



The MariElders

6923 Madisonville Rd Cincinnati OH 45227

513-271-5588

marielders@yahoo.com

marielders.org

May

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JD Dorger, Sharon Boyles
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From the Director's Desk

Welcome Spring with MariElder's June Online Auction!

As we step into the vibrant season of spring, we are excited to announce MariElder's upcoming June Online Auction! Do you have vintage kitchenware, notable art, or captivating decor pieces to contribute?

This auction is used to raise funds for MariElder's ongoing programs and initiatives.

Your participation in the auction will make a difference, ensuring that we continue to provide valuable services. Whether you're donating a vintage item, a gift certificate for a local business, bidding for a beautiful item or simply spreading the word, your support is vital to our mission.

Stay tuned for more details and get ready to bid on amazing items in June! Together, let's make this spring season one of growth, generosity, and community spirit.

Scam Alert

Those scammers are at it again. Please be aware of excessive car repair bills. It seems that repair shops are inflating prices to encourage people to sell their used cars. With a tight car market, this scam is likely to become even more lucrative.



Transportation

MariElders shuttle gives rides around Mariemont, Fairfax, Madison Place, Newtown and Terrace Park.

It costs MariElders \$53,742 to provide this service every year.

The Council on Aging does cover 22% of costs, which means MariElders is responsible for 78%. Therefore, MariElders is requesting a \$5 donation per round trip.



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How to Support MariElders

Did you know you could support MariElders simply by grocery shopping? The Kroger Community Rewards program doesn't cost you a thing. It's easy! Here's how to do it:

- Log into your Kroger account
- Make sure you choose Mariemont location as your default location
- Enter Marielders as the organization you would like to support
- Click Save

May BIRTHDAYS



May 8	Dean Clingerman
May 14	JoAnn Carlson
May 15	Ruth Stein
May 17	Sherry Greene
May 19	Joyce Shepherd
May 23	Linda McEntyre
May 23	Retta Spreen
May 26	Carol Perry



We are seeking donations for our upcoming June Online Auction! Your generous contributions, whether items or experiences, will help support MariElder's vital programs. Consider donating vintage kitchen items, artwork, gift certificates or experiences to make a difference.

Donations accepted through May 30. Thank you for your support!



Support MariElders by directing a Qualified Charitable Distribution

When you direct your qualified charitable distribution to MariElders, you are able to make sure that your money goes to an organization that is part of the fabric of Mariemont.

Your funds help pay for the knowledgeable, experienced and understanding staff of MariElders. From our Director to our exercise leaders, everyone who works with MariElders has more than a decade of experience and is here for the community.

Care that's tailored to your needs.

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- Transportation
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- Errands
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Mondays

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

Improve your agility and reduce your risk of falls in these fabulous Balance & Strength 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. Come try it out and see what a difference it makes!

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 but don't remember how or would like to learn, the group would be glad to share their experience and expertise!

NOTE: Our normal Monday activities will not take place on May 5 or on May 26 due to the Quarterly Birthday Party and Memorial Day Holiday.

Tuesdays

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

Led by certified instructor Helene Everhart, chair yoga combines breath work and seated or standing poses with chair support. This class is open for all abilities.

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

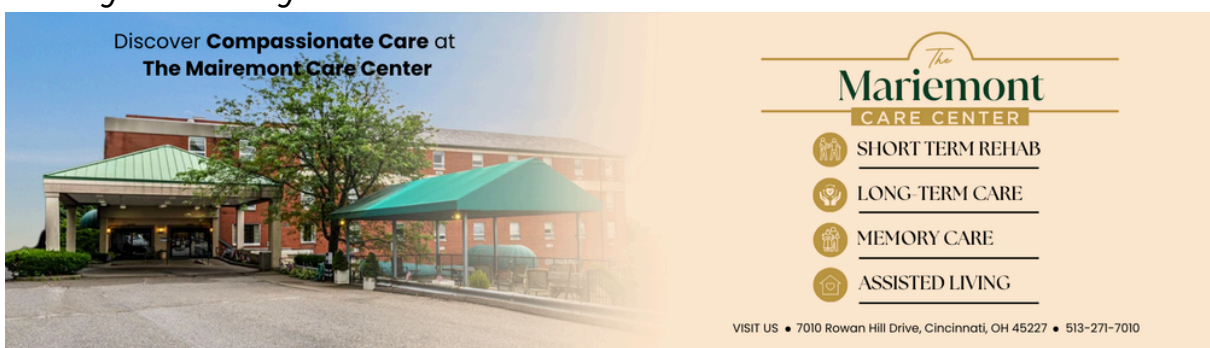
If you're interested in playing or learning this fun, ancient game of strategy, call Kelly Pharmed at (513)831-7309. Call ahead of time to schedule lessons.

