



Sunrise Vista

Ribbon Cutting Celebration

July 31st, 2025
10:00 a.m.

The management team is thrilled to announce that we will be hosting a ribbon cutting celebration for Sunrise Vista on Thursday, July 31 at 10 a.m. New and existing residents are invited to attend this brief ceremony which will be followed by refreshments in the Stone Center. The ribbon cutting will take place onsite at Sunrise Vista, just beyond the future clubhouse.

Residents can park in the Stone Center lot and walk to the site. Please do not park on the street. Be advised, given this will be a very brief event, there will be no seating. Residents can RSVP to Tracy Wolcott at (513) 701-3414 from 9:30-10:30 a.m. on sign-up day, which will be Tuesday, July 1st, when calling in for July activities.

We hope to see you there!

Birthdays, Celebrations and Updates



July 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.

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.



July Anniversaries

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.

RESIDENT UPDATES

This information is for
The Christian Village at Mason residents.

Chaplain's Corner

BY CHAPLAIN DAVID RAY



Walls divide us, denominate us, separate us, set us against each other-you on your side and I on mine.

Of course, my side of the wall is the "right" side. But as for you, well...stay where you are, and the wall will make sure things remain forever the same.

In the days of Christ, walls were a common part of the landscape. Some walls were meant to protect, like those surrounding cities to create safe barriers from risk and harm.

But cultural walls were more sinister and foreboding-walls that divided men from women, Jews from Gentiles, rich from poor, slave from free.

They were high and ugly walls, carefully tended to make sure they never fell into disrepair. And they were never to be crossed or torn down.

They would stand as clear markers to separate the "good" from the "bad," the "right" from the "wrong," those loved by God from those thought to be undeserving His love.

But when Jesus came into the world and began to ignore those long-built walls, people noticed. And they resisted him, too-until they finally hung Him on a cross. But the cross tore down the walls.

In Galatians 3, the Apostle Paul described us as being "all children of God through faith in Christ Jesus...no longer Jew or Gentile, slave or free, male and female... [but] all one in Christ Jesus." (vss. 26-28 NLT)

Further, in Ephesians 2, Paul pictures this change of relationship between Gentile and Jew:

"The Messiah...tore down the wall we used to keep each other at a distance...Instead of continuing with two groups of people separated by centuries of animosity and suspicion, he created a new kind of human being, a fresh start for everybody...The cross got us to embrace..." (vss. 4-18 MSG)

Martin Luther King, Jr. once said: "Let's build bridges, not walls." A timely message for a still divided world. And the means to the process is only through Christ.

SPIRITUAL NEEDS SURVEY

THANKS for your generous response to our recent survey. We are reflecting on your helpful input to develop new program ideas for the coming fall. We've also recently completed construction of a new video production studio (just across from the Garden Apartments Lounge), which will offer a great new tool for delivering more versatile programming on CVCTV.

We are pausing Tuesday/Thursday morning chaplain devotions during July and will announce new plans for this, and other offerings, in next month's Village News.



Closing Notes

Sunday Worship: Stone Center Auditorium, 10:15 a.m., and also live on CVCTV Channel 2493.

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 -

File of Life

The File of Life is an important document. This provides medical and emergency contact information to both Christian Village at Mason and to local paramedics in the event of an emergency. The File of Life should be kept in the red magnetic pouch and placed on your refrigerator.

There have been recent situations where paramedics have not been able to locate this information or the information on the form was not current. This may cause a delay in notification to your emergency contact. More importantly, this may cause a delay in proper treatment.



It is just as important that you keep a copy of Advanced Directive accessible. Advanced Directives include Health Care Power of Attorney; Living Will and State of Ohio Do Not Resuscitate forms. I would recommend that these documents be kept near the File of Life. You may consider notating on the File of Life form where 911 responders can easily access Advanced Directives. I recommend a copy of the forms be placed in an envelope placed on top of your refrigerator.

I would also encourage you to provide Christian Village at Mason with a copy of these documents. While we hope none of these documents are ever needed, it is important that medical responders are aware of your health needs and your wishes.

There are copies of the blank File of Life forms available at the reception desk and in the Social Service Office. If you have any questions about any of these documents or how to complete Advanced Directives, please feel free to contact **Heather Carter** at **(513) 701-3403**.

I urge you to complete and keep your File of Life up to date.

