

July & August 2019

# THE HELM LIFE JOURNAL

## THE HELM'S NEWEST PROGRAMS

**TWO FUN WAYS TO  
SUPPORT THE HELM**  
*Page 5*

**GIVE THE GIFT OF  
MEMBERSHIP**  
*Page 6*

**SEE WHAT'S HAPPENING  
AT THE HELM**  
Services and activities  
for July & August 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  
Fred Minturn  
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 July & August 2019

---

04

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

06

**WHAT'S NEW & NOTEWORTHY**  
*Upcoming fundraisers*  
*Give the gift of membership*

---

**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, Facebook and Instagram 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), [facebook.com](https://facebook.com) and [instagram.com](https://instagram.com) (search *TheHelmLifeCenter*).



## *No seasonal slowdown here*

*Summer is bustling at The Helm*

**J**ust because it's summer doesn't mean we've slowed down here at The Helm! We have a full schedule of programs including some new opportunities to keep you active and busy until fall!

Check out this issue of the newsletter to find new events and programs such as our Master Gardeners Series, Guided Meditation, and Mah Jongg Lessons! Come by The Helm and take advantage of our new pingpong tables. (We're moving them outside on nice days and members can play for free during July and August, a \$10/hour value!) And Tuesdays starting July 2 from 11 a.m. to noon, the Full Circle Garden Growers Farmers Market starts up again on our back patio.

Other events you won't want to miss include the Ascension St. John Mobile Heart and Vascular Screening program (hurry appointments book quickly), lunch and a movie, our first-ever "Fore the Helm" golf outing on July 29 at the Lochmoor Club, and much more.

July 1 is the official kickoff of our new membership program. For \$48 a year, just 92 cents a week, you can enjoy all the benefits of membership including access to member-only programs, special member-only pricing on many classes, free birthday lunch and cake during your birthday month, a Helm

tote bag and more! Hundreds of your friends and neighbors have already joined during our early bird registration period. Memberships are good for one year and renew on the anniversary of the date you joined.

You can even give the gift of membership to a loved one! Just fill out the form on page 6 and mail it in with your payment and the name and contact information of your recipient and we'll do the rest.

In addition, we have lots of volunteer opportunities that can help you give back to the community. Are you a member of a local garden club? We can always use your group's help keeping our grounds beautiful and colorful throughout the summer. We always need Meals on Wheels volunteers to deliver meals to our homebound neighbors. Even if you can only spare a few hours every few months...it all helps.

When we renamed our organization The Helm last October, we envisioned offering programs that really allow our members to take charge of their lives, staying active, involved and connected with the community. Come by and see what is happening at The Helm this summer.

**Peggy Hayes,**  
*Executive Director*





## Join us for two upcoming fundraisers

First up is The Helm's first golf outing. Monday, July 29, 2019, will find Helm supporters teeing off at Lochmoor Club. The four-person team scramble will feature lunch at noon, followed by a shotgun start at 1 p.m. A dinner follows the tournament where prizes for the top men's, women's and mixed teams will be presented. There also will be exciting items up for auction, a putting contest, and much more!

On Thursday, October 10, 2019, we will gather at the Grosse Pointe Yacht Club to honor the Ahee Family for their longstanding commitment to The Helm and the community.

This is The Helm's largest single fundraising event and helps us accomplish our mission of inspiring and enabling residents of the Grosse Pointes and Harper Woods to enjoy the gift of longevity, living healthy and meaningful lives as they age. Dinner, program, raffle and auction are included in the evening's festivities. Help us make our mission possible!

For more information about tickets and/or sponsor opportunities for either of these events, contact Peter Poulos at 313-649-2104 or [ppoulos@helmlife.org](mailto:ppoulos@helmlife.org).

### ***"Fore" The Helm***

#### **JULY 29 GOLF OUTING**

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



# THE 23<sup>RD</sup> HELM ANNUAL GALA

Thursday, October 10, 2019

Grosse Pointe Yacht Club

Presented by Ascension/St. John Hospital

# A Place to Belong

## Membership program begins July 1

On any given day at The Helm, you will find people playing Mah Jongg, rummy, poker or euchre, enjoying yoga and tai chi, taking 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.

