

January & February 2020

THE HELM LIFE JOURNAL

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**LET THE HELM HELP YOU KEEP YOUR NEW YEAR'S RESOLUTIONS TO BE
PHYSICALLY, FISCALLY AND PSYCHOLOGICALLY FIT!**

PRODUCED BY THE HELM AT THE BOLL LIFE CENTER
LIFE'S A JOURNEY. FIND YOUR WAY HERE.

Serving seniors in the Grosse Pointes & Harper Woods since 1978.

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THE HELM LIFE JOURNAL

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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. Membership forms are available in our office and on our website.

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 are sometimes necessary. Please call 313-882-9600 or visit our website, www.helmlife.org, to confirm program details.



What gem will you find at The Helm in this new year?

Lecture and Tasting; Zumba Gold Fitness; Rowing for Fun & Fitness; and a Cooking Demonstration on "Demystifying Gluten" to name just a few! Don't miss our Aging Mastery Program, a fun and interactive program for mapping out what your next steps are while contemplating retirement and beyond.

Where did 2019 go?! My mom used to tell me that the years pass faster the older you get and now I see what she means...we are already starting the third decade of the 2000s!

Luckily we have lots of interesting and exciting programs planned for the new year here at The Helm. Whether you have made a resolution to get more fit, more social or more knowledgeable about a particular subject, we have a gem for you to discover in the form of new classes and programs...there is sure to be something of interest to YOU.

For example, have you tried Pilates? We'll be offering a class beginning in January. Just a sampling of new-for-2020 classes and programs includes: a PingPong & Pizza Party; Tap Dancing; Grandparent and Grandkids Fun with Physics Workshop; Michigan Craft Beer

Most of our winter programs are held before dark, although we will continue to offer evening programs for those still working and unable to attend during the day. Look for the "moon and stars" symbol for those evening offerings. And our instructors are top-notch with excellent credentials and qualifications to offer quality programs to our members. In fact, check out our first instructor profile on page 9.

There are lots more hidden treasures waiting to be uncovered here at The Helm. Consider joining The Helm and making 2020 your best year ever!

Peggy Hayes
Executive Director

REMINDER:

THE HELM AND PAATS OFFICES WILL BE CLOSED MONDAY, JANUARY 20, IN OBSERVANCE OF MARTIN LUTHER KING, JR. DAY AND MONDAY, FEBRUARY 17, IN OBSERVANCE OF PRESIDENTS DAY.

INCLEMENT WEATHER POLICY

When the Grosse Pointe Public Schools are closed due to inclement weather, The Helm offices also are closed. PAATS buses do not run, and there will be no Meals on Wheels delivery.

We are not able to call to tell you classes are canceled. If a class you paid for is canceled due to weather, you will be reimbursed the cost of that class.

Mission Success!

More than 220 people became mission agents at The Helm's 23rd Annual Auction Gala October 10.

Guests entering the Grosse Pointe Yacht Club were transported to an espionage-themed event that included actors dressed in trench coats and fedoras, a "mugshot" photo booth, crime scene tape and various spy-themed signage and tchotchkes throughout the venue. Guests bid on more than 80 silent auction packages before heading off to the main ballroom.

While waiting for dinner, participants watched a video with a self-destructing tape recorder before Chief Agent Bob Rader, aka The Helm Chairman of the Board of Trustees, and Special Agent Peggy Hayes, The Helm Executive Director, challenged gala-goers to support The Helm, "The Hidden Treasure on Ridge Road."



Grosse Pointe Theatre members donned trench coats and fedoras to create the evening's espionage ambiance.



Guests at The Helm's 23rd Annual Auction Gala, Mission ~~Im~~Possible, enjoyed fellowship and food while raising money to support The Helm's vital programs. Above Susan Starnes, Mike Lefevre, Paul Mattes and Alicia Bonahoom.

Master of Ceremonies Ed Russell then introduced the evening's honoree, the Ahee family and matriarch Bettejean Ahee, ardent supporters of The Helm. In her remarks, Bettejean referred to The Helm as "a gem in our midst."

"Realizing that I am uniquely blessed to have a loving family that accommodates my various needs, I know that there are many seniors, for whatever reasons, who may not have anyone available to them to offer assistance. The Helm at the Boll Life Center graciously fills that void. We salute them for allowing us to live in comfort with confidence and dignity."

