

May & June 2019

# THE HELM LIFE JOURNAL

## THE HELM'S NEWEST PROGRAMS

**KNIT ONE, PURL TWO  
TO LIFELONG BENEFITS**  
*Page 5*

**THE BEAUTY OF AGING**  
*Page 5*

**WHY MEMBERSHIP  
MATTERS**  
*Page 6-7*

**SEE WHAT'S HAPPENING  
AT THE HELM**  
Services and activities  
for May & June 2019  
*Pages 9-18*

**MORE HELM NEWS**  
*Page 19*

**CHEERS TO VOLUNTEERS**  
*Page 20*

**TRIBUTES & HONORS**  
*Page 22*



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



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

WEBSITE:

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  
313-649-2113  
kfontanive@helmlife.org

#### INFORMATION & ASSISTANCE

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

Molly French  
313-649-2110  
mfrench@helmlife.org

#### CASE COORDINATION

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

#### EDUCATION & ENRICHMENT

Margaret Cooper  
313-649-2109  
mcooper@helmlife.org

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:

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



## 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

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.*

# THE HELM LIFE JOURNAL

## Contents May & June 2019

---

04

**GREETINGS FROM THE HELM**  
*From the Executive Director*

06

**WHAT'S NEW & NOTEWORTHY**  
*Membership Matters*

---

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

### 10 FUN & FRIENDSHIP

*Parties & Celebrations*  
*Games & Entertainment*  
*Lunch at The Helm*

### 12 LEARN & GROW

*Charity Projects*  
*Classes & Presentations*  
*Creative Workshops & Crafts*

---

### 15 HEALTH & WELLBEING

*Exercise Classes*  
*Health & Wellness Activities*

### 17 SERVICES & SUPPORT

*Support Groups*

---

19 | MORE NEWS   20 | CHEERS TO VOLUNTEERS   22 | TRIBUTES & HONORS

### Help us Save Trees and Money!

Rather get *The Helm Life Journal* electronically? Know someone who no longer wishes to receive a mailed copy? To make any changes, call or email Roz Peters at 313-649-2100 or [rpeters@helmlife.org](mailto:rpeters@helmlife.org).

### Let's keep in touch!

Have you visited our website and Facebook pages yet? They are full of information about what is happening at The Helm, including classes, programs, parties and more. You can even find current and back issues of the newsletter. We're just a click away and available 24 hours a day!

Visit [www.helmlife.org](http://www.helmlife.org) and [facebook.com](https://www.facebook.com/TheHelmLifeCenter) (search *TheHelmLifeCenter*).



From the Executive Director

## Membership Matters



*“A sense of belonging to a greater community improves your motivation, health and happiness.”*

**B**elonging – /bəˈlɒŋɪŋ/ – an affinity for a place or situation. What a simple word for such a huge concept. A sense of belonging is a human need, just like the need for food and shelter. That feeling that you are part of something bigger than yourself is important in seeing value in life and in coping with intense emotions, both positive and negative. According to an article in *Psychology Today*, a sense of belonging to a greater community improves your motivation, health and happiness.

That's why membership matters. Whether it's with your church, your family, your alma mater...or The Helm, we all want to be part of something bigger than ourselves.

The Helm is designed to be a gathering place, a place to learn, grow, socialize, and, well, belong. For more than 40 years, we have been providing that sense of community to seniors in the Grosse Pointes and Harper Woods.

As we note in the article on page 6, running a center like The Helm, with our myriad programs and services takes time, talent and treasure. In short, it takes money to sustain everything we do and offer. For many years, we have relied almost exclusively on fundraising to support our services. And we will continue seeking that support from individuals, corporations and other entities. But we also need your support so that we can continue to exist and thrive for the next 40 years.

A modest membership fee, which will be implemented effective July 1, 2019, will help ensure we can offer the programs you love and allow the opportunity to bring additional services and programs into the community. Most importantly, it gives our members a place to belong. To stop by for a cup of coffee and camaraderie. To learn a new skill or improve on a talent you have while meeting old and new friends. To enjoy a hot lunch and a movie.

With your support, we'll continue to be here for you...where you can belong.

