

November & December 2019

# THE HELM LIFE JOURNAL

**HOLIDAY ACTIVITIES  
KEEP THE HELM  
HUMMING**

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

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**

## Our Staff Directory

### EXECUTIVE DIRECTOR

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

### DIRECTOR OF FINANCE

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

### VOLUNTEER SERVICES DIRECTOR

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

### DEVELOPMENT MANAGER

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

### CASE COORDINATION

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

### COMMUNICATIONS COORDINATOR

Karen Fontanive  
313-649-2113  
kfontanive@helmlife.org

### INFORMATION & ASSISTANCE

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

### EDUCATION & ENRICHMENT

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

### MEALS ON WHEELS

Katie Marquardt  
313-649-2124

Molly French

313-649-2110  
mfrench@helmlife.org

Susan Kopf

313-649-2109  
skopf@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.

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## EXECUTIVE DIRECTOR

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501(c)(3) nonprofit organization

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# THE HELM LIFE JOURNAL

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

Everyone has different needs, interests and activity levels. We have something for everyone!

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## Programming information

Membership at The Helm is required for most programs. Membership costs \$48 annually and is renewable one year from the date you sign up. (A membership form is on page 9.)

Program pricing varies for members and nonmembers. There are programs which are free for both members and nonmembers. To register for classes, if you have questions about costs associated with a class, or to obtain membership, call us at 313-882-9600.

Changes to class times and dates is sometimes necessary. Please call 313-882-9600 or visit our website, [www.helmlife.org](http://www.helmlife.org), to confirm program details.





## The hidden treasure on Ridge Road

**W**e've heard repeatedly that while we've been around 41 years now, The Helm is still considered the area's best kept secret! That's why we are inviting residents of the Grosse Pointes and Harper Woods to "Come to The Helm. And Take Control of Your Life's Journey." You'll notice that message in new signage around our building and a refreshed look to our website ([helmlife.org/info](http://helmlife.org/info)). You'll notice the invitation in other ways, too, as we refresh our building and our message in the community, through traditional and social media.

Do you really know what we do here? Perhaps you've taken part in a program such as Bingo or a loved one is a Meals on Wheels recipient or you've come for Medicare counseling. We do those programs and do them well! But we are so much more. Isn't it time you checked out our new classes and programs?

You can **expand your knowledge** with our arts, language and technology programs. You can enjoy **fun, friendship and entertainment** while enjoying

gourmet meals Mondays through Fridays. We can help you **stay healthy and safe** with a wide range of exercise and health programs that fit everyone's abilities and interests. And you can continue to get the **help and support** you OR a loved one needs, be it caregiver support, income tax preparation or Medicare counseling. Have you considered membership for yourself or a loved one? This holiday season, give the gift of membership to a loved one or a friend. Just \$48 will provide a year's worth of access to our phenomenal instructors, great programs and fun activities. It's the perfect gift and one size fits all! (More information and a membership form is on page 9.)

The point is you won't know what a gem The Helm is in this community until you come and see for yourself everything we offer! Check out what's new by visiting [helmlife.org/info](http://helmlife.org/info) or call us for more information about any of the programs in this newsletter. Come see what makes us unique among organizations and clubs in the Grosse Pointes and Harper Woods and take control of your life's journey. Join The Helm today!

**Peggy Hayes**  
Executive Director

### **Holiday Hours at The Helm**

**Wednesday, November 27:**  
9:00 a.m. to 1:00 p.m.  
(PAATS buses will run as usual.)

**Thursday, November 28:**  
Closed Thanksgiving

**Friday, November 29:** Closed

**Monday, December 23:**  
9:00 a.m. to 5:00 p.m.

**Tuesday, December 24:**  
Closed Christmas Eve

**Wednesday, December 25:**  
Closed Christmas Day

**Thursday, December 26:**  
9:00 a.m. to 1:00 p.m.  
(PAATS buses will run as usual.)

**Friday, December 27:**  
9:00 a.m. to 1:00 p.m.  
(PAATS buses will run as usual.)

**Monday, December 30:**  
9:00 a.m. to 5:00 p.m.

**Tuesday, December 31:**  
Closed New Year's Eve

**Wednesday, January 1, 2020:**  
Closed New Year's Day

*Normal business hours resume*  
**Thursday, January 2**



## Be one of Santa's Elves

**It's Holiday Gift Basket time!** The Helm needs Santa's Helpers to donate supplies for holiday gift baskets delivered to homebound seniors in the Grosse Pointes and Harper Woods. These seniors appreciate a friendly visit, smiling face and a gift of surprises they can use and enjoy.

