

OCTOBER 2024



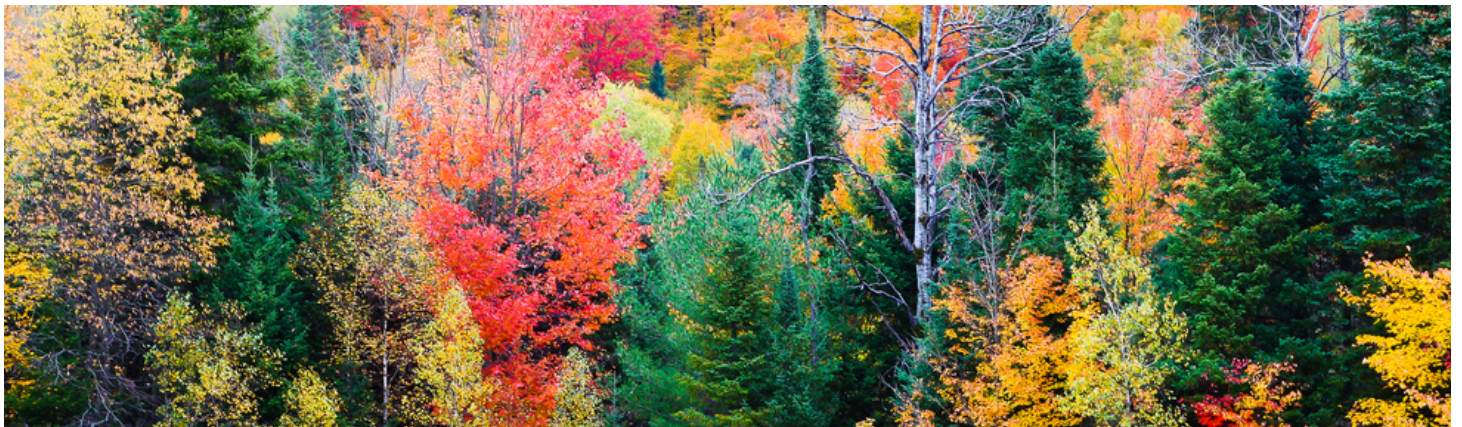
The MariElders

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marielders@yahoo.com

marielders.org



MariElders Board Members

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Alica Stock
Linda Swensson,
Member Council President

MariElders Staff

Erin Rothfuss,
Executive Director
Currently Hiring
Activity Coordinator
JD Dorger,
Transportation
Coordinator

From the Director's Desk

As fall unfolds with its vibrant colors and crisp air, it's a time to embrace change and reflect on the season's symbolism. The falling leaves serve as a reminder that transformation is a natural part of life, encouraging us to let go and make room for new beginnings.

However, fall can also bring its own challenges. If you're feeling overwhelmed or struggling, it's important to seek support. Talking to a trusted friend, family member, or mental health professional can be a crucial step toward finding comfort and understanding.

Let's foster a supportive community this season, where we uplift each other through both joys and difficulties. Whether you're enjoying the cozy moments or facing hard times, remember you're not alone. Embrace the changes of fall, and lean on those around you. Together, we can navigate this season with resilience and warmth.

Wishing you a peaceful and connected fall season.

Breast Cancer Awareness

Finding breast cancer in its earliest stages, when it is easier to treat, is the key to successful outcomes. When detected early, the 5-year relative survival rate for breast cancer is **99%**.



Medicare Review

Melissa Bales will be here October 21 from 9 until 3:00 to discuss Medicare plans. Make an appointment by calling MariElders.


Medicare Open Enrollment

Every year, Medicare's open enrollment period is **October 15 - December 7**.

Medicare health and drug plans can make changes each year—things like cost, coverage, and what providers and pharmacies are in their networks. Open enrollment is when all people with Medicare can change their Medicare health plans and prescription drug coverage for the following year to better meet their needs.

People in a Medicare health or prescription drug plan should always review the materials their plans send them. If their plans are changing, they should make sure their plans will still meet their needs for the following year; or if they're satisfied that their current plans will meet their needs for next year. If their plan is still being offered, they don't need to do anything.

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Ed Mahoney	Oct 2
Janet Sarran	Oct 2
Barbie O'Connell	Oct 7
Bill Woods	Oct 7
Gail Dold	Oct 8
Nancy Woods	Oct 9
JoAnne Nordloh	Oct 10
Roger Stafford	Oct 11
Jan Jonson	Oct 14
Sandra Garland	Oct 15
Karen Schmithorst	Oct 15
Joan Riegert	Oct 17
Leslie Jones	Oct 19
Mary Mace	Oct 21
Diane Sabo	Oct 25
Jackie Vontz	Oct 26
Leslie Ketchum	Oct 26
Roselyn Smith	Oct 27
Rosemary Reavill	Oct 29
Patricia Beglen	Oct 30
Betty Clingerman	Oct 30
Ken Hunt	Oct 30
Judy Bushman	Oct 31

Members' Council Opening

Our members' council is integral in deciding on important issues of MariElders. This year, we will have an opening for secretary. Please consider if you're interested in supporting this role.

