

January & February 2019

# THE HELM LIFE JOURNAL

**SERVICES FOR OLDER  
CITIZENS IS NOW  
THE HELM AT THE BOLL  
LIFE CENTER**

Read all about our new  
name and renewed  
mission!

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**JOIN US FOR AN  
OPEN HOUSE**

You are invited to see  
what's new at The Helm!

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LIFE'S A JOURNEY.  
FIND YOUR WAY HERE.

Serving seniors in the Grosse Pointes & Harper Woods as  
Services for Older Citizens (SOC) since 1978

158 RIDGE ROAD, GROSSE POINTE FARMS, MI 48236

PHONE:

313-882-9600

EMAIL:

info@helmlife.org

ONLINE:

HEMLIFE.ORG

## WHO CAN I TRUST? WHERE DO I CALL?

### Our Staff Directory

#### EXECUTIVE DIRECTOR

Peggy Hayes  
313-649-2101  
phayes@helmlife.org

#### DIRECTOR OF FINANCE

Lynda Altovilla  
313-649-2102  
laltovilla@helmlife.org

#### DEVELOPMENT MANAGER

Peter Poulos  
313-649-2104  
ppoulos@helmlife.org

#### COMMUNICATIONS COORDINATOR

Karen Fontanive  
313-649-2131  
kfontanive@helmlife.org

#### INFORMATION & ASSISTANCE

Chris Brown  
313-649-2108  
cbrown@helmlife.org

Renee Troscinski  
313-649-2110  
rtroscinski@helmlife.org

#### CASE COORDINATION

Nina Mondalek  
313-649-2106  
nmondalek@helmlife.org

#### EDUCATION & ENRICHMENT

Susan Kopf  
313-649-2109  
skopf@helmlife.org

#### MEALS ON WHEELS

Shirley Snow  
313-649-2124

#### VOLUNTEER OPPORTUNITIES

Heidi Uhlig-Johnstone  
313-649-2107  
huhlig@helmlife.org

#### PAATS BUS TRANSPORTATION

Lori Jones  
313-343-2580  
Call between 7:30 a.m. and 2:00 p.m.

#### FREE NOTARY PUBLIC SERVICE:

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# THE HELM LIFE JOURNAL

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*From the Executive Director*

## *Services for Older Citizens is now The Helm!*



**THE  
HELM**  
AT THE BOLL LIFE CENTER

---

*Formerly known as*

---

**SC** Services For  
Older Citizens

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**T**his truly is an exciting time in the lifecycle of SOC! We began as an organization 40 years ago with the idea that SOC would be a one-stop shop providing a range of services for seniors in the Grosse Pointes and Harper Woods. While that mission has not gone away, it has expanded and changed over the years with new services and programs aimed at the changing senior population in our community. Even our first name, “Seniors Onward for Change,” reflected the belief that change is inevitable and good for organizations and individuals.

Officially, on October 17, at a community open house, we became **The Helm at the Boll Life Center!** Our new tagline is “Life’s a journey. Find your way here.”

So, why make a change? The simple answer is that Americans are living longer than ever before and their needs and interests are changing. And so are ours. To reflect that change, we announced a new name, updated logo, an improved website and a new mission statement to better reflect those needs and interests and to convey how we are leading the way for older adults to grow up and grow older in the community they love.

This change was not made for the sake of making a change. Rather, months and months of thought and work went into developing a new three-year Strategic Plan for our future as well as the creation of our new name and logo. We interviewed our stakeholders and asked hard questions of ourselves. The research boiled down to a one-word focus: **Meaningful.** Everyone, of every age, wants to live a meaningful life. And we summarized our organization as **authentic, caring and accessible.**

As we pondered a new name to reflect those concepts, we looked for a name and direction that





would **connote leadership, control and movement**. We sought a name that would be simple, easily understood, multidimensional and “fits” the community.

Our new logo and materials convey a sense of optimism and positivity, which more closely portrays our new mission statement: **“Our purpose is to inspire and enable residents of the Grosse Pointes and Harper Woods to enjoy the gift of longevity, living healthier and meaningful lives, as they age.”**

*“I can’t change the direction of the wind, but I can adjust my sails to always reach my destination.”*

Jimmy Dean

Finally, we wanted to honor the Boll family for their support of our organization over the years. It was their lead gift to our capital campaign that led the way to renovating the beautiful building that houses our offices, hence the “Boll Life Center” in our new name!

Simply put, we adjusted our sails to take this organization to new and greater destinations! The helm is the “steering wheel” of a boat and to us was symbolic of our program participants taking charge of their lives and living their lives to the fullest. Similarly, our team works to take the lead in the community as a trusted source of referrals and resources for seniors and their caregivers.

However, these changes are more than just a new name. We will continue to offer the great programs that so many in our community have come to enjoy and depend upon such as Meals on Wheels, PAATS transportation, Medicare counseling, income tax preparation, health and wellness programs, home safety inspections, life-long learning programs and so much more. In addition, as part of our Strategic Plan, we are also looking at new programs and services that will further assist our community in becoming a great place in which to grow up and grow older! Watch our website and future issues of *The Helm Life Journal* for information about new classes and programs we will be offering.

You can learn more at our new website which can be found at [www.HelmLife.org](http://www.HelmLife.org). Click on the “About” button and watch the video on what The Helm is all about. And be sure to check out our newly refreshed Facebook page as well; find that at [Facebook.com/TheHelmLifeCenter](https://Facebook.com/TheHelmLifeCenter).

None of these changes or our Strategic Plan could have happened without a generous grant from the **Matilda R. Wilson Fund**. We are most grateful for their continued support as we reimagine and reinvent The Helm!

If you haven’t been here in a while, we invite you back to see what’s new! And, if you’re a regular... welcome home to The Helm!

**Peggy Hayes,**  
Executive Director

# *It Was a Fairy-Tale Night!*

## *Recounting SOC's 22nd Annual Gala Auction*

Once upon a time, more than 220 people gathered at the Grosse Pointe War Memorial for Service for Older Citizen's (now The Helm at the Boll Life Center) 22nd Annual Gala Auction for a magical evening of excitement and celebration.