**Peggy Hayes,**  
Executive Director



## Knit one, purl two to lifelong benefits

Studies by a number of organizations and individuals including Knit for Peace, the Craft Yarn Council, universities worldwide, occupational and mental health therapists and numerous other groups have determined a variety of benefits of knitting. These include:

- A sense of accomplishment
- Promotes relaxation
- Alleviates symptoms of anxiety, stress and depression



- Helps improve motor functions
- Slows cognitive decline
- Helps prevent arthritis and tendinitis

Experienced knitters are welcome to join the longstanding knitting for charity group which meets 1:00 - 3:00 p.m. Tuesdays at The Helm. If you want to learn how to knit or need a bit of a refresher, take our new knitting class beginning May 13 at The Helm. See page 14 for details.

## The Beauty of Aging

Are you looking older but not feeling older? Unfortunately, telltale signs of aging usually are related to physical appearance. While we may still feel great and be active as ever, the years can take a toll with more wrinkles and droopy skin, less hair where we want it like our eyebrows and more hair where we don't, less youthful looking teeth, and areas of fat where we wish there were none. Want to hear about some of the new procedures and talk to the professionals?

Then join us for a first-time event featuring professionals who will provide information about putting your best face forward. The first session on May 8 will feature medical practitioners representing dermatology, plastic surgery and dentistry, who will share information on the realities of aging and the latest procedures to improve your look. The second session on May 22 will focus on professional services such as permanent makeup, hair coloring and styling, makeup application, and skin care. We also will have a professional photographer who specializes in photographing women to share some tips on how to look better in photos.



PHOTO CREDIT: FINE STROKES MICROBLADING

Enjoy a glass of wine and cheese while you socialize with other attendees and talk to our panel of experts. You can attend one session for \$30 or both sessions for \$50. Mark your calendar for Wednesdays, May 8 and May 22 from 6:00 - 8:00 p.m.

For more information and to register call The Helm at 313-882-9600.

## A Place to Belong

On any given day at The Helm, you will find people playing Mah Jongg, rummy, poker or euchre, enjoying yoga and tai chi, taking singing lessons or French lessons, utilizing the pingpong tables or just socializing over lunch. Each week, hundreds of people come through our doors to take part in more than 40 different classes, clubs, workshops and events.

That's a far cry from the one exercise class and daily lunch we offered in our early years. And, as the population we serve continues to grow and enjoy a more vibrant quality of life, our programs need to adapt. We have relied on the generosity of the community – individual donors and organizations – to keep us going and growing stronger. These resources are getting tighter and tighter at a time when we are expanding and growing.

Which is why starting July 1, 2019, we will begin charging a membership fee. For \$48 a year – less than \$1 a week – members can continue to enjoy the variety of offerings here at The Helm. And, we will be able to expand our programming and offer more events to members.

Membership provides you the continued activity, camaraderie and life resource center you've come to rely on over the years. We are the only organization in our community that does what we do and for as long as we have. No matter what you participate in – yoga, French lessons, cooking demonstrations, physical and cognitive fitness classes, card games, special events – it's still all here in our warm and welcoming facility.

*Continued on next page*

### Give the gift of membership

THE  
**HELM**  
AT THE BOLL LIFE CENTER

#### A membership for:

Name \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Telephone Number \_\_\_\_\_

Email (optional) \_\_\_\_\_

Return completed form with payment to  
The Helm at the Boll Life Center,  
158 Ridge Road, Grosse Pointe Farms, MI 48236

#### A gift from:

Name \_\_\_\_\_

Telephone Number \_\_\_\_\_

Payment method: ☐ Cash ☐ Check ☐ Credit Card  
(If paying by credit card, please complete the following)

Address \_\_\_\_\_

Card Number \_\_\_\_\_

CVC \_\_\_\_\_ Exp. Date \_\_\_\_\_



Continued from previous page

## WHY MEMBERSHIP MATTERS

While membership helps us continue to provide the quality programs to which you've become accustomed, it also provides members a place to go to be with friends and remain active. A place to belong.

Additionally, members will receive:

- Special member-only pricing for various programs including all exercise programs and lunch. Some programs will continue to be offered free of charge!
- Access to member-only programs.
- Free birthday lunch and cake during your birthday month.
- A list of area businesses that offer senior discounts.
- Reduced member-only rates for rental of our building for private events such as showers, anniversary parties, etc.
- A Helm tote bag when you register (while supplies last).