Items should be delivered to The Helm, 158 Ridge Road by Friday, December 6.

This year, we are fortunate to have the Grosse Pointe Board of Realtors and its member Realtors help us in our fundraising efforts. Thank you for the much needed support!



*Assembled gift baskets awaiting wrapping.*

### SUGGESTED DONATIONS

#### FOOD

**PLEASE MAKE SURE ALL FOOD ITEMS ARE NOT OPENED OR EXPIRED**

Canned Chicken or Tuna (Pull top)  
Canned Vegetables (Pull top)  
Soup (Pull top)  
Cereal (Mini/Small Boxes)  
Fruit Cups  
Juice Boxes  
Coffee, Tea Bags, Cocoa  
(Individual Packets)  
Soft Granola Bars  
Cookies, Crackers and Snacks  
(Store bought in small packages)  
Dried Fruit, Raisins and Prunes  
Chocolate Candy and Hard Candy  
(Sugar Free Candy encouraged)  
Cough Drops

#### HOME/OFFICE

Puzzle Books  
Playing Cards  
Wired Ribbon  
Pens and Pencils  
Note Cards

#### TOILETRIES

Shampoo  
Hand Cream  
Lip Balm  
Toothbrushes  
Toothpaste  
Floss  
Hand Soap  
Flushable Wet Wipes  
(Small packs)  
Bar Soap (Unscented, if possible)  
Disposable razors for men & women  
Small Facial Tissue Packets



### Volunteers needed

Volunteers are needed to assemble, wrap and deliver gift baskets. Anyone can help. You grab a basket and move from table to table adding items to your basket and then take the basket to the wrapping station and start over again!

Assembly takes place Tuesday, December 10 at 12:30, followed by delivery December 10 - 23.

If you'd like to help, please call 313-882-9600.

Thank you Grosse Pointe Board of Realtors for your support of this event!



## Christmas shopping made easy

**N**eed to do some Christmas shopping? Want to avoid the congested roads and packed parking lots? The Helm and Pointe Area Assisted Transit Services (PAATS) can help with that. We've expanded our Shop the Gratiot Loop throughout the holiday season. The service will operate Fridays, November 1, 8, 15 and 22 as well as December 6, 13 and 20.

For \$5 round-trip, riders will be picked up at their home and brought to their choice of five stores in the Gratiot shopping corridor:

- 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;
- Target on Gratiot north of 14 Mile.

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 some regular shopping as well as holiday gift buying and get some 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.

Call 313-343-2580 for more details and to arrange a ride.



*The PAATS staff is able to help make your holiday shopping — as well as other needed excursions — much easier.*

## Dinner and holiday lights

Join us for a special event to see one of the most beautiful sites in Grosse Pointe during the holiday season: Lake Shore Road.

On Thursday, December 12, weather permitting, we will meet at The Helm at 5 p.m. We will board the PAATS bus for our first stop at Charlie's Restaurant in St. Clair Shores. We have a small room reserved for our group where you can order from the menu. (You are responsible for the cost of your dinner.)

Following dinner, we will board the bus for a trip down Lake Shore Road where you will enjoy the

beautiful twinkling lights of the many holiday displays on the homes and in reflections on the lake.

After our leisurely trip down Lake Shore, we will return to The Helm for dessert and coffee — in and on the house!

The cost for this fun-filled, enchanting evening is just \$15 (plus the cost of your dinner).

Reservations are required. Call 313-882-9600 to make yours. You won't want to miss this spectacular holiday evening!





# ENJOY AN EVENING WITH FRIENDS **FINE DINING & JAZZ FAVORITES**

## American Bistro Menu

Offering a variety of choices:

- Appetizers • Salads • Entrees • Desserts
- Cocktails • Wine selections • Premium Beverages

