

March & April 2019

THE HELM LIFE JOURNAL

PRODUCED BY
*THE HELM AT THE BOLL
LIFE CENTER*
FORMERLY
SERVICES FOR OLDER
CITIZENS

THE HELM'S NEWEST
PROGRAMS
Page 6 & 7

SEE WHAT'S HAPPENING
AT THE HELM
Services & Activities for
March & April 2019!
Pages 10-17

NEW TO MEDICARE
Page 18

CHEERS TO VOLUNTEERS
Page 19

TRIBUTES & HONORS
Page 22





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

Margaret Cooper
Susan Kopf
313-649-2109
mcooper@helmlife.org
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:

Call Lynda at 313-649-2102
to set an appointment

We thank our sponsors for their continuing support of The Helm publications.
For information about advertising, to subscribe, or to change your address,
please call 313-882-9600.

Advertisements in this publication are not to be considered recommendations.



BOARD OF TRUSTEES

Chairman

Robert Rader

Vice Chairman

Doug Blatt

Treasurer

Richard Widgren

Secretary

David Stephens

TRUSTEES

Prudence Cole-Klimisch
Gary Colett
Judith Diebolt
M.A. Hastings
Robert Hoban
Michele Kemler
Derrick Kozicki
Marianne Langlois
Jane Lightfoot
Gary Marowske
Catherine O'Malley
Anne Sadler
Carolyn Skaff
Randall Tallerico
David Zmyslowski

EXECUTIVE DIRECTOR

Peggy Hayes

501(C)(3)
nonprofit organization

THE HELM LIFE JOURNAL

Contents March & April 2019

04 | GREETINGS FROM THE HELM
From the Executive Director

06 | WHAT'S NEW & NOTEWORTHY
Age Masterfully

09 | *See What's Happening at The Helm – Events & Activities*

10
LEARN & GROW
Classes & Presentations
Creative Workshops & Crafts
Charity Projects

12
FUN & FRIENDSHIP
Parties & Celebrations
Games & Entertainment
Lunch at The Helm

14
HEALTH & WELLBEING
Exercise Classes
Health & Wellness Activities

16
SERVICES & SUPPORT
Support Groups

18 | NEW TO MEDICARE

21 | WAYS TO GIVE BACK

?? | KEEPING IN TOUCH

19 | CHEERS TO VOLUNTEERS

22 | THE HELM OPEN HOUSE

22 | TRIBUTES & HONORS

From the Executive Director
New for Spring



THE
HELM
AT THE BOLL LIFE CENTER

Formerly known as

SS Services For
Older Citizens

This is our second edition of the new and improved Helm Life Journal and we're pleased with how it is evolving...we hope you are too!

One of our goals with the redesign was to better organize the dozens of programs we offer every two months at The Helm so you can find what you are looking for quickly and easily. For example, we've organized our events and activities to fall into four categories, which are outlined and even color-coded in each issue of the newsletter:

- **Learn & Grow** – this category (shown on the See What's Happening pages bordered in green) includes our life-enriching, lifelong learning programs such as language, ballroom dancing, singing, writing, technology, creativity, charity craft projects, and more.
- **Fun & Friendship** – one of our most popular categories (peach-banded pages), this includes games, entertainment, movies, parties and other social activities designed to keep you connected and active in the community!
- **Health & Well-being** – you'll find all of our exercise programs, cooking, healthy living and home safety programs, and health screenings in this category (blue-banded pages).
- **Services & Support** – look in the taupe/brown-banded pages for our ongoing services such as Meals on Wheels, PAATS transportation, home chore program, tax preparation, Medicare counseling, support groups and other programs designed to help members of our community live independently in their own homes.



We also wanted to brighten up and refresh the design so we can better and more beautifully feature articles on topics of interest to our readers...such as the upcoming Aging Mastery program we plan to offer in the second quarter of the year (read all about it on page x of this issue) as well as new clubs and events for you to enjoy! Be sure to check out our new Third Thursday Book Club (page 13) and the new Euchre Club (page 12). There is always something new at The Helm!

The new look and organization mirrors what is on our website, www.helmlife.org, along with other up-to-date information on what's happening here. In addition to our classes and programs, you

can check the website to see what's for lunch each weekday, any last minute programs added since we went to press, and you can see a daily calendar of events.

We'd love to hear your thoughts about the new *Helm Life Journal* and articles you would like to see more of...our contact information is in the front of each issue.

