

OCTOBER 2025



The MariElders

6923 Madisonville Rd Cincinnati OH 45227

513-271-5588

marielders@yahoo.com

marielders.org

October

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From the Director's Desk

Great work doesn't start with grand gestures. It's built quietly, consistently, through small acts of service and gratitude. A quick thank you, a moment of recognition, these small actions build connection, and momentum.

In this fast-paced world, it's easy to focus only on headlines. But we thrive when we pause to appreciate one another. Gratitude fuels morale, reinforces collaboration, and reminds us that our efforts matter, not just for results, but for the people we support.

When we acknowledge the wins, big or small, we're investing in something greater than ourselves: a culture of care. And that's the foundation where truly great work begins.



Thank You



Thank you to everyone who made the Jewelry Sale a success! To the people who generously donated an amazing amount of beautiful jewelry; the ladies who sorted, bagged, and priced the jewelry; all those who set up the booth at the Kiwanis Art Market and arranged the jewelry. And to all the ladies who sold the jewelry in the booth and represented MariElders to our customers and friends in Mariemont, Thank You!



Cheryl Jeffers | Senior Care Advocate

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

E: cheryl.j@amadaseniorcare.com | Web: www.AmadaCincinnati.com

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October BIRTHDAYS



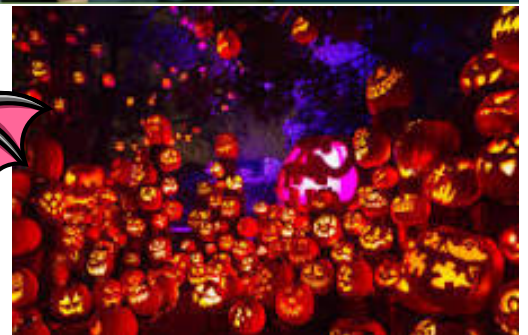
Joy Carlson	Oct 3
Sandy Caruso	Oct 4
Barbie O'Connell	Oct 7
Gail Dold	Oct 8
Deb Mann	Oct 10
Sandra Garland	Oct 15
Karen Schmidhorst	Oct 15
Joan Riegert	Oct 17

Liana Poon	Oct 21
Judy Rose	Oct 23
Diane Sabo	Oct 25
Jackie Vontz	Oct 26
Leslie Ketchum	Oct 26
Roselyn Smith	Oct 27
Betty Clingerman	Oct 30
Judy Bushman	Oct 31

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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 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

***No Balance & Strength classes on Oct 13, 15, 20, or 22.**

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!

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 Pharmer at (513) 831-7309. Call ahead of time to schedule lessons.

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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

***No Balance & Strength classes on Oct 13, 15, 20, or 22.**

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

Any week you are planning to play, please contact Helen Whitling at (513) 646-3349 so we know how many tables to set up. And if you need a refresher on how to play, this group would be happy to help!

Movies at MariElders

1pm, lower level of MariElders

October 1: *Thin Blue Line*

102 minutes

Errol Morris sets out to prove that a convicted hitchhiker did not kill a Dallas policeman in 1976--and that the lowlife who fingered him did. Based on a true story.

October 8: *Bruce Almighty*

102 minutes

Bruce Nolan is a discontented TV reporter who believes the entire universe is stacked against him. After a bad day, Bruce flies into a rage and blames God for making his life so miserable. God responds by endowing Bruce with all of His divine powers and challenges him to take on "The Big Job" to see if he can do it any better.

October 15: *The Miracle Worker*

106 minutes

A dramatization of the story about the struggle of a Boston teacher, Annie Sullivan, to teach the deaf, blind, and mute child, Helen Keller.

October 22: *Good Will Hunting*

126 minutes

A young working-class genius is hauled back from the brink of self-destruction by a gifted counselor.

October 29: *The Silence of the Lambs*

118 minutes

An FBI cadet must confide in an imprisoned serial killer to capture a killer.

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!

No Bingo on 10/30.*Chair Yoga with Helene****12pm; lower level of MariElders****Cost:** \$5 per class***No Chair Yoga on 10/30.****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.

No Five Crowns on 10/9, 10/23, or 10/30.*British Murder Mystery****1:30 pm; lower level of MariElders**

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

No Murder Mystery on 10/30.*MariArtists****3:00pm; first floor of MariElders**

Art enthusiasts at all experience levels meet via Zoom to learn and practice new techniques and if desired, share their work with others. Each week we discuss our latest creations, then learn about the current week's project.

Cost: \$3/session **Not on 10/30.**

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! 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.

October 3: Mansion Hill Tavern

October 10: Oak Leaf Restaurant

October 17: Spear Ridge Cafe

October 24: Megan's BBQ

October 31: Golden Lamb



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You may sign up for these activities starting on Monday, September 22.

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

Thursday, October 2

Tech Talks: Taking & Editing Photos **9:00 am; first floor of MariElders**

Now that many of us have traded in our digital cameras for our cell phones when taking pictures, there are some tips and tricks that can help you create beautiful and memorable photos! Come learn some new techniques to use when taking and editing pictures with your cell phone.

Cost: free for members; \$5 for guests

Tuesday, October 7

Book Club

10:30 am; first floor of MariElders

Join us as Mandy Beecroft leads a discussion on *"Good Dirt"*, a novel by Charmaine Wilkerson that tells the story of a woman who is forever scarred by the effects of the unsolved murder of her brother.

