



The MariElders

6923 Madisonville Rd Cincinnati OH 45227

513-271-5588

marielders@yahoo.com

marielders.org

March 2026

MariElders Board Members

Jed O'Connell, President
 Alissa Gormley, Vice President
 Diane Sabo, Secretary
 Alica Stock, Treasurer
 Sandra Garland
 Becky Jones
 Kelley Fondelier-Meyer
 Dani Tietz
 Linda Swensson,
 Member Council President

MariElders Staff

Erin Rothfuss,
 Executive Director
 Lynn Beirl
 Activities Coordinator
 JD Dorger, Sharon Boyles
 Transportation
 Coordinators

From the Director's Desk

March brings that hopeful shift we've all been waiting for. As days grow longer and the first signs of spring appear, it's a natural time for renewal; opening windows, shaking off winter routines, and setting fresh intentions. Spring reminds us that growth often starts quietly, with small changes that add up over time.

This season also invites us to reconnect with what's close to home. Supporting local businesses, makers, and organizations helps keep our community vibrant and resilient. Whether it's shopping locally, attending neighborhood events, or simply spreading the word about a favorite spot, every choice makes a difference.

As we move into spring, let's embrace rejuvenation together; caring for ourselves, uplifting one another, and nurturing the community we share. New energy is in the air, and March is the perfect moment to grow it.



Thank you for your generosity!

Van Clay

Douglas Nestler

Sue Durcan

Jane Allan

Michael Smith

Avis Geygan

Obama Presidential Center team



In loving memory

Gwen Hawk

Interested in senior living or **care options?**

Managing the challenges of aging can be an overwhelming process. Oasis Senior Advisors offers a **FREE** service to help seniors and their families navigate their options for optimal care and independence.

Katherine & Jeffrey Robinson, CSA®

513.302.6957 | KRobinson@YourOasisSeniorAdvisor.com
OasisSeniorAdvisors.com/Cincinnati



AARP tax preparation is back Tuesdays this year! This is a free service for individual tax returns. Thank you to Fairfax Recreation for hosting again! Call MariElders to schedule an appointment.

Coming April 9th

MOBILE MAMMOGRAPHY

Lifesaving Convenience at Your Door



Homestead Exemption

The Homestead Exemption allows low-income senior citizens and permanently and totally disabled Ohioans to reduce their property tax bills by shielding some of the market value of their homes from taxation. Apply online or ask Erin for assistance.



March

Birthdays

Arlene Brill	Mar 3	Bill Swensson	Mar 18
Betty Day	Mar 6	Sue Durcan	Mar 21
Ralph Blasi	Mar 8	Paige Strickland	Mar 23
Carol Rosenau	Mar 8	Sylvia Deering	Mar 23
Carl Bostrom	Mar 9	Margaret Knowles	Mar 23
Claire Tully	Mar 10	Lynne Milehan	Mar 24
Eddie Wilson	Mar 10	Monica Walker	Mar 25
Joan Cochran	Mar 13	Delores Tate	Mar 27
Karen Berkich	Mar 17	Rita Zimmerman	Mar 28

AMADA

SENIOR CARE



Cheryl Jeffers | Senior Care Advocate

P: 513-712.4849 | C: 513-448.6590 | F: 513-436.1498

E: cherylj@amadaseniorcare.com | Web: www.AmadaCincinnati.com



LIVE LIFE IN HARMONY



Harmony
at Anderson

ASSISTED LIVING
MEMORY CARE

EXPERIENCE
YOUR VIP TOUR
& A FREE LUNCH!



HarmonyAtAnderson.com • (513) 394-6974

Care that's tailored to your needs.

- Companionship
- Personal Care
- Meal Prep
- Home Helper
- Transportation
- Medication Reminders
- Errands
- Dementia Care



(513) 794-1000

homeinstead.com/Cincinnati

Each Home Instead® office is an independently owned and operated franchise of Home Instead, Inc., an Honor company. © 2024 Home Instead, Inc.



Mondays

Balance and Strength w/Diane**11:00am; lower level of MariElders**

Improve your agility and reduce your risk of falls in these fabulous classes with our world-renowned instructor, Diane Sabo! Handheld weights and balls will be used to supplement a variety of exercises that target your leg, core, and upper body muscles. As with all our fitness classes, the first class is always free.