Guests were greeted at the portico by a horse-drawn carriage, a liveried coachman and Cinderella and Prince Charming. The fairy-tale theme continued inside with the Mad Hatter's Tea Party, the Queen of Hearts, the rabbit and Alice; Beauty and the Beast and other characters from a variety of fanciful stories. The ballroom was transformed into an Enchanted Forest of beautiful arrangements created by Karen Watson, Tracy Blatt, Mary Ann Bury, Tish Collet, and Kathy Quilter.

Once inside, a fabulous array of hors d'oeuvres, a delicious dinner, wines donated by Bill Matouk of Woods Wholesale Wine, a piano serenade by Alice Laitner, along with a silent and live auction had guests partying into the night.

*The tremendous success of this evening is crucial to raising the \$1.2 million necessary to provide a wide range of vital services to seniors and their caregivers in the Grosse Pointes and Harper Woods.*

During the evening, honorary chairpersons Marlene and John Boll were presented with the 2018 Services for Older Citizens Community Service Award in honor of everything they have done for our organization and the community at large. Our Auction Chairperson and Master of Ceremonies, Ed Russell, presented the award to the Bolls.

In the live auction, our auctioneer successfully sold a range of wonderful items including a Yacht Cruise and Dinner at Mike's on the Water (donated by Mike's and the Raders); A Day with Artist Dominic Pangborn (donated

by Dominic Pangborn); a 7-day stay at a 500-year-old apartment in Umbria, Italy (donated by Nancy and Richard Solak); a ride on the mail boat to deliver mail to the freighters (donated by J.W. Wescott); stunning Diamond Hoop earrings (donated by Edmond T. AHEE Jewelers); a 5-star private dinner party for 10 prepared in the bidder's home by award-winning chef Robert Nahra (donated by the chef); a 7-day stay in a luxurious Paris apartment in the Ile Saint Louis (donated by Ann and Jim Nicholson); a Christmas Light tour with holiday libations (donated by the K-Line Trolley and our own chef Brian Brenner); a custom "Old Master's style Oil Painting" by Sayles (donated by the artist); and private party visit with Santa and Christmas Carol.

A beautiful ring compliments of LaLonde Jewelers was auctioned during a special jewelry raffle held throughout the evening. Many other donors provided items for the silent auction including sports tickets, beauty packages, dinners at local restaurants, trips and experiences, and oh so much more!

Guests were treated to the "world premier" of our new video just before a special fundraising paddle call which raised tens of thousands of dollars to support our Meals on Wheels program.

The tremendous success of this evening is crucial to raising the \$1.2 million necessary to provide a wide range of vital services to seniors and their caregivers in the Grosse Pointes and Harper Woods. We literally couldn't do what we do for seniors without the support of this community. A special thanks to all of this year's Gala supporters!





## 2018 Auction Gala Supporters

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Nancy and Mark Wollenweber  
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### FLORAL DECORATIONS

Artfully created by Karen Watson and  
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Mary Ann Bury  
Tish Colett  
Kathy Quilter

### MEDIA SPONSORS

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Generously donated by Grosse Pointe  
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### PHOTOGRAPHY

Expertly provided by Karen Pope  
and LM Campbell Photography

### WINE FOR DINNER

Jackson Family Wines,  
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January & February 2019

# See What's Happening at The Helm

**We're your go-to resource for every older adult in the Grosse Pointes & Harper Woods.**

Everyone has different needs, interests and activity levels. And here's the good news: we have something for everyone! Learn about classes, programs and services here. The following event and activity listings will keep you up to date on what's happening, now and in the future.

## LEARN & GROW PG. 10-11



*Want to learn a new skill?  
Expand your knowledge with us.*

## FUN & FRIENDSHIP PG. 12-13



*From crafts to laughs, a great way  
to meet and make friends. Plus,  
gourmet lunches, daily!*

## HEALTH & WELLBEING PG. 14-16



*Work out with us or learn how to  
stay healthy and safe.*

## SERVICES & SUPPORT PG. 16



*Connect with the important resources  
needed to live independently*



### INCLEMENT WEATHER POLICY

When the Grosse Pointe Public Schools are closed due to inclement weather, The Helm office is also closed, PAATS buses do not run, and there will be no Meals on Wheels delivery.



### REMINDER: THE HELM WINTER HOLIDAY HOURS 2018-19

The Helm's Holiday hours are:

| **December 24-25, 2018, Closed**

| **December 26-28, 2018,**  
Open 9:00 a.m. to 1:00 p.m.  
**Lunch will be served.**

| **PAATS buses will run as usual  
on December 26, 27, and 28.**

| **December 31, 2018, Closed**

| **Tuesday, January 1, 2019, Closed**



### RESERVATIONS REQUIRED

Call (313) 882-9600 to reserve your spot for all activities. If there is a charge, your registration will not be complete without payment.



### REFUND POLICY

If The Helm cancels an activity or event, you will be reimbursed in full. If you cancel your registration prior to the start date (excluding trips), you will be given a Helm gift certificate as your refund. No refunds can be made after the start date of an activity or event.

## Classes & Presentations

### CONVERSATIONAL FRENCH

**Fridays, January 11 – February 22, 12:00 – 3:00 p.m.**

**Instructor:** Dr. Dib Saab

**Location:** The Helm

Wayne County Community College

Continuing Education Class

*No Charge – reservations needed*

*Maximum of 20*

This course will provide participants with the ability to recognize and respond appropriately to basic questions, read, interpret authentic selections and read aloud familiar passages using acceptable pronunciation.

### ELDER LAW – ESSENTIAL LEGAL PLANNING

**Tuesday, January 15, 1:00 – 2:00 p.m.**

**Facilitator:** Katy Graham, from Elder Law and Advocacy Center, Neighborhood Legal Services Michigan\*

*No Charge – reservations needed*

Join us for a legal presentation that will include discussion of powers of attorney, guardianship, conservatorship, deeds, wills, trusts, nursing homes, assisted living, senior housing, Medicaid and Medicare. Individual consultations will be available directly following the presentation. You must attend the general presentation prior to your private consultation. You can make an appointment for the individual consultation when you call to register.

