



City of Mason Honors WW II Veterans

This year holds a very special milestone. September 2nd, 2025 marks the 80th anniversary of the end of World War II. More than just a date in history, it is a moment to pause, reflect, and honor the courage, sacrifice, and legacy of the brave men and women who helped shape our nation and protect the freedoms we enjoy today.

Here in Mason, we are especially proud to recognize three of our very own World War II veterans from Christian Village at Mason:

- **Marion Parrish, Sergeant, U.S. Army**
- **Roger "Dale" Walker, (T5), U.S. Army**
- **Joseph Emmelt, Fire Controlman Third Class, U.S. Navy**

Each of these remarkable men answered the call to serve during one of the most challenging times in our nation's history, and their lives continue to inspire those around them.

A special program will be held on Tuesday, September 2 at 1:30 p.m. in the Stone Center to honor these heroes. Friends and families are invited to attend and join in celebrating their service. In addition, the City of Mason will also recognize them during the City Council Meeting on Monday, September 8 at 7 p.m. to view a special tribute video at the Mason Municipal Center. The video will also be streamed on CVC TV.



Birthdays, Celebrations and Updates



September 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.



September Anniversaries

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The Christian Village at Mason residents.

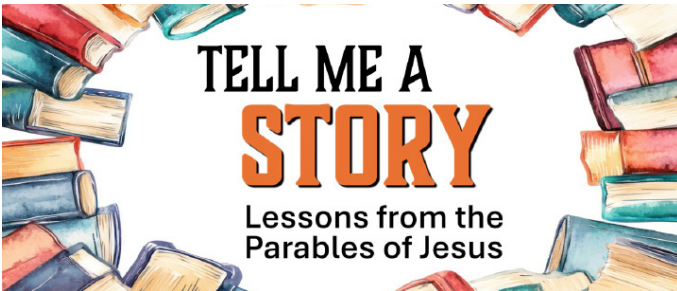
Grocery Pickups

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.

Chaplain's Corner

BY CHAPLAIN DAVID RAY



If you ever hear me teach or preach—or just listen to me in everyday conversation—you will quickly discover I love to tell a **STORY.**

Stories are memorable means to communicate spiritual truths. Most people can remember a story far more than recall a list of points or facts. The latter still have their place, but stories naturally capture our interest and embed themselves within our minds. I think that's how God designed us.

Jesus' teaching was filled with stories, commonly called **PARABLES**. "*Earthly stories with heavenly meanings*"—that's how I was taught to describe them when growing up. Stories, filled with everyday images to help listeners translate abstract concepts into simpler meaning.

Jesus told stories about common things like: mustard seeds and fig trees, great banquets and wedding guests, lost sheep and fishing nets, rich fools and desperate beggars, sprouting weeds and choking thorns, hidden treasures and priceless pearls, righteous tax collectors and hypocritical faith leaders, wise stewards and unmerciful servants, prodigal sons and unforgiving brothers—and the list goes on.

If some stories are still puzzling, they invite us to mine for deeper understanding, with clues (for the harder ones) sometimes helpfully provided by Jesus.

If you love stories, like me, then join Stone Center Worship this month for a new sermon series I'm calling: "**Tell Me a STORY.**" You'll hear some familiar parables

of Jesus that might take on even fuller meaning for you.

SECOND WAY to experience SUNDAY WORSHIP and SERMONS

Perhaps you attend worship elsewhere on Sundays, or the 10:15 a.m. time slot doesn't fit your viewing or attendance schedule. Beginning in September, we'll not only continue live broadcasts of Sunday morning worship on CVCTV (Channel 2493) but also air a rebroadcast of the entire service at 6:15 on Sunday evenings. Also watch for a future announcement about how you can watch past sermons-on-demand via your smart phone or TV, tablet or computer. Or you can even share sermons with friends.

OTHER NEW CVCTV and IN-PERSON OFFERINGS this FALL

Rather than airing chaplain devotions live only two single times each week, plans for fall include multiple offerings of pre-recorded broadcasts at various times during the week.

Also watch for a new, once-a-month, "**Chaplain Chats,**" a live gathering featuring announced topics or open-ended conversations/Q&A. In a **September gathering**, I'll share about my history of **missional work to Ukraine** and discuss **current news** of spiritual happenings I continue to receive through personal online reports and live Zoom conversations. **Watch CVCTV announcements for scheduling.**

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

Volunteers - A Service From the Heart

A volunteer is described as someone who willingly offers their time, talents and service for a cause or organization. Volunteers are committed to a cause and desire to help the cause or organization become stronger.

Volunteers contribute to a more enriching and fulfilling quality of life for those receiving care.

Volunteers help provide companionship, socialization, and friendships and help provide meaningful activities to help fill the days of our residents. I believe you could summarize these descriptions by saying that Volunteers are a true "Service From the Heart".

