

September & October 2019

THE HELM LIFE JOURNAL

**BUSY DAYS AT
THE HELM**

**SOME OF OUR NEWEST
ACTIVITIES**

Page 4

**GALA TIME IS FAST
APPROACHING**

Page 5

**HONORING THE
EDMUND T. AHEE
FAMILY**

Page 6

**MEDICARE ENROLLMENT
MARCH FOR MEALS**

Page 9

**SEE WHAT'S HAPPENING
AT THE HELM**

Services and activities
for September & October
2019

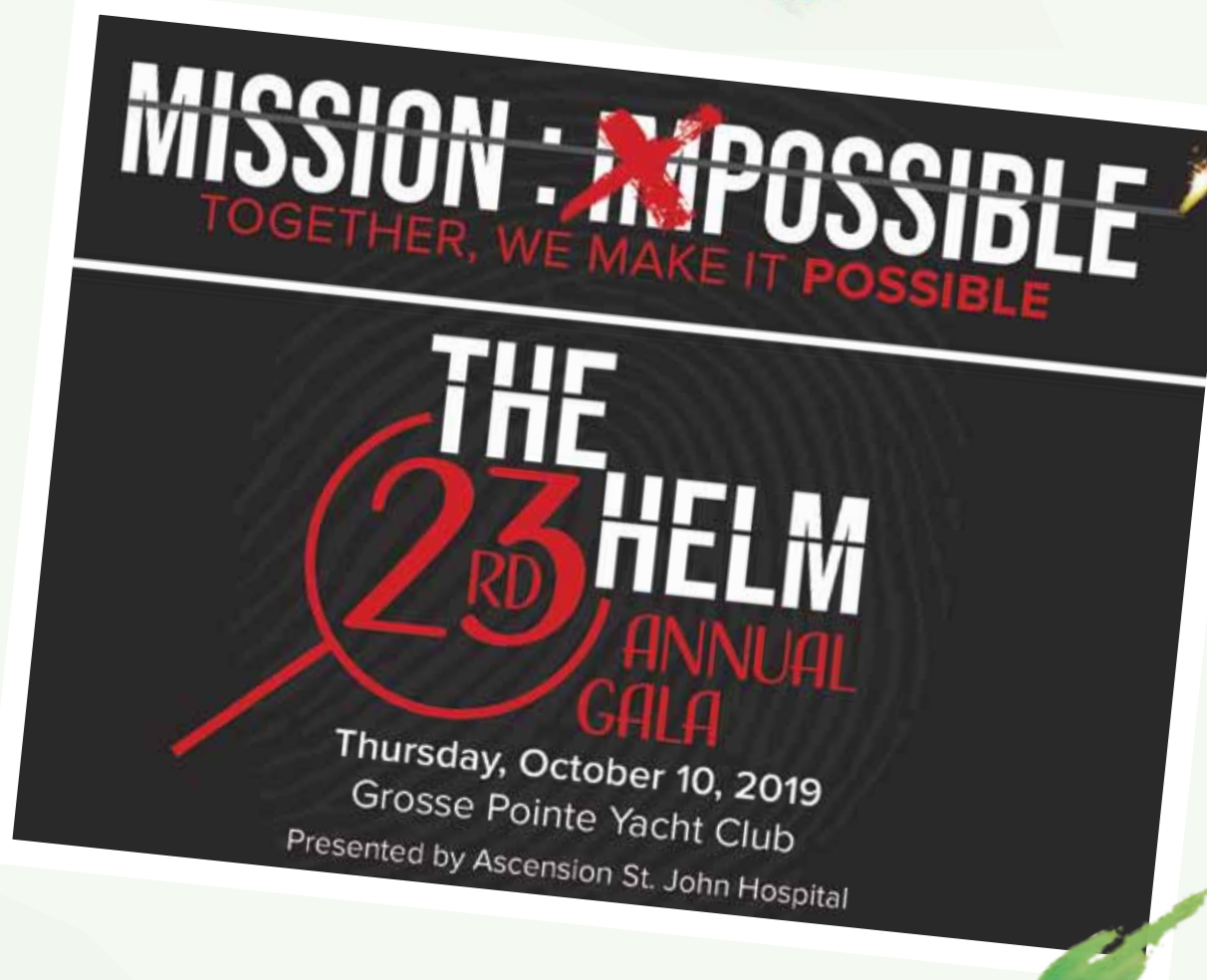
Pages 10-18

CHEERS TO VOLUNTEERS

Page 20

TRIBUTES & HONORS

Page 22



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

158 RIDGE ROAD, GROSSE POINTE FARMS, MI 48236

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THE HELM LIFE JOURNAL

Contents September & October 2019

04 | GREETINGS FROM THE HELM
From the Executive Director

06 | WHAT'S NEW & NOTEWORTHY
Gala approaching

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

10 FUN & FRIENDSHIP

*A great way to meet and make friends.
Plus, gourmet lunches daily!*

12 LEARN & GROW

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

15 HEALTH & WELLBEING

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

17 SERVICES & SUPPORT

*Connect with the important resources
needed to live independently.*

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

NOW AT THE HELM

A Matter of Balance.....14	Body Alignment 101.....16	Integrative Medicine.....15	Ping-Pong.....10
AARP Driver Safety Program.....12	Brain Fitness15	Knitting for Charity12	Progressive Rummy 11
Active Fit.....16	Bridge Lessons.....10	Learn to Knit13	Seated Full Body Workout.....16
Aging Mastery Program.....14	Chair Yoga.....16	Line Dancing13	Sign Language.....13
Alice Plays Piano.....10	Chit Chat & Color Club ..10	Mah Jongg Club10	Spanish13
Alzheimer's Caregivers Support 17	Classic Book Club.....10	Mah Jongg Lessons.....10	Staying Safe Community Event.....13
Ask the Housing Specialist..... 17	Dinner with a Doc.....15	Master Gardener Series .13	Tai Chi.....16
Ask the Physical Therapist15	Elder Law.....13	Memoir Writing Class....13	Texas Hold 'em Poker 11
Ballroom Dancing I12	Euchre Club10	Michigan Veterans Center.....14	The Artful Lounge12
Ballroom Dancing II.....12	French12	Motor City Mitten Mission12	Third Thursday Book Club.....11
Bingo & Treats10	Full Circle Farmers Market.....14	Movies..... 11	War Memorial Day Trips.....18
Birthday Celebrations.....10	Getting Started with eBay.....14	No-Sew Fleece Blanket Making.....12	WCCCD Continuing Education18
Blood Pressure Screenings15	Grandparent & Grandkids Fun with Physics14	Nutritional Counseling ..14	Yoga.....16
	Guided Meditation.....15	One-on-One Technology Instruction.....13	
	Halloween Party.....10		

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! Membership at The Helm is required for most programs. Pricing varies for members and nonmembers. 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.



Evenings at the Helm just got more interesting!

We're always looking for new programs and activities to help us better serve our members and the community. In fact, every day The Helm is bustling with activity and we find ourselves almost bursting at the seams!

We are so busy, in fact, that some days we can't add another program. That's why we're pleased to announce we have expanded our programs into the evenings to accommodate more people and classes, and to be there for those who are unable to attend daytime programs.

Evenings at **The Helm**

This issue of *The Helm Life Journal* is full of exciting new programs including our evening curriculum. These various offerings can be found throughout our programming pages. Check out Classic Book Club on page 10, Line Dancing on page 13, Getting Started with eBay on page 14 and Guided Meditation on page 15 for starters.

