

MARCH 2025



# The MariElders

6923 Madisonville Rd Cincinnati OH 45227

513-271-5588

[marielders@yahoo.com](mailto:marielders@yahoo.com)

[marielders.org](http://marielders.org)

• HELLO •

# March

## MariElders Board Members

Jed O'Connell, President  
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Diane Sabo, Secretary  
Alica Stock, Treasurer  
Sandra Garland  
Alissa Gormley  
Becky Jones  
Ralph Blasi  
Kelley Fondelier-Meyer  
Linda Swensson,  
Member Council President

## MariElders Staff

Erin Rothfuss,  
Executive Director  
Lynn Beirl  
Activity Coordinator  
JD Dorger, Sharon Boyles  
Transportation  
Coordinators

## From the Director's Desk

Welcome, March! As we bid farewell to the chilly winter months, it's time to look ahead and embrace the new season. Spring is right around the corner, bringing fresh energy, warmer weather, and a chance to start anew.

Now's the perfect time to start preparing for the season of renewal. It's a great moment to assess your garden, plan for new plantings, and tidy up outdoor spaces to enjoy the sunshine.

Embrace the longer days with outdoor activities, walks, and making the most of daylight hours.

Don't forget to refresh your wardrobe! Swap out heavier winter layers for lighter, brighter options to match the mood of spring and prepare for April's Sustainable Wardrobe Swap.

March is a time for growth and rejuvenation—let's welcome the change with open arms and a spirit ready for new beginnings!



AARP Foundation Tax-Aide prepares taxes free of charge with a special focus on taxpayers who are over 50 and have low-to-moderate income. Tax-Aide volunteers are trained and IRS-certified every year. Call MariElders to make an appointment. Sessions are held at Fairfax Recreation Center.

## Cyber Tips

Make sure to update your computer and phones often. Just turning your phone off every couple of days helps keep them more secure. Implementing these simple tips helps make your computer and phone less prone to viruses. Remember Tech Talks and Juniors Helping Seniors are here to help.



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balance and falls, parkinson's,  
osteoporosis and more...*

## MariElders Blog

Have you looked at the blog on the MariElders website? The blog will have posts about fun,, interesting, and informative topics, and you can find it by going to [www.marielders.org](http://www.marielders.org) and clicking on the Blog link at the top of the home page. Sharon often writes them, but we'd love to have members write a blog, too!



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# March BIRTHDAYS



Mar 1	Tripp Huggins
Mar 2	Beth Hopkins
Mar 2	Nancy Jaeger
Mar 3	Arlene Brill
Mar 3	Lisa Lockwood
Mar 4	John Gray
Mar 4	Cheryl Sallwasser
Mar 5	Suzanne Ruehr
Mar 6	Betty Day
Mar 6	Beverly Bach
Mar 6	Kay Parker
Mar 7	Kathryn Russell
Mar 8	Ralph Blasi
Mar 9	Carl Bostrom
Mar 10	Mary Ann Terry
Mar 10	Claire Tully
Mar 10	Edwina Wilson
Mar 10	Sherwood Stumpf
Mar 12	Frank Bruening
Mar 13	Joan Cochran
Mar 13	Suzanne Murrell
Mar 14	Melody Reno
Mar 17	Karen Berkich
Mar 18	Joan Riemar
Mar 18	Bill Swensson
Mar 19	Joe O'Leary
Mar 20	Duncan Moir
Mar 21	Sue Durcan
Mar 23	Paige Adams Strickland
Mar 24	Carol Olberding
Mar 24	Lynne Mileham
Mar 25	Monica Walker
Mar 27	Delores Tate
Mar 28	Susan Bolton
Mar 28	Rita Zimmerman
March 30	Patricia Edwards

## MariElders Dues

### Membership:

Mariemont Resident: \$30

Mariemont Couple: \$40

Non-Resident: \$50

Non-Resident Couple: \$60

### Transportation:

Donation of \$5 round trip

## Sponsoring MariElders

MariElders is now accepting sponsorships in our newsletter and website. Email [marielders@yahoo.com](mailto: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.



## 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.



## Mondays

### Scrabble and Board Games

**10:00am; first floor of MariElders**

The Scrabble players are looking for a couple more wordsmiths for their friendly game. They help each other out--and even will tell you how to score extra points! All skill levels are welcome.

### Balance and Strength with Diane

**11:00am; 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

### 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](mailto:andoverconsultants@gmail.com)

*No duplicate bridge March 17.*

### 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!

## Tuesdays

### Chair Yoga with Helene

**12pm;**

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. For all our fitness classes, the first class is always free. Come try it out and see what you think! Cost: \$5 per class



### MariArtists

**1pm; RG Cribbet Recreation Center**

After several years of being virtual, the Art at the Barn program is evolving! The new MariArtists program will focus on a different type of art each quarter. For March through May, local artist Judith Affatato will be sharing her passion and talent for watercolors. The sessions will take place from 1:00 to 3:00 pm on Tuesdays. Some weeks Judith will lead the session; in others participants will work on a related project on their own.

### 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. If you schedule ahead of time, lessons will be arranged--it's not Microsoft Mah Jongg!

## 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; RG Cribbet Recreation Center**

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

Cost: \$5 per class

**Mexican Train Dominoes****1pm; first floor of MariElders**

Dominoes is a great way to keep your math skills sharp and to

**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. If you're planning on playing this week, please contact Helen Whitling at (513) 646-3349.