*\*Neighborhood Legal Services Michigan provides services for Wayne County residents, 60 years and older, and for caregivers, including kinship caregivers, who are caring for friends or relatives.*

### BALLROOM DANCING – NEW INSTRUCTOR

**Tuesdays & Thursdays, January 15 – February 26, 6:00 – 7:00 p.m.**

**Instructor:** Andreas Browne, Fred Astaire Studio

**Location:** The Helm

Wayne County Community College Continuing Education Class

*No Charge – reservations needed*

*Maximum of 20 participants*

This class is for beginner/basic level social dancers who want to dance comfortably to a variety of music parties, weddings, cruises and dance events. You will learn basic Ballroom and Rhythm patters in Waltz, Foxtrot, Tango, Rumba, Cha-Cha, East Coast Swing and some club style dances. Please bring a partner.

### FOR THE LOVE OF MUSIC - HISTORY OF THE ORCHESTRA

**Mondays, January 28 – February 25, 1:30 – 2:30 p.m.**

**Instructor:** Jean Curtis Demeulemeester

*\$16 – Registrations Required*

*Maximum of 12*

For all lovers of the symphony, spend your Monday afternoons at The Helm. In this class you will learn how the orchestra (different instruments) is placed and the different instrument families and their sounds, which include percussion, string, reed and brass.



### TECHNOLOGY INSTRUCTION

**One-on-One Technology Instructions**

**Every Friday, 12:00 - 4:00 p.m.**

*No Charge – reservations needed*

Need help with your smart phone, iPad, tablet, or e-reader? Want to learn how to browse the Internet, send emails, or set up a Facebook page? Would you like to learn how to use Microsoft Word and Excel? If so, this is the place for you!

## Creative Workshops & Crafts:

### CHORAL/SIGHT SINGING CLASS

**Tuesdays: January 15 – February 5, 2:30 – 3:30 p.m.**

**Vocal Instructor:** Carol Ambrogio Wood, Soprano

*Cost: \$40 – registration required*

*Maximum of 15 participants*

Do you love to sing in a choir? The Helm will continue to offer our choral/part singing and sight singing class in January. The class will include: music note reading, rhythm, sight-singing techniques, as well as how to “hold your part” in the group. Please bring a three-ring binder, pencils and/or pens, and a water bottle. Course materials will be provided each week.





## ESSENTIALS OF SINGING: VOCAL SINGING TECHNIQUE CLASS 1

**Wednesdays, January 16 - February 6, 2:45 – 3:45 p.m.**  
**Vocal Instructor:** Carol Ambrogio Wood, Soprano

**Cost:** \$40 – registration required

**Maximum of 15 participants**

Do you love to sing? This four-week class will include the basics about your voice and how we use our bodies as our singing instrument. We will cover in five classes: Posture and breath, vocal health, effective warm-up, song learning, and vocal range(s). We will perform in small groups throughout the process. Please bring a three-ring binder, pencils and/or pens, and a water bottle. Course materials will be provided each week.

## PLAY FOR FUN - BEGINNING PIANO LESSONS

**Wednesdays, January 23 – March 6, 1:30 – 2:30 p.m.**  
**Instructor:** Evola Music

**\$49 for 10 weeks (plus a \$20 book fee which is payable to the instructor on the first day of class) - registration required**

**Maximum of 12**

Learn to play for the FUN of it - You will learn to play your favorite songs in just a few weeks using a proven method. No experience necessary. Instruments available for rent.

## PLAY FOR FUN - CONTINUATION

**Wednesdays, January 23 – March 6, 3:00 – 4:00 p.m.**  
**Instructor:** Evola Music

**\$49 for 10 weeks (plus a \$20 book fee which is payable to the instructor on the first day of class) - registration required**

**Maximum of 12**

Continue learning to play for the FUN of it. Advance to the next book level and continue your musical journey!

## MEMOIR WRITING CLASS

**Thursdays, February 7 – 28, 1:30 – 3:30 p.m.**  
**Facilitator:** Nancy Solak

**\$20.00 – Registration required**

**Maximum of 8**

In these workshops, you will be given writing prompts to stimulate memories and creativity. There are guidelines by which the workshop is held, including the necessity of complete confidentiality among the participants, only giving

feedback that supports the writer, and understanding that each person has a unique voice. The craft of writing (i.e., grammar, metaphor, simile, alliteration) will only be touched upon.

Nancy Solak, a certified facilitator of the Amherst Writers & Artists method, will be releasing her second travel memoir, *Welcome to Here: A Reluctant Traveler Goes to China*, early in 2019. Visit Nancy's website, A Reluctant Traveler [areluctanttraveler.net](http://areluctanttraveler.net)

## Charity Projects:

### KNITTING FOR CHARITY

**Tuesdays, 1:00 – 3:00 p.m.**

**Facilitator:** Patty Matheson, The Wool and the Floss, Grosse Pointe

**No Charge - reservations needed**

This long-standing Helm group is always looking for more people to knit a wide variety of items to benefit local residents touched by cancer. The need is great for caps for chemo patients, scarves, small lap blankets, shawls and more. Join us in supporting the Henry Ford Hospital - Cottage, Radiation Oncology department and Knit Michigan. Knitters can choose any project they like!



### MOTOR CITY MITTEN MISSION

**Wednesdays, 9:30 – 11:30 a.m.**

**No Charge – reservations needed**

Come and assist this wonderful non-profit organization in creating mats and pillows out of recycled plastic bags. It's easy, fun and you will be helping the homeless as well as the planet. No experience necessary, just a kind heart. We are collecting clean, plastic grocery and shopping bags for this special project. Please drop them off in the container between our two front doors.