You will definitely want to join us as we begin our new **Dinner With A Doc** program on October 23, presented by **Ascension St. John Hospital**. You'll enjoy a fabulous dinner and hear from Dr. Paul Cullis, Chief of Neurology at Ascension, about the prevention and treatment of strokes.

We also are adding fun and informative new programs during the day as well. Please join us as we offer Aging Mastery Program, Staying Safe Community Event, Brain Fitness Seminar Series, beginning Spanish, and a special interactive Saturday program you can bring your grandchildren to: Grandparents and Grandkids Fun with Physics Workshop: The Science of Color Vision. See page 14.

Details about these and ALL of our many programs, classes, and service offerings can be found in this issue of the Journal beginning on page 10. Registration information, pricing (if any) and dates/times are included there as well. Call 313-882-9600 to register for all events.

And remember, if you are not already a member of The Helm, it's not too late! You can register and begin receiving savings on class prices and get access to special member-only classes and programs by registering and paying just \$48 for a year-long membership. Stop by the reception desk and one of our friendly receptionists can help you.

I hope to see you all at The Helm soon!

Peggy Hayes,
Executive Director



MISSION : ~~IM~~POSSIBLE

Please join us in honoring the Edmund T. Ahee Family at this year's Gala, "Mission ~~Im~~Possible — Together, We Make it Possible," Thursday, October 10, 2019, at the Grosse Pointe Yacht Club.

Gala guests, our Mission agents, will infiltrate the main dining room for cocktails, hors d'oeuvres and various silent auction items. Upon completion of the opening quest, agents will make their way to Central Headquarters for a gourmet dinner and amazing live auction items, including seven days in Umbria, Italy; a six-night stay in a luxury apartment on the Ile Saint-Louis, Paris; a ride on the J.W. Wescott to deliver mail to the freighters; and so much more!


Your Mission, should you choose to accept it, 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!

You can accept our mission by purchasing tickets, becoming a sponsor; donating an item or service to the auction; or advertising in our program book.

Last year's auction proceeds helped us provide:

- 20,400+ hot meals and friendly visits to homebound seniors;
- \$228,000 in savings to seniors in our community through one-on-one Medicare counseling;
- 19,000+ rides to medical appointments, shopping and errands;
- 2,300+ hours of health screenings, support groups, technology classes, book clubs, art and foreign language classes, trips, exercise, games, community service and so much more.

Visit www.helmlife.org to purchase tickets or become a sponsor. If you would like to advertise in the program book, or donate auction items, please call Peter Poulos at 313-649-2104.



THE
23RD
HELM
ANNUAL
GALA

Thursday, October 10, 2019
Grosse Pointe Yacht Club
Presented by Ascension St. John Hospital

“... ‘It is more blessed to give than to receive.’

These nine words from the Bible are what the Ahee family lives by. This year's Auction Gala honorees are well-known for their philanthropic endeavors throughout Metro Detroit.

“We are proud to have the opportunity to honor Bettejean Ahee, Peter Ahee and the entire Edmund T. Ahee family at this year's gala,” said Peggy Hayes, Executive Director, The Helm. “It only seems fitting with our Gala theme of Mission Possible that we would honor a family whose philanthropy started by supporting a mission – the Capuchins – and now encompasses so much more.”

The Ahee family legacy began in 1945 when then 16-year-old Bettejean — with her parents on a pilgrimage to Our Lady of Consolation in Carey, Ohio — met 24-year-old Edmund Ahee, who also had taken a pilgrimage to the renowned cathedral. Both lifelong Michiganders, Ed was eight years Bettejean's senior.