## Wednesdays cont.

**Movies at MariElders****1pm, first floor of MariElders****March 5: Castaway**

143 minutes

Chuck Noland is isolated on a remote island after he is the sole survivor from a tragic plane crash. As he struggles to survive, he finds that his own personal journey has only just begun.

**March 12: Waking Ned Devine**

91 minutes

When Ned Devine dies from shock after winning the lottery, two longtime friends discover his body and agree Ned would want them to benefit from his good luck. They embark upon an outrageous scheme to claim the ticket -- but first they have to get all the townsfolk to go along with their plan.

**March 19: Brooklyn**

111 minutes

An Irish immigrant lands in 1950s Brooklyn, where she quickly falls into a romance with a local. When her past catches up with her, however, she must choose between two countries and the lives that exist within.

**March 26: Field of Dreams**

106 minutes

An Iowa farmer is inspired by a voice he can't ignore to pursue a dream he can hardly believe. Supported by his wife, Annie, Ray begins the quest by turning his ordinary cornfield into a place where dreams can come true.

## Thursdays

**Bingo****10am; first floor of MariElders**

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

**Chair Yoga with Helene****12pm; Fairfax Rec Center**

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!

**Murder Mystery TV Series****1:30 pm; first floor of MariElders****Melissa M. Bales****Providing Insurance Products for Seniors****513-733-9090 (office)****513-733-0130 (fax)****email: melissa@balesins.com**

## 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.



Danny's 7510  
Bridge scorecard

**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 have time to finalize our reservations and plan 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.*

**March 7:** Ferrari's Little Italy**March 14:** Alley Baby\***March 21:** Sam Adams Tap Room\***March 28:** Chef's Cafe

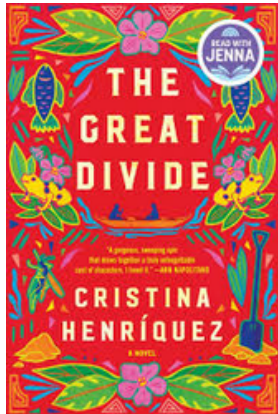
\*These lunches are connected to an offsite outing. All members are welcome to join us for lunch, but if you are not attending the outing, please coordinate your own transportation to the restaurant.

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

Tuesday, March 4

### Book Club

**10:30 am; first floor of MariElders**



Mariemont Library's own Mandi Beecroft leads a fascinating discussion of *The Great Divide* by Cristina Henríquez.

### Mobile Mammography

**12:30 - 3:00 pm; MariElders**

The UC Health Mobile Mammography unit will be at MariElders. Call 513-584-7465 for an appointment.

Thursday, March 6

### Tech Talks: Security & Pfishing

**9:00 am; first floor of MariElders**

Learn how to distinguish between legitimate iPhone updates and alerts versus pfishing attempts.

Thursday, March 6

### Discussion: Advanced Care Planning

**1:00 pm; first floor of MariElders**

Join Queen City Hospice's Jill Grissom to learn about making advanced care plans, DNRs and living wills. Mariemont Fire will also provide Vials of Life. RSVP by March 3.

Wednesday, March 12

### Snacks & a Speaker w/Diane Shields

**11:30 am; first floor of MariElders**

Ole Blue Eyes Frank Sinatra is the topic this month! Learn about his eclectic life and listen to his iconic music. Cost: \$10.

Friday, March 14

### Members' Meeting

**10:30 am; Fairfax Rec Center**

Join us to learn about upcoming events and provide your input on the latest news and plans for MariElders.

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

Friday, March 14

### **Dinner at Alley Baby & Fowling Warehouse Outing**

**4:00 pm; Fairfax Rec Center**

We will be enjoying an early dinner at Alley Baby in Norwood, followed by a game or two of fowling at the Fowling Warehouse. The van will leave MariElders at 3:45 PM and we should be back before 8:30.

Cost: \$15 + dinner + transportation

Monday, March 17

### **St. Patrick's Day Themed Day**

**9:00 AM - 4:00 PM; MariElders**

Enjoy a full slate of St. Patrick's Day themed events, including:

10:00 am: Shamrock Scrabble

11:00 am: Balance & Blarney Stones

1:00 pm: Leprecchaunasta

Special snacks will be served, including Bailey's Irish Creme coffee in the morning and Irish potato bites and green beer in the afternoon.

Tuesday, March 25

### **Lunch at Dutch's & Cincinnati Observatory Tour**

**12:30 pm; leaving ME at 12:15pm**

Join us for lunch at Dutch's followed by a tour at the Cincinnati Observatory.

Cost: \$5 for tour + lunch + transportation.

Tuesday, March 18

### **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. Sign up if you can help!

Thursday, March 20

### **Armchair Travel: Japan**

**11:00 am; leaving ME at 12:30 pm**

We will be doing some "Travel Tales" activities here to learn more about the Japan's history and culture, then enjoying lunch at Kawa Revolving Sushi in Hyde Park. RSVP by 3/18.

Cost: transportation + lunch.

Friday, March 21

### **Samuel Adams Tap Room Tour & Lunch**

**1:00 pm; leaving ME at 12:30pm**

Join us for lunch followed by a "Tour & a Pint" in the Samuel Adams Tap Room. RSVP by 3/14.

Cost: \$10 + lunch + transportation.



## 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](http://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](http://www.energyhelp.ohio.gov).

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