*Take advantage of early registration and be entered into weekly raffles for gift cards.*

*Membership registration opens May 1, 2019.*

## Redefine Laundry Day!



**It's peace of mind washed, fluffed, folded and returned**

Laundry doesn't have to be a never-ending, tedious, unrelenting act of life. Not with Soapy Pete's door-to-door customizable personal laundry pickup and delivery service.

Simply visit [soapypetes.com](http://soapypetes.com). Sign up, customize your laundry preferences, schedule pickups and we'll pick up your clothes and have them back the very next day.

Don't forget to enter promo code **"Soapy 10"** to claim your credit.

Customizable, personal laundry service with next-day return.

**\$10 Off**

Your First Pickup

Promo Code: **Soapy10**

**SOAPY Pete's**  
LAUNDRY PICKUP

(248) 949-1109

[hello@soapypetes.com](mailto:hello@soapypetes.com)

[soapypetes.com](http://soapypetes.com)



## *Your safety matters*

There are a few simple tasks and routine maintenance steps to take to make sure your home is safe at any age. The Helm offers a free Home Maintenance, Safety and Security program for homeowners 60 and older to help prevent falls and accidents by making changes to unsafe areas of your home. Here's what we can do to help make your home a safer environment:

- Inspect and test batteries in existing smoke detectors in bedrooms, kitchen and hallways. Replace batteries if needed or install new detectors, if needed.
- Inspect and test batteries in existing carbon monoxide detectors. Replace batteries if needed or install additional detectors, if needed. (Limit two)
- Install LED nightlights in the main bedroom, hallways by stairs and bathroom, if needed.

- Replace the furnace filter, if needed.
- Inspect interior standard ceiling lights and replace with long-life LED bulbs, if needed.
- Inspect exterior lights (first story only) and replace with long-life LED bulbs, if needed.
- Repair or replace the house number sign if not sufficient for identifying the address quickly.
- Clear minor debris from exterior air conditioning unit.
- Install kitchen-type fire extinguisher, if needed.

Just these few simple steps will keep your home safer. Schedule an appointment for a free Home Maintenance, Safety and Security check up. Call 313-882-9600.

---

## *It's a matter of balance*

We've all done it. Taken a tumble that could have been avoided by simple fixes: holding on to a handrail, looking ahead or down, putting things away and not leaving them out of place and in the way, and just being aware of our surroundings.

Falls are not an inevitable result of aging. Yet, as we age, falls, with or without injury, can carry a heavy impact on one's quality of life. A growing number of older adults fear falling and as a result limit their activities and social engagements. This can result in further physical decline, social isolation and a feeling of helplessness.

A Matter of Balance is a free, four-week structured group workshop that emphasizes practical strategies to reduce falls and the fear of falling.

Participants learn to:

- view falls and fear of falling as controllable,
- set realistic goals to increase activity,
- make their homes safer to avoid falls, and
- exercises to increase balance, strength and flexibility.

The strategies and tips learned in this workshop will help you overcome the fear of falling, create a safer living environment and increase your activity level.

The Matter of Balance workshop is 1:00 - 3:00 p.m. Tuesdays and Thursdays, May 14 to June 6. Registration is required for this free workshop.

Call The Helm at 313-882-9600 for more information.



May & June 2019

# See What's Happening at The Helm

**We're the 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.

## FUN & FRIENDSHIP PG. 10-11



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

## LEARN & GROW PG. 12-14



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

## HEALTH & WELLBEING PG. 15-17



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

## SERVICES & SUPPORT PG. 17



*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 AND PAATS OFFICES WILL BE CLOSED MEMORIAL DAY, MAY 27.



### LOCATIONS AND COSTS

All activities are held at The Helm unless otherwise indicated. Any charges are noted in the program description.



### 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.



## Celebrations & Parties

### MAY & JUNE BIRTHDAY CELEBRATIONS!

Thursday, May 9, 11:30 - 11:45 a.m.

Thursday, June 13, 11:30 - 11:45 a.m.

Celebrating your birthday in May or June? 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!