“He said he was going to wait for me and he did. We met when I was 16, we were engaged when I was 17, married at 18, had our first child at 19. It was pretty whirlwind,” Bettejean said. Ultimately Ed and Bettejean were the proud parents to a daughter and six sons.

The Ahee business legacy began shortly after Bettejean and Edmund were married with a couple of showcases in the front lobby of Edmund's uncle's bowling alley on Harper in Detroit.

“Ed was always entrepreneurial and hoping to be self-employed and that was his first opportunity,” Bettejean explained. “In the beginning, oh my goodness, there was a whole list of things he carried. But jewelry was his real passion. He enjoyed beautiful jewelry.”



Three generations of Ahees work at the family business including pictured left to right, Peter, John, Bettejean, Alex and Stefan.

That love of jewelry has turned into an internationally recognized business that spans three generations and is an eastside institution.

“In the 1980s is when we really evolved into strictly jewelry,” explained Peter Ahee, Bettejean and Ed's son and president of Ahee Jewelers. While Ahee Jewelers is the frequent choice for wedding jewelry and other timeless designs for special occasions, the jeweler makes pieces for the Archdiocese of Detroit for bishop ordinations. They have been doing this for nearly 50 years and were privileged to make jewelry for Pope John Paul II when he visited Detroit.

The connection with the Catholic Church is ongoing throughout the Ahees' life. From that first meeting 74 years ago to their well-known support of the Capuchins with an annual fundraiser that just celebrated its 38th year, the Ahees have raised more than \$6 million for the Capuchins.

“Years ago someone suggested to my husband that he get involved with a charity and he said ‘let me

Continued on next page

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think about which one,” Bettejean explained. “He came up with the Capuchins. He lived not too far from there growing up and he saw people standing in line. He said if he was successful in life he wanted to give back and the Capuchins were our choice.”

The family philanthropy extends beyond the Capuchins. “I’ve been here (in the business) over 45 years and I remember involvement with St. John right from the beginning,” Peter said. “We support other area hospitals as well.”

The Ahees also are strong supporters of educational organizations — and, of course, The Helm.

“My mother loves what the organization does,” said Peter. “She said ‘I have family who can help me when I need it, but there’s so many who don’t — you know as simple as changing a lightbulb or getting groceries or driving them somewhere.’”

“I have a lot of admiration for The Helm,” said Bettejean. “We’re very humbled by this honor.”

And we are privileged to honor your faith, commitment and mission to help so many in our community.



Bettejean Ahee, the matriarch of the Edmund T. Ahee family. Edmund Ahee passed away in 1999. “I wasn’t sure how I’d manage without him, but I had my family to support me.”



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Medicare News Annual Enrollment: October 15 - December 7

Effective each January 1, insurance companies that provide Medicare insurance plans change these programs. Changes affect the monthly premiums, benefits provided, preferred pharmacies and covered drugs. This is why it is imperative to review your situation EVERY year to make sure you are in the best plan based upon your current needs.

The Helm offers FREE one-on-one counseling appointments with one of our six certified Medicare/Medicaid counselors who will help you examine all of your options so you can make the best decision for you.

Last year, The Helm helped more than 400 seniors review their Medicare coverage during Annual Enrollment. More than 90% of these people made a change — most always to save money. In fact, the total savings was approximately \$285,000 in 2018! Appointments are limited, book yours now! Call 313-882-9600.

NOTE: The Helm's volunteer counselors are part of the Michigan Medicare/Medicaid Assistance Program, or MMAP. They have special training to counsel individuals about Medicare. They have no ties to any insurance companies and receive no compensation for this volunteer work.



2019 March for Meals Sunday, September 15

Grosse Pointe Memorial Church, 16 Lake Shore Drive, Grosse Pointe Farms

Join us Sunday, Sept. 15, 2019, for our **March For Meals** walk to raise awareness and money to help end senior hunger in our community.

Registration begins at noon at Grosse Pointe Memorial Church, 16 Lake Shore Drive, Grosse Pointe Farms. The walk begins at 1 p.m. and goes to Pier Park at Lake Shore at the foot of Moross and back to the church.

Walkers are asked to gather pledges. Those who raise \$100 or more receive a Helm T-shirt.

Walkers may bring non-perishable, non-expired

food items to donate as part of our Holiday Gift Basket program!

Last year, The Helm served more than 20,000 hot, nutritious meals to homebound Harper Woods and Grosse Pointe area residents unable to safely prepare meals for themselves. But, we still have a waiting list of those in need of our Meals on Wheels program. Help us in this important cause making sure no senior goes hungry.

If you are unable to walk, but would like to donate, please contact Peter Poulos at 313-649-2104.

Call The Helm at 313-882-9600 for information and registration



FUN & FRIENDSHIP

What's Happening at The Helm

 **DENOTES
EVENING START**

SEPTEMBER/OCTOBER BIRTHDAY CELEBRATIONS!

Thursday, September 12, 11:30 a.m.

Thursday, October 10, 11:30 a.m.

Registration required

Free to members with September/October birthdays

Birthday celebrants receive lunch on the house, birthday cake and a keepsake photo with your friends at The Helm.

ALICE LAITNER PLAYS PIANO FOR YOU

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

Free to members and nonmembers

Join Alice as she plays the piano in our living room.

BEGINNING BRIDGE LESSONS

Wednesdays, September 18 – November 6, 9:30 - 11:00 a.m.

Instructors: Patty McCracken and Rosemary Hastings

Registration required

Member: \$40 Nonmember: \$56

Maximum: 12 participants

Both experienced and beginning players welcome.

MAH JONGG LESSONS

Wednesdays, October 9 – 23, 2:00 - 4:00 p.m.