### NO-SEW FLEECE BLANKET MAKING

**Wednesdays, 9:30 – 11:30 a.m.**

**Sponsor:** Blanketed with Love

**No Charge - reservations needed**

Come and help us create these easy and fun fleece blankets for people in need.

## Celebrations & Parties:

### JANUARY & FEBRUARY BIRTHDAY CELEBRATIONS!

- | Thursday, January 10, 11:30 – 11:45 a.m.
- | Thursday, February 14, 11:30 – 11:45 a.m.

*No Charge - reservations needed*

Celebrating your birthday in January or February? Let us know and come join us for a celebration of you! Gourmet lunch on the house, birthday cake (with a candle!) and a keepsake photo with your friends at The Helm!



## Games:

### BRAND NEW!!! EUCHRE CLUB

- | Thursdays, beginning January 17, 2:30 – 4:00 p.m.
- | Facilitator: Dave Stander

*No Charge - reservations needed*

Come check out our new Euchre Club that welcomes both experienced players as well as beginners.

### MAH JONGG CLUB

- | Wednesdays, 1:00 - 3:00 p.m.

*No Charge - reservations needed*

If you know how to play the American version of this ancient game, come join the fun!

### BINGO

- | Tuesdays and Thursdays, 10:00 - 11:00 a.m.

*\$2.00 per card - registration required*

Bingo is fun, good exercise for your brain, and a great social gathering. Join us for fun, friendship and prizes!

### PROGRESSIVE RUMMY

- | Every Tuesday, 12:45 - 1:45 p.m.

*No Charge - reservations needed*

Don't know this simple card game? We'd be happy to teach you. It's an extremely popular variation of Rummy.

## TEXAS HOLD'EM POKER

**Poker Lessons + Tournament: Mondays, 10:00 a.m.**  
For more information about the game and fees, contact Harry Burkey, (313) 885-1393

*No Charge - reservations needed*

Learn to play this popular, competitive game where the object is to win everyone else's game chips and then join our weekly tournament. For most of the players, the game is more about the fun and friendship than the competition.



## Entertainment:

### ALICE LAITNER PLAYS THE PIANO FOR YOU!

- | Tuesdays, 11:00 - 11:30 a.m. + 12:15 - 1:00 p.m.

One of our favorite seniors, Alice Laitner, will lull you into a lovely state of mind as she plays the piano just for you in our living room.

## Movies:

### OCEANS 8 – PG13

- | Friday, January 25, 1:00 – 3:00 p.m.
- | Running Time: 110 minutes

*\$2.00 – Registration required*

Debbie Ocean gathers a crew to attempt an impossible heist at New York City's yearly Met Gala

### LEAVE NO TRACE – PG

- | Friday, February 22, 1:00 – 3:00 p.m.
- | Running Time: 110 minutes

*\$2.00 – Registration required*

Will and his teenage daughter have lived off the grid for years in the forests of Portland, Oregon. When their idyllic life is shattered, both are put into social services. After clashing with their new surroundings, Will and Tom set off on a harrowing journey back to their wild homeland.



## Group Fun:

### BRAND NEW!!! THIRD THURSDAY BOOK CLUB

3rd Thursday each month, January – May, 2:00-3:00 p.m.

**Facilitator:** Kathleen Gallagher, Outreach Librarian,  
Grosse Pointe Public Library

*No Charge – reservations needed*

*Maximum participants 15*

Welcome to the new book club at The Helm. We will discuss a variety of fiction, non-fiction, classics, and modern works. Our first meeting, January 17, is our “Getting To Know You” session. Bring your favorite book to share with the group!

- | **January 17 – Bring Your Favorite Book to Share**
- | **February 21 – *August Snow* by Stephen Mack Jones**
- | **March 21 – *Killers of the Flower Moon* by David Gann**
- | **April 18 – *A Gentleman in Moscow* by Amor Towles**
- | **May 16 – *Born a Crime* by Trevor Noah**

### SING-A-ALONG GROUP!

Every Wednesday, 1:30 - 2:30 p.m.

**Choir Director:** Jean Curtis Demeulmeester

*No Charge – reservations needed*

If you like to sing but would love to sing with a group vs. in the shower, please join us for an extremely pleasant afternoon. No experience necessary...just a desire to sing!

### THE CHIT CHAT AND COLOR CLUB

| **Wednesdays, 12:30 – 2:00 p.m.**

*No Charge – reservations needed*

If you would like to relax and socialize at the same time, come and join us for our “Chit Chat and Color Club.” Just like meditation, coloring allows us to switch off our brains from other thoughts and focus on the moment, helping to alleviate anxiety and produce a sense of calm. We supply the coloring books and the colored pencils; you supply the desire to relax and have fun.



## LUNCH

**Cost: \$5.00**

Please make your lunch reservations in advance. Lunch reservations will close at 10:00 a.m. each morning. After 10:00 a.m., extra lunches will be served only if available.

### GOURMET LUNCH AT THE HELM

| **Monday - Friday, 11:30 a.m. – 12:15 p.m.**

Join us for a delicious, freshly-prepared gourmet lunch. Acclaimed local chef Brian Brenner sources the freshest seasonal ingredients to prepare a healthy, hearty, and delicious lunch celebrating cuisines from around the world. Chef Brian was most recently the head chef for the Bayview Yacht Club, and has previously worked at Opus One, Tribute, and the Golden Mushroom. Come for the delicious food and meet some new friends.



## Helm exercise classes

are for people of all ages (60+) and abilities and the atmosphere is fun, welcoming and non-competitive. No need to register...all classes are drop in.

### Pricing

- **\$23 for a 4-class punch card** (\$5.75 per class)
- **\$60 for an 11-class punch card** (\$5.45 per class)
- **\$50 for a VIP card for unlimited monthly classes** (huge savings)
- **\$8 drop-in rate**

### New Participants:

- **Choose to take the first week of all classes free or purchase an 11-class punch card for just \$30 (a \$30 savings).**

## Exercise

### SEATED FULL BODY WORKOUT ROUTINE (ENHANCE FITNESS®)

You don't have to exercise at an intense pace in order to reap all of the benefits of exercise. This evidenced-based exercise program is a fitness program designed for older adults that combines strength training, flexibility and cardiovascular conditioning and includes standing chair support for balance and mobility. EXTRA BONUS! Simple sign language, foreign language and ball exercises to activate your brain cells are also included with your work out!