NOTE: Join us May 13 for our Open House. Other programs are cancelled.

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 difference being that the game is played with a 20-inch bouncy ball and players are always seated during play. New players are always welcome!



Wednesdays cont.

MariArtists

10:30am; lower level of MariElders

After several years of being virtual, the Art at the Barn program has evolved. The new “MariArtists” program focuses on a different art genre each quarter. For March through May, local artist Judith Affatato is sharing her passion and talent for watercolors. In some weeks Judith leads the session; in others participants work on a related project on their own.

Balance and Strength with Diane

11:30am; lower level of MariElders

Come laugh while building muscles! If Diane hadn't been a teacher, she would have been a comedienne! Throw in her decades of experience and you get a workout without even realizing it.

Cost: \$5 per class

There is no Balance & Strength on May 14.

Mexican Train Dominoes

1pm; first floor of MariElders

Dominoes is a great way to keep your mind and your math skills sharp. Come join the activity where just like in life, one move can change the game!

Hand and Foot

1pm; first floor of MariElders

If you're interested in playing but need a refresher, the group would be happy to help! If you are planning on playing this week, please contact Helen Whitling at (513) 646-3349.

Movies at MariElders

1pm, first floor of MariElders

May 7: *Seabiscuit*

141 minutes

Based on a true story, a half-blind ex-prizefighter and mustang breaker team up with a millionaire and his undersized horse, “Seabiscuit”. The men bring Seabiscuit to incredible heights, helping to turn a long shot into a legend!

May 14: *The Lighthouse*

109 minutes

This hypnotic tale tells the story of two turmoiled lighthouse keepers stranded at a remote New England outpost by a violent storm in the 1890s. The film has defied categorization in media, with interpretations ranging from character study to psychological thriller.

May 21: *Stand By Me*

88 minutes

This film about friendship and the experiences of growing up takes place in a small Oregon town. Four boys set out on a two-day search for a missing teenager's body, a search that turns into an odyssey of self-discovery.

May 28: *Glory*

117 minutes

Two idealistic young Bostonians lead the 54th Massachusetts Volunteer Infantry, America's first Black regiment in the Civil War.

Thursdays

Bingo

10am; first floor 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

12:30pm; first floor of MariElders

In this card game, players try to get the lowest score after 11 rounds. The game is similar to rummy. This is a new activity, so come learn how to play!

British Murder Mystery

1:30 pm; lower level of MariElders

Come improve your sleuthing skills while you watch an engrossing murder mystery! Members choose the mystery to watch each week.

Fridays

Party Bridge

12pm; 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; first floor of MariElders

If you enjoy Bridge but 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! We leave MariElders at 12:30 pm. You must sign up by the Wednesday before each lunch so we have time to finalize our reservations and plan transportation. Each person must pay for their own meal at the restaurant.

May 2: Eli's BBQ

May 9: Sanctuary Social

May 16: *The Eagle Food & Beer Hall

May 23: Silver Spring House

May 30: Grove Park Grill

*This lunch is connected to an offsite outing. All members are welcome to join us for lunch, but if you are not attending the outing, please coordinate your own transportation to and from the restaurant.



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You may sign up for these activities starting on Monday, April 21.