**NOVEMBER 8 & 9**



**ALEXANDER ZONJIC**

Reservations highly recommended

**NOVEMBER 13 & 14**



**PETE SIERS**

Reservations highly recommended

**WITH SPECIAL GUEST DAVE BENNETT**

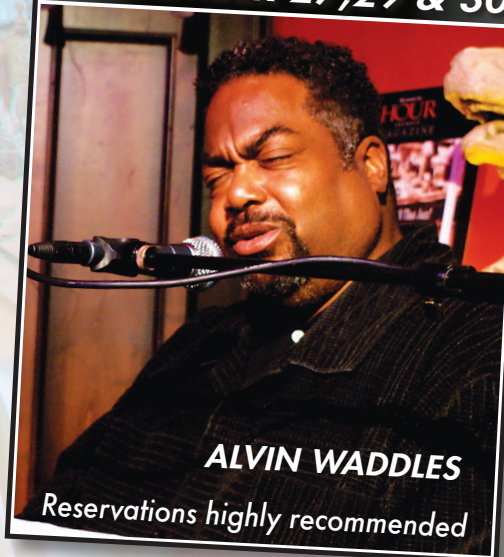
**NOVEMBER 20 - 23**



**KIMMIE HORNE**

Reservations highly recommended

**NOVEMBER 27, 29 & 30**



**ALVIN WADDLES**

Reservations highly recommended

**BRING THIS AD WITH YOU FOR A 10% DISCOUNT ON FOOD PURCHASES-UP TO 4 GUESTS (EXP 12/31/19)**

97 Kercheval,  
Grosse Pointe Farms  
Michigan 48236

**(313) 882-5299**

DIRTYDOGJAZZ.COM FOR MORE INFORMATION

Call For Reservations





## Wishes can come true

Dear Santa,

We just wanted to let you know, we've been really good this year. There have been lots of changes and we continue to change.



We have added many new programs and activities for our members. We've helped a lot of people with Medicare questions and with tax preparation. We've filled so many requests for walkers and wheelchairs and, of course, we continue to provide nutritious meals through our Meals on Wheels program. And we've been sprucing up the place making it brighter and more inviting.

But, there are still some things we would like to have that just don't fall within our budget this year.

Our big ticket item is a Stryker Evacuation Chair. These chairs are essential for the evacuation of disabled or injured persons from multi-level facilities such as ours. We would feel so much better knowing we could quickly get someone from our third floor out of the building in case of emergency.

We handle a lot of sensitive and confidential information and would really like a shredder for our main floor. It makes us feel more secure to shred information right away rather than piling it up to take upstairs to shred.

Lastly, and this is another bigger item, now that we are open in the evenings with limited staff, we would really like a remote "buzz-in" for our front door.

We know these items aren't necessities, but they would help us improve our efficiency and better serve our members.

We would really appreciate anything you can help us with! Merry Christmas, Santa – and don't eat too many cookies!

Love, The Helm

If you'd like to purchase one of these items or make a donation toward a purchase, please call us at 313-882-9600.

## Gift ideas for that someone special

Need a holiday gift idea? Look no further than The Helm.

### Give the gift of membership.

For \$48 a year, you can give a membership to someone to enjoy all the social, exercise and lifelong learning programs available at The Helm.

Members expand their knowledge through language, arts and technology classes; enjoy fun and friendship through entertainment, games and meals; stay healthy and safe with exercise classes and programs about safety and nutrition; and get help and support whether for themselves or a loved one.

Our professional staff and intimate, personalized environment make The Helm unique among organizations and clubs in the Grosse Pointes and Harper Woods.

Complete the form below, return it to The Helm and we'll take care of the rest! You or your loved one can start the New Year enjoying the many benefits of membership!

### Give the gift of safety.

Schedule a Home Maintenance, Safety and Security check for yourself or a loved one. It's free! One of our volunteers will:

- Inspect and test batteries in existing smoke detectors in bedrooms, kitchen and hallways. Replace batteries or install new detectors, if needed.
- Inspect and test batteries in existing carbon monoxide detectors. Replace batteries or install additional detectors, if needed. Limit 2.
- Repair or replace the house number sign if not sufficient for identifying the address quickly.
- Replace the furnace filter, if needed.
- Install LED night lights in main bedroom, hallways by stairs and bathroom, if needed.
- Install kitchen-type fire extinguisher, if needed.
- Inspect interior standard ceiling lights and replace with long life LED bulbs, if needed.
- Inspect exterior lights (first story only) and replace with long life LED bulbs, if needed.
- Clear minor debris from exterior air conditioning unit.

Call 313-882-9600 to schedule a FREE home maintenance and security check up today! (Please note this program is for homeowners only.)

### Give the gift of membership

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 \_\_\_\_\_

THE  
**HELM**  
AT THE BOLL LIFE CENTER

## NOVEMBER/DECEMBER BIRTHDAY CELEBRATIONS

Thursday, November 14, 11:30 a.m.

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

Registration required

Free to members with November/December birthdays

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

## TEXAS HOLD'EM POKER

Mondays, 10:00 a.m.

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

## EUCHRE CLUB

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

Facilitator: Dave Stander

Member: Free Nonmember: \$5 day pass

Both experienced and beginning players welcome.