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 – crafting, lifelong learning classes, cooking demonstrations, physical and cognitive fitness classes, card games, special events – it's still all here in our warm and welcoming facility.

Memberships are good for one year and renew on the anniversary of the date you joined.

Give the gift of membership to a loved one! Complete the form below and mail it in with your payment and the name and contact information of your recipient and we'll do the rest.

### 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 \_\_\_\_\_



***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***





## Now Shopping: Target

Shop the Gratiot Loop expanded with the addition of Target to this door-to-door service from The Helm and Pointe Area Assisted Transportation Services (PAATS). This special shopping service offered the first and third Fridays of the month, picks riders up at their home and takes them to their choice of five stores in the Gratiot shopping corridor. And it's only \$5 roundtrip!

The five stops are:

- Walmart at 12 Mile and Gratiot;
- Meijer at 13 Mile and Little Mack;
- Kroger at 13 Mile and Little Mack;
- Macomb Mall at Masonic and Gratiot; and new this summer,
- Target on Gratiot north of 14 Mile.

Harper Woods resident Ronney cites the convenience and cost savings as reasons he uses PAATS and the Shop the Gratiot Loop service. "I don't have to maintain a car and insurance. It's too expensive. I'm not made out of gold," he explained.

Ronney who lives with and cares for his brother, Rickey, has taken the service to the new site, Target. "I use it primarily for prescriptions," he said, but they shop for other goods and grab lunch as well.

Shop the Gratiot Loop is simple to use. Passengers are picked up between 9 and 10 a.m. at their home, dropped off at their store choice, picked up about 1 p.m. and returned home. It's a convenient way to do a little shopping, grab lunch and get exercise walking these large stores or the mall.

Reservations must be made at least three days ahead of time.

As with all PAATS riders, passengers must be a resident of Harper Woods or the Grosse Pointes and be at least 60 years of age or disabled.

For more details and to arrange a ride, call 313-343-2580.

---

## Enjoy Fresh Produce at The Helm

*The Full Circle Farmers Market returns this summer*

From 11 a.m. to noon every Tuesday beginning July 2 and running until late September, the Full Circle Foundation will be operating a Farmers Market at The Helm. Come check out the beautiful, fresh and delicious organic and locally-grown produce available for purchase. Garden flowers also are available.

Full Circle Foundation provides job skill training for individuals with special needs. The Garden Growers Farmers Market helps Full Circle participants gain job skills and provides for valuable personal interaction between Helm members and Full Circle participants.



July & August 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.*

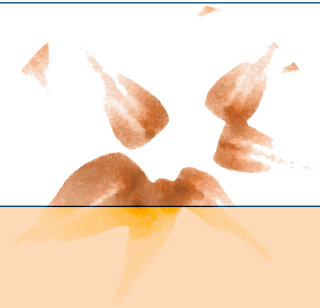
Membership at The Helm is required for most programs. Pricing varies for members and nonmembers. Some programs require a \$5 day pass for nonmembers. Additionally, there are programs which are free for both members and nonmembers. Each description includes costs associated with that specific class or program.

The majority of programs require registration. Payment is required at time of registration to secure your spot in the class.

To register for classes, if you have questions about costs associated with a class, or to obtain a Helm membership, please call us at 313-882-9600.



**REMINDER: THE HELM AND PAATS OFFICES  
WILL BE CLOSED INDEPENDENCE DAY, JULY FOURTH.**



## **LOCATIONS AND COSTS**

All activities are held at The Helm unless otherwise indicated. Registration is required for most programs. Any charges are noted in the program description. Payment is required at time of registration.

## **\$ 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, you will be reimbursed in full. No refunds can be made after the start date of an activity or event.

## Celebrations & Parties

### JULY & AUGUST BIRTHDAY CELEBRATIONS!

Thursday, July 11, 11:30

Thursday, August 8, 11:30

Registration required

Free to members with July/August birthdays

Member: \$5

Nonmember: \$7

Celebrating your birthday in July or August? 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!

## Games

### EUCHRE CLUB

**NEW!** Evening date added

Mondays, 6:00 - 7:30 p.m.