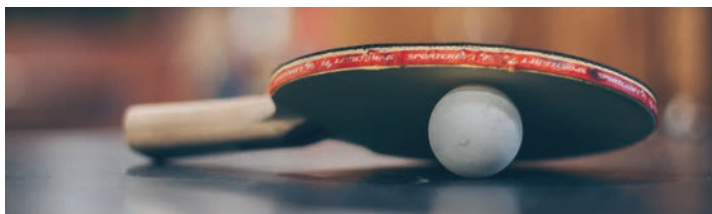
### GROSSE POINTE WOODS SENIOR ICE CREAM SOCIAL

*Note: Due to water damage at Grosse Pointe Woods City Hall, the community center is currently being used as city offices. This event will be held at The Helm, 158 Ridge Road, Grosse Pointe Farms.*

Wednesday, May 15, 2018

2:00 - 4:00 p.m.

Grosse Pointe Woods seniors and their guests are invited to the GPW Senior Citizens Commission's Annual Ice Cream Social. The event is free, but registration is required. Call the Grosse Pointe Woods community center at 313-343-2408 to register. Space is limited, so please call early.



## Games

### PINGPONG

Fridays, 4:00 - 6:00 p.m.

*Table Rental: \$10 per hour – Reservation required*

On top of the many health benefits it has on your body, 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 in our 3rd Floor Newberry Room.

### EUCHRE CLUB

Thursdays, 2:30 - 4:00 p.m.

**Facilitator:** Dave Stander

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.

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 per card*

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

### PROGRESSIVE RUMMY

Tuesdays, 12:45 - 1:45 p.m.

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*

Described as a "thinking man's game," Texas Hold 'em is popular, fun and competitive. 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. and 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

**\$2 – registration required**

### OLD MAN AND THE GUN – PG-13

Friday, May 31, 12:30 - 2:30 p.m.

### THE WIFE – R

Friday, June 28, 12:30 - 2:30 p.m.

## Group Fun

### THE CHIT CHAT AND COLOR CLUB

Wednesdays, 12:30 - 2:00 p.m.

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

Thursday, May 16, 2:00 - 3:00 p.m.

**Born a Crime** by Trevor Noah

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

*Reservation needed*

*Maximum: 15 participants*

Welcome to our book club at The Helm. We will discuss a variety of fiction, non-fiction, classics, and modern works. The book club will return in September.

### SING-A-ALONG GROUP!

Wednesdays, 1:30 - 2:30 p.m.

**Choir Director:** Jean Curtis Demeulemeester

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!

## \$5 Friday Lunch and Movie Special!



Enjoy soup, a croissant sandwich and fresh fruit salad created by Chef Brian, then head up to the Newberry Room and watch a popular movie. What a fun Friday afternoon!

Reservations are required. Lunch is served 11:30 a.m. to 12:15 p.m. Movie begins at 12:30 p.m.

Don't have time for lunch? You can still take in the movie for just \$2.

See left for dates and movie selection.



## LUNCH

**Cost: \$5**

Please make your lunch reservations in advance. Lunch reservations 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. Come for the delicious food and meet some new friends.

Check the TV screen in the lobby or on our website for the weekly menu.

# LEARN & GROW

## Charity Projects

### KNITTING FOR CHARITY

Tuesdays, 1:00 - 3:00 p.m.

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

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.

Come and assist this 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

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

## Classes & Presentations

### SENIOR REAL ESTATE WORKSHOP

Tuesdays, May 7, 14 and 21, 1:00 - 2:00 p.m.

**Facilitators:** Mimi Koppang and Donna Kurz O'Neill,  
Johnstone and Johnstone Realtors

*Reservation needed*

**May 7 – Reviewing Your Current Housing Situation and Getting up to Speed with New Housing Options**

Whether you plan to stay in your present area or move to another, we will cover important factors to consider.

**May 14 – Should I Stay or Should I Go?**

Discussions will cover aging in place and preparing your home for sale.



**May 21 – Making your Real Estate Transition Successful / Not Stressful**

A review of the current housing market and an outline of the real estate transaction.

### ACTING CLASS

Wednesdays, May 8 – 29, 2:00 - 4:00 p.m.