## 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)

## SPECIAL AVON BINGO



Tuesday, November 12,  
10:00 - 11:00 a.m.

Sponsor: Audrey Bernier

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

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

This is a special Bingo day with wonderful Avon products for prizes. (Great Christmas stocking stuffers!)

This is a one card per person event.

B I N G O				
1	27	33	48	75
8	19	45	56	61
3	18	FREE SPACE	49	69
15	26	41	53	66
2	21	37	46	65

## 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.

## 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.

## 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.

## MAH JONGG CLUB

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

NEW TIME: Thursdays, 4:30 - 6:30 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

Registration required

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

Individuals can rent one or both of our tables for an hour or more. Bring a partner to play! If you would like to rent a table, please call to see if space is available.

## VETERANS DAY CELEBRATION

Wednesday, November 6,

11:00 a.m. - 1:30 p.m.

Sponsor: American House  
Grosse Pointe at Cottage

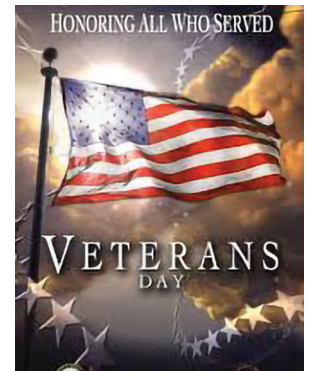
Contributors: Daughters of the  
American Revolution (DAR) and  
Vietnam Veterans of America  
Chapter 154

Entertainment: The Grosse  
Pointe Senior Men's Choir

Registration required

Free to members and  
nonmembers

We invite all veterans to join us on this very special day so we can celebrate you. We are honored to have as our special guests not only our veterans, but members of the DAR and the Vietnam Veterans of America Chapter 154 Color Guard who will perform their Flag Ceremony and present each veteran with a medal to honor their service to our country. A luncheon, prepared for you by American House Grosse Pointe at Cottage, will follow the ceremony. After lunch, we will join the Grosse Pointe Senior Men's Choir in patriotic songs. When making your reservation, please let us know your branch of service and if you are bringing a guest.





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.

## THROWBACK WEDNESDAY CLASSIC MOVIES

Wednesday, November 13, 12:30 - 2:30 p.m.

**"THE WIZARD OF OZ" – G**

Wednesday, December 11, 12:30 - 2:30 p.m.

**"IT'S A WONDERFUL LIFE" – PG**

*Registration required*

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

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

If you're a fan of classic movies of yesteryear, join us for a lunch that will bring back delectable memories and then sit back and watch some of the greatest movies ever made!

## FABULOUS FRIDAY FILMS

Friday, November 22, 12:30 - 2:30 p.m.

**"APOLLO 11" – G 13**

Friday, December 20, 12:30 - 2:30 p.m.

**"THE PEANUT BUTTER FALCON" – PG**

*Registration required*

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

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

## THANKSGIVING PARTY

Wednesday, November 20, 11:00 a.m. - 1:30 p.m.

**Sponsors:** Beaumont Hospice and Home Care and Sunrise Senior Living

**Entertainment:** The Fabulous 50's Show

*Registration required*

**Member: \$15 Nonmember: \$20**

Come and join us for a wonderful and traditional meal consisting of a salad, turkey and gravy, stuffing, mashed potatoes, sweet potatoes, vegetable, cranberry sauce, rolls and pumpkin pie with whipped cream. Lunch will be followed by the Dave DeClark Band featuring their Fabulous 50's Show, which includes five musicians performing your most memorable songs of the 1950s. Remember the "Stroll"? Bring your dancing shoes!

# Beaumont

## Home Health and Hospice

Home Health Information

248-743-9500

Hospice Information

248-743-9400

### Bring Beaumont Home

## Championing Quality of Life for Seniors

At Sunrise we provide a resident centered approach that provides:

- ✓ Personalized care and services
- ✓ Beautifully appointed living spaces
- ✓ Team members who feel like family
- ✓ Delicious home-cooked meals
- ✓ Engaging social activities



  
**SUNRISE.**  
SENIOR LIVING  
THE JOY OF EVERY DAY

**Sunrise of Grosse Pointe Woods**  
21260 Mack Avenue,  
Grosse Pointe Woods, MI 48236  
**313-343-0600**  
[SunriseGrossePointeWoods.com](http://SunriseGrossePointeWoods.com)

**Sunrise on Vernier**  
1850 Vernier Road,  
Grosse Pointe Woods, MI 48236  
**313-642-2000**  
[SunriseVernier.com](http://SunriseVernier.com)

Visit or call today for  
more information  
about our unique  
communities!