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

Facilitator: Dave Stander

Member: Free

Nonmember: \$5 day pass

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

### 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

Member: \$5 per day

Nonmember: \$5 day pass plus \$5

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.

### PROGRESSIVE RUMMY

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

Member: Free

Nonmember: \$5 day pass

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

### MAH JONGG LESSONS

Wednesdays, July 10 - 24, 1:00 - 3:00 p.m.

Instructor: Donna Carloni

Registration required

Member: \$12

Nonmember: \$5 day pass plus \$15

Maximum: 8 participants

Learn the American version of this ancient game. It's like rummy where players collect sets of numbers, but that's where the similarity ends. Math, probability, strategy, skill and luck factor in. Your brain will get a workout!

### MAH JONGG CLUB

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

Member: Free

Nonmember: \$5 day pass

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

### BINGO AND TREATS

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

Member: \$2, includes one 25¢ card and refreshments

Nonmember: \$5 day pass plus \$2; includes one 25¢ card and refreshments

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

### PINGPONG

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

Registration required

Member: Free in July and August! A \$10 value

Nonmember: \$12 per hour/table rental

Two tables are available in our 3rd Floor Newberry Room. Individuals can rent a table or two for an hour or more. Weather permitting, tables will be set up on the patio outside. Bring a partner to play!

## Entertainment

### ALICE LAITNER PLAYS THE PIANO FOR YOU!

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

Free to members and nonmembers

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.



All activities are held at The Helm unless otherwise indicated.  
Registration is required for most programs. Any charges are noted in the program description. Payment is required at time of registration.

## Movies

### RBG – PG

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

*Registration required*

Member: \$2 for snacks and movie; \$5 for lunch and movie

Nonmember: \$3 for snacks and movie; \$7 for lunch and movie

### A STAR IS BORN – R

Friday, August 16, 12:30 - 2:30 p.m.

*Registration required*

Member: \$2 for snacks and movie; \$5 for lunch and movie

Nonmember: \$3 for snacks and movie; \$7 for lunch and movie

## Group Fun

### THE CHIT CHAT AND COLOR CLUB

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

Member: Free

Nonmember: \$5 day pass

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.



### GOURMET LUNCH AT THE HELM

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

**Member: \$5**

**Nonmember: \$7**

Reservations close at 10:00 a.m. each morning.

After 10:00 a.m., extra lunches will be served only if available.

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

## DID YOU KNOW ?

The Detroit Institute of Arts “Thursdays at the Museum” is a free program for adults 55 and older. Complimentary coffee and cookie reception follows the programs. Programs begin at 1 p.m. Sample programs include:

July 11 - Art Talk — From Camelot to Kent State: Pop Art, 1960-1975

July 18 - Art-Making — Asafo Flags

July 25 - Film — *Ride the High Country*

August 1 - Tour — DIA from A-Z

August 22 - Film — *To Have and Have Not*

Contact the DIA at 313-833-4005 or [dia.org/events](http://dia.org/events) for more information about this program.

# LEARN & GROW

All activities are held at The Helm unless otherwise indicated. Registration is required for most programs. Any charges are noted in the program description. Payment is required at time of registration.

## Charity Projects

*Participation in charity projects is free to both members and nonmembers.*

### 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 to knit a wide variety of items for 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 Medical Center - 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 nonprofit organization in creating mats and pillows out of recycled plastic bags. It's easy, fun and you'll 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

### BALLROOM DANCING II

**WCCCD Continuing Education Class**

**Tuesdays and Thursdays, July 2 - August 13, 7:15 - 8:15 p.m.**

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

**Location:** The Helm at the Boll Life Center

**Prerequisite:** Ballroom Dancing I

*Registration required*

**Free member-only class**

**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. 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.**

### AARP DRIVER SAFETY PROGRAM

**Tuesday, July 9, and Thursday, July 11, 1:00 - 5:00 p.m.**

**Maximum: 14 participants**

or

**Tuesday, August 13 and Thursday, August 15**

**1:00 - 5:00 p.m.**

**Maximum: 18 participants**

**Facilitator:** Rosa Hunter

*Registration required*

**AARP member: \$15**

**Non-AARP member: \$20**

This driver refresher course will cover the current rules of the road, defensive driving techniques and how to operate your vehicle more safely in today's increasingly challenging driving environment. You'll learn how you can manage and accommodate common age-related changes in vision, hearing and reaction time.

