



Thank You, Prasco!

Over the last several months, we have had the joy of building a meaningful partnership with our friends from Prasco, rooted in shared experiences and genuine connection. Their team has graciously welcomed our residents to participate in events, creating opportunities for laughter, creativity, and community.

In addition, their willingness to contribute supplies and lend a helping hand with crafts has made each collaboration even more special. This growing friendship has already brought so much value to our residents and staff alike. We are truly excited about this relationship and look forward to expanding our shared activities in the year ahead.

Birthdays, Celebrations and Updates



May Birthdays

This information is for
The Christian Village at Mason residents.

Village Clinic Hours

7169 Village Drive

Monday – Thursday, 10:00 -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 CVM residents Monday-Friday, 8 a.m. – 4:30 p.m.

Concierge Cards—\$37 for 13 trips

For errand (non-medical) trips within 5 miles.

*Appointments by Mile or Hour

For medical appointments or other trips that would not qualify as a concierge trip.

· \$4.00/mile from drop-off and pick-up

· \$42/hour for the driver to stay with you

Scheduling Transportation

Call **701-3415** to schedule an appointment.

RESIDENT UPDATES

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The Christian Village at Mason residents.

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Chaplain's Corner

BY CHAPLAIN DAVID RAY



Many of us are reluctant to ask for HELP!

It could look like we are weak or incompetent, or just too needy. We pride ourselves on how we have taken care of things on our own in the past and are convinced we can surely keep doing the same in the future.

And so we soldier on, pushing or pulling, engineering or agonizing our way forward, thinking if we just work a little harder or smarter we will somehow get through whatever is burdening us.

Until we can't!

We might not collapse under the weight of it all, but can still feel overwhelmed, and left wondering how next steps can be taken.

I must confess, I'm often too much like this in my own life. Sometimes my past successes become my future landmines. Independence or over-confidence become my enemies.

And, besides, I'm supposed to be a care-giver more than a care-receiver. Right?

But too often, and too late, I learn the hard way that asking for help is not a sign of weakness, but a defining mark of a caring community.

When the church began it was made of all sorts of people: some strong, some weak; some rich, some poor; some free, and even some slaves. But a beautiful picture of need-meeting is painted in an early chapter of the book of Acts where it says that "each person's need was met." (2:45)

What some could not do alone they could do together. What some did not have, others could share with them. That was the blessed evidence of a community of believers who did not ignore (or refuse to admit) each other's needs.

I have often marveled at what life is like in our Village. It is a place where we do not have to go it alone. A place where, if we have a need, it's alright to ask for help.

I enjoyed a television series not too long ago called *New Amsterdam*. It featured a medical director who accepted the daunting task of trying to help save an inner-city public hospital that was struggling for financial survival. In often unconventional ways, he sought to save the place while also enabling exceptional and compassionate care. And he became known for empowering the team who worked alongside him by asking: "How can I help?"

What would happen if we said this to each other, again and again? "How can I help?" And what if those who have needs were not afraid to admit to them?

Recently, I've had some frustrating problems with my eyes, and my wife fell on some ice and broke a bone near her shoulder. It left us a somewhat pitiful pair during recent months, but we have been blessed through help from caring friends. Help we probably accepted too reluctantly—because, well, we all often think we should be able to do it all on our own . . . *until we can't!*

How can we help?

	<p><i>Invite Your Children and Grands to Worship with You in Stone Center Worship on May 10th</i></p>
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Closing Notes

Sunday Worship: Stone Center Auditorium, 10:15 a.m., and also live on CVCTV Channel 2493 and rebroadcast at 6:15 p.m.

Chaplain Devotions: Monday-Friday, at 9 a.m. and 3 p.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.

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The Christian Village at Mason residents.**

You Never Know

BY RUTH ODOR,
GARDEN APARTMENT RESIDENT

CHANGE IS SCARY

I don't like change. I like traditions, routine, the old, and the familiar. Most of us feel threatened by change. Change is difficult. Change is scary. Someone has said that change is the way the cartoon character Linus feels when his blanket is in the dryer. All of us experienced change when we moved here. For some it was twenty years ago; for others only yesterday. We unpacked more than boxes. We experienced new surroundings, new schedules, new activities.

I grew tired of planting and not always harvesting, of sowing and not always reaping. Once I wanted so much to watch those small maples we had so carefully tended on the front lawn grow into tall, stately trees and see their leaves turn from green to autumn gold year after year. I wanted to sow vegetable seeds in the same garden after we came to know that potatoes do not grow under the apple tree and that the east side is just right for early June peas. Once we left green beans on vines climbing the stalks of corn--for someone else to pick--another time, turnips in the ground for someone else to dig.

Yet each time God called us to another place of service, the horizon beckoned, and the adventurer within me roused to respond. I wanted to see the other side of the hill. There were new opportunities for service, new places to explore, new friends to make, new soil crying out to be planted. And then I was content to be the sower and not the reaper.