Offering Short-Term Care and Memory Care.

**\$ 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.

## CLASSIC BOOK CLUB

**Monday, November 18, 7:00 - 8:30 p.m.**  
– *Runaway* by Alice Munro (pages 159 - 334)  
**Monday, December 16, 7:00 - 8:30 p.m.**  
– *Snow Country* by Yasunari Kawabata  
**Facilitator:** Diane Kashuba

Registration required

**Member: Free    Nonmember: \$5 day pass**

## THIRD THURSDAY BOOK CLUB

**Thursday, November 21, 2:00 - 3:00 p.m.**  
– *Where the Crawdads Sing* by Delia Owens  
**Thursday, December 19, 2:00 - 3:00 p.m.**  
– *Exit West* by Mohsin Hamid  
**Facilitator:** Kathleen Gallagher, Outreach Librarian,  
Grosse Pointe Public Library

Registration required

**Member: Free    Nonmember: \$5 day pass**

Maximum: 15 participants

**PLEASE BRING YOUR OWN COPY OF EACH BOOK**

## LAKE SHORE HOLIDAY LIGHT TOUR

**Thursday, December 12, 5:00 - 8:00 p.m.**

Registration required

**Members and nonmembers: \$15 (plus dinner)**

Join us for a special event to see one of the most beautiful sites in Grosse Pointe during the holiday season: Lake Shore Road. Weather permitting, we will meet at The Helm, board the PAATS bus for dinner at Charlie's Restaurant. (You are responsible for the cost of your dinner.) Following dinner, the bus heads down Lake Shore Road to view the holiday lights, then returns to The Helm for dessert and coffee. You won't want to miss this spectacular holiday evening!

## PARCELLS MIDDLE SCHOOL HOLIDAY CHOIR

**Tuesday, December 3, 10:00 - 10:30 a.m.**  
**Choir Director:** Leslie Saroli

**Free to members and nonmembers**

The Parcels Holiday Choir will kick off the holiday season with songs to get you in the spirit!

## TROMBLY ELEMENTARY SCHOOL CHOIR

**Tuesday, December 17, 10:00 - 10:30 a.m.**  
**Choir Director:** Liz Moses

**Free to members and nonmembers**

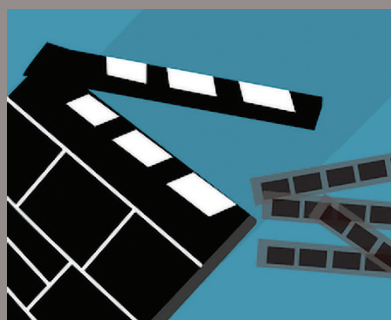
The Trombly Elementary School Choir returns again this year to sing holiday songs to brighten the season.

## GROSSE POINTE ACADEMY BELL CHOIR

**Thursday, December 19, 10:00 - 10:30 a.m.**  
**Bell Choir Director:** Roshell Onofrey

**Free to members and nonmembers**

It's a tradition for the 8th grade Grosse Pointe Bell Choir to join us at The Helm during the holidays. Join us for this much anticipated and enjoyed special event.



## NEW! MORE MOVIES AT THE HELM!

In addition to our monthly Friday lunch, movie and a snack day, we've added a monthly Wednesday lunch, movie and a snack day!

On Friday we will continue to show a recently released film, while Wednesday, we'll show a classic film. Check out the listings on page 11 for the November and December viewings.

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

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

*Registration required*

**The 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

This class incorporates movement (cardio), muscles (strength) and 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 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

## BODY ALIGNMENT 101

**WCCCD Continuing Education Class**

**Mondays, continuing through December 2, 1:00 - 3:00 p.m.**

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

**Free to members and nonmembers**

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!

## 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.

# Evenings at The Helm

As a reminder, we added many new evening programs this summer and continue to expand our offerings. This moon and stars symbol  seen throughout this programming section, indicates an evening program. We have Tai Chi, Yoga, Ballroom Dancing, Book Club, Dinner with a Doc and so many others. Keep your eyes open for the 



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.

 **DENOTES  
EVENING PROGRAM**

## MOBILE HEART AND HEALTH SCREENING

**Wednesday, November 13, 9:00 a.m. - 4:30 p.m.**

**Provided by:** Ascension St. John Providence

*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 (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" which measures cholesterol, triglycerides and glucose is available for an additional \$20.

