

JANUARY 2025



# The MariElders

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



## MariElders Board Members

Jed O'Connell, President  
Sally Coffman, Vice President  
Diane Sabo, Secretary  
Alica Stock, Treasurer  
Ed Berkich  
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*

As winter settles in and we welcome the new year, it's the perfect time to reflect on the season of renewal and the opportunities ahead. This winter, we embrace the beauty of nature while keeping sustainability at the forefront. As temperatures drop, there are many simple and effective ways to save on energy costs while reducing our environmental impact.

Consider sealing drafts around windows and doors, hanging heavy weight curtains, and lowering your thermostat when possible. Layering up in warm clothes and using space heaters strategically can also help reduce heating costs. By making small changes like these, you can save money while reducing your carbon footprint.

Together, we can create a more sustainable future, one step at a time. Here's to a cozy, winter and a sustainable year ahead!



# Board Member Spotlight



## Meet...Kelley Fondelier-Meyer

New Board member Kelley Fondelier-Meyer moved to Cincinnati in 2020 as part of her work with ClarkDietrich Building Systems. Shortly after her move, she met her husband, Charles, and they now live in Mariemont with their cat, Sylvester, and their dog, Columbo. If you see Kelley walking Columbo along Wooster Pike, be sure to honk or wave hello!

Kelley's background and experience in sales give her experience in working with all types of people from all different backgrounds, locations, and lifestyles. In the course of her work, she has also learned project management skills, as well as management across executive levels & generations. Participation in a cohort offered by the Leadership Council for Nonprofits taught her about the governance and passions that come into play in the nonprofit world.

"I feel so fortunate to have moved to Mariemont and to be close to a nonprofit that is offering so much to the area," she says. "I want to learn from the board, offer my perspective when appropriate and build relationships with the members." She is also looking forward to learning more about the community, the members, the history, and helping shape new ideas with the other board members.


## Thank you for your service, Suzanne

Board Member Suzanne Bischoff is a Mariemont native who started coming to MariElders with her mother, who was one of our very first members. The rest is history! Suzanne became a Board member in 2015 and also served as Board president.

After nearly ten years, she has decided to step down. "I've enjoyed my time on the Board," she says. "I made the decision earlier this year to retire because I have five grandchildren, and I want to spend more time with them." She notes that the current Board brings a lot of promise, energy, and fresh ideas to the Center.





One of her favorite things about being on the Board was being able to help during the pandemic. "I was inspired by the things we did for the membership during that time, when everyone was scared and locked in. We all stepped up to make sure no one was left out and we took care of everybody." She adds that she has always enjoyed being with our members and hearing their stories and their experiences. "It's always been a very fulfilling volunteer endeavor."

We wish Suzanne well in her new endeavors!



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Christina Smith	Jan 02
Marcia Dempsey	Jan 03
Steve Wilson	Jan 03
Connie Gerwe	Jan 04
Barbara McMahon	Jan 04
Joan Parkinson	Jan 05
Francine Plumb	Jan 06
Betsy Krum	Jan 07
Patricia Baker	Jan 08
Joyce Beck	Jan 10
Pam Stevens	Jan 15
Jerry Powell	Jan 15
Barbara Anderson	Jan 17
Marianne Gay	Jan 18
Deborah van Hise	Jan 19
Mark Amann	Jan 20
Ingrid Wuest	Jan 20
Nancy Aubke	Jan 24
Alice Corbin	Jan 25
Carol Rope	Jan 27
Elaine Annan	Jan 28
Ruth Varner	Jan 28
Suzette Nowlin	Jan 29
Alan Miles	Jan 31

## MariElders Fees

### 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.

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## Mondays

### Scrabble and Board Games

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

The Scrabble players are looking for a couple more wordsmith for their friendly game. They help each other out--and even will tell you how to score extra points! All skill levels are welcome. *No Scrabble Jan 20.*

### 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

*No Balance and Strength Jan 20.*

### 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 Jan 20.*

### 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 Jan 20.*

## 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  
*No Chair Yoga Jan 28.*

### 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. *No Art Club Jan 28.*

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.

*No Mah Jongg Jan 28.*



Melissa M. Bales

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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!

*No Volleyball Jan 1.*

### Balance and Strength with Diane

**11:30am; lower level of MariElders**

Cost: \$5 per class *No Balance and Strength Jan 1.*

### Mexican Train Dominoes

**1pm; first floor of MariElders**

*No Dominoes Jan 1.*

### 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.*

*No Hand and Foot Jan 1.*

## Wednesdays cont.

### Movies at MariElders

**1pm, lower level of MariElders**

**January 1:** *No movie due to the New Year's holiday.*

### January 8: *Defending Your Life*

111 minutes

After he dies suddenly, a hapless advertising executive finds himself in Judgment City, a gleaming way station where the newly deceased must prove they lived a life of sufficient courage to advance in their journey through the universe.