Wednesday, October 8

Snacks & a Speaker w/Diane Shields

11:30 am; first floor of MariElders

Diane will be here to share the escapades of James Madison, the 4th U.S. President, and his fun-loving and much younger wife, Dolley Madison

Cost: \$10.

Thursday, October 9

America's River Roots Lunch Cruise

10:30 am; leaving MariElders at 9:15

Join us for a special Captain's Lunch Cruise aboard the Celebration Belle! Onboard, you'll enjoy a delicious, hot two-entrée lunch buffet, with fully stocked bars available to purchase your favorite beverages. Listen to an entertainer performing your favorite tunes, and explore the two observation decks as you cruise. Tickets are limited, so sign up early if you're interested!

Cost: \$75 + souvenirs, etc.

Friday, October 10

Members' Meeting

10:30 am; first floor of MariElders

Come hear our latest updates and provide input on our plans for 2026!

Lunch Out: Oak Leaf Restaurant

1:00 pm; leaving MariElders at 12:30

Join us at the Oak Leaf Restaurant, where the charming dining room, bar area, and covered patio overlook the scenic 9th fairway of Aston Oaks, a Jack Nicklaus-designed golf course. Additional activities are available for those who want to stay and play, but you would need to arrange your own ride home.

Cost: lunch + transportation

You may sign up for these activities starting on Monday, September 22
Spots are limited on some events so don't delay!

Tuesday, October 14

Newsletter Packing Party

9:15 am; first floor of MariElders

Be the first to see our plans for November!

Thursday, October 16

Armchair Travel: Argentine Tango

11:15 am; Fairfax Rec Center

Join us for an Argentine Tango lesson, led by Barb Macke from Tango del Barrio! Our van will leave here at 10:45 and return by 1:00.

Cost: Transportation + instructor tip

Friday, October 17

Game Day w/Jr. High School Students

9:00 am - noon; MariElders

Come help us show some local students how to play a few of our regular games!

Tuesday, October 21

Dancing Grandmas On Tap

10:30 am; Fairfax Rec Center

Come watch this talented 12-women, dance group, ages 63 to 80 years!

Cost: free, but tips are encouraged



Thursday, October 23

Seminar: Gut Health

1:00 pm; first floor of MariElders

Dr. Faith from Simply Well Chiropractic will discuss digestion, probiotics, nutrition, and lifestyle tips for a healthier, balanced microbiome. **Cost Free for members \$10 for community**

Fri, October 24 - Sat. October 25

Jack O'Lantern Spectacular--Louisville

10:00 am Friday to ~4:00 pm Saturday

This overnight trip to Louisville will feature a visit to the amazing "must-see" Jack O'Lantern Spectacular, complemented by a bourbon tasting at the infamous Churchill Downs and a ghost tour through some of Louisville's Victorian mansions dating back to the 1800s! More details to come in our weekly newsletters.

Thursday, October 30

MariElders Murder Mystery Halloween

Party--12:00 pm; MariElders

More details to come in the weekly newsletters during October!

Cost: \$10

Friday, October 31

Spooky Lunch Out at the Golden Lamb

1:00 pm; leave at 12:15 pm

Named as Ohio's most haunted restaurant, many guests and employees of this 220+-year-old property have given reports of paranormal activity during their time there. Halloween Day seems the perfect time to come check it out for ourselves!

Cost: Lunch + transportation

Summer Crisis Program Begins July 1

The Ohio Department of Development and 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 (HEAP).

"We're proud to partner with community action agencies across the state to deliver this critical support during the hottest months of the year," said Lydia Mihalik, director of the Ohio Department of Development, which administers the program. "Time after time, this program has proven to be a vital lifeline for countless Ohioans when temperatures start to rise."

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 a person 60 years or older living in the home, or who can provide physician documentation that cooling assistance is needed for their health. Qualifying medical conditions can include lung disease, Chronic Obstructive Pulmonary Disease, asthma, 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 eight members, and 60 percent of the State Median Income for a family of nine or more members. For a family of four, the annual income must be at or below \$56,262.50.

Last year, the Summer Crisis Program assisted more than 44,000 households in Ohio, providing a total of \$13.5 million in benefits.

Starting this year, applying for assistance and managing an account will be easier than ever. A new, streamlined online portal will be available at energyhelp.ohio.gov. To get started, Ohioans must register for an OHID account, which provides a secure and convenient way to access their HEAP account.

"We know that when someone is facing a crisis, every minute counts," said Director Mihalik. "This new online system makes it faster and easier for Ohioans to apply for help — so they can get the support they need, when they need it most."

Registration takes less than 7 minutes, and can be completed in these easy steps:

- Visit energyhelp.ohio.gov, and click "Log into the EA portal."
- Click "Create an OHID," and follow the six-step account creation process.
- Ensure account security by setting up multi-factor authentication.

To apply for the program, clients are required to schedule an appointment with MariElders. Appointments can be scheduled by calling (513) 271-5588.

Clients need to bring copies of the following documents to their appointment:

- Copies of their most recent energy bills.
- A list of all household members and proof of income for the last 30 days or 12 months for each member.
- Proof of U.S. citizenship or legal residency for all household members.
- Proof of disability (if applicable).
- Physician documentation that cooling assistance is needed for a household member's health.

For more information about the Summer Crisis Program, and what is needed to apply, 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.

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