Instructor: Donna Carloni

Registration required

Member: \$15 Nonmember: \$21

Maximum: 8 participants

Math, probability, strategy, skill and luck factor in. Your brain will get a workout!

MAH JONGG CLUB

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

Thursdays, 6:00 - 8:00 p.m.

Registration required

Member: Free Nonmember: \$5 day pass

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

PINGPONG

Mondays and Wednesdays, 7:00 - 8:00 p.m.

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

Registration required

Member: Free Nonmember: \$12 per hour/table rental

Individuals can rent one or both of our tables for an hour or more. Weather permitting, tables will be set up on the patio outside. Bring a partner to play!



HALLOWEEN PARTY

Wednesday, October 30, 11:30 a.m.

Entertainment: Don Stidham

Party Sponsor: Always Best Care

Registration required

Member: \$7 Nonmember: \$9

Come in a costume or not. Enjoy Chef Brian's Beef Burgundy entree and dessert followed by a costume contest. Prizes for 1st, 2nd and 3rd best costumes! Don Stidham entertains.

BINGO AND TREATS

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

Member: \$2 (one 25¢ card and refreshments)

Nonmember: \$5 day pass plus \$2 (one 25¢ card and refreshments)

CHIT CHAT AND COLOR CLUB

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

Member: Free Nonmember: \$5 day pass

We supply the coloring books and the colored pencils; you supply the desire to relax and have fun.

CLASSIC BOOK CLUB

Monday, September 23, 7:00 - 8:30 p.m.

– *A Tree Grows in Brooklyn* by Betty Smith

Monday, October 21, 7:00 - 8:30 p.m.

– *Runaway* by Alice Munro (pages 1 - 158)

Facilitator: Diane Kashuba

Registration required

Member: Free Nonmember: \$5 day pass

EUCHRE CLUB

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

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

Facilitator: Dave Stander

Member: Free Nonmember: \$5 day pass

Both experienced and beginning players welcome.

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

Friday, September 27, 12:30 - 2:30 p.m.

"THE GREEN BOOK" – PG 13

Friday, October 25, 12:30 - 2:30 p.m.

"INSTANT FAMILY" – PG 13

Registration required

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

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

PROGRESSIVE RUMMY

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

Member: Free Nonmember: \$5 day pass

Don't know this simple card game? We'll teach you.

TEXAS HOLD'EM POKER

Mondays, 10:00 a.m.

Member: \$5 Nonmember: \$5 day pass plus \$5



THIRD THURSDAY BOOK CLUB

Third Thursday each month, 2:00 - 3:00 p.m.

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

Member: Free Nonmember: \$5 day pass

Maximum: 15 participants

September 19 – *Marriage of Opposites* by Alice Hoffman

October 17 – *Between the World and Me* by Ta-Nehisi
Coates

PLEASE BRING YOUR OWN COPY OF EACH BOOK

2nd Annual MOVIE PREMIERE

SEPTEMBER 27th
6:00-9:00 PM GREEN ERASER PRODUCTIONS

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158 RIDGE ROAD, G.P.FARMS
Green Eraser Productions
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Presentation at 7:00 PM of 5-7 Short Films
Tickets:
\$35.00 per person — \$60 per couple
FOR TICKETS CALL: 313-407-6225

POPCORN MATINEE

SEPTEMBER 28th
2:00-4:00 PM GREEN ERASER PRODUCTIONS

THE HELM LIFE CENTER
158 RIDGE ROAD, G.P.FARMS
Green Eraser Productions
313-407-6225

MOVIES FILMED AT THE HELM

LIMITED TICKETS - CALL EARLY
313-407-6225

Doors Open at 1:30 PM
Popcorn, chips, candy & soft drinks*
*Available for purchase
Presentation at 2:00 PM of 5-7 Short Films
Tickets:
\$10.00 per person
FOR TICKETS CALL: 313-407-6225

KNITTING FOR CHARITY

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

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

Free to members and nonmembers

This long-standing group is always looking for more knitters to knit a wide variety of items for local residents touched by cancer.

MOTOR CITY MITTEN MISSION

Wednesdays, 9:30 - 11:30 a.m.

Free to members and nonmembers

Come and assist this nonprofit organization in creating mats and pillows out of recycled plastic bags. It's easy and fun. Drop off clean, plastic grocery and shopping bags in the container between our two front doors.

NO-SEW FLEECE BLANKET MAKING

Wednesdays, 9:30 - 11:30 a.m.

Sponsor: Blanketed with Love

Free to members and nonmembers

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

AARP DRIVER SAFETY PROGRAM

Tuesday, October 8, and Thursday, October 10,

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. You'll learn how you can manage and accommodate common age-related changes in vision, hearing and reaction time.

CONVERSATIONAL FRENCH

WCCCD Continuing Education Class

Fridays, September 13 - December 6, Noon - 3:00 p.m.

Instructor: Dr. Dib Saab

Location: The Helm

Registration required

Free member-only class

Maximum: 20 participants

Learn how to ask and respond appropriately to basic questions and read aloud familiar passages using acceptable pronunciation. Participants will create basic sentences using appropriate agreement (subject, verb, adjective).



THE ARTFUL LOUNGE . . . "SUNFLOWER"

Wednesday, October 2, 1:00 - 2:30 p.m.

Facilitator: On the Gogh Studio

Registration required

Member: \$25 Nonmember: \$35

Minimum: 8 participants

NO PAINTING EXPERIENCE NECESSARY. You will be given an 11" x 14" canvas and the instructor will walk you through the painting step by step. What a fun afternoon!