Cost: \$5 per class**Duplicate Bridge****12:30pm; lower level of MariElders**

If you are interested in playing Duplicate Bridge, please contact Monica Walker at (434) 282-4963 or email her at: andoverconsultants@gmail.com.

Canasta**1pm; first floor of MariElders**

If you are interested in playing Canasta but don't remember how or would like to learn, the group would be happy to share their experience and expertise!



Tuesdays

Chair Yoga with Helene*12pm; lower level of MariElders**

This class, led by certified instructor Helene Everhart, is open for all abilities.

Cost: \$5 per class; first class is free.***Mah Jongg****1pm; first floor of MariElders**

If you're interested in playing or learning this fun, ancient game of strategy, contact Kelly Pharmed at (513) 831-7309. Call ahead of time to schedule lessons.

***There will be no Chair Yoga or Mah Jongg on March 17, due to the St. Patrick's Day party.**

British Murder Mystery**1:30 pm; lower level of MariElders**

Come improve your sleuthing skills while you watch a murder mystery!

Concerned
about your
Balance?
Strength?
Independence?

We can improve your
mobility in only
20 minutes 2x week

The **ExerciseCoach**.

(513)
993-3100

Try it
FREE

Wednesdays

Chair Volleyball

**10am; RG Cribbet Recreation Center
5903 Hawthorne Ave., Fairfax, OH 45227**

Chair Volleyball is the best kind of physical activity--competition with lots of laughs! It is played similarly to volleyball, with the differences being that the game is played with a beach ball on a smaller court, and you only need to get out of your chair to chase down stray balls!

Balance and Strength with Diane

11:30am; lower level of MariElders

Improving our balance is an important tool in helping prevent falls. Rest assured that this class is not a biology lab! It is an energizing workout that manages to combine exercise and laughter.

Cost: \$5 per class

Mexican Train Dominoes

1pm; first floor of MariElders

The object is for a player to play all the tiles from their hand onto one or more "trains" emanating from a central hub or "station".

Hand and Foot

1pm; first floor of MariElders

This version of Canasta is fun to learn! Join members on Wednesdays and we can teach you. Charlene and Elinore coordinate this group, so ask for them if you need to learn.

Movies at MariElders

1pm, lower level of MariElders

March 4: *Roma* (135 minutes)

Alfonso Cuaron recreates the Mexico City of his early 1970s childhood, narrating a tumultuous period in the life of a middle-class family. After the family of four small children are abandoned by their father, Cleo, an indigenous domestic worker, tends to the family even as her own life is shaken by various upheavals.

March 11: *Thirteen Days* (147 minutes)

October 1962, for thirteen extraordinary days the world stood on the brink of destruction. Khrushchev wouldn't back down; President Kennedy wouldn't give in. Inspired by the real-life events that took place in the Kennedy White House.

March 18: *My Left Foot* (103 minutes)

Christy Brown, born in 1932 with cerebral palsy, was expected to live his life as a vegetable. But his mother encouraged him to overcome this label. At age seven, he made a mark with chalk grasped between the toes of his left foot, the only limb he could control. As he works to learn to grapple with life's physical tasks and psychological pains, he inspires a teacher to help Christy develop into a brilliant writer, poet, and painter.

March 25: *Citizen Kane* (119 minutes)

Charles Kane is a wealthy, ruthless newspaper tycoon. After Kane dies whispering the word "Rosebud," a reporter investigates.

Thursdays

Bingo

10am; lower level of MariElders

This energetic game is led by our very own Kent State Broadcasting legend Linda Swensson. Don't forget to bring your quarters!

Chair Yoga with Helene

12pm; lower level of MariElders

Cost: \$5 per class

Five Crowns

1:00pm; first floor of MariElders

In this card game, similar to rummy, players try to get the lowest score after 11 rounds.

MariArtists: "Spark Creativity"

1:00pm; lower level of MariElders

Discover your creativity in our group art class, exploring a fresh technique each week while connecting, creating, and growing alongside fellow artists of all levels. Check out the weekly newsletter to pick up the information to participate fully.