## HEALTHY HOLIDAY EATING COOKING DEMO

**Thursday, December 5, 12:30 p.m. - 1:30 p.m.**

**Facilitators:** Jill Jensen, Registered Dietitian and Chef Dan Kellogg, Beaumont Hospital Grosse Pointe

*Registration required*

**Free to members and nonmembers**

The holiday season can be a busy time of the year with parties to attend and many goodies to choose from. Jill and Dan will discuss tips on how to maintain your weight during the holiday season and demonstrate healthier versions of your holiday favorites.

## DINNER WITH A DOC

**Thursday, December 5, 6:00 - 8:00 p.m.**

**Facilitator:** Dr. Tom LaLonde

**Provided by:** Ascension St. John Hospital

*Registration required*

**Open to members and nonmembers**

**\$35 per person**

Join Tom LaLonde, M.D., Chief of Cardiology at Ascension St. John Hospital, to learn about the latest thinking in heart care, as well as what you can do to keep your heart healthy. Dr. LaLonde is an Associate Clinical Professor of Medicine at Wayne State University and teaches medical students, residents and fellows in clinical, invasive and interventional cardiology. A published author in medical literature, Dr. LaLonde remains active in interventional cardiovascular research. Ascension St. John Hospital is a leader in heart care, offering advanced treatments that bring renewed hope to patients with atrial fibrillation, coronary artery disease, complex heart valve disease, pulmonary embolisms and much more. This event includes a gourmet dinner and beverages.

## 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.



## LUNCH

**Cost: \$5 member \$7 nonmember**

Please make your lunch reservations in advance.

Lunch reservations close at 10:00 a.m. each morning.

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

## GOURMET LUNCH AT THE HELM

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

Join us for a delicious, freshly-prepared gourmet lunch. Acclaimed local chef Brian Brenner sources the freshest seasonal ingredients to prepare a healthy, hearty, and delicious lunch celebrating cuisines from around the world. Come for the delicious food and meet some new friends.

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

## 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.

## 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 our lobby area.

## 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.

## CONVERSATIONAL FRENCH

WCCCD Continuing Education Class

Fridays, continuing through December 6, Noon - 3:00 p.m.

**Instructor:** Dr. Dib Saab

*Registration required*

**Free to members and nonmembers**

*Maximum: 20 participants*

Learn how to ask and respond appropriately to basic questions, read aloud using acceptable pronunciation and create basic sentences using appropriate grammar.

## BALLROOM DANCING II

WCCCD Continuing Education Class

Tuesdays and Thursdays, continuing through December 5,  
7:15 - 8:15 p.m.

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

**Prerequisite:** Ballroom Dancing I

*Registration required*

**Free to members and nonmembers**

*Maximum: 20 participants*

Partner Movement Skills – All classes will focus on movement skills, social dance combinations and leading/following. **Please bring a partner.**

## TAP DANCING

Thursdays, November 7 – December 19, 1:00 - 1:45 p.m.

**Instructor:** Anna Marie Casali, Casali School of Dance

*Registration required*

**Member: \$36    Nonmember: \$45**

**Minimum: 6 participants**

Tap dance your way into the holidays! This class will teach the basic steps of tap while improving balance and leg strength. Participants should wear comfortable clothing and bring tap shoes which are mandatory. Oxford Tap shoes are preferred. **This class cannot be taken with sneakers or any street shoes.**

## AARP SMART DRIVER TEK: HIGH-TECH CAR SAFETY WORKSHOP

Thursday, November 14, 1:30 - 3:00 p.m.

**Facilitator:** Roger Doster

*Registration required*

**Free to members and nonmembers**

*Maximum: 20 participants*

Developed jointly by AARP Driver Safety and The Hartford, this 90-minute workshop offers a dynamic environment to learn how new, high-tech features in cars today can help make driving safer and easier. From lane departure warnings and smart headlights to blind-spot detection systems and more, the workshop helps drivers recognize how these technologies might enhance their driving safety and extend their safe driving years. Attendees leave with a vehicle technology checklist, which will offer guidance on desired technologies when shopping for a new car or what features may already be in their car.

## ON THE GOGH STUDIO EVENING STYLE

### PAINTED PUMPKIN TOTE

Thursday, November 14, 6:00 - 7:30 p.m.

**Facilitator:** On the Gogh Studio

*Registration required*

**Member: \$30  
Nonmember: \$40**

**Minimum: 8 participants**

Join us for a Fall-inspired craft class. You will follow step-by-step instructions to create a beautiful and reusable pumpkin tote bag, just in time for cooler weather! Find your inner 'Gogh' and have lots of fun along the way! Bring a beverage of your choice and some snacks if you'd like and just have a fun time. We will supply plates, napkins and glasses.