BALLROOM DANCING I – PARTNER MOVEMENT SKILLS

WCCCD Continuing Education Class

Tuesdays and Thursdays, September 10 - October 24,

7:15 - 8:15 p.m.

Instructor: Andreas Browne,
student of the Fred Astaire Studio

Location: The Helm

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. **Please bring a partner.**

BALLROOM DANCING II

WCCCD Continuing Education Class

Tuesdays and Thursdays, October 29 - December 5,

7:15 - 8:15 p.m.

Instructor: Andreas Browne,
student of the Fred Astaire Studio

Location: The Helm

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. **Please bring a partner.**

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.

BEGINNING SPANISH

Thursdays, September 12 – October 31, 9:30 - 11:00 a.m.

Instructor: Mercedes Kucyk

Registration required

Member: \$40 Nonmember: \$56

Maximum: 12 participants

An introduction to vocabulary and structures of Spanish as well as basic language skills, speaking and reading.

LINE DANCING

Mondays, September 16 – October 21, 6:00 - 7:00 p.m.

Instructor: Michael Panoff

Registration required

Member: \$30 Nonmember: \$42

Minimum: 5 participants

This class is all about fun and easy-to-follow dance steps that promote physical, mental and emotional wellness. This class is for anyone who loves to dance, whether you have experience or are a beginner to the dance floor.

STAYING SAFE COMMUNITY EVENT

Tuesday, October 1, 12:30 - 2:30 p.m.

Facilitator: Grosse Pointe Farms Public Safety Department

Registration required

Free to members and nonmembers

Join us for a community-wide safety presentation discussing home and fire security, current scams and other fraudulent issues and a demonstration from K9 Duke. Linda Rice of the Care Team will distribute free "File of Life" information kits which provide any emergency service coming to your home with vital information about your health status, medication, allergies and emergency contacts.

SIGN LANGUAGE - BEGINNERS

WCCCD Continuing Education Class

Wednesdays, September 11 – December 4, 1:00 - 2:00 p.m.

Instructor: April Stotts

Location: The Helm

Registration required

Free member-only class

Maximum: 8 participants

Learn about vocabulary, grammar and language function in ASL, as well as how to sign the manual English alphabet.



MASTER GARDENERS SERIES

WCCCD Continuing Education Class

Tuesdays, September 3 and 10, 1:30 - 2:30 p.m.

Facilitator: East Side Master Gardeners

Location: The Helm

Registration required

Free member-only class

Learn about an assortment of garden topics from the experts.

ONE-ON-ONE TECHNOLOGY INSTRUCTION

Fridays, Noon - 4:00 p.m.

Registration required

Free member-only class

Our technology volunteers can help you with your smart phone, iPad, tablet, Chromebook, e-reader, Facebook, email, Microsoft Word and Excel, browsing the Internet and even operating your vehicle's in-car computer.

LEARN TO KNIT WITH TRINA

Mondays, September 16 – October 21, 1:00 - 2:00 p.m.

Instructor: Trina Bresser Matous

Registration required

Member: \$30 Nonmember: \$42

Maximum: 10 participants

This class is designed for anyone who has never knitted before or who would like a refresher in basic techniques. Bring a skein of mid-weight, smooth yarn and a pair of knitting needles.

MEMOIR WRITING CLASS

Thursdays, October 3 – October 24, 1:30 - 3:30 p.m.

Facilitator: Nancy Solak

Registration required

Member: \$20 Nonmember: \$28

Maximum: 8 participants

The goal of the workshop is to tap your creativity. You will be given writing prompts to stimulate memories and creativity.

ELDER LAW – ESSENTIAL LEGAL PLANNING

Tuesday, September 24, 6:00 - 7:00 p.m.

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

Registration required

Member: Free Nonmember: \$5 day pass

Learn about 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.**

\$ 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.



GRANDPARENT AND GRANDKIDS FUN WITH PHYSICS WORKSHOP! "THE SCIENCE OF COLOR VISION"

Saturday, September 28, 11:00 a.m. - Noon

Facilitator: Gary Abud Jr., Educational Consultant and 2014 Michigan Teacher of the Year

Registration required

Member: \$15 Nonmember: \$20

Maximum: 25 children; children attend free with their grandparent/s

Children 3 – 7 years old and their Grandparents partner up to learn about sight, the color mixing of light and how our eyes can see the world in color. Participants will conduct experiments with light to explore the physics of color vision and model how the eye sees all the colors of the rainbow. The workshop will include a reading of the new children's book, "Science with Scarlett: What Color Will It Be?" Author Gary Abud Jr. includes a surprise science giveaway and raffle of a signed copy of the book.

GETTING STARTED WITH EBAY

Thursday, October 24, 6:30 - 8:30 p.m.

Registration required

Member: \$5 Nonmember: \$7

Learn the ins and outs of becoming a seller on eBay, as well as some tips to help you maximize your profits.

MICHIGAN VETERANS CENTER

Wednesday, October 30, 6:00 - 7:30 p.m.

Facilitator: Gerald Thomas, Outreach Program Specialist

Registration required

Free to members and nonmembers

Learn about Veteran services and benefits you may qualify for including Veteran Readjustment Counseling Services, Veteran Health Benefits, Veteran Disability Benefits (to include Survivor Benefits) and Funeral and Burial Benefits.

HEALTH & WELLBEING

AGING MASTERY PROGRAM

**Two days each week, September 3 – 26,
12:30 - 2:00 p.m.**

Registration required

Open to members and nonmembers

Core Curriculum Kit: \$55/Individual; \$75/Couple

The Aging Mastery Program (AMP) is a fun and engaging education and behavior change incentive program for aging well. The AMP core curriculum covers 10 topics including, exercise, nutrition, finances, advance care planning, community engagement and healthy relationships. The classroom experience is a mix of didactic and interactive learning with an emphasis on peer-to-peer interaction.