**Instructor:** Harry Burkey

*Reservation needed*

Learn how to act and be in a movie! Harry Burkey, acting coach and member of the Screen Actors Guild, will teach students how to act for the screen. All students will be invited to act in some short films being produced. For more information, contact Harry Burkey, 313-885-1393.

### NEW! THE BEAUTY OF AGING

Wednesdays, May 8 and 22, 6:00 - 8:00 p.m.

**Facilitator:** Prudence Cole

**\$30 for one session, \$50 for both sessions – registration required**

The Beauty of Aging is a two-evening event focused on what women and men can do to maintain their appearance as they age. Join us for a wine and cheese reception and panel discussion with time for your questions and answers. The first night features medical practitioners, such as dermatologists, plastic surgeons and dentists, sharing information on the realities of aging and the latest procedures to mitigate them. The second session consists of presentations by professional service providers, such as hair stylists, makeup artists and photographers, sharing tips to improve your appearance and camouflage aging. See story page 5.

### CONVERSATIONAL FRENCH

Fridays, May 10 – August 8

**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

*Reservation needed*

**Maximum: 20 participants**

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).



## LINE DANCING

**Mondays, May 13 – June 24, 6:00 - 7:00 p.m.**

**Instructor:** Michael Panoff

*\$48 for 6 weeks – registration required*

This class is all about fun and easy-to-follow dance steps that promote physical, mental and emotional wellness. Designed to provide the heart-healthy benefits of aerobic exercise while also allowing you to engage in social activity, this class is for anyone who loves to dance. Whether you have experience or are a beginner to the dance floor, you will learn the steps to an array of line dances from the popular classics to the very latest in country, blues, and R&B/soul.

## BALLROOM DANCING I – PARTNER MOVEMENT SKILLS

**Tuesdays and Thursdays, May 14 – June 25,**

**7:15 - 8:15 p.m.**

**Instructor:** Andreas Browne,  
student of the Fred Astaire Studio

**Location:** The Helm

**Wayne County Community College Continuing Education Class**

*Reservation needed*

*Maximum: 20 participants*

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, Foxtrot, Tango, Rumba, Cha-Cha, East Coast Swing and some club-style dances. **Please bring a partner but it is not mandatory.**

## ELDER LAW – ESSENTIAL LEGAL PLANNING

**Wednesday, June 5, 1:00 - 2:00 p.m.**

**Facilitator:** Kimberly Parks, Elder Law and Advocacy  
Center, Neighborhood Legal Services Michigan

*Reservation needed*

This legal presentation 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.



## THE HELM HIP HOP DANCE COMPANY

**Tuesdays, June 11 – August 6, 1:00 - 2:00 p.m.**

**Choreographer:** Melissa Danckaert Peters

*\$54 for 9 weeks – Registration required*

*Maximum: 20 participants*

Staying healthy and fit doesn't have to be boring. This hour-long class combines a fantastic cardiovascular workout with learning a new skill and having fun! At the end of the 10-week session, participants will be able to take their group dance routine and perform it in the community.

## THE UPSIDE OF DOWNSIZING

**Wednesday, June 12, 2019, 6:00 - 7:00 p.m.**

**Facilitators:** Mimi Koppang and Donna Kurz O'Neill,  
Johnstone and Johnstone Realtors

*Reservation needed*

Learn tips and tricks to deal with the psychological, emotional and physical side of the downsizing process. Wine and cheese will be provided.

## ONE-ON-ONE TECHNOLOGY INSTRUCTION

**Fridays, Noon - 4:00 p.m.**

*Reservation 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

### LEARN TO KNIT WITH TRINA

Mondays, May 13 – June 24, 1:00 - 2:00 p.m.

\$30 – Registration required

Maximum: 10 participants

Knitting is a relaxing hobby that is easy to learn. This knitting class is designed for anyone who has never knitted before or who would like a refresher in basic knitting techniques. You will learn how to cast on, knit, purl, cast off, and read a basic knitting pattern. Please bring a skein of mid-weight, smooth yarn and a pair of knitting needles. See story on page 5.



### BEGINNING DIGITAL PHOTOGRAPHY

Tuesdays, May 14 – June 25, 6:00 - 7:00 p.m.