Photo Identification - Christian Village at Mason

Photo identification is important to help maintain the safety of the resident at Christian Village at Mason. Individual pictures are used in our Electronic Health Records. These photos are for security purposes and are not shared with others. If you have not had a photo taken or are a new resident, please contact **Heather Carter, Asst. Administrator** at **(513) 701-3403** to schedule a time.

BY TOMI MARUNA, DIRECTOR OF FITNESS & WELLNESS

Easy Protein for Everyday Strength

As we age, maintaining muscle strength, energy, and a healthy immune system becomes more important than ever—and protein plays a key role in all three. Yet many older adults don't get enough of this essential nutrient, especially if they've cut back on cooking or have smaller appetites.

Why Protein Matters

Protein isn't just for athletes—it's crucial for everyone, especially seniors. It helps:

- Build and repair muscle
- Support bone health
- Keep the immune system strong
- Promote faster recovery from illness or injury

Losing muscle can happen quickly in later years, but it's not inevitable. Getting enough protein each day—spread across meals—can help you stay strong and independent.

How Much Do You Need?

Most older adults should aim for at least 60-80 grams of protein per day, depending on body size and activity level. That's about 20-30 grams per meal.

Easy Ways to Add More Protein - No Cooking Required

You don't need to be a gourmet chef to eat well. Here are convenient, senior-friendly options that are high in protein and easy to enjoy:

Quick Meal Staples

- Rotisserie chicken - Pre-cooked, delicious hot or cold, and easy to add to salads or sandwiches
- Tuna or salmon pouches - No can opener needed; just peel and eat
- Hard-boiled eggs - Grab-and-go protein; many stores sell them pre-cooked

- Deli meats - Choose lower-sodium options like turkey or roast beef
- Cheese slices or string cheese - Easy to pair with crackers or fruit

Snack Smart

- Greek yogurt or cottage cheese – Higher in protein than regular yogurt
- Nuts or nut butters – Almonds, peanuts, or a spoonful of peanut butter on toast
- Protein bars or shakes – Look for ones with at least 15 grams of protein and low sugar
- Edamame – High-protein soybeans, available frozen or in snack packs

Boost Your Beverages

- Add protein powder to your morning coffee, tea, or smoothie
- Try high-protein, zero sugar, milk alternatives like Fairlife® or Orgain® drinks

Dining Services Tip

If your community offers meal plans, ask for extra protein at meals—double eggs at breakfast or an extra scoop of chicken at dinner. Don't hesitate to speak with your dining staff about your nutritional need—they're here to help!

A Final Word of Encouragement

Taking small steps to boost your protein intake can make a big difference in how you feel day to day. You'll notice more strength, better energy, and fewer aches and pains. God has given us these amazing bodies to care for—and that includes fueling them well!

The CBA Foundation



You're invited to "Get to Know the Foundation"

By Matt Hilderbran, VP of Development

Have you ever wondered what the CBA Foundation is all about? Join us for a relaxed and informative gathering where you'll get to know the mission, work, and impact of the CBA Foundation. Whether you're new to the community or a longtime resident, this is a great chance to connect, ask questions, and discover how the CBA Foundation is making a lasting difference.

Event Details

Date: Thursday, July 17th

Time: 2:00 – 3:00 PM

Location: Stone Center

To attend this FREE event, please **contact Aleigha Hummel at (513) 468-1247**. If you reach voicemail, simply leave your name and phone number and she will ensure your name is added to the guest list. We will have some light refreshments. We look forward to seeing you there!

Auxiliary & Resident Organization News

Auxiliary Update

By Harold Lorton, Auxiliary President

MEMBERSHIP MEETING: The next quarterly meeting will be **Wednesday, July 9 at 2:00 p.m.** in Hockley Chapel. At this meeting, Directors from Community Life Services and Fitness & Wellness will present projects they would like the Auxiliary to fund. Voting members will listen and decide. Additionally, Board Members and Committee Chairs will update the membership on the organization's finances and Auxiliary-sponsored fund-raising activities-Dine Outs, Craft Show, White Elephant Sale and Bake Sale.

If you are new to the Village or established, non-member resident, this invites you to attend the Auxiliary membership meeting. After visiting, if you're interested in joining, blank membership forms will be available at the sign-in table in Hockley Chapel. Also, blank

membership forms will be available at the sign-in table in Hockley Chapel. Also, blank membership forms are always available at the Reception Desk. Membership dues are \$10 per person per year. The Auxiliary is a 501 (c) (3) charitable organization. All dues and donations are tax deductible. Our purpose is to help enhance the lives of CVM residents.