Peggy Hayes,
Executive Director



Stricker
Dental Care

Stephen E. Stricker, DDS, PC

Implants • Holistic Options • Laser Dentistry • Cleaning • Exams
Cosmetic Dentistry • Family Friendly • Saturday & Evening Hours



Dr. Stricker & Family



25815 Harper, St. Clair Shores (3 Blocks North of 10 Mile Rd.)
www.strickerdentalcare.com

**CALL TODAY FOR
EMERGENCY CARE**

**NEW PATIENTS
WELCOME**

586-772-8080



**Health
Confidence
Beauty**



SIX MONTH SMILES®
Cosmetic Braces System

CareCredit
Interest Free
Financing
Available



ADA
American
Dental
Association

Age Masterfully

Learn how to “age masterfully” at the newest program offered at The Helm!

Have you thought – really thought about – how you want to spend the next third of your life? Many of us were taught how to be successful adults, but fewer learn how to age well. The catch is Americans are living longer than ever; the 76 million Baby Boomers have been given the gift of longevity and now have to navigate these new waters.

A new program at The Helm, the Aging Mastery Program (AMP) offers an innovative approach to guide individuals through this phase of life. AMP is a fun and engaging education and behavior change incentive program designed to help participants make the most of the gift of longevity, taking small steps to improve health, financial well-being, social connectedness and overall quality of life. The goal of the 10 core classes is to provide participants an overview of the challenges encountered while navigating life and offer support to master new skills.

Expert speakers lead each 90-minute session and cover topics such as exercise, sleep, healthy eating, financial fitness, advance planning, healthy relationships, medication management, community engagement and falls prevention. Each session consists of interactive learning, action planning, implementation and mastery of the

topics in a combination of discussion, peer-to-peer interaction, DVDs and more.

The program was designed by the National Council on Aging and has been implemented in hundreds of centers around the country. Research on the program shows that adults in the program significantly increased their social connectedness, physical activities levels, healthy eating habits, use of advanced planning, and adoption of several other healthy behaviors.

Further study shows that 80% of program participants graduate (meaning they take 7 out of 10 classes), 97% rate the program as “fun,” and 98% would recommend the program to a friend.

Testimonials from past participants include comments such as:

“This program was very uplifting. I learned that the aging process can be done gracefully. I am working on a plan for the future to share with my family.”

“The class offering was actually profound for me. I am 70 years old and if I’m ‘lucky’ I may have 10 more ‘good’ years. The classes offered ways to make the years happier, healthier, and more worry free.”

The inaugural AMP class at The Helm is April 2. Classes will be held on Tuesdays from 7 – 8:30 pm. The AMP class fee is \$125 for the 10-week program (that’s just \$12.50 per session!) and includes all program materials, tote bag, exercise DVD, and more. To register for the class, please call 313-882-9600 or stop by The Helm today. Space is limited, so call today!

They're here! They're here!

Learn how to play pingpong

"They" are two pingpong tables that have joined the fun at The Helm. But, pingpong isn't just for fun. It has plenty of benefits — for your body and your brain — for everyone of all ages and abilities. According to the website PongBoss.com some of the benefits of pingpong include:

DEVELOPS MENTAL ACUITY

Studies found that older pingpong players tend to improve the function of the frontal lobes of the brain, which regulate decision making, problem-solving, and voluntary movements.

STIMULATES YOUR BRAIN

The process of anticipating an opponent's shot, makes the player use the prefrontal cortex of the brain similar to what is used during strategic planning. The aerobics involved during the playing of the game simulates the hippocampus area that enables an individual to create and maintain long-term memories.

DEVELOPS MOTOR CONTROL

The brain's motor control is the part we use to coordinate movements and activities within different body parts. Table tennis requires fast decision making, perfect micro-movements, and precise hand-eye coordination. All of these help with the development and improvement of the cerebellum and the primary motor cortex.

IMPROVES YOUR MOOD

The very first thing that you notice when playing pingpong is that your mood improves. This is because it triggers the increase of neurotransmitters. Neurotransmitters levels have been reported to reduce the rate of depression.



BOOSTS MEMORY

The activities involved in table tennis are reported to increase the levels of brain-derived neurotrophic factor or BDNF. This component is a protein that promotes the healthy growth of neurons, therefore assisting in preventing diseases such as Alzheimer's and Parkinson's.

ENHANCES BALANCE

When playing table tennis the cerebellum area lights up in your brain. The cerebellum is the part of the brain that is responsible for controlling motor movements.

INCREASES DECISION-MAKING SKILLS

Table tennis improves decision-making skills and enables player to be better strategists. You have to constantly adapt your plan to your opponent's weaknesses and constantly think about the next move.