Fridays

Party Bridge

12 pm; first floor of MariElders

If you enjoy Bridge and just want to play for fun, please contact Barb Hampton at (513) 403-3110.

Competitive Bridge

12:30pm; MariElders

If you enjoy Bridge and take it a bit more seriously, please contact Barb Smith at (513) 546-6015.

Lunch Bunch

Fridays at 1pm

Join members as we sample some newer restaurants and visit old favorites! Unless otherwise indicated on the monthly calendar, we leave MariElders at 12:30 pm. Please sign up by the Wednesday before each lunch so we have time to finalize our reservations and plan transportation.

March 6: Northstar Cafe after Dillards*

March 13: Kawa Revolving Sushi

March 20: Brick House Bar & Grill*

March 27: The Pickled Pig

*** Lunch Out is combined with an offsite activity.**



Discovery Pass

What is Discovery Pass?

Discovery Pass is a program for Cincinnati & Hamilton County Public Library card holders. Using their library card, customers can reserve a pass and get free admission to cultural institutions: museums, parks, and more.



Melissa M. Bales

Providing Insurance Products for Seniors

513-733-9090 (office)

513-733-0130 (fax)

email: melissa@balesins.com

You may sign up for these activities starting on Monday, February 23.
Spots are limited on some events so don't delay!

Tuesday, March 3

Book Club

10:00 am; first floor of MariElders

Mandi Beecroft will be here to lead a group discussion about the book. ***Atmosphere***, a 2025 historical fiction romance novel by Taylor Jenkins Reid. The story is about the 1980s NASA Space Shuttle program and follows astronaut Joan Goodwin as she navigates her career, a secret relationship with fellow astronaut Vanessa Ford, and family struggles, all while dealing with a major space mission crisis.

Thursday, March 5

Tech Talks: Android Devices

9:00 am; first floor of MariElders

Android users, your time has come. Tech Talks this month will review a few of the features and apps we will cover are the Home screen, Notifications, Quick Settings, Google Assistant, Easy Mode and Big Launcher, and using the microphone to record messages. If there is another feature you are interested in, please notify Lynn in advance.

Friday, March 6

Makeovers & Munchies

11:30 am; Kenwood Towne Center

Leaving MariElders at 11:00 am.

We will be combining fashion and food, starting with a makeup session in Dillard's, then celebrating our new looks with lunch at the Northstar Café. The makeover is optional!

Cost: lunch + transport + purchases

Tuesday, March 10

Mariemont Care Center Tour & Lunch

11:00 am; leaving MariElders at 10:45.

Whether you are planning ahead, or just curious about where some friends and old neighbors are living, join us for a personalized tour of the Care Center. They will walk us through the community, discuss specific needs and preferences, and answer any questions. Then, we will get a first-hand look at life there by enjoying lunch in their dining room.

Cost: transportation

Wednesday, March 11

Snacks & a Speaker

11:30 am; first floor of MariElders

Diane Shields will inform and entertain us with the accomplishments and challenges of Theodore ("Teddy") Roosevelt, our 26th U.S. President.

Cost: \$15

You may sign up for these activities starting on Monday, February 23.

Spots are limited on some events so don't delay!

Friday, March 13

Members' Meeting

9:15 am; first floor of MariElders

Come catch up on the latest news and provide input on our plans for the Spring and Summer months! And don't miss the chance to join us for lunch today at the very unique and fun Kawa Revolving Sushi

Tuesday, March 17

Newsletter Packing Party

9:15 am; first floor of MariElders

Help us sort, stuff and stamp our newsletters while being one of the first to see what is planned for the month of April.

St. Patrick's Day Party

12:00 pm; lower level of MariElders

Wear your favorite green outfit and join us on St. Patrick's Day! There will be corned beef, cabbage, and potatoes, along with several tasty desserts. Look for more details in the early March weekly newsletters.

Cost: \$10

Thursday, March 19

Armchair Travels - England

11:30 am; leave MariElders at 11am

Join us for a "trip across the pond" to this casual watering hole offering traditional British pub grub and a variety of beers. **Cost:** lunch + transp

Friday, March 20

Game Show Battle Room & Lunch

11:30 am; leaving here at 10:30 am

Have you ever wished you could be a contestant on the **Price is Right** or **Family Feud**? Join a team of our members in immersive game shows, then lunch at Brick House Bar & Grill!

