Basket of Memories"

We are thrilled to welcome guest speaker Linda Mirante to our community! Known for her infectious humor, heartfelt encouragement, and passion for sharing God's love and promises, Linda has inspired audiences across the country—and now she's bringing her uplifting spirit to us.

Her program, "Basket of Memories", takes us on a delightful journey back to her roots growing up on a farm in Pennsylvania. Through her stories, she invites us to reflect on the simple joys of life, offering moments that will bring both laughter and heartfelt connection. Many of her memories will strike a familiar chord, sparking

Auxiliary & Resident Organization News

smiles and warm reflections for all.

Join us for this special evening on **Tuesday, June 24** at **7:00 p.m.** in the **Stone Center**. Come ready to laugh, reminisce, and be encouraged. We can't wait to see you there!

Wits Workshop: Boost Your Brainpower!

We're excited to have Laura Stanton, OSU Extension Educator, to CVM for a fun and engaging six-week series called Wits Workshop! Laura has successfully led this brain health program at MCC and other facilities, and now she's bringing her energy and expertise to us.

Starting in June, join Fridays for free Wits workouts—interactive sessions designed to help you stay sharp and learn practical ways to keep your brain healthy in daily life.

See the flyer for dates and details. Don't miss out on this fun and beneficial series!

Garden Home/Sunrise Vista Dinner at Dusk Save the Date!

The well-attended Dinner at Dusk is making a return on **Thursday, August 21** at **6 p.m.** Following the success of last year's gathering, we are delighted to announce that we will be hosting this event again to welcome all new independent living residents that have joined us in a Garden Home or in Sunrise Vista. Dinner at Dusk is an elegant dinner in the **Stone Center auditorium**. All independent living residents will receive an invitation in the coming weeks. The purpose of this dinner is to welcome new independent living residents that have joined our community in the last year as well as an opportunity to meet your new neighbors. Watch your mailbox for an invitation with more details! Please note that you will be billed for attendance rather than paying in advance. We hope you can attend!

Upcoming Music Concerts

Concerts will be held in the Stone Center unless another location is listed.

- **Stacy "Duke" Todd** - Tuesday, June 3, 7:00 p.m.
- **P&G Community Band** - Tuesday, June 17, 7:00 p.m.
(Concert in Village Pavilion)
- **Guest Speaker, Linda Mirante** - Tuesday, June 24, 7:00 p.m.

Library News

By Mary Ann Watrous

April /May 2025 Additions:

- Fiona Davis: Doll House
- John Deacon: A Man Called Justice; Justice Returns; Final Justice
- Ashley Elston: First Lie Wins
- Janet Evanovich: The Recovery Agent
- Kristin Harmel: The Paris Daughter
- Amanda Peters: The Berry Pickers

Mason Public Library Outreach

Friday, June 6, 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



WHAT IS GOD'S LOVE LIKE?

"What is God's love like:
Like a Baby in a manger.
Like a Boy already wise.
Like a Man who healed a leper.
Like new Vision for blind eyes.
Like a woman's Living Water
Given there beside a well.
Like a crippled, helpless body's
Laughing, dancing joy to tell.
Like a Teacher speaking gently,
Understanding every fear.
Like a Calm in stormy waters,
'Trust, my child, your Father's here.'
Like a Shepherd, caring, yearning,
For each straying, willful sheep.
Like a Friend in prayer, kneeling,
As disciples fail--and sleep.
Like a Savior, loving, crying,
'God, my children please forgive!'
Like a risen Lord triumphant!
Death's dark hands no longer strike.
Jesus Christ, our Lord and Savior!
HE is what God's love is like."

--Mary Lou Lacy



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