Lunch at 11:45 a.m. is included.

FULL CIRCLE GARDEN GROWERS FARMERS MARKET

Tuesdays, through September, 11:00 a.m. - Noon

**Open to members and nonmembers;
produce available for purchase**

The Full Circle Foundation operates a Farmers Market at The Helm. Enjoy the week's harvest, which is organically and locally grown. Beautiful garden flowers also will be available.

A MATTER OF BALANCE – FALL PREVENTION PROGRAM

Tuesdays and Thursdays, September 3 – 26, 1:00 - 3:00 p.m.

Facilitators: Rosa Hunter and Deborah Bunkley

Registration required

Free to members and nonmembers

Maximum: 12 participants

A Matter of Balance is an award-winning program. Participants learn to set realistic goals to increase activity, change their environment to reduce fall risk factors, and exercises to increase strength and balance.

INDIVIDUAL NUTRITIONAL COUNSELING

Monday, October 7, 9:30 a.m. - noon and 12:30 - 2:00 p.m.

Facilitator: Nancy Weiss, Registered Dietitian, Beaumont Health System

Registration required

Free to members and nonmembers

Registered dietitian Nancy Weiss is available for a 30-minute one-on-one session to discuss your diet questions and provide educational materials. When making your reservation, let us know your nutritional focus.

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.



GUIDED MEDITATION



Tuesdays, October 1 – 22, 7:00 – 8:00 p.m.

Facilitator: Jonathan Itchon

Registration required

Member: \$20 Nonmember: \$28

Minimum: 8 participants

This 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.

DINNER WITH A DOC

Wednesday, October 23, 6:00 – 8:00 p.m.

Facilitator: Dr. Paul Cullis

Registration required

Open to members and nonmembers

\$35 per person

Join Dr. Paul Cullis, Chief of Neurology, Ascension St. John Hospital, to learn about stroke care, including prevention, recognizing the signs of stroke, what to do if you are having one and current treatment. This event includes a gourmet dinner and beverages.

BRAIN FITNESS SEMINARS

Wednesdays, September 11 – 25 and Monday, October 7,
1:00 – 2:30 p.m.

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

Sponsor: Heartland Health Care and Rehab Center, Comfort Keepers Home Care and Home Instead Home Care

Registration required

Member: \$5 per session Nonmember: \$7 per session

September 11 – Brain Health...It's all Good News

Learn the latest findings which dispel past theories about genetic predisposition to Alzheimer's. Learn specially designed brain drills designed to enhance and encourage healthy brain function.

September 18 – Exercise: Cognitive Candy for the Brain

The old saying "use it or lose it" is never more valid as related to brain health. Exercises for different ability levels and balance with aerobic exercise are included.

September 25 – Your Gut is your Second Brain

The important connections between what you put in your body and how it affects cognitive functioning.

October 7 – Are you an Owl, a Lark or a Hummingbird?

The importance and lasting effects both relaxation and sleep have on achieving and maintaining brain health.

BEAUMONT INTEGRATIVE MEDICINE SERIES

Tuesday, October 1 and Wednesdays, October 9 and 16,
6:00 – 7:00 p.m.

Registration required

Member: \$5 per session Nonmember: \$7 per session

October 1 – Naturopathic Medicine and Integrative Nutrition: Dr. Michelle Crowder Davila

Naturopathic Medicine is a distinct system of holistic health care that treats the whole person and addresses root causes of disease. It supports your body's innate ability to heal itself through natural therapies.

Integrative Nutrition focuses on root cause solutions to reach a healthful, mindful relationship with food to reduce disease risk and reach optimal health.

October 9 – Clinical Massage and Skin Care: Karen Armstrong

Massage is known to decrease insomnia, muscle spasms, tension headaches, anxiety and neuropathy and can assist in range of motion. Types of clinical massage include cranial sacral therapy, hydrotherapy and reflexology.

Skin Care involves facials for oncology, medically-challenged and healthy skin.

October 16 – Acupuncture: Using Ancient Medicine in the Modern World: Kylie Study

Acupuncture stimulates nerves sending signals to the brain where chemicals are released, triggering the body's self-healing mechanisms.

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

Physical therapist Jessica Malfa, is here 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.**

Facilitators: Advantage Living Center - Harper Woods and Sunrise Senior Living, Grosse Pointe

Free to members and nonmembers

Monitoring your blood pressure is an important step in maintaining your health.

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.

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**

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

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.

Wednesdays, 6:00 - 7:00 p.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 promotes strength, endurance, stability, mobility, flexibility and postural challenges. Instructions will be tailored to a person's ability. Bring a yoga mat.

Mondays and Wednesdays, 9:00 - 10:00 a.m.

Tuesdays, 6:00 - 7:00 p.m.

Instructor: Judy Sarvis

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

Instructor: Jessica Kodanko

CHAIR YOGA

Yoga positions and poses are adapted through creative use of a chair to 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

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.

This evidenced-based exercise program, designed for older adults, 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.

BODY ALIGNMENT 101

WCCCD Continuing Education Class

Mondays, September 16 – December 2, 1:00 - 3:00 p.m.

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

Location: The Helm

Registration required

Free member-only class

This class focuses on body mechanics and postural alignment to promote balance, flexibility and optimal range of motion. Participants should wear loose-fitting clothing, and bring a water bottle, mat, and small hand towel. Drop-ins are welcome!



