



The MariElders

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September 2026

MariElders Board Members

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Executive Director
Lynn Beirl,
Activities Coordinator
JD Dorger, Bob Schutte
Transportation
Coordinator

From the Director's Desk

Fifty years! Can you believe it? As MariElders gears up to celebrate five decades of connection, laughter, and community, we want YOU to help shape what comes next. Our strategic planning survey is near, and it's your chance to tell us what matters most: the programs you love, the ideas you're excited about, and the vision you have for MariElders' future.

Whether you've been part of our story for decades, or just joined us recently, your voice matters. Together, we're building a plan to keep MariElders vibrant, connected, and engaged for this generation and the next.

Grab a cup of coffee, take a few minutes, and share your thoughts. Be on the lookout for an email inviting your feedback. Here's to 50 years, and many more ahead!

Thank you for your
generosity!

Visit us at our
Jewelry Sale

Kelly Pharmer
Stephanie Jenemman
Leslie Ketchum
Sally More
Janice and Carl Falstrom

Claire Tully
Nati Soto
Deb Pitacairn
Giselle Wolfe



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.

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The Kiwanis Art and Craft Market returns this year and MariElders will be back with our famed jewelry sale. This is successful through community donations and the hard work of our volunteers coordinated by Rita Zimmerman.

Shades of Ireland



About This Tour

October 1, 2027

Duration:

10 days

Meals:

13

Experience Ireland's charms on a journey through the Emerald Isle. A vibrant blend of captivating culture and stunning scenery, these are the shades of Ireland you've always imagined.

Essential Experiences

- Overnight on the grounds of a stately castle.
- Journey along the Ring of Kerry, one of the great coastal roads.
- Travel back in time during a jaunting car ride through Killarney.
- See Irish sheepdogs in action during a traditional demonstration.

SEPTEMBER Birthdays

Linda Trebbi	Sept 4	Helen Whitling	Sept 11	Sally More	Sept 17
Ruth Sturtz	Sept 4	Kate Pahls	Sept 11	Ann Marie	Sept 22
Kevin Erickson	Sept 6	Shirley Jordan	Sept 11	Wendler	
Judith Reckman	Sept 6	Janet Blannon	Sept 11	Paul Pschesang	Sep 23
Elizabeth Olson	Sept 6	Pam Gaines	Sept 13	Annette Lucker	Sept 27
Suzanne Bischoff	Sept 7	Kimberly Flick	Sept 15	Holley Blagdon	Sept 27
Linda Swensson	Sept 7	Jed O'Connell	Sept 15	Rose Jung	Sept 29
Anne Crawford	Sept 9	JD Dorger	Sept 17		



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



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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**

Join an energetic group of members for a fun, entertaining game of Canasta!

**Melissa M. Bales****Providing Insurance Products for Seniors****513-733-9090 (office)****513-733-0130 (fax)****email: melissa@balesins.com**

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.

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

Come improve your sleuthing skills while you watch a murder mystery! We're watching Death in Paradise this month. You can watch each episode independently.

Concerned
about your
Balance?
Strength?
Independence?

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

The **Exercise Coach**

(513)
993-3100

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FREE

Wednesdays

Chair Volleyball

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

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

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**

***No Balance & Strength on Sep 30.**

Mexican Train Dominoes

1pm; first floor of MariElders

The object is for a player to play all the tiles from their hand onto "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.

Wednesday Movies

September 2: The African Queen

1:00pm; lower level of MariElders

The sister of a British missionary and the captain of the African Queen pilot the boat down an uncharted river to try to destroy a WWI German gunboat and prevent an invasion by British forces.

This movie runs for 105 minutes.

September 9: Get Low

1:00 pm; lower level of MariElders

Hermit Felix Bush, who is feared or hated by most of the townspeople, decides to throw a rollicking funeral party before he kicks the bucket.

This movie runs for 103 minutes.

September 16: Thelma

1:00pm; lower level of MariElders

With the help of an old friend, an elderly grandmother shows that she's more capable of taking care of business than her family believes.

This movie runs for 97 minutes.

September 23: Marley and Me

1:00pm; lower level of MariElders

A young newlywed couple doesn't have a care in the world until they bring home Marley, a wiggly yellow furball of a puppy. Life will never be the same!

This movie runs for 110 minutes.

September 30: Shine

1:00pm; lower level of MariElders

The true story of Australian pianist David Helfgott, who has a nervous breakdown and is hospitalized, but later returns to the concert hall.

This movie runs for 105 minutes.

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

Practicing chair yoga twice a week for 30 to 45 minutes is highly recommended to improve flexibility, balance, and core strength while reducing joint pain and fatigue.

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.

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 Out

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.