Once I lamented leaving a flock of wild canaries that visited my backyard every spring only to find that the lawn of another clime and place was inhabited by a flock of bluebirds. And bluebirds stay all winter.

Change is inevitable. As the writer of Ecclesiastes tells us: "There is a time for everything, and a season for every activity under heaven." (Ecclesiastes 3:1-8) We have been in transition all our lives. We have set our hearts on pilgrimage. We go from strength to strength until we appear before God in Zion. (Psalm 84:5-7) There will come a time and place where there is no transition, where the only changes are joyful, and where nothing is scary.

Social Service Scoop

BY HEATHER CARTER, LSW, DIRECTOR OF SOCIAL SERVICES

GUIDE: In July 2025, CMS (Centers for Medicare and Medicaid Services) initiated a new program, GUIDE, to support those who provide support to family members with dementia. GUIDE stands for Guiding an Improved Dementia Experience, and provides care coordination, caregiver training and support, respite services and connections to community resources. Program requirements include:

- Traditional Medicare as primary insurance.
- Clinician confirmed dementia diagnosis is eligible.
- Caregivers provide on-going support in home which includes independent living communities and assisted living settings.

The program is designed to offer coordinated medical and social support to improve care for individuals living with de-

mentia with approximately 75 hours of caregiver support per year, covered under Medicare benefit. For more information about GUIDE, please contact Heather Carter at **513-701-3403**.

Goals of Care Conversations

If you have questions about health care power of attorney or other advanced health care directives, we encourage you to join Ashli Gordon and Heather Carter on **May 6, 2026, in the Garden Apt Lounge from 10:30-11:30a.m.** Conversation will focus on understanding the directive you give your power of attorney, the differences between Living Will and Health Care Power of Attorney and the importance of conversations about your health care wishes. Our goal is to help you understand health care decisions and how to have meaningful conversation with your health care team.

The Well

BY TOMI MARUNA, DIRECTOR OF FITNESS & WELLNESS

“I’m Too Busy” — The Health Paradox

“I know I should take care of myself... I’m just too busy.”

If that thought sounds familiar, you are certainly not alone. Many people find themselves caught in what feels like a frustrating cycle—life gets busy, so health takes a back seat... but when health declines, life becomes even harder to manage.

It’s a real conundrum.

The truth is, taking care of your body doesn’t require hours of free time. Often, it simply requires a shift in perspective.

Instead of asking:

“Do I have time to exercise?”

Try asking:

“How can I take care of my body within the time I already have?”

Small, consistent choices can make a big impact.

Here are a few simple ideas:

- Do 5–10 minutes of movement in the morning
- Stretch while watching TV
- Take a short walk after meals
- Practice deep breathing before bed
- Keep a water bottle nearby throughout the day

Think of these as *investments*, not interruptions.

Taking care of your body actually gives you more energy, clarity, and strength to handle everything else in your life.

And perhaps most importantly—it’s not selfish.

Caring for yourself allows you to better care for others.

As it says in Galatians 6:9, “Let us not grow weary in doing good...” Sometimes, doing good includes taking care of the body God has given you.



A Simple Way to Make a Generous Gift: Life Insurance

When the original purpose for a life insurance policy no longer applies, such as educating grown children or providing financial security for a spouse, your policy can become a powerful and simple way to bless the lives of others. There are three ways to give life insurance to the Christian Benevolent Association Foundation:

1. Name Christian Benevolent Association Foundation as a beneficiary of your policy.

This gift is as simple as updating your beneficiary designation form with the policy holder. You can designate us as the primary beneficiary for a percentage or specific amount. You can also make us the contingent beneficiary so that we will receive the balance of your policy only if your primary beneficiary doesn't survive you.

2. Make an outright gift of an existing policy.

You can name us as owner and beneficiary of an existing policy. You qualify for a federal income tax charitable deduction when you itemize your taxes. If you continue to pay premiums on the policy, each payment is tax deductible as a charitable gift when you itemize.

3. Make an outright gift of a new policy.

You can take out a new policy and irrevocably name the CBA Foundation as the owner and the beneficiary of the insurance contract. This method may be particularly attractive for a younger donor. Whether you make one single premium payment for the policy or pay annual premiums, each payment is tax deductible as a charitable gift when you itemize.

Next Steps

1. Contact Matt Hilderbran, VP of Development at 513-701-3345 for additional information on naming the CBA Foundation a beneficiary of your life insurance.
2. Seek the advice of your financial or legal advisor.
3. If you name CBA Foundation as a beneficiary, please use our legal name/federal tax ID:

Christian Benevolent Association Foundation/ Tax ID Number: 31-1413825

411 Western Row Road, Mason, OH 45040

Thank you for your consideration of fulfilling the mission of the Christian Benevolent Association Foundation through your generosity.