ASK THE HOUSING SPECIALIST

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

Facilitator: 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.

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Photo by
Bill Rapai, President
Grosse Pointe Audubon

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.

GENEALOGY SERIES

Find your Family History on the Internet

Fridays, September 13 – 27

Research for the Beginner: Fridays, October 4 – 18

Intro to Genealogy: Friday, October 25

History and Research: Friday, November 1

What's in the Library: Friday, November 8

Building your Family Tree: Fridays, November 15 – December 6

TECHNOLOGY

MS Word Basic 2016

Saturdays, through September 21

MS Excel Basic 2016

Saturdays, September 28 - October 19

MS PowerPoint Basic 2016

Saturday, October 26 – November 16

Seniors with Social Media

Fridays, November 15 – December 6

EXERCISE

Zumba Fitness Gold

Mondays and Wednesdays through December 4

THE WAR MEMORIAL DAY TRIPS

DOW GARDENS AND WHITING FOREST CANOPY

Thursday, September 12

Experience a dazzling 110-acre display of annuals and perennials punctuated by distinctive bridges, an award-winning children's garden, towering pines, and delightful water features. Admission also includes access to Whiting Forest, home to the longest canopy walk in the United States. Designed to be accessible for all ages and abilities and open in every season, Canopy Walk has three arms, each end at a unique viewing platform, including views of a forest pond from 25 feet up, a large cargo net in a grove of spruce trees elevated at 25 feet, and an orchard view which includes a viewing platform with a glass floor and railings elevated at 40 feet. We will stop at a cider mill on the way home for lunch and to gather some fall goodies!



Most of the Garden consists of outdoor space and can include extensive walking. Please plan your attire accordingly.

\$65 per person, includes motor coach transportation and garden entrance fees. (Lunch on own.)

Arrive for check-in no later than 8 a.m.

Return to The War Memorial by 5 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. 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.

Senior Expo Oct. 17

The 26th Annual Senior Expo will take place from 8:30 a.m. to 1:30 p.m., Thursday, October 17, 2019, at the Assumption Cultural Center, 21800 Marter Road, St. Clair Shores. This free event provides information on health, wellness, recreation and community resources available for seniors and their families. A complimentary luncheon will be provided, during which attendees will hear from a keynote speaker.

This one day of health, wellness and a variety of community resources is designed to guide one to a happy, healthy and secure lifestyle. Visitors will enjoy more than 50 exhibits about healthcare, managed care, on-site health screenings and community resources.

For further information, contact 586-779-6111, ext. 3.

Don't Let the Flu Bug You

Getting a flu shot protects you and prevents you from spreading the flu to others. The U.S. Department of Health and Human Services statistics show 90% of flu-related deaths and more than half of flu-related hospitalizations occur in people age 65 and older.

The Helm annual flu clinic will be 9:30 a.m. to 1:30 p.m. Wednesday, Oct. 23, and Friday, Nov. 1, at our facility at 158 Ridge Road, Grosse Pointe Farms. Henry Ford Medical Center Cottage will administer the flu shots. Appointments are required. Call 313-882-9600 to schedule your appointment.

The flu shots are covered by Medicare. Bring your Medicare card, driver's license or Michigan ID, along with your supplemental health insurance card if you have one. If you do not have Medicare, there will be a charge.



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CHEERS TO VOLUNTEERS

Kudos to our young adult volunteers

Helping to keep things humming along at The Helm are our young adult volunteers. Five dedicated individuals spend a portion of their days helping with a variety of seemingly never-ending tasks. From filing to shredding to running errands within the building, there is always something to be done.

“The seniors are the most wonderful people and so accepting of those with special needs. It just blends well together,” said Laura, who has been working seven years at The Helm. Laura focuses on data entry and helping keep files and supplies organized and other office tasks.

While all the volunteers wear multiple hats, Scott’s primary role is putting The Helm programs on the website calendar. He also assists with other data entry and inventory tasks. He likes the camaraderie of volunteering at the Helm — “the people are friendly and I like making a difference and helping out” — and also volunteers at Ascension St. John Hospital and works in a local attorney office.

Chris is a well-known face in The Helm where he’s been volunteering since 2009. He can be found Monday through Friday in the cafeteria at his usual table mingling with guests at lunch and cleaning up after. He enjoys playing Bingo at The Helm and is a huge fan of the Detroit Tigers, Red Wings, Pistons and Lions, often proudly donned in team attire.



Ryan and Dez are jacks-of-all trades — and quick with a smile to brighten the day. They can be found helping out with shredding, organizing the books and greeting cards, doing some computer and Meals on Wheels work, and helping make The Helm look spick and span, cleaning hand rails and wiping up the tables.

“It’s easy and it’s fun,” Dez said about volunteering at The Helm. He, too, volunteers at Ascension where he counts among his duties filing and making sure wheel-chairs are available for those needing transportation.

“I like to talk to the employees and visit with the people here,” Ryan said about working at The Helm. Ryan also bags groceries at Kroger.

While all of our young adult volunteers are Grosse Pointe residents, Dez and Ryan live together in the City of Grosse Pointe and Scott lives in Grosse Pointe Woods. All are active with Special Olympics, especially bowling and basketball. Laura participates in Special Olympics as well. She recently retired from swimming after 20 years, but continues skiing. She was the 2018 Special Olympics Michigan Area 23 slalom and giant slalom winner in 2018.

These young adults have a special place in our volunteering realm here at The Helm. Thank you for everything you do.

Above: Dez, Scott and Ryan.