*Caregivers welcome! First class is Free!!!*

**Tuesdays & Thursdays, 10:30-11:30 a.m.**

**Instructor:** Rosa Hunter

### ACTIVE FIT

Incorporates the three principles of fitness: movement (cardio), muscles (strength) and more (flexibility and balance) for the more active adult.

**Mondays & Wednesdays, 10:15-11:15 a.m.**

**Instructor:** Stacey Panduren

### TAI CHI

Tai Chi is an ancient Chinese discipline designed to enhance body, mind and spirit, and leave you feeling refreshed. You'll gain better muscle tone, improve joint flexibility and increase circulation. Wear comfortable, loose-fitting clothing.

### TAI CHI BEGINNER CLASS

**Thursdays, 9:00-10:00 a.m.**

**Instructor:** Susan Smith

### CONTINUING TAI CHI CLASS

For those with previous Helm Tai Chi experience.

**Tuesdays, 9:00-10:00 a.m.**

**Instructor:** Susan Smith

## YOGA

This hour-long journey will promote strength, endurance, stability, mobility, flexibility and postural challenges by yoking the mind, breath and body. Instructions will be tailored to a person's capability. Please bring a yoga mat.

**Mondays & Wednesdays, 9:00-10:00 a.m.**

**Instructor:** Judy Sarvis

**Fridays, 9:00-10:00 a.m.**

**Instructor:** Jessica Kodanko

## CHAIR YOGA

Chair yoga is a unique yoga style that adapts yoga positions and poses through creative use of a chair. You are able to warm up your body and safely perform yoga poses with more support and stability. Chair yoga is suitable for all fitness levels and physical conditions.

**Mondays & Wednesdays, 10:15-11:15 a.m.**

**Instructor:** Judy Sarvis

**Mondays & Wednesdays, 11:30 a.m.-12:30 p.m.**

**Instructor:** Judy Sarvis

**Fridays, 10:15-11:15 a.m.**

**Instructor:** Jessica Kodanko

## Health & Wellness

### BODY ALIGNMENT 101

**Mondays, January 14 – April 15, 1:00 – 3:00 p.m.**

**Instructor:** Gwendolyn J. Scales, Fitness Instructor and Personal Trainer

**Location:** The Helm

Wayne County Community College Continuing Education Class

*No Charge – reservations needed*

This class will focus on body mechanics and postural alignment. Proper alignment of the body puts less stress on the spine and helps you have good posture. Good posture promotes balance, flexibility and optimal range of motion. Participants should wear loose-fitting clothing, and bring a water bottle, a mat, and a small hand towel. Drop-ins are welcome!

## INDIVIDUAL NUTRITIONAL COUNSELING

**Wednesday, January 23,**

**9:00 a.m. – 12:00 p.m. + 12:30 – 2:00 p.m.**

**Facilitator:** Andrea Hageman, Registered Dietitian, Beaumont Health System

*No Charge – reservations needed*

Do you have questions about your diet or need help following a certain diet? If so, Andrea Hageman, Beaumont registered dietitian will be available for a 30-minute, appointment. She will talk with you one-on-one about your diet questions and can provide you with educational materials. Come discuss topics such as weight loss, diabetes, heart disease, high blood pressure, gastrointestinal issues or other diet-related topics. When making your reservation, please state which particular health topic you would like to discuss.

## KEEPING YOU FIT AT HOME – WINTER SAFETY TIPS

**Thursday, January 24, 1:30 – 2:30 p.m.**

**Facilitator:** Keith Finley, Physical Therapist, Heartland Health Care Center

*No Charge – reservations needed*

We will examine some recommendations for increasing safety/reducing the risk for falls at home and in the community. This will include mobility tips, dressing tips for cold weather, and preventing slips on the ice.

## NEUROBICS FOR THE BRAIN

**Tuesday, February 5, 1:00 – 2:00 p.m.**

**Facilitator:** Kathy Housey, AFAA Certified Group Fitness and Certified Yoga Instructor

**Sponsor:** Heartland Health Care and Rehab Center and Comfort Keepers Home Care

**Location:** The Helm

*No Charge – reservations needed*

Join Kathy for an hour of fun and challenging brain drills with special emphasis on targeting different areas of the brain. A blending of long-term/short-term/episodic/working memory drills will be offered, as well as faster-paced drills working with cognitive processing speed.

## METHODS OF REFLEXOLOGY

**Wednesdays, February 6 – March 13, 1:30 – 3:30 p.m.**

**Instructor:** Willa Carson

**Location:** The Helm

Wayne County Community College Continuing Education Class

*No Charge – reservations needed*

Participants will learn the reflex points and how to use thumb pressure to relieve stress and muscle pain to maintain good health.

## A “HANDS-ON” PRESENTATION: CONQUERING CORTISOL NATURALLY

**Tuesday, February 12, 1:00 – 2:00 p.m.**

**Facilitator:** Kathy Housey, AFAA Certified Group Fitness and Certified Yoga Instructor

**Sponsor:** Heartland Health Care and Rehab Center and Comfort Keepers Home Care

**Location:** The Helm

*No Charge – reservations needed*

Let Kathy guide you through various different techniques as you identify the optimum one for you to reduce cortisol production and reduce stress. Sample methods taught will include progressive muscle relaxation, emotional freedom technique also known as “Tapping,” autogenic desensitization technique and “tense and release” muscle technique.

## WHEN TO BUY ORGANIC: THE PROS AND CONS

**Tuesday, February 19, 12:30 – 1:30 p.m.**

**Facilitator:** Jill Jensen, Clinical Dietician, Beaumont Health System

*No Charge – reservations needed*

This presentation will discuss the pros and cons of buying organic foods, the potential reasons to buy organic foods and what organic products may not be necessary to purchase.