Auxiliary & Resident Organization News

Auxiliary Update

By Harold Lorton, Auxiliary President

FREE NIGHT SAFETY LIGHT FROM CVM AUXILIARY:
The CVM Auxiliary is offering ONE FREE safety light to each residence {Garden Apartment/Garden Home/Sunrise Vista}. This small glowing night light turns off in the daytime, costs about \$0.30 a year in electricity and has been helpful in negotiating safely in our living spaces. There is no need to reach for the switch to get out

of bed as the soft glow will be adequate in most cases to see in the dark. To help you decide, there are two volunteer "Light Application Engineers": Beth Stratman **513-886-1630** for Garden Apartments and Rick Horvath **248-961-3350** for Garden Homes/Sunrise Vista. They will bring one to your residence, and discuss with you what locations [bathrooms, hallways, living areas] might be best for you. If you decide to keep it, they will install the light. The first light is yours as a gift from the Auxiliary. If you need more of them, additional

Auxiliary & Resident Organization News

lights can be purchased for \$2.00 each from Light Engineer. To avoid a sales tax issue for the Auxiliary, the actual sales and deliveries will occur in late summer. For further questions, call Lowell Bowie, Lighting Chair.

DINE OUTS: Join us for our May Dine-Out, **Wednesday, May 6, at City Barbeque. The restaurant is located at 7706 Voice of America Centre, West Chester, near Tylersville Road.** We'll enjoy a variety of their quality meats slow-smoked on-site, along with several savory homemade side dishes. Drop in for a delicious meal anytime between 10:30 a.m. and 9:00 p.m. This is a fun way to meet new friends and neighbors or renew relations with past ones. You may also include non-village friends and relatives. Take the flyer from this May Village Newsletter. Extra flyers are available at the front desk. Present the flyer to the cashier to identify you as part of the Village when you pay for your food. Please wear your name tag to help us all connect. See you at City Barbeque! - Phil and Linda Saneholtz, Dine-Out Co-Chairs

MEMBERSHIP MEETING MINUTES: The Second Quarterly Membership Meeting was held in Hockley Chapel on April 8, 2026. The Minutes, including Year-to-Date Treasurer's Report, is distributed to Garden Home and Sunrise Vista Residents with this May Village Newsletter. Although the annual membership campaign is over, you may still join. Annual dues are \$10.00/per member. Forms are available at the reception desk in the main building.

Looking For Bridge Players

We are currently looking to connect with residents who enjoy playing bridge or are interested in starting a game within our community. As new residents move in, this question has come up several times, and we would love to help bring players together for fun, fellowship and a little friendly competition. If you are interested, please contact Tracy Wolcott, Director of Community Life Services at **(513) 701-3414**.

Upcoming Music Concerts

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

- **Sycamore Community Band** - Tuesday, May 5, 7:00 p.m.
- **Ambassador Choir Spring Concert** - Tuesday, May 12 & Wednesday, May 13 at 7:00 p.m.
- **Singer, Stacy "Duke" Todd** - Tuesday, May 19, 7:00 p.m.

Library News

By Mary Ann Watrous

February/March/April 2026 Additions

- C.J. Box: The Crossroads (New!)
- Fiona Davis: The Magnolia Palace
- Leo Daughtry: Talmadge Farm
- Lily King: Heart he Lover
- Nicole Krauss: The History of Love
- Claire Lombardo: The Most Fun We Ever Had
- Emma Pattee: Tilt
- Eugene Ruge: In Times of Fading Light
- Colm Toibin: Long Island

Non-Fiction

- Sheila Kohler: Once We Were Sisters

Large Print

- Steven Becker: Backwater Tide
- Pamela Kelley: Gilded Girl

Mason Public Library Outreach

Friday, May 2, 10:00 a.m.

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



411 Western Row Rd
Mason, OH 45040

If you have an address change or would like to be removed from our mailing list, please email lizz.stephens@christianvillages.org



The Christian Benevolent Association does not discriminate on basis of race, sex, religion, age, qualified handicap, or veteran.

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Christian Village Communities

Vickie Brashear, President & CEO
Diane Gumbert, CFO
(513) 701-3448


The Christian Village at Mason

Lizz Stephens, VP of Marketing and Business Strategy
(513) 701-3408

CVM Health Care Facility

Bob Slade, LNHA, VP of Operations
(513) 398-1486

The mission of Christian Village Communities is to guide older adults to joyful and purposeful life experiences in a faith-filled community.

Care is the heart and soul of everything we do. We are devoted to maintaining the highest standards of expertise and service in health and wellness. We are committed to serving each person as though they were our own family; with love, compassion and excellence. 

Want to support the ministry of Christian Village Communities?
Visit www.christianvillages.org/donate to learn more about supporting our foundation and providing financial relief to our residents and employees.

BE SURE TO VISIT OUR WEBSITE TO VIEW THE CALENDAR OF EVENTS
www.christianvillages.org