The game has come a long way from the times when it was just a game you played in your garage with your friends. It is now an Olympic sport and its popularity continues to grow. It has since been recognized for its benefits on the brain and is recommended by medical practitioners in the treatment of Alzheimer's and dementia. Neuroscience proves this game isn't only a fun activity, but also a very beneficial one.

What are you waiting for? Grab some friends and book a table at The Helm today!

Excerpted from the article Table Tennis and the Brain, April 19, 2018, pongboss.com

Take the *PATH* to Better Health

Diabetes Personal Action Toward Health (DPATH) is a workshop for adults with type 2 diabetes, their family, friends and caregivers.

Regular activity is a key part of managing diabetes along with proper meal planning, taking medications as prescribed and stress management.

The DPATH program was developed at Stanford University and is designed specifically to provide the skills and tools needed for you to improve your health and manage your symptoms. This workshop will give you the support you need to find practical ways to deal with diabetes, discover better nutrition, exercise choices and learn ways to talk with your doctor and family about your health.

Trained leaders guide the workshop and it's FREE.

Classes are Wednesday, April 3 – May 8, 1:00 – 3:30 p.m.
Call 313-882-9600 to register.

It doesn't matter how long you have had diabetes or how well or how poorly you think you are doing with your diabetes. Anyone with diabetes can attend.

The DPATH workshop will help you learn how to:

- Manage symptoms
- Communicate effectively with your doctor and other healthcare professionals
- Fight fatigue
- Build your confidence
- Eat healthy
- Monitor blood sugar

AND . . . get more out of life!

Creating Confident Caregivers

The Creating Confident Caregivers (CCC) Program is a university-tested program proven to be effective in reducing the stress experienced by family members or others caring for someone with Alzheimer's dementia or memory loss.

The CCC program is designed to increase knowledge, skills, and the outlook of caregivers.

This six-week program meets for two hour sessions, one day a week. The Helm will be offering this program Thursdays, March 14- April 18, 1-3 p.m.

Workshop Basics

There is no charge to caregivers for the workshop or any materials provided. The program provides caregivers with information and tools in four main areas:

- Managing Daily Life
- Managing Behavior

- Managing Your Own Well Being
- Managing Resources

In the workshop you will learn to reduce the stress of giving care, improve your confidence as a caregiver, increase your knowledge and understanding of Alzheimer's, dementia and memory loss, develop techniques to assist the person you care for, and make time to care for yourself.

The workshop is available to family members providing primary care for a spouse, parent, relative, or significant other experiencing Alzheimer's, dementia or memory loss and is living at home; additional family members who are assisting the primary caregiver with caregiving activities and non-family members acting as caregivers.

The program is free. Sign up today at 313-882-9600.



March & April 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, March 1 – April 12

Beginning French: Noon - 1:30 p.m.

Intermediate French: 1:30 - 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. Participants will create basic sentences using appropriate agreement (subject, verb, adjective).

BALLROOM DANCING II

Tuesdays & Thursdays, March 5 – April 16, 6:00 - 7:00p.m.

Instructor: Andreas Browne, student of the Fred Astaire Studio

Location: The Helm

No charge – reservations needed

Partner Movement Skills – All classes will focus on movement skills, social dance combinations and leading/following. All classes will help you learn fundamental movement skills in partner dancing. This class is for beginner/basic level social dancers who want to dance comfortably to a variety of music at parties, weddings, cruises and dance events. (You will learn basic Ballroom and Rhythm patterns in Waltz, Fox Trot, Tango, Rumba, Cha-Cha, East Coast Swing and some club style dances. Please bring a partner.

**NOTE: Participants must have taken Ballroom Dancing I.*

FOR THE LOVE OF MUSIC – PERIODS OF MUSIC

Mondays, March 11 – April 1, 1:30 - 2:30 p.m.

Instructor: Jean Curtis Demeulemeester

Location: The Helm

Wayne County Community College Continuing Education Class

\$16 – registration required

Maximum of 12 participants

In this class you will learn about the beginning of music, the four periods of Western music and the composers who contributed to them along with a discussion about these people. This class will be taught by Jean Curtis

Demeulemeester, a certified piano teacher with more than 30 years of experience.

INTRODUCTION TO THE HISTORY OF BEEKEEPING

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

Instructor: Charles Jones

Location: The Helm

Wayne County Community College

Continuing Education Class

No charge – reservations needed

Participants will learn about the importance of bees and pollination pertaining to the American economy, as well as the types and biology of bees, including the three classes of bees in a hive and their duties and functions.

