

NOVEMBER 2024



# The MariElders

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



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

## *From the Director's Desk*

As we gather this Thanksgiving, it's a great time to express what we need from our loved ones. Open communication can enhance our holiday experience. Have heartfelt conversations about how you can support each other. Share your feelings—whether you need more autonomy, emotional check-ins, or quality time. This not only strengthens relationships but also helps everyone feel appreciated.

Thanksgiving is about gratitude and connection. By sharing your needs, you allow loved ones to show their care in meaningful ways. Let's embrace vulnerability and empathy, creating a warm environment where everyone feels valued. Wishing you a Thanksgiving filled with love and cherished moments!

## Welcome to MariElders

In October, MariElders welcomed two new staff members! Lynn Beirl is our new Activity Coordinator and you'll see her influence in our calendar this month! Sharon Boyles is our Transportation Coordinator on Tuesdays and Thursdays. She is also a writer, so while her primary responsibilities are in the transportation sphere, you'll also notice her expertise in our upcoming writings.

## Board Member Spotlight




**Alissa Gormley, MA, CCC-SLP**, is a certified speech-language pathologist formerly with Genesis Rehab Services and serves on the board for Voices for Parkinson's. Currently, she is a senior advisor and account executive at Senior Care Partners. Alissa's passion for supporting older adults grew after her presentation at the Center, where she connected with members and learned about MariElders' mission. She is excited about the center's future, emphasizing community engagement, intergenerational connections, and local partnerships to enhance its offerings. Alissa believes these efforts will ensure MariElders thrives, benefiting more individuals. For questions or notes of welcome, email her at [a.gormley@myseniorcarepartners.com](mailto:a.gormley@myseniorcarepartners.com)

## End of Year Giving to MariElders

Support MariElders with a donation of Stock in Kind and receive double benefit! Donate your stock to MariElders, and you can take the tax deduction for current fair-market value without paying capital gains.

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# Happy November Birthday



Darlene Haines	Nov 2
Dianne Kruetzkamp	Nov 2
Barbara Smith	Nov 3
Christine Naberhaus	Nov 7
John Adams	Nov 7
Erin Rothfuss	Nov 8
Barbara Nash	Nov 9
Janis Mackey	Nov 12
Dee Crabb	Nov 18
Hallie Higgins	Nov 18
Pat Auer	Nov 19
Mary McMannes	Nov 21
Marilyn Mendez	Nov 22
Robert Lowery	Nov 22
Barbara Keifer	Nov 23
Judy Shoop	Nov 23
Kathy Chapman-Dick	Nov 25
Kenneth Heiner	Nov 27

## Call for Members' Council

All members are encouraged to join our members' council! This year, we will be electing a new recording secretary and historian. If you are interested in serving either of these pivotal roles, please come to November's meeting.

## 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.

## Celebrate 47 Years of MariElders on November 4!

Join us at MariElders as we commemorate our 47th anniversary with a "Thanks for the memories" celebration! From 9:30 to 4:00, we'll take a nostalgic journey through the decades, starting with the vibrant 1970's and continuing through the 2020's. Enjoy a day filled with music, games and cool outfits. Whether you are a member, supporter, or new to the community, we invite you to stop by for all or part of the festivities.

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Alissa Gormley

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## 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. *No Scrabble Nov 4th.*



### 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 Nov 4th*

### 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 Nov 4th*

## 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.



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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 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

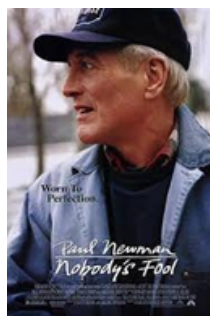
### Mexican Train Dominoes

**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.

### Movies at MariElders

**1pm, lower level of the MariElders**

November 6: ***Marley and Me***  
115 min.

A family learns important life lessons from their adorable, but naughty and neurotic dog. Starring Owen Wilson and Jennifer Aniston

November 13: ***Nobody's Fool***  
110 minutes

A stubborn man past his prime reflects on his life of strict independence and seeks more from himself. Starring Paul Newman, Bruce Willis and Jessica Tandy.

November 20: ***Miss Pettigrew Lives for a Day***  
92 minutes

It's 1939 and governess Guinevere Pettigrew finds herself out of work and on the bread line. Middle aged and running out of options, Miss Pettigrew takes an uncharacteristic gamble when, after being refused work at an employment agency, she pinches the details of a juicy assignment and pursues the job herself. Starring Frances McDormand and Lee Pace

November 27: ***The Blind Side***

129 minutes A dramatized version of the true story of NFL player Michael Oher, who overcame an impoverished upbringing to play football professionally. Starring Sandra Bullock.