### MICHIGAN CONSUMER EDUCATION – PHONE, MAIL AND E-SCAMS

**Tuesday, July 16, 1:00 - 2:00 p.m.**

**Facilitator:** Donald Ferguson, *Department of Michigan  
Attorney General*

*Registration required*

**Free to members and nonmembers**

Learn the telltale signs of scams prevalent in phone calls, mail, email and texts, along with steps to take to minimize your risk of being victimized.

### ACTING CLASS

**Thursdays, July 18 - August 29, 2:30 - 4:30 p.m.**

**Instructor:** Harry Burkey

*Registration required*

**Member: \$35**

**Nonmember: \$45**

**Minimum: 5 participants**

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.

## CREATING CONFIDENT CAREGIVERS

Thursdays, August 1 – September 5, 1:30 - 3:30 p.m.

**Facilitator:** Carolyn Van Dorn, Nursing Unlimited

*Registration required*

**Free to members and nonmembers**

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, and more. Caregivers who are assisting the primary caregiver also are eligible to participate. Call Carolyn at 313-642-1122 to register for the workshop.

## CARFIT – HELPING MATURE DRIVERS FIND THEIR SAFEST SEAT

Saturday, August 3, 10:00 a.m. - 1:00 p.m.

**Coordinator and Technician:** Donna Martin, RN

*Registration required*

**Free to members and nonmembers**

CarFit is an education program created by the American Society on Aging and developed in collaboration with AAA, AARP and the American Occupational Therapy Association. The program is designed to help older drivers find out how well they currently fit their personal vehicle, highlight actions they can take to improve their fit and promote conversations about driver safety and community mobility. A proper fit in one's personal vehicle can greatly increase not only the driver's safety but also the safety of others. CarFit reviews 12 key areas of the driver's fit to the personal vehicle including how to properly adjust mirrors, good foot positioning on the gas and brake pedals and proximity to the steering wheel.

## MASTER GARDENERS SERIES



WCCCD Continuing Education Class

Tuesdays, August 6 – September 10, 1:30 - 2:30 p.m.

**Facilitator:** East Side Master Gardeners

**Location:** The Helm at the Boll Life Center

*Registration required*

**Free member-only class**

A wonderful opportunity to learn from the experts! Join Master Gardeners for a series of six unique classes covering an assortment of garden topics.



## NEW TO MEDICARE

Wednesday, August 7, 7:00 - 8:30 p.m.

**Instructor:** Deborah Wagner

*Registration required*

**Free to members and nonmembers**

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?

In this class you'll get a comprehensive overview of Medicare, including what is and isn't covered, the costs involved, pros and cons of different optional plans and how to sign up.

## ONE-ON-ONE TECHNOLOGY INSTRUCTION

Fridays, Noon - 4:00 p.m.

*Registration required*

**Free member-only class**

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!

Also, our technology volunteers can help you with the use and operation of your vehicle's in-car computer.



All activities are held at The Helm unless otherwise indicated. Registration is required for most programs. Any charges are noted in the program description. Payment is required at time of registration.



## Creative Workshops & Crafts

### THE ARTIST LOUNGE . . . EVENING STYLE

#### “BEACH LOVER”

Friday, July 19, 7:00 - 9:00 p.m.

Registration required

Member: \$35

Nonmember: \$40

Minimum: 10 participants

Our “Evening Style” Artist Lounge is a bit different from our day time one in that you can bring a beverage of your choice and some snacks if you’d like and just have a fun time. We’ll supply the plates, napkins and glasses. Bring your friends or make new ones!

NO PAINTING EXPERIENCE IS NECESSARY. You will walk away with your own personal masterpiece! You will be given a 16” x 20” 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 a summer evening!