AARP SMART DRIVER TEK: HIGH - TECH CAR SAFETY WORKSHOP

Wednesday, March 27, 1:00 – 2:30 p.m.

Instructor: Roger Doster

No charge – reservations necessary

Maximum: 20 participants

This workshop keeps drivers in the know about the latest vehicle safety technologies and how to use them. From lane departure warnings and smart headlights to blind-spot detection systems and more, the workshop helps drivers recognize how these technologies might enhance their driving safety and extend their safe driving years. Attendees leave with a vehicle technology checklist, which will offer guidance on desired technologies when shopping for a new car or what features may already be in their car.

Developed jointly by AARP Driver Safety and The Hartford, this 90-minute workshop offers a dynamic environment to learn how new, high-tech features in cars today can help make driving safer and easier.

FOR THE LOVE OF MUSIC – INTRODUCTION TO READING MUSIC – PART 1

Mondays, April 15 – May 6, 1:30 p.m. - 3:30 p.m.

Instructor: : Jean Curtis Demeulemeester

Cost: \$16

Maximum of 12 participants

Learn all about the signs, symbols and the language of music.





ONE-ON-ONE TECHNOLOGY INSTRUCTION

Every Friday, Noon – 4:00 p.m.

No charge – reservations needed

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

New this spring and summer, our technology volunteers can help you with the use and operation of your vehicle's in car computer.

Creative Workshops & Crafts:

CHORAL/SIGHT SINGING CLASS

Tuesdays, March 5 - 26, 2:30 - 3:30 p.m.

Vocal Instructor: Carol Ambrogio Wood, Soprano

\$40 – registration required

Maximum: 15 participants

Do you love to sing in a choir? This will be a continuation of our last class which will include: music note reading, (treble and bass clef), rhythm, sight-singing techniques, as well as how to “hold your part” in the group. Please bring a 3-ring binder and a water bottle. Course materials supplied each week.

VOCAL REPERTOIRE CLASS

Wednesdays, March 6 – 27, 2:45 - 3:45 p.m.

Instructor: Carol Ambrogio Wood, Soprano

\$40 – registration required

Maximum of 15

Sing as a group songs from many musical genres, including the “Golden Age” of Hollywood musicals, popular music of the '50s, '60s and '70s, jazz, folk, American classical folk songs, Irish songs. Please bring a 3-ring binder and a water bottle. Course materials supplied each week.

THE ARTIST LOUNGE — “SUNRISE”

Wednesday, April 3, 1:00 – 2:30 p.m.

\$20.00 – registration required

Maximum of 10 participants needed

NO PAINTING EXPERIENCE NECESSARY. You will walk away with your own personal masterpiece! You will be given an 11” x 14” canvas to begin your work of art. The instructor will walk you through the painting so you cannot fail. What a fun way to spend the afternoon!

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 group is always looking for more knitters. They have gathered weekly for many years 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. 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:

MARCH & APRIL BIRTHDAY CELEBRATIONS!

Thursday, March 14, 11:30 - 11:45 a.m.

Thursday, April 11, 11:30 - 11:45 a.m.

No charge - reservations needed

Celebrating your birthday in March or April? 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 are just a part of how we want to wish you a Happy Birthday!



PACZKI FEST!

Tuesday, March 5, 11:30 a.m.

\$1.00 per Paczek - registration required

We will special order for you, one or more paczek to celebrate our annual Paczki Fest! Call The Helm front desk and let us know your favorite flavor of paczek by Noon, Friday, March 1. You can choose from strawberry, custard, raspberry, apple, lemon, apricot, prune and blueberry.

A SPRING SERENADE AND LUNCHEON

Wednesday, March 20, 11:30 a.m. - 1:30 p.m.

Entertainment: Michigan Opera Theatre

Sponsor: ??????????

Maximum: 48 Lucky Individuals

\$10.00 - registration required

Once again, we are all in for a really special treat! First, you will enjoy a beautiful Spring luncheon catered by Chef Raymone, consisting of an incredible salad bar plus tuna and chicken salad croissants and fresh fruit. Then, sit back as the Michigan Opera Theatre ushers in the new season with a repertoire of some of your favorite musical theater hits plus, of course, a bit of opera. This event is made possible by the Mary Thompson Foundation.

12TH ANNUAL SPRING SPELLING BEE

Wednesday, April 10, 11:30 a.m. - 1:30 p.m.