### January 15: *Selma*

128 minutes

Dr. Martin Luther King, Jr.'s historical struggle to secure voting rights for all people. A dangerous and terrifying campaign that culminated with an epic march from Selma to Montgomery, Alabama in 1964.

### January 22: *Somewhere In Time*

104 minutes

A young writer sacrifices his life in the present to find happiness in the past, where true love awaits him.

### January 29: *Tuesdays with Morrie*

89 minutes

This made-for-TV movie tells the story of an old man, professor of sociology, Morrie Schwartz, who is dying from ALS and tells a former student about dying, living and what's important in life.



## Thursdays

### Bingo

**10am; first floor of MariElders**

Led by Kent State Broadcasting Major Linda Swensson!

Remember to bring your quarters!

### Chair Yoga with Helene

**12pm; lower level of MariElders**

Cost: \$5 per class

### Murder Mystery TV Series:

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



## Fridays

### Squid Games Discussion Forum

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

**\*New Activity:** Come to the pilot sessions where we will discuss the next episode of Season 2 of the popular **Squid Games** Netflix series-- a South Korean survival thriller horror television show. *No Squid Games Discussion on Jan 10*

## 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 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.*

**January 3:** Hawkers Alley

**January 10:** Snow's Lakeside Tavern\*

**January 17:** Wooden Barrel

**January 24:** Soco's Mexican Restaurant

**January 31:** PF Chang's

\*This lunch is connected to an offsite outing. All members are welcome to join us for lunch, but if you are not attending the outing, you will need to provide your own transportation to and from the restaurant.

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

## Tuesday, January 7

### Book Club

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

**The Measure** is a science fiction novel where every adult on Earth suddenly receives a box containing a string that represents the exact length of their life, forcing individuals to confront the knowledge of their mortality and how it impacts their relationships, choices, and societal standing, as the story follows multiple characters navigating this new reality with varying string lengths.

## Wednesday, January 8

### Snacks & a Speaker w/Diane Shields

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

This month's topic will be "France-getting rid of its kings!"

Cost: \$10



## Friday, January 10

### 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, January 10

### Lunch Out & Wine Tasting

**12:00 pm; Snow's Lakeside Tavern**

**1:30 pm; Vinoklet Winery**

We will be leaving MariElders at 11:30 am. Sign up by January 7th. Cost: \$5; lunch on your own.

## Tuesday, January 14

### 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!



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

### Thursday, January 16

#### Armchair Travels & Lunch

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

**1:00 pm: Tortilleria Garcia**

**\*NEW ACTIVITY** Interact with speakers from around the world and/or join as we participate in traditional experiences and cuisines. Starting with Spain, the January event includes a speaker directly from Spain and lunch out at local Spanish restaurant Tortilleria Garcia. RSVP for lunch by Monday, **January 13**. Cost: Lunch on your own.

### Tuesday, January 21

#### Tech Talks

**This month's focus:**

**iPhone Messages & GroupMe**

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

**\*NEW ACTIVITY:** This new monthly activity will feature a different topic each session. Lynn will utilize her 25+ years of experience in the IT field to share some tips and tricks for tools you already use, or help familiarize you with apps you may be interested in using but don't know how! Feel free to come with specific questions, or just to learn more about the app!

### Thursday, January 23

#### Queen City Underground Legacy Tour & Lunch

**11:00 am; leaving ME at 9:30 am**

Join us on an unforgettable journey through Cincinnati's vibrant history under the streets of Over-the-Rhine! Explore the hub that during Prohibition, "secretly" housed over 130 saloons, bars, and lush beer gardens!

**\*IMPORTANT:** This one-mile walk includes steep stairs and is not wheelchair or walker accessible. Sign up by Friday, 01/17. Cost is \$39/person for a minimum of 10 people.



### Tuesday, January 28

#### MariElders Open House

**12:00 - 3:00pm**

Join us in welcoming new members and celebrating with the community as we kick off the new year! We will be serving hors d'oeuvres and fruit punch and sharing our plans for 2025.



## MariElders Blog

Be sure to check out the new blog on the MariElders website!

The blog will have posts about all kinds of 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. If you'd be interested in writing a post, please reach out to Sharon at [transportation@marielders.org](mailto:transportation@marielders.org). We'd love to have you write for us!



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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).