Bettejean added, "The Helm is a place to find fun and friendship, continue expanding knowledge and learning how to stay healthy and safe."

See GALA next page

Gala

Continued from previous page

At the conclusion of the ceremony, a live auction began and guests bid on one-of-a-kind items and packages including “A Day with Artist Dominic Pangborn,” a ride on the J.W. Westcott to deliver mail to freighters on the Detroit River and a seven-day stay at a 500-year-old apartment in Umbria, Italy.

After the live auction, guests once again took up the mission to support The Helm during a “paddle call” for Meals on Wheels and graciously raised tens of thousands of dollars for this critical program.

The Helm receives little local, state or federal funding. It is through fundraising, membership and a small county stipend

that we are able to provide vital services and more to older adults in the Grosse Pointes and Harper Woods. This annual gala is our largest single fundraiser and without it we simply could not provide all the many worthwhile, much-needed services we do.

Thank you to all our guests, sponsors, donors and volunteers who made this event one of the most successful ever.



Chief Agent Bob Rader and Special Agent Peggy Hayes, aka The Helm Board of Trustees Chairman and Executive Director, embraced the spy-theme by wearing hats and shades.

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Don't be SAD

Reduced exposure to daylight in fall and winter months, as well as concerns about ice, snow and the cold, can all contribute to seasonal depression known as Seasonal Affective Disorder — SAD. Many older adults become prone to SAD because they become more homebound in the fall and winter due to outdoor conditions.

Dr. Asha Shajahan, Beaumont Health, cites an October 2015 national study published online in the *Journal of the American Geriatrics Society* stating “that having limited face-to-face social contact nearly doubles someone’s risk of having depression. Study participants who met in person regularly with family and friends were less likely to report symptoms of depression, compared with participants who emailed or spoke on the telephone.”

“If you have SAD, not to worry,” Dr. Shajahan explains. “There are many things you can do naturally to improve your health without the need of medications.”

Volunteering where you have social interaction with others and exercise are two ways to help counteract SAD. Fortunately, The Helm can help with that!

There are plenty of volunteering opportunities — serving lunch, office work, indoor/outdoor maintenance, receptionist, facilitate a class or activity, special events, just about anything you can think of.

And, of course, there are myriad exercise opportunities at The Helm. From ongoing classes like yoga, chair yoga, tai chi, A Matter of Balance and Seated Full Body Workout, to special classes for 2020 including pilates, rowing and tap dancing.

“Engaging in exercise is effective in combating depression and anxiety,” said Dr. Shajahan.

“Norepinephrine wakes up the brain and enhances self-esteem. Dopamine improves mood, motivation and sense of wellness, addiction management and the attention system. Serotonin combats sadness, and impulse control. Exercise naturally boosts these neurotransmitters. Exercising at least two days a week for 30 minutes is a solid treatment for depression.”

Added Dr. Shajahan, “You have the power of your health in your hands.”

So try something new, return to something you used to enjoy doing. Get out and about. It’s all here at The Helm!

Brain Health

The Global Council on Brain Health — an independent collaborative of scientists, health professionals and scholars and policy experts from around the world — lists five pillars of brain health. The Helm has more than one thing for every category. Check it out!

MOVE

Try Line Dancing or Tap Dancing classes.
(See page 14.)

DISCOVER

Take Wayne County Community College District’s FREE French for the Traveler Class (page 14) or Memoir Writing Class (page 14).

CONNECT

Come play cards, watch a movie, join a support group, take a crafting class.

RELAX

Our Guided Meditation Class is your ticket to relieving stress. Or use yoga to get in touch with your inner calm.
(See pages 12 & 11.)

NOURISH

Enjoy one of The Helm’s healthy, gourmet lunches served Monday through Friday. \$5 daily for members. See the weekly menu on our website helmlife.org.

And keep an eye out for our special event lunches, too.

Meet The Instructor



GWEN SCALES

Fitness Instructor *at The Helm Life Center*

Gwen is the founder and president of Health Options, Inc., a health consciousness and wellness company dedicated to providing alternatives to sickness and over-medication through fitness and proper nutrition.

As an established singer/songwriter, motivational speaker, and certified personal trainer, she uses her voice not only to serenade, but to motivate and stimulate the mind, body and spirit through movement and music.

ONGOING ACTIVITIES

JANUARY/FEBRUARY BIRTHDAY CELEBRATIONS

Thursday, January 9, 11:30 a.m.