## 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

**Helm exercise classes are for adults of all abilities. The atmosphere is fun welcoming and non-competitive. No need to register . . . all classes are drop in.**

**Member: \$6.00 per class  
or \$60 11-class punch card  
Nonmember: \$8.00 per class**



## Exercise

### 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

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

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

**Instructor:** Rosa Hunter

**Free to members and nonmembers**

**Caregivers welcome.**

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.



All activities are held at The Helm unless otherwise indicated. Registration is required for most programs. Any charges are noted in the program description. Payment is required at time of registration.

## FULL CIRCLE GARDEN GROWERS FARMERS MARKET

Tuesdays, July 2, through September, 11:00 a.m. - 12:00

Open to members and nonmembers;  
produce available for purchase

Once again this summer, the Full Circle Foundation will be operating a Farmers Market at The Helm. Community members will enjoy the week's harvest, which is organically and locally grown. Beautiful garden flowers also will be available.

## DIABETES PERSONAL ACTION TOWARD HEALTH (DPATH) WORKSHOP

Wednesdays, July 10 – August 14, 1:00 - 3:30 p.m.

Facilitators: Detroit Area Agency on Aging Staff

Registration required

Free to members and nonmembers

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. Anyone with type 2 diabetes can attend. A gourmet FREE LUNCH will be provided for all participants prior to each class. After completing the entire workshop, individuals will receive a workbook and a Relaxation CD.

## GUIDED MEDITATION

Thursdays, July 11 – August 1,  
1:00 - 2:00 p.m.

Facilitator: Jonathan Itchon

Registration required

Member: \$24

Nonmember: \$32

Minimum: 8 participants

This weekly guided meditation class offers you the tools to still the mind, quiet the emotions and live with less stress and more joy. Open to all levels, this seated meditation practice is simple, effective and improves the health in body, mind and spirit. Come and experience the many benefits of a consistent meditation practice to help you live your life to the fullest.



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

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

Location: The Helm at the Boll Life Center

Registration required

Open to members and nonmembers

\$60 - Payment will be collected by Ascension

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.

## BEAUMONT COOKING DEMONSTRATION – COOKING TO MANAGE OR PREVENT DIABETES

Thursday, July 18, 12:30 - 1:30 p.m.

Facilitators: Andrea Hageman, Registered Dietitian and Chef Dan Kellogg, Beaumont Hospital Grosse Pointe

Registration required

Free to members and nonmembers

This class will demonstrate how to decrease the amount of carbohydrates in your diet to help manage or prevent diabetes. You will learn how to count carbohydrates and learn lower sugar, yet tasty recipes.

## SKIN CANCER SCREENING CLINIC

Wednesday, August 28, 9:00 a.m. - 4:00 p.m.

Presenter: Nora Kachaturoff, M.D.

Registration required

Free to members and nonmembers

Dr. Kachaturoff will conduct a skin cancer screening clinic. She will examine the sun exposed areas of your arms, legs, face, chest and back. She will advise you of her findings and if there are any suspicious lesions that should be looked at further. She will provide a list of area dermatologists for your reference.



## ASK THE PHYSICAL THERAPIST

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

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

**Free to members and nonmembers**

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."

## 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

**Free to members and nonmembers**

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

### ASK THE HOUSING SPECIALIST

**Third Tuesday of every month, 9:15 a.m.**

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

**Member: Free**

**Nonmember: \$5 day pass**

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

### 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

**Free to members and nonmembers**

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

## ESCORT TRANSPORTATION DRIVERS NEEDED

Do you have some free time during the week? The Helm is in need of volunteers available Monday through Friday to transport a senior to and from their medical appointment. The Escort Transportation Program provides transportation to go to and from their medical appointments. If you are interested in volunteering, but cannot drive every week, that is quite alright! If you are available to drive once a month, bi-weekly, or once a week, please contact The Helm at 313-882-9600.