Sponsor: Lake Shore Senior Living

Reservations needed for participants

Come join us for lunch and then either be a participant in the Spelling Bee or just cheer the spellers on. There will be great prizes for the winner and the runners up.

SENIOR SPRING SOIREE

Thursday, May 2, 4:30 - 7 p.m.

Location: Grosse Pointe North High School Cafeteria,
707 Vernier, Grosse Pointe Woods

Sponsor: The Impact Club

*\$10.00 per person (includes dinner and dancing) -
reservations required*

Put on your dancing shoes! The Senior students in the Impact Club and the staff at Grosse Pointe North High School invite you to a wonderful evening of dining and dancing. Come by yourself, with a partner or with a group. Students will be there to teach you some steps — or you to teach them! Join in this lively, fun, multi-generational event!

Semi-formal attire is suggested but not mandatory. Please call The Helm to make your reservation. You may pay by cash or check - checks need to be made out to the GPN Impact Club, 707 Vernier, Grosse Pointe Woods, MI 48236.

Games:

BRAND NEW! PINGPONG!

Every Friday, beginning March 1, 4 - 6 p.m.

Table Rental: \$10 per ½ hour - reservations required

On top of the many health benefits it has on your body such as losing weight, staying active, reducing cardiovascular risk, did you know pingpong also has a lot of benefits for your brain? It has been listed as one of the games with the highest rate of brain stimulation, plus everyone can play it and it's FUN! Two tables are available on our 3rd Floor Newberry Room. Individuals can rent a table or two for a 1/2 hour or more.



EUCHRE CLUB

Every Thursday, 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

Every Tuesday and Thursday, 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

Described as a "thinking man's game," Texas Hold 'em had a humble start in the poker world. Robstown, Texas, is officially recognized as the place in which it originated. 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:

MAMA MIA! HERE WE GO AGAIN – PG13

Friday, March 29, 12:30 - 2:30 p.m.

Running Time: 114 minutes

\$2.00 – Registration required

Join the celebration, sing and dance, and discover how it all began! Ten years after Mamma Mia! The Movie premiered, you're invited back to the magical Greek island of Kalokairi in an all-new musical sequel based on the songs of ABBA. Sophie is now pregnant, and like her mother, she'll need to take risks.

CRAZY RICH ASIANS – PG 13

Friday, April 26, 12:30 - 2:30 p.m.

Running Time: 110 minutes

\$2.00 – registration required

Adapted from Kevin Kwan's novel of the same name, the film follows a New Yorker who travels to Singapore to meet her boyfriend's wealthy (and, in some cases, highly judgmental) family.

Group Fun:

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.

THIRD THURSDAY BOOK CLUB

3rd Thursday each month, through 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 our book club at The Helm. We will discuss a variety of fiction, non-fiction, classics, and modern works.

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-LONG 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!

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 thru 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!

COOKING DEMONSTRATION – SPRING INTO HEALTHY EATING

Wednesday, March 13, 12:30 - 1:30 p.m.

Instructors: Nancy Weiss, Registered Dietician and Chef
Dan Kellogg – Beaumont Grosse Pointe

No charge – reservations needed

Join Nancy Weiss and Chef Dan Kellogg for a presentation and cooking demonstration about obesity, which is a risk factor for most chronic illnesses including heart disease, diabetes and cancer. They will show you how to start the spring season with healthy eating habits by preparing easy, lower calorie meals and snacks. Recipes — and snacks! — will be provided.

BRAINSTORM – A WORKOUT FOR THE MIND WORKSHOP

**Tuesdays and Thursdays, March 19 - April 16,
1:00 - 2:30 p.m.**

Facilitator: Allie Short, LLMSW, Gerontological Social Worker at Hope Senior Home Care

\$36 – Reservations required

Maximum: 12 participants

BrainStorm Workshop consists of nine sessions of research-based wellness activities developed by the Institute of Gerontology at Wayne State University. BrainStorm addresses multiple facets of brain health, as well as physical, emotional and spiritual well-being. Presentations are filled with hands-on activities, humor, social interaction, and take-home materials.

KEEPING YOU FIT AT HOME – RUNNING BASICS FOR BEGINNERS

Thursday, March 28, 1:30 - 2:30 p.m.

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

No charge – reservations needed

This presentation is designed to provide some helpful tips and insight for individuals who are interested in getting into running or returning to running if it's been awhile.

AGING MASTERY PROGRAM

Tuesdays, April 2 - June 4, 7 - 8 p.m. (10 Weeks)

Core Curriculum Kit - \$125 - reservations required

Space is limited. Register today.