Thursday, February 13, 11:30 a.m.

Registration required

Free to members with January/February birthdays

Birthday celebrants receive lunch on the house and a slice of birthday cake.

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)

ALICE LAITNER PLAYS PIANO

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

PROGRESSIVE RUMMY

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

Member: Free Nonmember: \$5 day pass

CHIT CHAT AND COLOR CLUB

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

Member: Free Nonmember: \$5 day pass

MAH JONGG CLUB

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

Thursdays, 4:30 - 6:30 p.m.

Member: Free Nonmember: \$5 day pass

PINGPONG

Tables available upon request

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

KNITTING FOR CHARITY

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

Free to members and nonmembers

MOTOR CITY MITTEN MISSION

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

Free to members and nonmembers

NO-SEW FLEECE BLANKET MAKING

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

Free to members and nonmembers

MOVIES

Wednesday, January 15

"IT HAPPENED ONE NIGHT" (1934)

Friday, January 17

"AMAZING GRACE" (2019)

Wednesday, February 19

"CASABLANCA" (1942)

Friday, February 28

"THE ART OF RACING IN THE RAIN" (2019)

Showtime: 12:30 p.m.

Registration required

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

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

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 food and meet some new friends.

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

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.



NEW

PINGPONG & PIZZA PARTY

Friday, January 31, 6:00 - 8:30 p.m.

Registration required

\$5 per person

Spend Friday evening playing PingPong just for the fun of it! There will be lots of mingling and good times. Come by yourself or bring a few friends. We'll make sure you have someone to play with and against for friendly competition. We'll supply the pizza and snacks; you bring your own beverage. All playing levels are welcome.



PACZKI DAY

Tuesday, February 25, 11:00 a.m.

\$1 per paczek

A variety of paczki from Sweetheart Bakery will be available for purchase. Flavors will include raspberry, strawberry, custard, lemon, apple, prune and blueberry.

HEALTH & WELL-BEING



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 for an 11-class punch card
Nonmember: \$8.00 per class**

ONGOING EXERCISE CLASSES

ACTIVE FIT

This class incorporates movement (cardio), muscles (strength), flexibility and balance for the more active adult.

Mondays and Wednesdays, 10:15 - 11:15 a.m.

Instructor: Stacey Panduren

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

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

Instructor: Judy Sarvis

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

Instructor: Jessica Kodanko

CHAIR YOGA

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 evidence-based exercise program, designed for older adults, combines strength training, flexibility and cardiovascular conditioning and includes standing chair support for balance and mobility. Simple yoga stretches, sign language, foreign language and ball exercises to activate your brain cells also are included with your workout.

BODY ALIGNMENT 101

Drop-ins are welcome

WCCCD Continuing Education Class

Mondays, January 27 - April 27, 1:00 - 3:00 p.m.

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

Free to members and nonmembers

This class will focus on body mechanics and postural alignment. Alignment refers to how the head, shoulders, spine, hips, knees and ankles relate and line up with each other. Proper alignment of the body puts less stress on the spine and helps you have good posture. Good posture promotes balance, flexibility and optimal range of motion. Participants should be prepared for class with loose-fitting clothes, a water bottle, mat and small hand towel.

GUIDED MEDITATION SERIES

Tuesdays, January 14 - February 18, 6:00 - 7:00 p.m.

Facilitator: Jonathan Itchon

Registration required

Member: \$30 Nonmember: \$40

Minimum: 8 participants

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

NEW

PILATES

Thursdays, January 16 - March 5, 6:00 - 7:00 p.m.

Instructor: Amy Pugleisi, STOTT Pilates Instructor

Members: \$48 Nonmembers: \$58

Registration required

Pilates mat work is a series of non-impact exercises aimed at improving your core strength, flexibility and posture. This group class will work through a series of STOTT Pilates exercises that provide an invigorating and complete workout for the body. Exercise modifications are suggested for beginners or those with restrictions. For those wanting an added challenge, bands and light weights can be used. Build your body awareness and learn important principles of safe and effective movement for everyday life and your favorite sport. Small balls and bands are provided. Bring your own mat, towel and small weights (optional).

ZUMBA GOLD FITNESS

Drop-ins are welcome

WCCCD Continuing Education Class

Tuesdays, January 21 - April 14, 6:00 - 7:00 p.m.