September 4: Swampwater Grill

September 11: Lori's American Grille

September 18: Log Cabin Inn

September 25: Bones' Burgers



You may sign up for these activities starting on Monday, August 24.

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

Tuesday, September 1

Book Club

**10:00 am; first level
of MariElder**

This month, Mandy Beecroft will lead the discussion on *Vera Wong's Unsolicited Advice for Murderers* by Jesse Q. Sutanto.



Wednesday, September 2
**National Museum of the U.S. Air
Force Museum & Lunch Out**

10:15 am; Dayton, OH

From flight simulators to educational tours, there's something for everyone at the world's largest military aviation museum! The museum, which is free, offers extensive exhibits and interactive attractions. Come learn, explore, and be inspired! Then we will have lunch at The Grist. We will leave MariElders at 9:15 a.m.

Cost: lunch + transportation

Are you looking for the right care for your aging parent or loved one?

If you are trying to determine the next level of care, call today for a free, honest assessment.



Thursday, September 3

Tech Talks: Handling Tech Updates

9:00 am; first floor of MariElders

This is the last Tech Talk before Lynn retires! In this session, you will learn when and how to run updates on your computer and on your phone for apps and operating systems.

Thursday, September 3

Lynn's Retirement Celebration

1:00 pm; first floor of MariElders

Celebrate Lynn and send her off to retirement with great energy and good advice.

Wednesday, September 9

Snacks and a Speaker

Sponsored by



11:30 am; first floor of MariElders

Diane Shields will be here to talk about a well-known local celebrity, Ruth Lyons. Ruth was a pioneer radio and television broadcaster in Cincinnati, and is often credited with inventing the daytime TV talk show.

Cost: \$10

Senior Care Partners
Local Senior Care Advisors

Linda Shaw

513.478.9207

L.Shaw@myseniorcarepartners.com

You may sign up for these activities starting on Monday, August 24.
Spots are limited on some events so don't delay!

Friday, September 11

Members' Meeting

10:30 am; first floor of MariElders

Join us to provide input on our plans for the rest of 2026.

Tuesday, September 15

Newsletter Packing Party

9:15 am; first floor of MariElders

Be one of the first to see our final plans for October while preparing our next newsletter for distribution.

Thursday, September 17

Armchair Travels: France

11:00 am; lower level of MariElders

Come learn a little about French history enjoying some fine French wine and authentic French pastries.

Cost: \$5



"Shades of Ireland" Presentation

2:00 pm; first floor of MariElders

Are you interested in traveling to Ireland with some other MariElders members? Come learn more about the plans for this amazing trip, scheduled for October of 2027!

Thursday, September 23

City Hall Tour w/Simulated Council Meeting

1:30 pm; Cincinnati City Hall

Join us for a 90-minute guided tour through City Hall, where we will learn about the workings of Cincinnati's city government and the Romanesque design of the building. The tour will include a mock City Council meeting featuring members of our tour group!

Cost: transportation



Friday, September 24

Tour of Harmony at Anderson

11:00 am;

Leave MariElders at 10:30 to tour Harmony's Assisted Living and Memory Care. We'll enjoy lunch with them after we tour their campus.

Cost: transportation



Summer Energy Assistance Program

The Ohio Department of Development and The MariElders are once again offering assistance to help Ohio's families stay cool during the hot summer months.

From July 1 through Sept. 30, income-eligible Ohioans can receive assistance in paying their electric bill, purchasing an air conditioner or fan, or making repairs to their central air conditioning unit through the Ohio Department of Development's Home Energy Assistance Summer Crisis Program.

The Summer Crisis Program assists low-income households or those that have a disconnection notice, have been shut off, are trying to establish new service on their electric bill, require air conditioning, or those with an elderly household member (60 years or older) who can provide physician documentation that cooling assistance is needed for their health. Qualifying medical conditions can include lung disease, and others.

To qualify for assistance, Ohioans must have a gross income at or below 175 percent of the Federal Poverty Guidelines for a family of up to seven members, and 60 percent of the State Median Income for a family of eight or more members. For a family of four, the annual income must be at or below \$54,600.

To apply for the program, clients are required to schedule an appointment with Community Action Agency. Appointments can be scheduled by calling (513) 569-1840.

Ohioans enrolled in the Percentage of Income Payment Plan Plus (PIPP) program who meet the above criteria may also be eligible for assistance towards their default PIPP payment, first PIPP payment, central air conditioning repairs, or may receive an air conditioning unit and/or fan.

For more information about the Summer Crisis Program, and what is needed to apply, older Ohioans may contact Erin Rothfuss at (513) 271-5588. To be connected to your local Energy Assistance Provider visit www.energyhelp.ohio.gov or call (800) 282-0880.

MariElders contact:

Erin Rothfuss, marielders@yahoo.com

The views expressed herein do not necessarily represent those of
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