The Aging Mastery Program (AMP) is a fun and engaging education and behavior change incentive program for aging well. The AMP core curriculum covers 10 topics. The classroom experience is a mix of didactic and interactive learning with an emphasis on peer-to-peer interaction.

When they graduate from AMP, participants have set goals for positive actions in many aspects of their lives such as exercise, nutrition, finances, advance care planning, community engagement, and healthy relationships.

DIABETES WORKSHOP

Wednesdays, April 3 - May 8, 1 - 3:30 p.m.

Facilitators: Detroit Area Agency on Aging Staff

No charge – reservations needed

Diabetes Personal Action Toward Health (DPATH) is a workshop for adults with type 2 diabetes. Participants' family, friends and caregivers are welcome to join the workshop. The DPATH program was developed at Stanford University and is designed specifically to provide the skills and tools needed for you to improve your health and manage your symptoms. Anyone with diabetes can attend. You will find practical ways to deal with diabetes, discover better nutrition, exercise choices, and learn ways to talk with your doctor and family about your health. A gourmet FREE LUNCH will be provided for all participants prior to each class. After completing the entire workshop, individuals will receive a FREE 2-week pass for all of our exercise classes, plus a workbook and a Relaxation CD.

CREATING CONFIDENT CAREGIVERS

Thursdays, March 14 - April 18, 1 - 3 p.m.

Facilitator: Carolyn Van Dorn, Nursing Unlimited

No charge – reservations needed

Are you caring for someone with Alzheimer's disease, dementia or memory loss? In the Creating Confident Caregivers Workshop you will learn new information, skills and attitudes to reduce caregiver stress, increase effective caregiving skills, improve caregiver confidence, create a positive caregiving environment and manage behaviors caused by dementia and its effects on the brain. The workshop is available to anyone providing care for a family member or friend at home who is experiencing symptoms of dementia. Caregivers who are assisting the primary caregiver also are eligible to participate. Call Carolyn at 313-642-1122 to register for the workshop.

KEEPING YOU FIT AT HOME – EFFECTIVE EXERCISES AND STRETCHES TO INCREASE THE PROPER ALIGNMENT OF YOUR BODY

Thursday, April 25, 1:30 - 2:30 p.m.

Instructor: Heartland Health Care Center - Keith Finley, Physical Therapist

No charge – reservations needed

We will examine some helpful methods to strengthen and increase flexibility in order to improve the proper alignment of your body.

ASK THE PHYSICAL THERAPIST

First Tuesday of every month, 9:15 - 10 a.m.

Facilitator: Jessica Malfa, PTA from David Gilboe and Associates

No charge – reservations needed

On the first Tuesday of every month, a physical therapy professional from David Gilboe and Associates, will be here at The Helm to 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 - 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, 1:30 – 3:00 p.m.

Location: Ram's Horn Restaurant,
23815 Jefferson Ave., St. 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. Look for the group at one of the back tables. For more information, please call (586) 944-0299.

CAREGIVER SUPPORT GROUP

Mondays, March 4 - April 1, 10:30 - 11:30 a.m.

Facilitator: Precious Craft BSW, Wayne State University MSW Intern

Maximum: 5 participants

No charge – reservation needed

Come join a new group for caregivers, family, and friends to meet to socialize about health, food, hobbies, life, experiences, etc. The purpose of this group is to develop a mutual support system. The group consists of five sessions to help a person feel less isolated, exchange information, provide support, gain empowerment and learn coping skills.

ASK THE HOUSING SPECIALIST

3rd Tuesday of Every Month beginning March 19, 9:15 a.m.

Facilitator: Rachel Nagorsen, Lakeshore Senior Living

No charge – reservations needed

You or a loved one are considering a move? Learn about and discuss the various senior living options in our community.

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

NOTE: These classes can be joined at any time.

ART - BASIC DRAWING AND MORE

Wednesdays, through April 17
10:00 a.m. – 12:00 p.m.

SPANISH FOR THE TRAVELER

Saturdays, through March 16
10:00 a.m. – 12:00 p.m.

GENEOLOGY

Fridays from 10:00 a.m. – 12:00 p.m.

Find your History on the Internet – March 8 – 22
Building your Family Tree – April 5 – 26

WAR MEMORIAL DAY TRIPS

HISTORIC HOUSES OF WORSHIP TOUR

Monday, March 4, 2019

*\$72 per person (Includes bus transportation to and from The
Detroit Historical Museum, church tour with transportation,
docent, and lunch)*

Arrive for check-in no later than 8:45 a.m.
Return to The War Memorial by 5:00 p.m.