# Additional Free Wayne County Community College District 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 313-962-7150.**

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

## LANGUAGE

**Spanish for the Traveler**

Saturdays, through August 10

**Conversational Spanish**

Saturdays, through August 10

## EXERCISE

**Zumba Fitness Gold**

Mondays, May 13 – August 12

## TECHNOLOGY

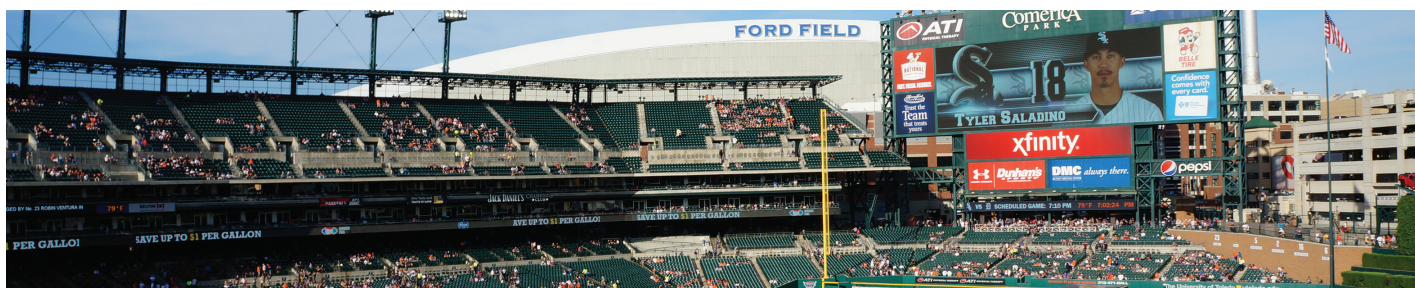
**MS PowerPoint Basic 2016**

Saturdays, through July 13

**Key Application IC3 Part 2**

Mondays, through July 8

# THE WAR MEMORIAL DAY TRIPS



## COMERICA PARK TOUR

**Monday, July 22**

A behind-the-scenes tour including the visitor's clubhouse and dugout, the Tigers dugout and press box. After the tour, board the QLine and see the sights of the city and stop at Hopeat Detroit for lunch.

**\$37 per person**

*(includes bus transportation, tour fees, QLine pass; lunch on your own)*

Arrive for check-in no later than 10:00 a.m.

Return to The War Memorial by 4:30 p.m.

## GREASE AT HURON COUNTRY PLAYHOUSE, GRAND BEND, ONTARIO, CANADA

**Thursday, August 15**

**\$120 per person (includes motor coach transportation, theater ticket and lunch)**

*Must have a valid passport or enhanced driver's license to attend.*

Arrive for check-in no later than 8:45 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 7:00 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.

## Wishes Can Come True

**L**ike most everyone, The Helm has a “wish list” of items we would like to continue to provide top-notch service to our members.

### RECORDS WANTED

Recently, we received a donation of a record player – yes, one of those old-fashioned things with an arm and needle. But we need records to play. If you have albums or 45s sitting around your house that you’re not sure what to do with any more, we will gladly take them!

### GREETING CARDS NEEDED

We also are in need of some sympathy and get well cards. Our members are like family. When they experience an illness or loss, we like to let them know we’re thinking about them. If you have

greeting cards accumulating in your home, we’d be happy to take them!

### GARDENERS AVAILABLE; RAISED PLANTERS DESIRED

We have lovely gardens here at The Helm. During the summer months, the various herbs and vegetables are used by Chef Brian and his staff in creating our lunches. Many of our members enjoy tending those gardens as well, but it is difficult to get on the ground to do so. We would like to expand our gardens and make it easier for our members to enjoy gardening again. We would like to purchase two red cedar raised planter boxes. They each cost about \$200.

The planters are a specific brand and type to match our design aesthetic here at The Helm. If you can donate cash toward the boxes or would like to purchase a planter, please contact Peter Poulos at 313-649-2104.

## Take care of your heart

The Ascension mobile heart and health screening center will be at The Helm — look for the mobile screening unit parked on Ridge Road — 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, July 12 and Friday, August 23.**

Registration is required. For more information and to schedule an appointment, call The Helm at 313-882-9600. Payment will be collected by Ascension.





# CHEERS TO VOLUNTEERS

## Tax prep volunteers ease burden

One of The Helm's most popular services is the free tax preparation offered through AARP. This group of eight volunteers works every Thursday from mid-February through early April at The Helm assisting taxpayers of all ages from middle to low income with special attention to those 60 years of age or older. Our dedicated corps of volunteers helped 156 taxpayers with their 2018 taxes.