## KEEPING YOU FIT AT HOME – HOW TO PLAN FOR A SAFE RETURN AFTER REHABILITATION

**Thursday, February 28, 1:30 – 2:30 p.m.**

**Facilitator:** Keith Finley, Physical Therapist, Heartland Health Care Center

*No Charge – reservations needed*

Here we will discuss what is necessary to be prepared for returning home safely after a hospitalization or stay at a skilled nursing facility.

## ASK THE PHYSICAL THERAPIST

**First Tuesday of every month, 9:15 – 10:00 a.m.**

**Facilitator:** Jessica Malfa, PTA from David Gilboe and Associates

*No charge – reservations needed*

A physical therapy professional from David Gilboe and Associates will answer general questions related to exercise and wellness, for example, “Should I see my doctor regarding...?” or “What exercises should I do for...?” Stop by between 9:15 and 10:00 a.m. the first Tuesday of every month and “Ask the Therapist!”

## MINDFULNESS PRACTICE - FINDING YOUR LITTLE PIECE OF PEACE

**Thursdays, 9:00 - 9:30 a.m.**

**Facilitator:** Jennifer Raybaud – Certified Mindfulness Instructor from Beaumont Health System

**\$3.00 – registration required**

This 30-minute class will bring together four essential elements to calming the mind and enjoying your life more. Through the practices of gentle stretch, breathing basics, engagement in mindful ways of thinking, doing and being and finally, meditation, a more peaceful, purposeful life awaits.



## FREE BLOOD PRESSURE SCREENINGS

**Second Tuesday of every month, 9:30 – 10:15 a.m.**

**Facilitator:** Advantage Living Center – Harper Woods and Sunrise Senior Living, Grosse Pointe

**Location:** The Helm

**No Charge – reservations needed**

High blood pressure is a silent killer that shows no symptoms but can cause very serious health problems if left untreated. The strain placed on the arteries from high blood pressure weakens the arteries and can lead to a heart attack, stroke, kidney disease or even dementia. Monitoring your blood pressure is an important step in maintaining your health.



## SERVICES & SUPPORT

### Groups

#### GRANNIE NANNIES

**1st Friday of every month,**

**January 5 + February 2, 1:30 – 3:00 p.m.**

**Location:** Ram's Horn Restaurant,  
23815 Jefferson Ave., Saint Clair Shores

**No Charge – reservations needed**

Come join a fun group of grandmothers who love spending time with their grandchildren! You'll share innovative, memory-making opportunities that bring quality to your relationships with the young people in your life, such as where can you take your three-year old for a fun afternoon or what games do six-year olds like to play? Look for the group at one of the back tables. For more information, please call (586) 944-0299.

#### ALZHEIMER'S CAREGIVERS SUPPORT GROUP

**3rd Thursday of every month, 6:00 – 8:00 p.m.**

**Facilitators:** Carolyn Van Dorn, Nursing Unlimited and Marian Battersby, Home Instead

**No Charge - reservations needed**

We offer a safe place for caregivers, family and friends of persons with dementia to meet and develop a mutual support system.

#### PARKINSON'S ACTION GROUP

**The 2nd Thursday of every month, 2:30 – 4:00 p.m.**

**Facilitator:** Deb Miller

**No Charge – reservations needed**

People with Parkinson's and their care partners are invited to this group. We will structure our meetings around exploring resources to live your best life with Parkinson's, helping one another create personalized approaches to managing this disease.



# Additional Wayne County Community College Continuing Education Classes

**Location:** Mary Ellen Stempfle University Center,  
8 Mile Road (across from Eastland)

*No Charge – reservations needed at The Helm for all classes  
313-882-9600*

**PAATS transportation** is available for weekday and  
daytime classes: 313-343-2580

**Please call WCCCD** at (313) 496-2600  
for full class descriptions

## ART - BASIC DRAWING AND MORE

**Wednesdays, January 16 – April 17**  
**10:00 a.m. – 12:00 p.m.**

## SPANISH FOR THE TRAVELER

**Saturdays, January 26 - March 16**  
**10:00 a.m. – 12:00 p.m.**

## GENEALOGY

Class Series: Fridays from 10:00 a.m. – 12:00 p.m.

**Introduction – January 25**  
**What's in the Library – February 1**  
**History and Research – February 8**  
**Research for Beginners – February 15 – March 1**  
**Find your History on the Internet – March 8 – 22**  
**Building your Family Tree – April 5 – 26**

# WAR MEMORIAL DAY TRIPS

## NATURE DAY TRIP: BELLE ISLE NATURE CENTER AND THE DNR OUTDOOR ADVENTURE CENTER

**Wednesday, January 16, 2019**

*\$30 per person (Includes bus transportation, museum  
entrance and activity; lunch on your own)*

Arrive for check-in no later than 9:15 a.m.  
Return to The War Memorial by 3:30 p.m.

## RUSSIAN HIGH TEA AT THE ROYAL EAGLE RESTAURANT

**Tuesday, February 19, 2019**

Please visit the website for info and required dress code:  
[theroyaleagle.org](http://theroyaleagle.org)

*\$46 per person (includes bus transportation and Russian  
High Tea)*

Arrive for check-in no later than 10:15 a.m.  
Return to The War Memorial by 2:00 p.m.

## TECHNOLOGY:

### **MS Word Basic 2016**

Saturday, January 19 – February 16, 12:00 – 2:30 p.m.

### **Computer Fundamentals**

Monday, January 21 - February 11, 5:30 – 8:00 p.m.

### **Key Application Part II**

Monday, February 18 – March 25, 5:30 – 8:00 p.m.

### **Windows 10**

Thursday, February 21 – March 28 – 5:30 – 8:00 p.m.

### **MS Excel Basic**

Saturday, February 23 – March 16, 12:00 – 2:30 p.m.

### **MS Power Point Basic**

Saturday, April 6 – May 4, 12:00 – 2:30 p.m.