Cost: \$45

Tuesday, March 24

Auschwitz Exhibit

12:30 pm; Cincinnati Museum Center

View 500 artifacts to learn the reality of Auschwitz from those who survived, and those who perished.

Cost: \$47

Thursday, March 26

The Jury Experience

6:00 pm; leaving MariElders at 4:45

Step into the heart of a high-stakes trial! In this immersive live theatre show, as a member of the jury, you will help decide the final verdict of a courtroom trial. Will justice be served? This is only a 75-minute show, so we should be back to MariElders by 8:30.

Cost: \$55

Tuesday, March 31

Walk in Ault Park & Lunch Out

11:30 am; lower level of MariElders

We will take a stroll in Ault Park amidst the beautiful cherry blossoms, then enjoy lunch at Hap's Irish Pub. 8



Heating Assistance Available
Application Deadline: May 31, 2026



The Ohio Department of Development and MariElders want to remind older Ohioans that assistance is available to help with their home energy bills. The Home Energy Assistance Program (HEAP) helps Ohioans at or below 175% of the Federal Poverty Guidelines for a household of up to eight members and 60% of State Median Income for a household of nine or more members to pay their heating bills.

Applied directly to the customer’s utility or bulk fuel bill, the benefit can help manage heating costs. Older Ohioans may go to their local Area Agency on Aging office for help with assembling the required documents and completing their HEAP application. They may also visit www.energyhelp.ohio.gov to apply online or to download a copy of the application.

When applying, individuals need to have copies of the following documents:

- Most recent utility bills.
- A list of all household members (including birth dates and Social Security numbers).
- Proof of income for the past 30 days for all household members (12 months for certain income types).
- Proof of U.S. citizenship or legal residency for all household members.
- Proof of disability (if applicable).

HEAP benefits are applied to an individual’s energy bill after Jan. 1. Applications for the HEAP program must be received by May 31, 2026.

For more information or assistance with applying for a HEAP benefit, contact Erin (513) 271-5588.

To be connected to your local Energy Assistance Provider, call (800) 282-0880 (hearing impaired clients may dial 711 for assistance) or visit www.energyhelp.ohio.gov.

Discover **Compassionate Care** at
The Mariemont Care Center

The Mariemont CARE CENTER

- SHORT TERM REHAB
- LONG TERM CARE
- MEMORY CARE
- ASSISTED LIVING

VISIT US • 7010 Rowan Hill Drive, Cincinnati, OH 45227 • 513-271-7010



We're raising dough!

MARIELDERS INC

25%
OF NET SALES
WILL BE
DONATED*

March 24, 2026
4:00 pm to 8:00 pm
7510 Wooster Pike, Cincinnati, OH

Use code FUND4U at panerabread.com, in the Panera App, or at the kiosk in-cafe.

Online orders placed all day at your event cafe will count toward your total sales.

Bring this flyer or show a digital copy to your cashier when ordering at the cafe to ensure your organization gets a portion of the net sales.

Panera
FUNDRAISING

*20% fundraiser: Up to 20% of net sales from your designated and registered fundraising event will be donated to your approved organization. Minimum sales of \$100 on the specified date, time and location required to receive 20% donation. 25% fundraiser: Up to 25% of net sales from your designated and registered fundraising event will be donated to your approved organization. Minimum sales of \$150 on the specified date, time and location required to receive 25% donation. General terms: Details on percentage of net sales to be donated and the minimum sales requirement will be provided during the event registration process. Fundraising events available only at participating US bakery-cafes. Fundraising event details and available dates and times for fundraising events will vary by bakery-cafe. Gift card purchases, catering orders, and orders placed on third party delivery sites are excluded and will not count towards the total net sales from your designated fundraising event. This offer will be void if flyer is distributed in or near the participating bakery-cafe on the night of the event. Fundraising events may be cancelled without notice due to abuse, error, fraud, computer error, electronic or technical malfunctions, or other unforeseen or unintended circumstances. Other restrictions may apply. For more information on how our fundraising events work, please visit: <https://fundraising.panerabread.com/faq>.