DINE OUTS: Thanks to Dee and Al Shelton, our next Dine Out will be Mexican food at **El Caporal, 6011 Ty-lersville Rd, Mason on Thursday, July 10, from 11:00 a.m. to 8:00 p.m.** Take the flyer from the July 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.

Auxiliary & Resident Organization News

CRAFT SHOW: The 2025 Auxiliary sponsored Craft Show will be held on **the last Saturday in October-the 25th, 9:00 a.m. to 3:00 p.m.** Many of the vendors we've come to know and purchased quality products from will be back. There are twelve spots still open. Lowell Bowie is point of contact for vendors.

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, address, general description of donation(s) and phone number for call-back.

COMPUTER ORIENTATION: The Village provided a new PC and Printer for residents in the CVM Library. Lowell Bowie, CVM Auxiliary VP, taught classes to a few residents on Tuesday June 10, Wednesday June 11 and Friday June 13. The hands-on sessions were successful and identified several applications like Word, Excel, Email and Cloud Storage where classes would be useful. These will be coordinated/conducted by Auxiliary members. Lowell Bowie is point of contact.

Access Cincinnati Enquirer Online

Did you know that CVM has a free subscription to the Cincinnati Enquirer? To access your free subscription, follow these simple steps:

1. Go to www.cincinnati.com
2. Click "Sign In" (upper right-hand corner)
3. In Sign In box, enter the email address subscriptions@christianvillages.org
4. Enter Password: password (The password has been updated. This is the new password)

Mason Public Library Outreach

Friday, July 11, 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 unless another location is listed.

- **Delta Kings Barbershop Chorus Summer Concert** - Tuesday, July 8, 7:00 p.m.
- **Oola Khan Grotto Band** - Tuesday, June 22, 7:00 p.m.
- **Military Band** - Thursday, July 24, 7:00 p.m.

Library News

By Mary Ann Watrous

May/June 2025 Additions:

- Michael Connelly: *Nightshade (New)*
- Nina George: *The Little Paris Bookshop*
- Kristin Hannah: *Summer Island*
- Lisa Jackson: *Our Little Secret*
- Beverly Lewis: *The Beginning; The Stone Wall*
- Janice Lynn: *Wrapped Up In Christmas; Wrapped Up In Christmas Hope*
- Charlotte MConaghy: *Wild Dark Shore*
- Richard Osmon: *We Solve Murders*
- Eric Puchner: *Dream State*

Large Print

- Danielle Steel: *Happiness*
- Debra White Smith: *A Shelter in the Storm*
- J. Ryan Stradal: *Saturday Night At The Lakeside Supper Club*
- Anne Tyler: *Three Days In June*



You Never Know

BY RUTH ODOR,
GARDEN APARTMENT
RESIDENT



EXPERIENCE CONFIRMS FAITH

It was a long journey. But the Israelites finally arrived at their destination. They put up a stone of remembrance. It had one word on it—"Ebenezer." That word means "hitherto hath the Lord helped us." That word is in old hymnals and is seldom sung these days. I've always loved that hymn. "Here I raise mine Ebenezer; hither by Thy help I've come. And I hope by thy good pleasure safely to arrive at home."

I once had friends who named their car Ebenezer for it enabled them to arrive safely home. Experience confirms our faith.

Years ago, people said that talking movies were impossible. Then they said that the horseless carriage would not come into common use. At first people did not believe the radio would work, and years later television sounded impossible. Now we have technology, and people have walked on the moon. We have a right to expect that experience will result in confirmation.

As we read the Bible, we find prophecy after prophecy that came true. We have a right to expect that history will confirm Scripture, and it does. We have a right to expect that experience will confirm our faith, and it does.

Some unknown poet has written these words:
"I've prayed many prayers when no answer came
Though I waited patient and long,
But answers have come to enough of my prayers
To keep me praying on."

The more we pray the more we believe in prayer. People who doubt prayer are people who seldom pray. Oh, we know that God does not always answer our prayers as we wish. Sometimes He says "No," and sometimes He tells us to wait. But He always hears us and assures us.

Experience confirms faith.



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