Instructor: Andreas Browne,  
Yellow Door Photography and Imaging Lab

Wayne County Community College Continuing Education Class

*Reservation needed*

This course introduces students to current digital imaging technology. With the use of digital cameras, printers and photo imaging software, students will learn the functions of their camera and explore the world of the electronic darkroom. A digital SLR camera is required. Prior computer experience is recommended but not required.

### JEWELRY BEAD DESIGN – BEGINNER

Wednesdays, June 19 – August 14, 10:00 a.m. - Noon

Instructor: Kathleen Robinson Young

Wayne County Community College Continuing Education Class

*Reservation needed*

This class offers a hands-on approach to jewelry bead design. Participants will complete three sets of jewelry that include a necklace, a pair of earrings, and a bracelet. On the first day of class, participants will learn what supplies they will need to purchase.

**CLASSIFIED**



**SAVE THE DATE**

The Helm  
23rd Auction Gala

Thursday,  
October 10, 2019

Grosse Pointe  
Yacht Club

**MISSION:  
IMPOSSIBLE**

Together we make it possible!

## 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 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 also are included with your work out! Small balls are provided.

Caregivers welcome! First class is free!

**Tuesdays and 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 and 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 and 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 and Wednesdays, 10:15 - 11:15 a.m.**

**Instructor:** Judy Sarvis

**Mondays and 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, May 13 – August 12, 1:00 - 3:00 p.m.**

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

*Wayne County Community College Continuing Education Class*

This class focuses 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

**Tuesday, May 14, 9:30 a.m. - noon and 12:30 - 2:00 p.m.**

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

#### *Reservation needed*

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

### A MATTER OF BALANCE – FALL PREVENTION PROGRAM

**Tuesdays and Thursdays, May 14 – June 6,  
1:00 - 3:00 p.m.**

**Facilitator:** Rosa Hunter

#### *Reservation needed*

**Maximum: 12 participants**

A Matter of Balance is an award-winning program that emphasizes practical strategies to reduce fear of falling and increase activity levels. Participants learn to view falls and fear of falling as controllable, set realistic goals to increase activity, change their environment to reduce fall risk factors, and exercise to increase strength and balance. See story on page 8.



### HOMEOPATHY – BEGINNERS

**Wednesday, May 22 – July 31, 1:30 - 3:30 p.m.**

**Facilitator:** Dr. Willa Carson

*Wayne County Community College Continuing Education Class*

#### *Drop-ins welcome*

This basic Homeopathy class gives participants a background to Homeopathy and explains homeopathic remedies used today in the treatment of various diseases.

### QUALITY OF LIFE AND IN-HOME SERVICES

**Tuesday, June 11, 1:00 - 2:00 p.m.**

**Presenter:** Belinda Grunewald,

Right at Home Grosse Pointe

Learn how to increase your quality of life by taking an active part in your health and environment that will lead to lower hospitalizations and continued independence. Also learn what services are available to you in your home that your doctor may not be aware of.

### COMBATING LONELINESS

**Tuesday, June 18, 1:00 - 2:00 p.m.**

**Presenter:** Faye LaPorte, BrightStar Home Care

Loneliness is a feeling of sadness brought on by isolation or lack of companionship. Learn why older adults often suffer from loneliness, the consequences of isolation, and how it can affect you physically and mentally. Find out how to alleviate loneliness, feel useful again and rekindle relationships.

### ASCENSION/ST. JOHN PROVIDENCE MOBILE HEART AND HEALTH SCREENING

**Fridays, June 21, July 12 and August 23, 9:00 a.m. - 4:30 p.m.**

**\$60 – registration required**

This non-invasive comprehensive screening includes: Medical health assessment, blood pressure check, electrocardiogram, body mass index, ankle brachial index (blood flow to the limbs), carotid ultrasound (blood flow to the brain), abdominal aorta ultrasound (aneurysm check). Pay by check, credit card or money order. A “fasting lipid panel” is available for \$20 which measures cholesterol, triglycerides, and glucose. See page 19 for more information.



## ASK THE PHYSICAL THERAPIST

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

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

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 and "Ask the Therapist."

## 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

High blood pressure is a silent killer that shows no symptoms but can cause 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

### ASK THE HOUSING SPECIALIST

Third Tuesday of Every Month, 9:15 a.m.