GUIDED TOUR OF ELMWOOD CEMETERY & THE DIA

Thursday, March 28, 2019

*\$32 per person (includes bus transportation, cemetery tour
and DIA entrance; lunch on your own)*

Arrive for check-in no later than 9:00 a.m.
Return to The War Memorial by 4:00 p.m.

LORENZO CULTURAL CENTER EXHIBIT AND PLAY: THE 70S: HEAVY, HIP AND HAPPENIN'

Friday, April 12

*\$31 per person (includes bus transportation, exhibit and play;
lunch on your own)*

Arrive for check-in no later than 9:45 a.m.
Return to The War Memorial by 4 p.m.

TECHNOLOGY:

Key Application Part II

Mondays, through March 25, 5:30 – 8:00 p.m.

Windows 10

Thursdays, through March 28 – 5:30 – 8:00 p.m.

MS Excel Basic

Saturdays, through 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, through May 1
11:00 – 11:45 a.m.

ZUMBA FITNESS

Saturdays, through May 4
9:00 a.m. – 10:00 a.m.

ALL MY SONS AT PURPLE ROSE THEATRE

Wednesday, April 17, 2019

*\$88 per person (includes motor coach transportation, theater
tickets, lunch at Common Grill and Jiffy Mix Factory tour)*

Arrive for check-in no later than 9:15 a.m.

Return to The War Memorial by 6:30 p.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.war memorial.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.

NEW TO MEDICARE

The Time is Now

Turning 65 used to be a milestone. It was when you retired, basically when you were considered a senior citizen. We all know that's not true anymore. Retirement age has moved up for younger baby boomers and everyone knows 65 is the new 55.

However, if you are about to turn 65, you're about to become eligible for Medicare. No doubt, you have questions about this complex, confusing program. Your mailbox is probably full of correspondence from different insurance companies urging you to sign up for their prescription drug, Medicare Advantage or Medicare Supplement plans. What's a person to do?

The Helm's Medicare counselors can help you sort through the Medicare maze. Every three months, The Helm offers a 90-minute session -- New to Medicare.

You'll get a comprehensive overview of Medicare, including:

- What is and isn't covered
- The costs involved
- The pros and cons of different optional plans
- How to sign up

Our next Medicare 101 program is Wednesday, May 1, at 7 pm. Call The Helm at 313.882.9600 to reserve a space for this session. There is no charge, but space is limited and reservations are required.

The Helm also offers free, one-on-one appointments with our Medicare counselors to help you understand your options, choose the best plans for you and answer any specific questions you have. The best time to meet is during the three months before your 65th birthday. Call Information and Assistance to get in touch with a Medicare counselor.

Count on Henry Ford for the healthcare services your family needs.

COTTAGE SERVICES:

- Ambulatory surgery
- Autism care
- Emergency Department 24/7
- Infusion services & chemotherapy
- Physical therapy
- Cancer care
- Radiology
- Speech-Language Pathology
- Mammography
- And more

PIERSON CLINIC SERVICES:

- Cardiology
- Chiropractic, Acupuncture, Massage
- Dermatology
- Ear, Nose & Throat
- Facial Plastic Surgery/Aesthetics
- Gynecology
- Internal Medicine
- Pediatrics
- Orthopedics
- Laboratory services
- Pain Clinic
- Plastic Surgery
- Wound Care

To schedule an appointment, call (313) 640-1000 or visit henryford.com/cottagepierson.

COTTAGE WALK-IN CLINIC

Monday – Friday, 8 a.m. to 8 p.m.
Weekends & holidays, 10 a.m. to 2 p.m.



all for you

HENRY FORD MEDICAL CENTERS
Cottage & Pierson Clinic

CHEERS TO VOLUNTEERS

Thank you to The Helm Volunteers!

Did you know the week of April 7th through 13th is Volunteer Appreciation Week? National Volunteer Week is an annual celebration observed in many countries to show appreciation for volunteering.

Volunteers are vital members of our team at The Helm. In 2018, The Helm volunteers contributed nearly 17,000 hours, a value to the community of more than \$400,000. They contribute so much every day for many different reasons. No matter what inspires them to volunteer, each individual has unique gifts to share, they provide significant support, a variety of skills and talents, and make significant contributions to address the needs in their community and at The Helm.