In recent years, Christian Village Hospice has been caring for the residents of our Christian Village Communities. Volunteers are a crucial component of hospice service. As a hospice provider we are required to provide 5% of our total patient care hours through volunteerism. Our volunteers have provided one-on-one visits, pet therapy, music therapy and assisted with a variety of activities, such as calling a Bingo game or helping with a craft and assisted with a variety of office tasks.

As the census of Christian Village Hospice continues to grow, so does our need for volunteers.

There are many ways to serve the residents who receive hospice care, as well as opportunities throughout our communities.

There are also benefits for the person providing volunteer services as well. Volunteering helps promote physical activity, offers opportunity for skill utilization, and contributes to a healthier, more active lifestyle. The act of giving has been linked to increased levels of happiness. Volunteering provides a path for individuals to make a positive impact on others, leading to a sense of accomplishment and overall well-being.

If you or someone you know has an interest to provide social engagement with others as a service from the heart, please contact us at Mason, The Christian Village at Mt. Healthy or Christian Village Hospice. Applications are located on the facility website (www.christianvillages.org) or you can contact Heather Carter at 513-701-3403. Our next volunteer orientation will be on September 19th, from 1:00 p.m. - 4:00 p.m.

We look forward to your service and the many benefits for everyone.

Note to Change: Caregiver Support Group will meet on September 16th, 2025 from 10:30 a.m. - noon instead of September 9th.



The Well

BY TOMI MARUNA, DIRECTOR OF FITNESS & WELLNESS

The Science of Movement: Why Staying Active Fuels Longevity

We all know that exercise is good for us—but recent science is showing just how powerful it really is, especially as we age. It turns out, movement doesn't just make you feel better in the short term—it can actually slow down aging at the cellular level.

Movement and Cellular Aging

Inside our bodies, tiny protective caps called telomeres sit at the ends of our chromosomes. Think of them like the plastic tips on shoelaces that prevent fraying. Over time, these telomeres naturally shorten as we age. But here's the exciting part: physical activity has been shown to slow that shortening process.

A study published in the journal *Circulation* found that adults who engaged in regular physical activity had longer telomeres than those who were sedentary - suggesting their biological age was younger than their actual age. Other research links movement to reduced inflammation, improved immune function, better brain health, and even a lower risk of chronic diseases like heart disease, diabetes, and Alzheimer's.

It's Never Too Late to Start

Many people believe that if they haven't been active their whole lives, it's too late to start. But that's simply not true. Studies have found that starting to move later in life still offers powerful benefits.

Here are a few forms of movement that are easy to incorporate and offer big rewards:

- **Walking:** Even a 10–15-minute walk daily can improve cardiovascular health and boost your mood.
- **Seated Exercises:** Chair-based strength and flexibility routines support muscle tone and joint mobility without stress on the joints.
- **Stretching:** Gentle daily stretches improve circulation, posture, and range of motion.
- **Balance Practice:** Standing near a chair and lifting one foot off the floor for 10 seconds at a time strengthens stabilizing muscles and reduces fall risk.
- **Dance or Movement to Music:** Whether it's line dancing or simply swaying to your favorite tunes, rhythmic movement lifts your spirits and improves coordination.

Keep It Joyful and Regular

The key is consistency, not intensity. Choose activities you enjoy and do them regularly. Movement shouldn't feel like a chore—it can be a gift to your body and spirit.

Final Thought:

Science is clear: Staying active fuels longevity. And the best time to start is now!

Auxiliary & Resident Organization News

Auxiliary Update

By Harold Lorton, Auxiliary President

DINE OUTS: Thanks to Dee and Al Shelton, our next Dine Out will be at Red Robin, 5013 Bowen Dr., Mason, OH 45040 on Thursday, September 4, from 11:00 a.m. to 8:00 p.m. Take the flyer from the September 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 your food bill. Community Life Services will provide transportation at 11:30 a.m. for those no longer able to drive. Please sign up ahead of time at the front desk if you need a ride.

The August Dine Out at City BBQ, even with some traffic/parking issues due to VOA Country Music Fest, generated \$226.30 for the Auxiliary.

BAKE SALE on FRIDAY, SEPTEMBER 26, 2025 - SAVE the DATE!! The Christian Village at Mason Auxiliary is excited to announce our wonderful Auxiliary bakers and friends will be making all kinds of goodies to entice your appetite.

The Sale will open early to allow CVM's wonderful staff to shop from 8-9:00 a.m. Then, residents, guests and staff are invited to shop for goodies from 9:00 a.m. to 3:00 p.m. The Bake Sale will set up in the Hockley Chapel this year. Look for the balloons!

All monies raised from the Bake Sale will aid the Auxiliary's mission in enriching the lives of CVM residents. We hope to see you on September 26!! Co-Chairs: Linda French and Blanche Kiefer.

CRAFT SHOW: The 2025 Auxiliary-sponsored Craft Show will be held on the last Saturday in October, **October 25, 2025, 9:00 a.m. to 3:00 p.m.** Lowell Bowie is point of contact.

