



The MariElders

6923 Madisonville Rd Cincinnati OH 45227

513-271-5588

marielders@yahoo.com

marielders.org

October 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
Paige Adams-Strickland
Linda Swensson,
Member Council President

MariElders Staff

Erin Rothfuss,
Executive Director
Aimee Anderson,
Activities Coordinator
Bob Schutte, John Graham
Transportation
Coordinators

From the Director's Desk

We are delighted to welcome Aimee Anderson as our new Program Coordinator! A long-time Mariemont resident, Aimee brings wonderful ideas, experience, and, most importantly, compassion to MariElders. She is excited to get to know our members and help create programs and experiences that bring people together. Outside of MariElders, Aimee loves spending time with her dog, her mom, and her son.

We are also thrilled to welcome John Graham as one of our Transportation Coordinators. Many of you might already know John—he may have given you a ride to a doctor's appointment! A fellow Mariemont resident, John knows our community well, and we are so happy to have him on the MariElders team.

Thank you for your generosity!

Janet Kalas
Hilde Tomblin
Rosalind and Duncan Moir
Phelps and Karen Jones



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 | OasisCincy@YourOasisAdvisor.com
OasisSeniorAdvisors.com/Cincinnati



Thanks to the generosity of members and the Cincinnati Foundation for the Aged, MariElders has raised much of the money to replace our roof.

We are continuing to raise the roof and are in need of \$8300 to keep ourselves dry.

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.

October Birthdays

Elaine Cook	Oct 2	Deb Mann	Oct 10	Judy Rose	Oct 23
Janet Sarran	Oct 2	Jack Smith	Oct 12	Diane Sabo	Oct 25
Joy Carlson	Oct 3	Joe Ford	Oct 14	Jackie Vontz	Oct 26
Sandy Caruso	Oct 4	Sandra Garland	Oct 15	Leslie Ketchum	Oct 26
Shriya Senaratne	Oct 6	Karen Schmidhorst	Oct 15	Roselyn Smith	Oct 27
Donna Marquardt	Oct 7	Joan Riegert	Oct 17	Patricia Beglan	Oct 30
Barbie O'Connell	Oct 7	Charles Garner	Oct 19	Betty Clingerman	Oct 30
Gail Dold	Oct 8	Ann Regan	Oct 21	Judy Bushman	Oct 31



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
No class Oct 5 & 7

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 Pharmer 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

Try it
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 Oct 5&7

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

October 7: Letters to Juliet

1:00pm; lower level of MariElders

In Verona, Italy, where Romeo first met Juliet, there is a place where the heartbroken leave notes asking Juliet for help. Aspiring writer Sophie finds a 50-year-old letter that will change her life forever. She sets off on a journey of the heart with the letter's author, Claire, and her grandson. All three discover that sometimes the greatest love story ever told is your own!

This movie runs for 105 minutes.

October 14: Young at Heart

This movie, which stars Frank Sinatra and Doris Day, is centered on a family headed by a music-loving patriarch and his musically inclined daughters looking for romance.

This movie runs for 117 minutes.

October 21: Harry and Tonto

A man evicted from his apartment decides to take his cat and head cross country to live with one of his children. Along the way he has many "encounters" with an assortment of people.

This movie runs for 115 minutes.

October 28: An Affair to Remember

Two people meet and fall in love on an ocean liner. They agree to meet six months later if they still feel the same way about each other. But a tragic accident prevents their rendezvous, and their future takes an emotional turn.

This movie runs for 114 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. **Oct 29, yoga is at 10 am.**

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.

EVERYTHING BUT THE HOUSE

Auction Results

Thank you for donating and bidding on our online auction in conjunction with Everything but the House. Because of you, we raised **\$4492!**

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 us as we try 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.

October 2: NVT (Newtown)

October 9: Clough Crossings (Anderson)

October 16: Nation Tavern (Milford)

October 23: Vinoklet Winery

October 30: Arnold's Bar & Grill (DTWN)



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

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

Friday, October 2

AI Tech Scams with Hamilton County Prosecutor

10:30 am; first level MariElders

Artificial Intelligence seems to be everywhere. The scammers have really figured out how to use it, so learn with the Hamilton County Prosecutor's office how to prevent scams and what to do if you are caught in one.

Tuesday, October 6

Book Club

10:00 am; first level of MariElder

This month, Mandy Beecroft will lead the discussion on *Departure(s), a novel* by Julian Barnes.. This short, hybrid novel and memoir reflects on aging, memory, and saying goodbye.

Friday, October 9

Members' Meeting

10:30 am; first floor of MariElders

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

Friday, October 9

BLINK Riverboat Cruise

6:30 pm; Riverfront

Front-row views of the illuminated riverfront, live music from a house band, and onboard drink specials. The cruise ends at 8:30 pm.

Sign-up by October 1st.

Cost: \$47

Tuesday, October 13

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.

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.




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, Sept 21.

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

Wednesday, October 14

Snacks and a Speaker

Sponsored by

Senior Care Partners
Local Senior Care Advisors

11:30 am; first floor of MariElders

Diane Shields will be here to discuss the Salem Witch Trials just in time for Halloween! Learn all you didn't know about how swimming, dancing and just being human can put you in peril

Cost: \$10

Thursday, October 15

Armchair Travels: France

11:00 am; first floor of MariElders

Come learn a little about French cooking and cuisine from Giselle Lorient while enjoying croissants from French Rendezvous. **Sign-up by October 13.**

Cost: \$5

Monday, October 19

Fall at Eden Park with lunch in Mount Adams

Eden Park has beautiful views of the fall color this time of year. Join us for a stroll and then we'll lunch in Mount Adams. **Sign-up by Oct 15.**

Cost: \$5+lunch



Tuesday, October 20

Euchre Lessons

10:00 am; first floor MariElders

Join Helen Whitling and other knowledgeable members to learn how to play Euchre. Learn what a trick is (just in time for Halloween), how to bet and most of all how to laugh together!

Please sign-up by October 16.

Tuesday, October 27

Birthday Brunch

10:30 am; first floor MariElders

This is our final Birthday Brunch of 2026! Celebrate Our October, November and December birthdays with yummy brunch and the musical stylings of Jim Lindenschmidt! Jim takes requests, so dream up your favorite groovy tunes and be ready to dance.

Thursday, October 29

Halloween Party

12:00 pm; lower level MariElders

Dress up, dress down or come as you are for our Halloween Party on October 27th! There will be lunch, frights (and maybe a ghost, or two).

Sign-up by October 26.

Cost: \$10

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
H.G., H.F. & Louise Tuechter Dornette Foundation,
Fifth Third Bank, N.A., Trustee.