**Facilitator:** Rachel Nagorsen, Lakeshore Senior Living

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

### PARKINSON'S ACTION GROUP

The Parkinson's group has outgrown their space here and are now meeting at Christ Church Grosse Pointe, 61 Grosse Pointe Blvd., Grosse Pointe Farms. Please contact 313-520-9082 for more information.

### ALZHEIMER'S CAREGIVERS SUPPORT GROUP

Third Thursday of every month, 6:00 - 8:00 p.m.

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

*Reservation needed*

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

# THANK YOU FOR SUPPORTING OUR SPONSORS

**RONALD V. KNEISER**  
ATTORNEY AT LAW

Estate Planning • Trust Administration

24108 GREATER MACK AVENUE  
SAINT CLAIR SHORES, MI 48080  
586.443.5094



**NOTRE DAME  
PHARMACY**

**William M.  
Lemanske, R.PH.**

- Rx filled in 20 minutes or less
- Most major insurances accepted
- Delivery in the Pointes

16926 Kercheval • Grosse Pointe, Michigan 48230  
(313) 885-2154 • Fax (313) 885-6816

# Additional Free Wayne County Community College Continuing Education Classes

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

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

**For reservations, descriptions of classes and times, call WCCCD at 313-496-2600.**

*Note: Classes can be joined at any time.*

## LANGUAGE

**Spanish for the Traveler**

Saturdays, May 11 – August 10

**Conversational Spanish**

Saturdays, May 11 – August 10

## ZUMBA FITNESS GOLD

Mondays, May 13 – August 12

## TECHNOLOGY

**MS Word Basic 2016**

Saturdays, May 11 – June 8

**Microsoft Windows 10**

Tuesdays, May 14 – August 13

**Computer Fundamentals IC3 Part 1**

Mondays, May 20 – June 10

**MS PowerPoint Basic 2016**

Saturdays, June 15 – July 13

**Key Application IC3 Part 2**

Mondays, June 17 – July 8

# THE WAR MEMORIAL DAY TRIPS

## NATIONAL VETERAN'S MEMORIAL AND MUSEUM - COLUMBUS, OHIO

Wednesday, May 8

*\$87 for adults/seniors or \$73 for veterans (must show ID)  
(includes motor coach transportation, museum entrance and bus snack; lunch on your own)*

Arrive for check-in no later than 7:15 a.m.

Return to The War Memorial by 7:30 p.m.

## NATIONAL MUSEUM OF THE GREAT LAKES - TOLEDO, OHIO

Wednesday, June 12

*\$80 per person (includes motor coach transportation, museum entrance and lunch)*

Arrive for check-in no later than 9:30 a.m.

Return to The War Memorial by 6:00 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 7:00 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 canceled due to insufficient registration or unforeseen circumstances.

**DID  
YOU  
KNOW**

The Grosse Pointe Public Library has outreach visits for permanently or temporarily homebound residents in the Grosse Pointe Library District?

Visits are arranged by telephone and all circulating materials are available for loan.

Call the library at 313-343-2074, ext. 209, for to reach the Outreach Librarian.

## New to Medicare

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 New to Medicare program is Wednesday, May 1, at 7:00 p.m. 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 at 313-882-9600 to get in touch with a Medicare counselor.

## Take care of your heart

The Ascension mobile heart and health screening center will be at The Helm three days this summer for onsite, non-invasive, comprehensive heart screenings.

The heart screening is \$60 and includes the following:

- Medical health assessment
- Blood pressure check
- Electrocardiogram (EKG)
- Body mass index (BMI)
- Ankle brachial index (ABI) - blood flow to the limbs
- Carotid ultrasound - blood flow to the brain
- Abdominal aorta ultrasound - aneurysm check

A fasting lipid panel blood test which measures cholesterol, triglycerides, and glucose, is available for \$20.

Ascension will be at The Helm: **Friday, June 21 • Friday, July 12 • Friday, August 23**

Registration is required.

For more information and to schedule an appointment, call The Helm at 313-882-9600.





# CHEERS TO VOLUNTEERS



## *Tech volunteers make a difference*

**T**o say technology is changing rapidly, is an understatement. Everyday there are new and improved technological advances designed to make our lives easier and better.