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.

## AGING YOUR WAY



**Wednesday, November 13, 6:30 - 8:00 p.m.**

**Copresenter:** The Family Center

**Facilitator:** Pointe Professionals

*Registration required*

**Free to members and nonmembers**

As lifestyles, goals and needs change over time, proper planning helps you protect yourself and your loved ones. A panel of experts will provide solutions and strategies to help you maintain control of your life as you age. Topics include aging at home, elder law services, Medicare solutions, retirement protection strategies and more.

## SIGN LANGUAGE - BEGINNERS

**WCCCD Continuing Education Class**

**Wednesdays, continuing through December 4,**

**1:00 - 2:00 p.m.**

**Instructor:** April Stotts

*Registration required*

**Free to members and nonmembers**

*Maximum: 8 participants*

Learn about vocabulary, grammar and language function in American Sign Language, as well as how to sign the English alphabet.

## ON THE GOGH STUDIO -

**SANTA'S WORKSHOP DOOR HANGER CRAFT**

**Wednesday, December 11,**

**1:00 - 2:30 p.m.**

**Facilitator:** On the Gogh Studio

*Registration required*

**Member: \$30 Nonmember: \$40**

**Minimum: 8 participants**

Join us for this festive holiday craft party to create a Christmas-themed 3-tier door hanger just in time for Santa Claus! All materials are included. The craft is fun with easy to follow instructions.



## ONE-ON-ONE TECHNOLOGY

**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, social media, email, Microsoft Word and Excel, browsing the Internet and even operating your vehicle's in-car computer.

# SERVICES & SUPPORT

## 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.

## PARKINSON'S ACTION GROUP

People with Parkinson's and their care partners are invited to this group. The group outgrew its space here and now meets at Christ Church Grosse Pointe, 61 Grosse Pointe Blvd., Grosse Pointe Farms.

Contact 313-520-9082 for more information.



# 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

**History and Research:**

Friday, November 1

**What's in the Library:**

Friday, November 8

**Building your Family Tree:**

Fridays, November 15 – December 6

## EXERCISE

**Zumba Fitness Gold**

Mondays and Wednesdays through

December 4

## TECHNOLOGY

**MS PowerPoint Basic 2016**

Saturday, through November 16

**Seniors with Social Media**

Fridays, through December 6

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# THE WAR MEMORIAL DAY TRIPS

## UNIVERSITY OF MICHIGAN MUSEUM OF NATURAL HISTORY - AND ZINGERMAN'S DELI

**Friday, November 15**

After migrating to its new home, the U of M Museum of Natural History is now open with more exhibits and so much more to discover! But don't just expect a bunch of old bones. Embedded among the labs at U-M's new Biological Sciences Building, the museum doesn't just preserve the past; it also shows off the latest in scientific research with interactive exhibits, new programming spaces, and a state-of-the-art Planetarium & Dome Theater, where we will attend the planetarium show Sun, Earth and Moon. We will also attend a science demonstration! After the museum, we will head over to the famous Zingerman's Deli for a delectable lunch and shopping at the store and bakery.

*\$55 per person, includes motor coach transportation and museum fees. (Lunch on own.)*

*Arrive for check-in no later than 9:00 a.m.*

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

## HOME FOR THE HOLIDAYS WITH THE DETROIT SYMPHONY ORCHESTRA

**Friday, December 20**

Experience Detroit's favorite holiday musical tradition with your family and friends and thrill to the spectacle of the season. Stuart Chafetz leads a sparkling celebration with carols and classics that sells out year after year – and yes, Virginia, there will be a Santa Claus! After the performance, we will head to the historic Whitney for a wonderful lunch.

*\$105 per person, includes transportation, performance and lunch.*

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

*Return to The War Memorial by 4:00 p.m.*

## All trips depart from The War Memorial

### REGISTRATION AND REFUND POLICY:

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

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



# Summer catch up:



**Contending with Mother Nature and the Detroit Lions home opener made our first March for Meals challenging, but no less successful. Thank you to our volunteers, walkers and sponsors, Grosse Pointe Memorial Church, The Rivers Grosse Pointe Woods and DTE Energy. We will be back in 2020.**



**Some sprucing up took place over the summer including painting of interior walls (above), a little redecorating, and redesign and organization of the medical loan closet (below).**



**Two new events for The Helm this year included a golf outing and an "Antiques Roadshow-like" event.**

**The foursome above was just one of many enjoying the festivities.**

**At right, the keepsake box with the doll attached was just one of many interesting items attendees brought for appraisal.**



**One of the biggest changes at The Helm was the addition of evening programming. Check our listing of programs in this book. You are sure to find something of interest for you or a loved one!**





## Room to rent

Need a place for your holiday party, birthday celebration or baby or wedding shower? The Helm has several rooms available to rent at reasonable rates. We can accommodate 10 to 75 people for your special event. Call 313-882-9600 for more information.