Sponsoring MariElders

MariElders is now accepting sponsorships in our newsletter and website. Email marielders@yahoo.com for more information. Newsletter acknowledgements artwork is needed by the 7th of the month prior to publication. Sponsorships are one year in length.

Men's Lunch

If you would like to join a group of MariElder men who meet one day a month for lunch and socialization, let us know! For details, date, and location, call Ralph Blasi: 513-257-6288.

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

Alissa Gormley
513-745-9538

A.Gormley@myseniorcarepartners.com

Mondays

Scrabble and Board Games

10:30am; first floor of MariElders

Come play Scrabble at MariElders! Did you know a game of Scrabble can stimulate the brain, improve memory, promote positive emotions, and lower blood pressure? This activity is for anyone who enjoys casual word play- all skill levels are welcome.



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

No Duplicate Bridge October 7

Canasta

1pm; first floor of MariElders

If you are interested in playing, but don't remember how to play or would like to learn, the group would be glad to bring you up to speed.

No Canasta October 7

Tuesdays

Chair Yoga with Helene

12pm; lower level of MariElders

Chair Yoga, led by certified instructor Helene Everhart, combines breath work and seated or standing poses with chair support. This class is perfect for all abilities. All our fitness classes, the first class is always free. Come try it out and see what you think!

Cost: \$5 per class

Art Club

1pm via Zoom

The WACC/Art Barn continues the weekly art class sessions teaching various techniques using a variety of mediums and platforms. This group meets via Zoom from the comfort of your home.

Meeting ID: 830 7675 8809

Passcode: DAVE

Mah Jongg

1pm; first floor of MariElders

If you're interested in playing or learning this fun, ancient game of strategy, call Kelly Pharmer at (513)831-7309.

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

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!

Balance and Strength with Diane

11:30am; lower level of MariElders

Enhance balance and strength to prevent falls with exercises targeting legs, core, and upper body. Body weight, handheld weights, and balls will be used. Led by Diane Sabo, a 41-year fitness instructor, the class is both beneficial and enjoyable! For all of our fitness classes, the first class is always free. Come try it out and see what you think!

Cost: \$5 per class

No Class Oct 23

Mexican Train Dominoes

1pm; first floor of MariElders

Hand and Foot

1pm; first floor of MariElders

If you are interested in playing, but don't remember how to play, or would like to learn, the group would be happy to bring you up to speed. [Please contact Helen Whitling at \(513\) 646-3349](#), if you're planning on playing this week.



Wednesdays cont.

Scary Movie Month at MariElders

1pm, lower level of the MariElders

October 2: ***Rosemary's Baby***
137 min.

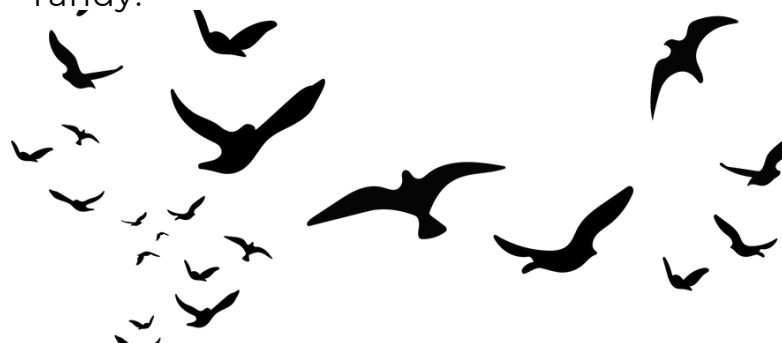
A young couple trying for a baby moves into an aging, ornate apartment building on Central Park West, where they find themselves surrounded by peculiar neighbors. Directed by Roman Polanski and starring Mia Farrow, John Cassavetes and Ruth Gordon

October 9: ***The Skeleton Key***
104 minutes

A hospice nurse working at a spooky New Orleans plantation home finds herself entangled in a mystery involving the house's dark past. Directed by: Iain Softley and starring Kate Hudson, Peter Sarsgaard and Joy Bryant.

October 16: ***The Birds***
119 minutes

A wealthy San Francisco socialite pursues a potential boyfriend to a small Northern California town that slowly takes a turn for the bizarre when birds of all kinds suddenly begin to attack people. Directed by Alfred Hitchcock and starring Rod Taylor, Tippi Hedren and Jessica Tandy.



Wednesdays cont.