Every Friday afternoon at The Helm our eight volunteer technology instructors – Dave, Marty, Don, Paul, Linda, Rita, Chris and Tania – are available for one-on-one lessons to help make technology less overwhelming. Whether you have a tablet, Chromebook, laptop, any type of cell phone, or want to learn more about social media, the technology instructors are here to answer your questions and help you improve your skills.

*Thank you to Dave, Marty, Don, Paul, Linda, Rita, Chris, and Tania for your dedication and willingness to assist seniors in improving their technological skills.*

Since the new year, this dynamic group of volunteers has worked one-on-one with about 100 students wanting to learn more about technology.

Students agree the instruction is helpful. Karen said, “Computer classes were great! I am on my own now with my tablet and am able to keep in touch with my sister over email.”

*Continued on next page*

**RESEARCH SHOWS LONELINESS CAN BE AS DAMAGING TO ONE’S HEALTH AS SMOKING 15 CIGARETTES A DAY. TECHNOLOGY CAN HELP KEEP YOU CONNECTED TO FRIENDS AND FAMILY WITH THE USE OF EMAIL, TEXTING, FACEBOOK, FACETIME AND OTHER SOCIAL MEDIA.**

## **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**

To donate by phone, or if you have questions, call 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.



*Far left and above, volunteers provide one-on-one technology instruction.*

*Continued from previous page*

Lynn said, “I think it’s wonderful. I didn’t grow up with this (technology) and to suddenly be thrown this piece of equipment, it’s wonderful to have access to help. Linda was great.”

If you are interested registering for a session or becoming a technology instructor, contact The Helm at 313-882-9600.

## “Fore” The Helm

The Helm will host its first-ever charity golf outing at the Lochmoor Club on Monday, July 29. The four-person team scramble will feature lunch, followed by a shotgun start at 1 p.m. and prizes for the top men’s, women’s and mixed teams, which will be presented at the dinner following the competition. There also will be exciting items up for auction, a putting contest, and much more!

For more information, contact Peter Poulos at 313-649-2104 or [ppoulos@helmlife.org](mailto:ppoulos@helmlife.org)



## 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  
25  
1993 2018  
Dedicated to  
Really Living for Twenty-Five Years

HENRY FORD VILLAGE  
You've earned it.

Managed by  
Life Care Services®

15101 Ford Road, Dearborn, MI 48126 | [www.henryfordvillage.com](http://www.henryfordvillage.com) | 877-796-3458



# TRIBUTES & HONORS

## *In Memory & In Honor*

### In Memory Of:

**George A. Grayr on his 90th birthday**

*Anne Grayr*

**John Zachary**

*William Krist*

**Henry Moy**

*Alfred and Miriam F. Tom Memorial Gift Fund*

### In Honor Of:

**AARP Tax Preparers**

*Shirley Snow*

Donations received between January 15 and March 12, 2019. If there are any omissions, please contact Roz Peters, at 313-649-2100 so that we may make corrections.

## Sponsors & In-Kind Donors

Panera Bread

Breadsmith

Josef's European Pastry Shop

Einstein Bagels

Kathy Nemeh, Gale Publishing

### 2018 Auction and Gala Sponsors

Tocco Mannino Landscaping

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!

## 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](http://www.metropolitaneyecenter.com)**

21711 Greater Mack Ave, St. Clair Shores MI 48080



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





*Stricker*  
*Dental Care*

LET US MAKE  
YOUR SMILE THE  
BEST IT'S EVER  
BEEN

**Stephen E. Stricker, DDS, PC**

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

**Health  
Confidence  
Beauty**



**SIX MONTH SMILES®**  
Cosmetic Braces System

**CALL TODAY FOR EMERGENCY CARE**

**NEW PATIENTS WELCOME**

**CareCredit**  
Interest Free  
Financing  
Available

**586-772-8080**



**Dr. Stricker & Family**



**25815 Harper, St. Clair Shores (3 Blocks North of 10 Mile Rd.)**  
**[www.strickerdentalcare.com](http://www.strickerdentalcare.com)**



# THE HELM

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

Non Profit  
Organization  
U.S. Postage  
**PAID**  
Permit No. 37  
Roseville, MI

## 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**