Thank you to the volunteers who fulfill a variety of roles at the Helm:

- Meals on Wheels & Holiday Meals on Wheels – Coordinators, Drivers, Jumpers, Packers, and Substitutes
- Escort Transportation Drivers
- Front Desk Receptionists
- Office Assistant – Those who help with computer entry, shredding, filing, making phone calls, mailings, etc.
- Activities Support – Facilitated or taught a class or

activities, such as the Coloring Club, Bingo, Mah Jongg, Bridge, or provides Music

- Poker Volunteers
- Special Events Volunteer – Parties, Senior Expo, Flu Clinic, Senior Fun Day, and Auction
- Bakers
- Create Holiday Cards
- Café Volunteers
- Friendly Visitors and Callers
- Pickups and Deliveries – Bread, flowers, and medical loan items
- AARP Tax Preparers
- Medicare/Medicaid Assistance Program Counselors
- Technology Instructors
- Social Work Intern
- Holiday Basket Assemblers or Drivers
- Chore and Home Safety Volunteers
- Indoor and Outdoor General Maintenance Volunteers
- Fall and Spring Clean Up
- Board Members

We are greatly appreciative of your dedication and commitment to The Helm!

If you are interested in learning more about volunteering at The Helm, contact us 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

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.

MINNIS AD

Worth Seeing.

Metropolitan Eye Center is a center of excellence, serving patients in our community for three decades. We promise each individual patient the highest quality eye care.

Senior Eye Health

- No-stitch Cataract Implant Surgery
- Custom Choice Cataract Implants
- Selective Laser Glaucoma Treatment
- Macular Degeneration Care & Treatment
- Nearvision CK (Conductive Keratoplasty)

Comprehensive Eye Care

- Complete Eye Exams
- Extended-Wear Contact Lenses
- Quality Optical Service

Advanced Technology Enhanced By Experience!

METROPOLITAN EYE CENTER

586-774-0393

www.metropolitaneyecenter.com

21711 Greater Mack Ave, St. Clair Shores MI 48080



Photo by
Bill Rapai, President
Grosse Pointe Audubon



All on one campus!

*Conveniently located just
minutes north of
**Grosse Pointe,
Harper Woods, and
St. Clair Shores***

Off I-94 at Exit 234-B

**23575 15 Mile Road
Clinton Twp, MI 48035
586-791-2470**



**Church of Christ
Care Center**

*Caring with our hands is
our job.
Caring with our hearts is
our life.*



Rehab and Nursing Center
(586) 791-2470



Assisted Living (586) 791-2472
All Inclusive, Affordably Priced



Senior Housing (586) 792-6441

**info@cofccc.org
www.cofccc.org**

TRIBUTES & HONORS

In Memory & In Honor

In Memory Of:

Deacon Chere Bates

Sarah and Don Ludlow

Helen Griffith

Ms. Kathy Nader

**Barbara Sutton
Hern**

Robert Starnes

Marie Marco

Robert Starnes

Peg and Russ Noble

Nancy Dodge

Nunzio Ortisi

Josephine Ortisi

Parvey P. Patel

Roshan P. Patel

Pesi Patel

Roshan P. Patel

Peggy Woodhouse

Robert Starnes

In Honor Of:

Lynda Altovilla

*Mr. and Mrs. David
Redfield*

**Marlene and John
Boll**

*Terri Williams
Ed Walls*

Anna Cornell

Cathy Cornell

**Medicare
Volunteers**

*Kathy and Rick Neumann
Claire W. Perry*

Micki Nowinski

*Patti and Jack McCracken
Mrs. Pieter Van Horne
Nancy and Dennis
Anderson*

Carolyn Skaff

David Skaff

Deborah Wagner

Connie and Dick Dunlap

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

Breadsmith

Einstein Bagels

Joseph's Bakery

Panera Bread

Mary Thompson Foundation

Michigan Opera Theater

Lakeshore Senior Living

Sponsor of the "Spring Serenade"?????

2018 Auction and Gala Sponsors

The Big Salad

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

Thank you!

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.

Have 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** and our Facebook pages can be found at **facebook.com/TheHelmLifeCenter**.

LIFE'S GOOD WHEN LIVING COMES EASY

With no repairs to make, yard work to do, or regular house up-keep to attend to—home looks a whole lot different. At Henry Ford Village we handle the chores so you can play summer league golf, travel or spend the day outside without a second thought. Maintenance-free is the way to be.

Really living for ages 62+



HENRY FORD VILLAGE
You've earned it.

15101 Ford Road, Dearborn, MI 48126 | www.henryfordvillage.com | 877-796-3458



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



**Ascension
St. John Hospital**