October 23: **Rear Window**

112 minutes

A house and wheelchair-bound photographer, his fashion model girlfriend and his visiting Nurse spy on neighbors from his courtyard window. Despite skepticism by his PD Detective friend, they're convinced one of his neighbors is a murderer. Directed by Alfred Hitchcock and starring James Stewart, Grace Kelly, Wendell Corey

October 30: **Psycho**

119minutes

A secretary on the run for embezzlement takes refuge at a secluded California motel owned by a repressed man and his overbearing mother. Directed by Alfred Hitchcock, starring Anthony Perkins, Janet Leigh, and Vera Miles

Thursdays

Bingo

10am; first floor of MariElders

Led by Kent State Broadcasting Major Linda Swensson!
Remember to bring your quarters!

No Bingo October 31

Chair Yoga with Helene

12pm; lower level of MariElders

Cost: \$5 per class *No yoga Oct 31*



Thursdays cont.

Murder Mystery TV Series: Miss Marple

1:30 pm; lower level of MariElders

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; lower level 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 new restaurants and visit old favorites! We leave MariElders at **12:30 pm**. You must sign up by the **Wednesday** before each lunch so we can finalize our reservations and organize transportation. When you sign up, please let us know if you:

- 1) Need a ride
 - 2) Will meet us at the restaurant or
 - 3) Are willing to drive and take others
- Pay your own way.*

October 11: Kreimer's Bier Haus, Cleves

October 18: Arthur's Pub, Anderson

October 25: The Arepa Place, Wyoming

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

Tuesday, Oct 1

Book Club

10:30 am first floor

MariElders

"Remarkably Bright



Creatures" by Shelby Van Pelt. The novel follows Tova Sullivan, a widow who works at Sowell Bay Aquarium after her son Erik vanished thirty years ago. There, she forms an unexpected friendship with Marcellus, a giant Pacific octopus, who helps her uncover the truth about her son's disappearance. This debut novel highlights the importance of confronting the past to find hope for the future.

Thursday, Oct 3

Hiking Woodland Mound

11:30 am Woodland Mound

Join MariElders for a hike overlooking the Ohio River at Woodland Mound in Anderson Township. Departing MariElders at 11:10 am. **Cost \$2**

Friday, Oct 4

Kentucky Wool Festival

Departing MariElders at 9:00 am

RSVP by Sept 30th

Cost \$25, Lunch on your own

The Kentucky Wool Festival has a few simple goals: be unique, and promote sheep and wool products.

Monday, Oct 7

Quarterly Birthday Party

1 pm; MariElders Lower Level

Celebrate August, September, and October birthdays with the musical stylings of Jim Lindenschmidt, cupcakes and Graeter's icecream.

Wednesday, Oct 9

Snacks and a Speaker with Diane Shields: Edgar Allan Poe

11:30 am MariElders First Floor

Local historian Diane Shields is a UC graduate who taught high school prior to teaching the broader community. Join MariElders as she presents: Edgar Allan Poe (January 19, 1809 – October 7, 1849) an American writer, poet, editor, and literary critic best known for his poetry and short stories, particularly his tales involving mystery and the macabre. Widely regarded as one of the central figures of Romanticism and Gothic fiction in the United States and of early American literature, Poe was one of the country's first successful practitioners of the short story and is generally considered to be the inventor of the detective fiction genre.

Cost \$10

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

Friday, Oct 11

Member's Meeting

11am; first floor of MariElders

During our members' meeting, we discuss the business of MariElders. Take the time to influence the program offerings. Your thoughts and opinions matter to us. Participants are entered to win \$25 in MariElders bucks.

Tuesday, Oct 15

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 newsletters. If you are available and willing, please call and let us know you'll be coming.

Thursday, Oct 17

BLINK Tour with BB Riverboats

7:00pm; Departing MariElders at 5:45

Experience the nation's largest light, art, and projection mapping experience as you cruise through the downtown riverfront. Snacks, but not dinner are available on the riverboat. 6 pm; Cost \$40

Friday, Oct 18

Junior High Animal Shelter Collection

9:30 am; first floor of MariElders

We'll start collecting used sheets, towels, blankets and cleaning supplies like bleach, and Dawn dish soap on Sept 18. Then, the students and MariElders will sort and make catnip toys on Oct 18th.

Tuesday, Oct 29

Frankenstein at Cincinnati Shakespeare Co.

10:00 am; Departing MariElders at 9:15

A new spin on the gothic tale from the mother of science fiction promises to be a spine-tingling encounter with one of literature's most iconic monsters. Ideal for the Halloween season, Mary Shelley's Frankenstein will ask the question: who is the real monster, creature or creator? Cost \$15

Tuesday, Oct 31

Halloween Party

12 pm; Fairfax Recreation Center

(5903 Hawthorne Ave., Fairfax, OH) Dress in your favorite costume and celebrate the spooky. We'll have a ghoulish lunch and fun games. Cost \$10.