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 do-

nate (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.

VOLUNTEERS to help with CRAFT SHOW & ELEPHANT SALE are WELCOME and NEEDED: Most Craft Show Vendors are experienced packers and movers and will be setting up Friday evening 4-8:00 p.m. and cleaning up Saturday starting around 2:30 p.m. We could use Craft Sale cleanup help after the show, 3:30 p.m. to 5 p.m., to help maintenance reset the Stone Center and Gathering Place for Sunday morning Chapel. During the show, 9 a.m. to 3 p.m., Lowell finds it helpful to have a few folks around for a variety of minor tasks, including help at the registration/information desk.

The White Elephant Sale can use help unloading, organizing and setting up on **Friday, October 24, noon to 7 p.m.** Also, selling and clean-up assistance is needed on the 25th. Co-Chairs are Barb Poston & Donna Woosley.

WELCOME VISITS to NEWLY ARRIVED CHRISTIAN VILLAGE at MASON RESIDENTS: Lora Jollis, Auxiliary Welcoming Committee Chair, has completed a 4th draft of the Auxiliary's new resident "helpful hints" document. She and Patricia Horvath will begin scheduling and visiting new Village residents in September.

Happy Anniversary, CVM Book Club!

For one year the Book Club has been reading and discussing one book a month. The number of participants cannot exceed 20 due to space.

As of this publication, there is one opening. If you are interested in becoming a part of Book Club or joining the waitlist, please contact Barb Hobe at 513-503-7816 or email bhobe1949@gmail.com.

Auxiliary & Resident Organization News

Ambassador Choir Returns!

By David Lautzenheiser

The Ambassador Choir will resume on **Monday, September 8, from 1:30-3:00 p.m.** Please note the day change, as Cindy Cooper has retired from teaching.

The first concert will be the Christmas program titled "The Bells of Christmas". David is looking for about eight bell ringers to join the performance. No experience? No problem—he'll teach you how to ring!

Once enough bell ringers are on the roster, a regular rehearsal day and time will be announced.

If you're interested in joining the choir or becoming a bell ringer, please sign up at the front desk.

RESIDENT UPDATES

This information is for
The Christian Village at Mason residents.

Upcoming Music Concerts

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

- Squeeze Play Accordion Band - Wednesday, September 3, 7:00 p.m.
- Jessie Lyn & Band - Saturday, September 13, 1:00-4:00 p.m. at the Village Pavilion for Grandparents Day
- Great Miami Blue Grass Band - Tuesday, September 16, 7:00 p.m.
- Liberty Quartet Southern Gospel - Saturday, September 20, 6:00 p.m.

Library News

By Mary Ann Watrous

July/August 2025 Additions

- Marie Benedict: Lady Clementine
- Carolyn Brown: Paradise for Christmas
- Harlan Coben: Tell No One
- Janet Skeslien Charles: Miss Morgan's Book Brigade
- Lee Child: In Too Deep
- Richard Coles: Murder Before Evensong
- Katie Ganshert: No One Ever Asked
- Susanna Kearsley: belle wether
- Laura Lippman: Murder Takes A Vacation
- Charles Todd: An Unmarked Grave

Large Print

- Marie Benedict: The First Ladies
- Eva Bernhard: Silent Sands
- Mary Higgins Clark: Where Are You Now?
- Donna Doyle: A Troubling Case of Murder On The Menu
- John Grogan: Marley And Me
- Judith Keim: Waves of Hope
- Jayne Ann Krentz: Raven's Prey
- Nora Roberts: Identity
- Danielle Steel: Honor Thyself
- Patrick Taylor: An Irish Country Doctor
- Donna VanLiere: The Angels of Morgan Hill
- Sharon Work: The Killing Storm

Mason Public Library Outreach

Friday, September 5, 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



MOMENTS THAT DEFINE US

THIS IS WHAT WE ARE

They came from the far corners of our village and from the main building. They came to a funeral to honor a beloved friend and neighbor. There was grief and concern and love. There was togetherness. For a few moments we were a COMMUNITY.

Residents gathered in the Stone Center as the sound of a guitar echoed into the hall. The retired CEO sang to his people who felt as if they were sitting together around a campfire. For a few moments we were a FAMILY.

A tear fell from the eye of a nurse onto the wrinkled hand of a woman who was dying. Love and concern were there for someone she barely knew. For a moment, our CULTURE OF CARING was in evidence.

The sound of an accomplished pianist comes from the auditorium. The beauty of the flower beds and the perfection of the lawns are there for all to see. Employees are at work doing their best. Our insistence upon EXCELLENCE is evident.

There is one factor that says exactly who we are and encompasses all the others. It is both the foundation on which we build and the legacy which we leave. Voices blend and rise heavenward as the people sing, "In all we do we honor YOU." For a few moments we affirm that WE ARE HIS.



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