Thursday, May 1

Tech Talks: iPhone Mapping

9:00 am; first floor of MariElders

It's difficult to find a trusty old paper map these days! Come learn how to use some of the directional tools on your iPhone. Android users are welcome, too.

Friday, May 2

Brain Matters: Sleep & Memory

10:30 am; first floor of MariElders

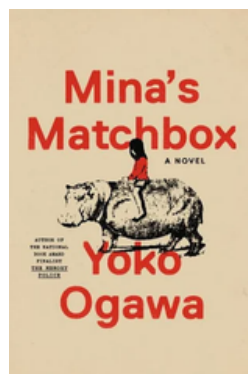
Sleep is an important part of a brain-healthy lifestyle, but for many of us, getting a good night's sleep seems to become more difficult as we age. Join us as Gerontologist Patricia Faust presents "Performing Magic on Our Brains", the first in a series.

Tuesday, May 6

Book Club

10:30 am; first floor of MariElders

Mariemont Library's own Mandi Beecroft leads a discussion of *Mina's Matchbox* by Yoko Ogawa. This historical account of events that occurred in Japan in 1972 are told through the eyes of a young girl who has been suddenly transplanted to live with her aunt, uncle, and cousin.



Thursday, May 9

Member's Meeting

10:30 am; first floor of MariElders

Join us to learn about the current news and upcoming events and provide input on the latest plans for MariElders for this summer and beyond.

Tuesday, May 13

Newsletter Packing Party

9:15 am; first floor of MariElders

Get a first look at next month's happenings while helping to fold, stuff, stamp and label the June newsletters. Sign up if you can help!

Open House

11:00 am - 2:00 pm; MariElders

Our lower level repairs and renovations are finished and we are excited to show everyone! Stop by anytime between 11:00 and 2:00 to tour our center and learn about all the activities we offer!

Wednesday, May 14

Snacks & a Speaker w/Diane Shields

11:30 am; first floor of MariElders

Diane will take us back to the year 1942 and entrance us with a historical account of the Battle of Midway. **Cost:** \$10.

You may sign up for these activities starting on Monday, April 21.
Spots are limited on some events so don't delay!

Thursday, May 15

Armchair Travels: Egypt

11:00 am; first floor of MariElders

The next leg of our Armchair Travels will take us to Egypt! We will start with a fascinating overview of the Egyptian history and culture, then will be enjoying a delicious lunch at Ali Baba Mediterranean Grill.

Cost: lunch + transportation

Junior/Senior Tech Support

4:00 pm; first floor of MariElders

Have you been struggling to resolve a technical issue? Or maybe you have been wondering how to do something on your computer or your cell phone, but don't know where to start. Stop by MariElders between 4:00 and 5:00 for 1-on-1 help from our tech-savvy Mariemont high school students

Friday, May 16

Brain Matters: How Memories Are Made

10:30 am; first floor of MariElders

Come to the second segment of our brain health series. In this session, Patricia Faust will walk us through the process of how memories are created and stored.

Friday, May 16 (continued)

William Howard Taft National Historic Site Tour & Lunch Out

12:30 pm; leaving ME at noon

We will start this outing with a tasty lunch at the Eagle Food & Beer Hall. Lunch will be followed by a guided tour of the Taft National Historic Site, the birthplace and home to the nation's 27th President.

Cost: lunch + transport. Tour is free.

Monday, May 19

Mariemont Jr. High Improv

3:00 pm; MariElders

Don't miss some afternoon entertainment from a group of students from Mariemont Junior High, who will stop by to perform an engaging improv show! Please stop by if you can!

Thursday, May 22

Tour of Barrington of Oakley

11:30 am; leave MariElders at 11:00 am

Join us for a tour of the Barrington of Oakley, a senior lifestyle community only a few miles away.



Heating Assistance Available

Application Deadline: May 31, 2025

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 seven members and 60% of State Median Income for a household of eight 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, 2025.

For more information or assistance with applying for a HEAP benefit, contact Erin at MariElders at (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.



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