### **Living Online Part III**

Monday, April 8 – May 6, 5:30 – 8:00 p.m.

## ZUMBA FITNESS

**Monday & Wednesday, January 23 – May 1**  
**11:00 – 11:45 a.m.**

## ZUMBA FITNESS

**Saturday, January 26– May 4**  
**9:00 a.m. – 10:00 a.m.**

*All trips depart from  
the War Memorial*

## REGISTRATION AND REFUND POLICY:

The Helm and the War Memorial have teamed up to offer community trips. For trip details, please contact the War Memorial. Registration is through the War Memorial and you may register by phone at (313) 881-7511, in person Monday through Saturday between 9:00 a.m. and 7 p.m., or online at [www.warmemorial.org](http://www.warmemorial.org). People requiring mobility assistance must be accompanied by an individual escort.

Payments are non-refundable. If you must cancel, you are encouraged to find a replacement to recover your cost. Full refunds will be made if the trip is cancelled due to insufficient registration or unforeseen circumstances.



## The one **Beaumont** doctors choose

ShorePointe is conveniently located near Beaumont Grosse Pointe and other area hospitals. Specializing in rehabilitation, patients recover in a well-appointed residential environment that emphasizes the mastery of day-to-day tasks, essential for a successful return home. As an affiliate of the renowned Beaumont Health, this Five Star state-of-the-art facility features a dedicated team of medical professionals and outstanding therapists - making it the ideal destination for a safe and speedy recovery.



# Medicare 101

Are you approaching age 65 and getting ready for Medicare? You probably have many questions about this program and how to navigate the system.

The Helm's Medicare counselors can help you sort the Medicare maze. Every three months, we offer a 90-minute session on Medicare 101. This program covers topics such as: what is and isn't covered, the costs involved, the pros and cons of different optional plans and how to sign up.

**The next Medicare 101 program will be held on Wednesday, January 16 at 7:00 p.m.**

Call us at 313-882-9600 to reserve your space. There is no charge for the program, but space is limited and reservations are required.

***An additional note about Medicare counseling:*** in addition to these group sessions, we also offer free, one-on-one appointments with our Medicare counselors which help you understand your options, choose the best plans for you and answer specific questions that pertain to your individual situation. The best time to call is during the three months before your 65th birthday.

Call 313-882-9600 and ask for Information & Assistance to get an appointment with a Medicare counselor.

# Free Tax Preparation Assistance at The Helm



**AARP** Tax-Aide is the nation's largest volunteer-run tax counseling service preparing taxes and answering tax-related questions free of charge for taxpayers of all ages from middle to low income with special attention to those 60 years of age or older. The program offers free, quality, confidential tax preparation services this year on Thursdays, from February 11 - April 11.

Appointments can be made beginning January 21 and are taken on a first-come basis. All slots fill quickly so don't delay in calling!

Contact The Helm to make an appointment at 313-882-9600.

# Need to go shopping, or to a doctor's appointment, or to lunch with friends?

PAATS (Pointe Area Assisted Transportation Service) provides transportation from your home to anywhere in the area bounded by 11 Mile Road, Gratiot, Chalmers and Jefferson Ave.

Buses run from 7:30 a.m. to 4:00 p.m., with the last pick up at 3:30 p.m. Please call 48 hours in advance to schedule rides. If you need more assistance than door to door transportation on the bus, The Helm offers an Escort Program for seniors (60+) or disabled persons living in the Grosse Pointes or Harper Woods.



**PAATS: 313-343-2580**

**Escort Program: 313-882-9600**



# CHEERS TO VOLUNTEERS



In this issue of *The Helm Life Journal*, we are giving cheers to the Medicare/Medicaid Assistant Program (MMAP) Volunteers! The six Medicare/Medicaid Assistance Program (MMAP) volunteers, Deborah, Micki, Chris, Richard, Bob, and Carroll, have completed extensive training each year to ensure they are up to date on the latest changes on Medicare.

The MMAP volunteers assist Medicare beneficiaries during Medicare Open Enrollment (October through December). During the Open Enrollment period, the volunteers assist individuals in reviewing the costs and benefits of various supplemental plans and Medicare Advantage plans. As of November 9th, volunteers assisted 210 clients in navigating the Medicare system during Open Enrollment. Also, these six dedicated volunteers saved seniors \$212,549 on medical and drug plans last year. What a job well done!

Furthermore, volunteers are available by appointment throughout the year to guide eligible seniors through the Medicare enrollment process.

Thank you to Deborah, Micki, Chris, Richard, Bob, and Carroll for your dedication and willingness to assist seniors in navigating the Medicare system!

If you are interested in learning more about the MMAP program, contact us at 313-882-9600.



*Top (L to R): Bob Symthe, Richard Hall, and Chris Dimitry*

*Above: Micki Mowinski and Deborah Wagner*

*Not pictured: Carroll Evola*

# WAYS TO GIVE BACK

## Consider Adding Volunteering as a New Year's Resolution

**H**ave you started to think about what your New Year's resolutions will be for 2019? Whether your resolutions include eating healthier, exercising more, or learning a new skill, consider adding volunteering to your list this year. Volunteering makes the perfect New Year's resolution because of all the benefits to the community and also to the health and happiness of individuals who commit to volunteering.

Here are just a few reasons to sign up to volunteer at The Helm:

1. **Volunteer work has been shown to increase happiness. It also decreases the risk of depression by increasing social interactions and building new relationships.**
2. **Individuals who volunteer in an unfamiliar area develop new insights and talents. You will gain valuable skills that can be used in all aspects of life.**
3. **Volunteering increases cognitive function and mental well-being. It keeps the brain engaged, reduces stress, improves confidence and self-esteem.**
4. **Volunteer work promotes a healthy community and enhances the quality of life for residents in your community.**

For more information on how to get involved with The Helm in the new year, please contact the Volunteer Coordinator at 313-882-9600.