Left: Clockwise from left: Laura, Helm Board Member Carolyn Skaff, Dez, Ryan, Helm Director of Volunteer Services Heidi Uhlig-Johnstone and Chris.

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.

2nd Annual Movie Premiere at The Helm

Green Eraser Productions presents the 2nd Annual Movie Premiere at The Helm Life Center, Friday, September 27. Doors open at 6 p.m. to a buffet-style dinner from Brian Abner Culinary including wine and soft drinks. The presentation at 7 p.m. includes five to seven short movie premieres filmed exclusively at The Helm. Tickets are \$35 per person or \$60 per couple.

Those unable to attend the exclusive premiere can join us for a Popcorn Matinee Saturday, September 28. Doors open at 1:30 p.m. Showtime begins at 2 p.m. Tickets are \$10 per person. Popcorn, chips and soft drinks will be available for purchase.

On both dates, several never-before-seen-episodes of “Life in the Slow Lane” will be shown. These episodes will be followed by Stella Woitulewicz’s “Finding Common Grounds,” a puzzling comedy in a coffee shop. The final movie “Mystery at the Helm,” features many staff members from The Helm. Don’t miss this ghostly comedy.

Harry Burkey, Screen Actors Guild member and The Helm acting instructor, presents these special events. Call 313-407-6225 for tickets and additional information.

Tickets are limited for both screenings. Last year’s event sold out. Call for tickets today!

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.

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A photograph of two men on a golf course. The man on the left is wearing a pink shirt and a white cap, and the man on the right is wearing a teal shirt and a white cap. They are both smiling and raising their arms in a celebratory gesture. The background shows a green golf course with trees and a brick building.

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In Honor Of

Gary Colett on his birthday

Happy Echlin

Gary Colett and Rick Neumann

Tina Economon

John A. Boll's 90th Birthday

Lisa and Jon Gandelot

John and Marlene Boll's 65th Anniversary

Lisa and Jon Gandelot



These raised planters were donated to The Helm by Barbara Dobson in memory of her mother, Donna Biegas.

Donations received between May 23 and July 15, 2019. If there are any omissions, please contact Roz Peters at 313-649-2100 so that we may make corrections.

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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 and support our mission.



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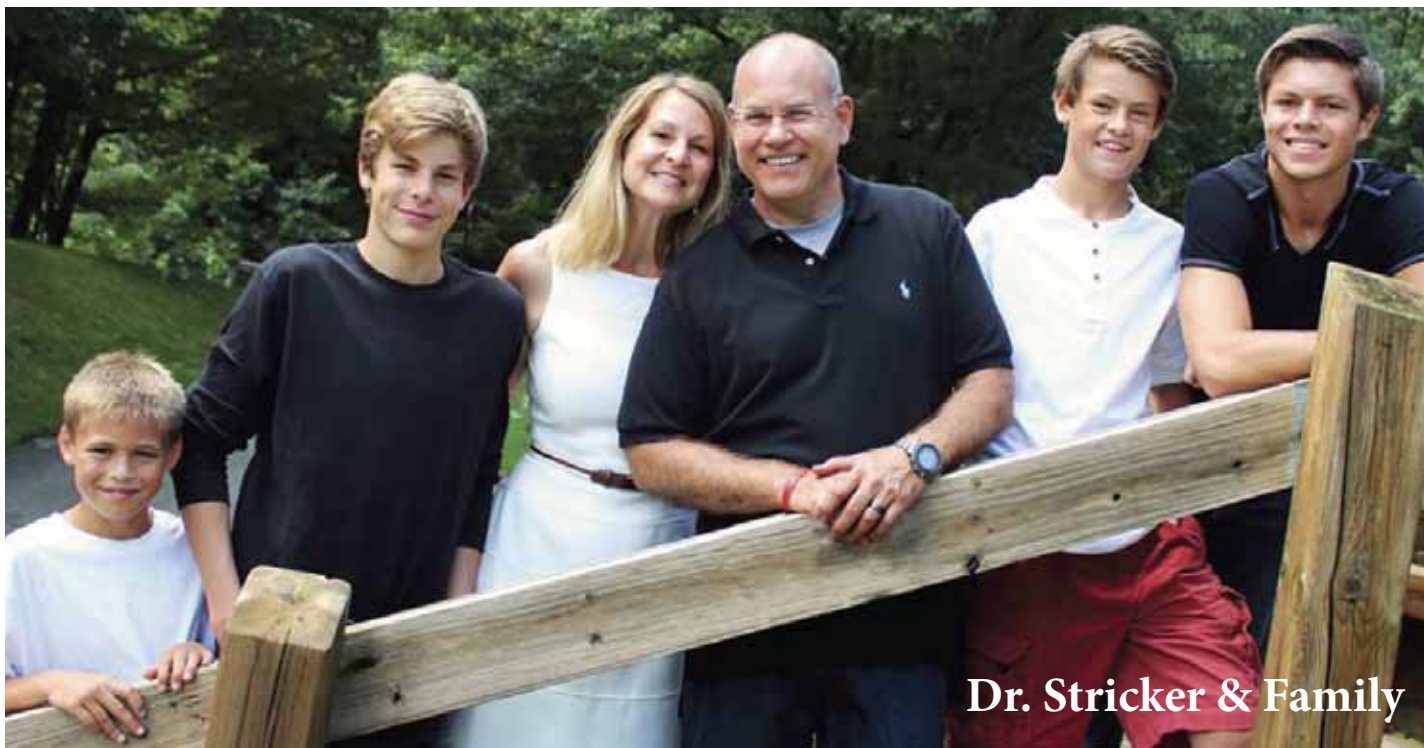
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