Instructor: Rashonda Plant

Free to members and nonmembers

Have fun and get moving! This exercise is low impact and may be adapted to fit your particular challenges and is a mix of safe and effective aerobic exercises designed to improve your overall strength, endurance and mobility.



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.



NEUROBICS FOR THE BRAIN

Thursday, February 13, 12:30 - 1:30 p.m.

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

Sponsor: Heartland Health Care and Comfort Keepers

Free to members and nonmembers

Join Kathy for an hour of fun and challenging brain drills with special emphasis on targeting different areas of the brain. A blending of long-term/short-term/episodic/working memory drills will be offered, as well as faster-paced drills working with cognitive processing speed.



ROWING FOR FUN & FITNESS

Wednesdays and Fridays, January 22 - February 14

Choose one session

Session 1: Noon - 1:00 p.m.

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

Instructor: Renee Adams, U.S. Rowing Level III Certified Coach

Member: \$40 Nonmember: \$50

Minimum: 8 rowers per class

Indoor rowing is the lowest impact, total body workout that involves cardio and strength-building at the same time! The rowing machine is unique in its ability to target 85% of your body's muscles all while having fun and working at the intensity you choose. Coach Renee Adams, US Rowing Level III certified coach, teaches proper rowing technique and the workouts are progressive and vary each time to include core strength and slow stretch. Competitive minded folks may train for online races or participate in two local competitions. Participants should wear socks and athletic shoes. Attire should be comfortable and nonrestrictive. Bring a water bottle. Arrive relaxed. Get ready for fun!

DEMISTIFYING GLUTEN COOKING DEMO

Thursday, February 20, 12:30 - 1:30 p.m.

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

Registration required

Free to members and nonmembers

Join Andrea and Chef Dan for a discussion and cooking demonstration about gluten in the diet and who may benefit from following a gluten-free diet.

HIP AND KNEE REPLACEMENT SEMINAR

Thursday, February 27, 12:30 - 1:30 p.m.

Facilitator: Trevor North, M.D. Orthopaedic Surgeon, Henry Ford Health System

Registration required

Free to members and nonmembers

Dr. North will talk about arthritis of the hip and knee and give you information regarding the non-operative management of these. He also will discuss traditional hip and knee arthroplasty and the new and exciting innovations related to this procedure.

DINNER WITH A DOC

Thursday, February 6, 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

Tom LaLonde, M.D., Chief of Cardiology at Ascension St. John Hospital, will discuss Atrial Fibrillation, AFib, which is on the rise among Baby Boomers. 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.

ONGOING ACTIVITIES

ONE-ON-ONE TECHNOLOGY

Fridays, Noon - 4:00 p.m.

Registration required

Member: Free Nonmember: \$5 day pass

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.

NEW

LINE DANCING

Tuesdays, January 21 - February 25, 1:00 - 2:00 p.m.

Instructor: Mary Lou Gillis

Registration required

Member: \$10 Nonmember: \$12

Learn some beginner line dances, meet new friends and just have fun! Bonus: Line dancing helps with coordination and memory. As participants master basic steps, more difficult ones will be added. Wear comfortable shoes that won't stick to the floor.

TAP DANCE LESSONS

Thursdays, January 23 - February 27, 1:15 - 2:00 p.m.

Instructor: Anna Marie Casali, Casali School of Dance

Registration required

Member: \$36 Nonmember: \$45

Minimum: 6 participants

Discover the benefits of tap dancing! This fun-filled class will teach the basic steps of tap while improving balance and leg strength. Participants should wear comfortable clothing and bring tap shoes or other lace-up, hard-sole shoes. Oxford Tap shoes are preferred. **This class cannot be taken with sneakers or slip-on shoes.**

CONVERSATIONAL FRENCH

WCCCD Continuing Education Class

Fridays, January 24 - May 1, 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.

LEARN TO KNIT WITH TRINA

Mondays, January 27 - March 9, 12:30 - 1:30 p.m.

Instructor: Trina Bresser Matous

Registration required

Member: \$30 Nonmember: \$42

Maximum: 10 participants

Knitting is a relaxing and easy to learn. This knitting class is designed for anyone who has never knit before or who would like a refresher in basic knitting techniques. You will learn how to cast on, knit, purl, cast off and read a basic knitting pattern. Also welcome are those who would like help with knitting a pattern. What you will need: New to knitting/ refresher - a skein of mid-weight, smooth yarn and a pair of knitting needles. If you want help with a pattern, you will need to bring your pattern, appropriate yarn and needles.