### NO TIME TO VOLUNTEER?

*You can still support us... So we can support all older adults, right where we live.*

**The Helm Donations**  
158 Ridge Road  
Grosse Pointe Farms, MI 48236  
[helmlife.org/support](http://helmlife.org/support)

To donate by phone, or if you have questions, contact Lynda Altovilla at 313-882-9600 x 2102. Online donations will immediately receive a printable email receipt. Mailed or phoned-in donations will receive a printed receipt in the mail within two weeks.





# *The Helm... Not Just Your Parents' Hangout Anymore!*

**R**esidents of the Grosse Pointes and Harper Woods are invited to an open house at The Helm (formerly Services for Older Citizens) on January 26 from 1:00 to 4:00 p.m. to see what goes on behind our doors!

You'll nibble on light refreshments (tea sandwiches, cookies, and beverages) while touring the building and seeing demonstrations of a variety of programs sure to tempt you to return!

You'll get to sample a few of the MANY programs we offer at The Helm, such as: Tai Chi, Body Alignment, Mindfulness, Floor Yoga, Ballroom Dancing, Brain Fitness, Downsizing your Home, Ping Pong, Body Alignment, Core Strengthening, French for the Traveler, Piano, and Chorale Singing to name a few.

Best of all, you can sample these programs at no charge! Don't miss out on the fun. Bring your spouse, a friend or a family member who wants to learn more about what we offer at The Helm.

The Helm is located at 158 Ridge Road, Grosse Pointe Farms (at the corner of Muir and Ridge roads, behind Henry Ford Cottage Medical Center.)

## **OPEN HOUSE**

**January 26 | 1:00 - 4:00 p.m.**



*New look, new name, new website, same great services, support & friendships.*





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minutes north of  
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**Senior Housing (586) 792-6441**

**[info@cofccc.org](mailto:info@cofccc.org)  
[www.cofccc.org](http://www.cofccc.org)**



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- Fitness Center with fitness instruction
- Fully equipped kitchens with granite countertops and stainless steel appliances
- Pet friendly



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**[www.LakeshoreSeniorLivingSCS.com](http://www.LakeshoreSeniorLivingSCS.com)**

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Photo by  
**Bill Rapai, President**  
**Grosse Pointe Audubon**



# LET'S KEEP IN TOUCH!

THE  
**HELM**  
AT THE BOLL LIFE CENTER

*Serving seniors in  
our community as  
SOC Since 1978*

staff directory, and information about our many services can all be found on our bright, lively, interactive new website. You can even find full issues of this newsletter on the website, peruse back issues of the publication, or share the newsletter with a friend!

Look to our Facebook for live-streamed events, upcoming programs, video clips, helpful tips and more.

**H**ave you checked out our new website and Facebook pages yet? They are full of information about what is happening at The Helm, including classes, programs, parties and more!

Our new videos, our daily lunch menu, a calendar of upcoming events, center hours, key phone numbers, our

We're just a click away and available 24 hours a day! Our website address is **[www.helmlife.org](http://www.helmlife.org)** and our Facebook pages can be found at **[facebook.com/TheHelmLifeCenter](https://facebook.com/TheHelmLifeCenter)**.

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# TRIBUTES & HONORS

## *In Memory & In Honor*

### **In Memory Of:**

**Elton (Mike)  
Bamford**

*Sarah and Don Ludlow*

**Frederick G. Bloy**

*Mary Q. and Thomas  
Drummy*

**Gordon MacNeil**

*Jane and Maynard Rupp*

**Jeane Bertelsen**

*Jane and Maynard Rupp*

**Kenneth V.  
Schreiner**

*Mary Q. and Thomas  
Drummy*

**Alfred Thomas**

*Shirley Kennedy*

**Maria Chinchilla**

*Joy McElroy*

**Parvez P. Patel**

*Roshan Patel*

**Robert Aitchison**

*JoAnn Gerlach*

**Robert Clarence  
Spresser**

*Sarah and Don Ludlow, Sr.*

### **In Honor Of:**

**John and Marlene  
Boll**

*Dolores Bradway*

**Micki Nowinski**

*C. Lynn and Thomas  
McGann*

**Technology  
Instructors**

*Pieter Van Horne*

**Wiesia Gazda**

*Mr. and Mrs. Jay Auskalnis*

Donations received  
between September 19 and  
November 12, 2018. If there  
are any omissions, please  
contact Roz Peters, at  
313-649-2100 so that we  
may make corrections.

## **Sponsors & In-Kind Donors**

Advantage Living Center

Breadsmith

Comfort Keepers Home Care

David Gilboe and Associates

Einstein Bagels

Heartland Health Care and Rehab Center

Joseph's European Pastry Shop

Panera Bread

Sunrise Senior Living

Wayne County Community College Continuing Education

Many other individuals have contributed to our success through donations to our Medical Equipment Loan Closet or other general donations. We simply could not provide all the services we do for the community without this generous support. We are genuinely appreciative of those who invest in our mission and support our seniors!

## **Help us Save Trees and Money!**

Money doesn't grow on trees – but mailing *The Helm Life Journal* to those who no longer wish to receive it wastes trees and money! Would you like to be removed from the list? Rather get it electronically? Email or call Roz Peters to make any changes at 313-649-2100, or [rpeters@helmlife.org](mailto:rpeters@helmlife.org)

**Thank you!**



## **Delivering comfort, style and security in a signature neighborhood lifestyle concept**

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**for as little as \$175.00 per day**



# THE HELM

At The John A. & Marlene L. Boll Life Center  
158 Ridge Road, Grosse Pointe Farms, MI 48236

## Senior assessments now available

### **Ascension's Wilson Center: Senior Resources for Independent Living**

If you or someone you know is experiencing functional and/or physical changes that typically happen with aging, call today to schedule a senior assessment. This one-time, single location visit will result in a plan of care that will help keep you or your loved one's life in balance.

Most services are covered under insurance. A referral from a physician is not required.

**Call 313-264-6460 for more information.**  
[ascension.org/michigan](http://ascension.org/michigan)



**Ascension  
St. John Hospital**