## 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.

## Thursdays

### Bingo

#### 10am; first floor of MariElders

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

*No Bingo Nov 21, 28*

### Chair Yoga with Helene

#### 12pm; lower level of MariElders

Cost: \$5 per class  
*No yoga Nov 21,28*



### Murder Mystery TV Series:

#### 1:30 pm; lower level of MariElders

*No murder mysteries Nov 21 and Nov 28*

## 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. *No bridge Nov 29*

### 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. *No bridge Nov 29*

### 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.*

November 1: With Jungle Jims Tour  
November 8: With the Holiday Market  
November 15: Amador Cuban  
November 22: The Turf Club

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

Friday, Nov 1

### Tour and Tasting of Jungle Jims International Market

**10:00 am Departing MariElders at**

Join us as we tour one of the unique markets in Cincinnati. We'll tour Jungle Jim's Eastgate and enjoy 11 tastings while exploring the international delights! There are more than 180,000 products from which to choose. Cost \$7

Monday, Nov 4

### MariElders Anniversary

**9:30-4:00 pm MariElders**

Join MariElders for an open house. We'll celebrate each decade that the MariElders has been operating! If you'd like, you can dress for each decade. This is a perfect opportunity to invite friends to see what MariElders is all about! Sharon will be the '70s, Lynn will be the '80s, Erin will be the '90s

Tuesday, Nov 5

### Book Club

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

The Secret Book of Flora Lea by Patti Callahan Henry is set in war-torn London of 1939. Fourteen year old Hazel and 5 year old Flora Lee

### Book Club cont.

are evacuated from their home to a rural village. Twenty years later, Hazel's life is turned upside down by a new book that could hold the secrets to Flora's disappearance.

Friday, Nov 8

### 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.

Friday, Nov 8

### Cincinnati Holiday Market

**12:45 pm Sharonville Convention Center Leaving MariElders at noon.**

Bring your walking shoes as we tour the Sharonville Convention Center and the 100's of vendors who have crafts, gifts, and a myriad of treats for sale.

Limit 8 **Cost \$18; Lunch on your own**

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

Tuesday, Nov 12

### 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 let us know

Tuesday, Nov 12

### Lunch and Learn: Stepping Safely with Mariemont Care Center

**11:00 am; First Floor of MariElders**

Mariemont Care Center's Director of Therapy, Lora Weimer will discuss strategies for staying on your feet and how to stay safer if you do fall. We'll also enjoy a boxed lunch while learning!

Wednesday, Nov 13

### Snacks and a Speaker: Diane Shields presents Edmund Fitzgerald

**11:30 am; First Floor of MariElders**

Diane Shields, local historian and University of Cincinnati presenter tells the story of the tussle between Lake Superior and the ill-fated Edmund Fitzgerald. Cost \$10

Tuesday, Nov 19

### Sustainably Speaking: Elise Roalef

**11:00 am; First Floor of MariElders**

Learn about how to live more sustainably with Hamilton County R3source Outreach Specialist Elise Roalef. Learn about recycling, composting and how to lessen our impact on the environment. Cost: \$5



Thursday, Nov 21



### Friendsgiving

**Noon; Fairfax Recreation Center**

(5903 Hawthorne Ave., Fairfax, OH)

Join friends for turkey breast, mashed potatoes and a delightful salad. Sign-up for potluck dishes and desserts will be at the front desk. Cost: \$10

Monday, Nov 25

### Escape Room at the Banks

**11:15 am; Departing MariElders at 10:45 am**

Team up with fellow MariElders to escape Special Ops and enjoy lunch at the Banks after your escape! Cost \$47



# Holiday Workshop with Mariemont Kindergarten



We're excited to announce the Holiday Workshop is back! This is a wonderful opportunity for Kindergartners to choose special gifts for their families this holiday season. We invite you to contribute regift or purchase new items. Please talk with Janet K, Giselle W or Pat A for more details. Ideas include: candles, nail polish, mugs, puzzles, card games. Sometimes it is easier to contribute, so if you prefer, monetary donations are also welcome! A dedicated group of volunteers will use the funds to purchase needed items.



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## 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).