## Holiday Shopping at the Herb Society Boutique

The Herb Society of America-Grosse Pointe Unit plants and maintains our herb garden here at The Helm. The organization's Herbs & Holly Boutique will be 9:30 a.m. until 2:30 p.m. Saturday, November 16, at the Grosse Pointe Woods Historic Cook Schoolhouse, 20025 Mack Avenue.

This herbal marketplace features handcrafted items, lavender products, herbal holly decorations and culinary creations!

Only cash and checks can be accepted.

For more information about the event, email [rnbonto@aol.com](mailto:rnbonto@aol.com).

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



# CHEERS TO VOLUNTEERS

## Dishing and dining

**L**unch is served five days a week at The Helm. Dishing it out, serving it up and cleaning it all up are our dedicated crew of 12 regular and three substitute café volunteers.

So far in 2019, this group has served over 3,300 lunches to more than 400 patrons. Each meal consists of an entrée, vegetables, starch, salad and water or juice. Once it gets going, it's quite a production and these volunteers keep the line – and process – humming along.

Hazel has been volunteering at The Helm about 15 years. Walking through the doors as a guest, she soon found herself here weekly and decided there was more to do than playing Poker and Progressive Rummy. “I don’t like coming to sit. I like to come to work.”

Even though the former Harper Woods resident now lives in Harrison Township, she comes for the cards, Bingo and her café duties. And she’s been known to sub for Meals on Wheels.

Roseville resident Jan has been volunteering regular on Fridays the last four years. “I like the people and the

whole atmosphere. It’s always happy and sunny here,” she said. “And the food is very, very good. Chef Brian has a super personality.”

As with so many of our volunteers, The Helm isn’t the only place Jan volunteers. She also volunteers at her church.

Grosse Pointe Woods resident Kathy is Jan’s Friday café volunteer partner. Kathy has been volunteering at The Helm since March 2018 after she retired. Wanting to give back to the community, she has volunteered at local hospitals. In addition to her Friday café work, Kathy has helped with office work as well.

“I really enjoy talking with the seniors. They are so knowledgeable and I love to hear their stories,” she said.

Simply put, The Helm could not run as well as it does without our volunteers. Thank you all!

*Cafe volunteers pictured below left to right are: Kathy, Jan, Karen, Joanne, Pauline, Hazel, Sandy, Shirley, Shirley and Audrey.*

*Volunteers not pictured are Kay, Barbara, Laurie, Karen, Mimi, Jeannie, Pat, Augustine, Willie, Anne, Patsy and Nancy.*



## 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.

## *New to Medicare* Free class to help you navigate the Medicare maze

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

The Helm offers a **FREE** class that gives you 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.

**The next New to Medicare class is 7 p.m. Wednesday, November 13.**

Call 313-882-9600 to reserve your spot today!

In addition to the class, we offer one-on-one appointments with our Medicare counselors — **free of charge** — to help you understand your options and choose the best plans for you. The best time to set up an individual appointment is three months before your 65th birthday.

The Helm is here to help you with your Medicare questions. Call 313-882-9600 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.

**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 and a brick building.

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*Lynda F. Webster*

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*James and Coleen Kordas*

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**Alice Laitner**

*Jim and Katie Stewart*

**Shirley Snow**

*Michael Magee*

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*Mark Langlois, photographer*

*Panera Bread*

*Sandra Rabaut, Rabaut's Interiors*

*Viviano Flower Shop*

*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.*

Donations received between July 16 and Sept. 13, 2019. If there are any omissions, please contact 313-649-2100 so that we may make corrections.

## A Gift in Your Will

The Helm at the Boll Life Center is only able to provide the much needed programs and services to seniors and their loved ones in our community with the generous support of our donors. However large or small, a charitable bequest makes a huge difference. Without obligation, we would be happy to answer any questions you may have.

Please call 313-649-2104.



*Vivian Anderson, left, donated this recumbent tricycle to The Helm in memory of her late husband, Larry.*





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# 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**