You don't have to have a financial background to volunteer. Harper Woods resident Kathleen, who has been a volunteer tax preparer here at The Helm for 13 years was a teacher.

"I wanted to do something when my school was closed by the archdiocese as I wasn't ready to retire," she explained. "Since I was a math teacher and have been doing my taxes since I was 16, I decided that this would be a good fit."

She also volunteers as a tax preparer one day a week at the Harper Woods Library.

Kathleen doesn't have professional tax experience, but receives training every year through AARP and earns certification from the IRS to provide this tax service.

Kathleen also volunteers at The Helm in other areas, too, including Meals on Wheels, helping seniors at home with various issues, the annual Gala (coming up in October!), and just about any time she's asked.



"I have become friends with many of the seniors and it is so nice to stay in touch after the task is completed. It is also nice to be recognized while out shopping and hear someone say 'that is my tax lady' or 'she helped me at my home.'"

Dan, of Grosse Pointe Shores, has been volunteering with tax preparation about eight years. While he has a degree in accounting and an MBA in finance, he too, is trained annually through AARP and certified by the IRS.

Dan likes volunteering as a tax preparer because it "gets me out of the house in the winter, I meet people and I'm able to save some needy people some money."

He also volunteers another day each week at the Harper Woods library preparing tax documents and spends an additional two days a week e-filing and handling "clean-up of issues."

Volunteering "gives me an opportunity to meet new people and keeps me mentally sharp," he said.

Thank you to all of our tax prep volunteers: Kathleen, Dan, Jo, Bea, Charles, Yolanda, Mark and Diane!

## 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 us at 313-882-9600.

Online donations will immediately receive a printable email receipt. Mailed or phoned-in donations will receive a printed receipt in the mail within two weeks.

# THE Top 10

## Reasons to Call The Helm

10. Borrow items from the Medical Loan Closet, like a walker or shower bench.
9. Arrange an escort driver to a medical appointment.
8. For help learning health care options and navigating through Medicare.
7. To find help and resources for house cleaning and meal preparation assistance.
6. For volunteer opportunities.
5. To learn about rehabilitation facilities and services after surgery.
4. Caregiver support groups.
3. To learn where to turn for free/low-cost legal assistance.
2. Meals on Wheels.
1. For Fun & Friendship, Health & Wellbeing and Lifelong Learning!

Any other questions? Information and Assistance is just a phone call away at 313-882-9600.

## 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+

A photograph of two men on a golf course. The man on the left is wearing a pink shirt, white cap, and glasses, and is raising his right arm in celebration. The man on the right is wearing a teal shirt and white cap, and is also raising his right arm to high-five the first man. They are both smiling. The background shows a green golf course with trees and a building in the distance.

**HENRY FORD VILLAGE**  
You've earned it.

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

**25**  
HENRY FORD VILLAGE  
1993 2018  
Dedicated to  
Really Living for Twenty-Five Years

Managed by  
Life Care Services®

Icons: Facebook, Twitter, Home, LGBT, Wheelchair, and a small logo for Life Care Services.



# TRIBUTES & HONORS

## In Memory & In Honor

### In Memory Of:

**Joan Bartoszewicz**

*Mr and Mrs. T. Barth*

*Suzanne Basile*

*Clara Breicha*

*Laura Calcaterra*

*Dr. Leon Kosek and Cathy Kosek Hubbard*

*Mr. and Mrs. William Lair*

*Mr. and Mrs. R. Schwaeble*

*Marianne Shrader*

*Anne Stricker*

**Pesi and Parvez Patel**

*Roshan Patel*

**Clara Smale**

*Susan and Larry Marvin*

**John Stickly**

*Lynda and Tony Altovilla*

**Eleanor M. O'Brien**

*Gina and Chuck Whitney Jr.*

### In Honor Of:

**Mary Wilson**

*Isabel B. Rich*

Donations received between March 13 and May 22, 2019.

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 Bros. Bagels

Fresh Farms Market

Josef's European Pastry Shop

Nino Salvaggio Marketplace

Panera Bread

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!

## 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)





*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

## 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**