MEMOIR WRITING CLASS

Wednesdays, February 5 - 26, 12:30 - 2:30 p.m.

Facilitator: Nancy Solak

Registration required

Member: \$20 Nonmember: \$28

Maximum: 8 participants

In these workshops, you will be given writing prompts to stimulate memories and creativity. There are guidelines by which the

workshop is held, including the necessity of complete confidentiality among the participants, only giving feedback that supports the writer, and understanding

that each person has a unique voice. The goal of the workshop is to tap your creativity.

Nancy Solak, is a certified facilitator of the Amherst Writers & Artists method. Visit her website, A Reluctant Traveler at www.areluctanttraveler.net.



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.



GRANDPARENT AND GRANDKIDS FUN WITH PHYSICS WORKSHOP

THE SCIENCE OF COLOR VISION

Saturday, February 8, 11 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

Kids aged 3 to 7 and their grandparents partner up to learn about the gift of sight, color mixing of light and how eyes can see the world in color. In this hands-on workshop, participants conduct experiments with light to explore the physics of color vision and model how the eye sees all the colors of the rainbow. Come along on this fun scientific adventure and uncover surprising results along the way! Included are science demonstrations, hands-on experiments, a read aloud of the new children's book, "Science with Scarlett: What Color Will It Be?" by Gary Abud Jr., a surprise science giveaway and a raffle of a signed copy of the book.

SENSATIONALLY SEASONED MAKEUP

WCCCD Continuing Education Class

Tuesday, February 25, 11:30 a.m. - 1:00 p.m.

Instructor: Rashida Williams

Registration required

Free to members and nonmembers

Minimum: 6 participants

In this class, you will learn about skin care, flawless makeup application, foundation matching, eyeshadow techniques, application of lashes and how to master a 10-minute face.

A ROADMAP TO SELLING YOUR LARGEST ASSET

Tuesday, February 25, 12:30 p.m. - 1:30 p.m.

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

Registration required

Member: \$5 Nonmember: \$10

You and your family finally made the decision to sell your home and move on. Now what? During this presentation, you will receive a roadmap to help guide you through the home sale process. As senior real estate specialists, Mimi and Donna understand that the issues facing senior clients are different from those of younger sellers. This knowledge will empower you to take the first steps.

MICHIGAN CRAFT BEER LECTURE AND TASTING

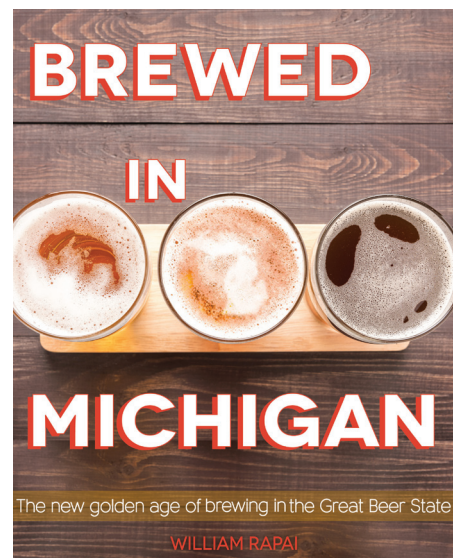
Friday, February 28, 7:00 - 8:00 p.m.

Facilitator: Bill Rapai

Registration required

Member: \$10 Nonmember: \$15

It has taken a long time for Michigan craft beer to catch on and for this state to build that sense of pride. Bill Rapai will take us back to the early days of Michigan craft beer and explain what craft beer is, why it took so long to catch on, why it's so popular today, and what makes Michigan craft beer taste great. Samples of different Michigan craft beers will be available.



Rapai lives in Grosse Pointe and has visited more than 100 of the state's 300-plus breweries. He is a former newspaper editor who has worked for the *Detroit Free Press* and *The Boston Globe*. In addition to writing *Brewed in Michigan – The New Golden Age of Brewing in the Great Beer State*, he also is the author of *Lake Invaders; Invasive Species and the Battle for the Future of the Great Lakes* and *The Kirtland's Warbler; The Story of a Bird's Fight Against Extinction and the People Who Saved It*.

SERVICES & SUPPORT

ONGOING ACTIVITIES

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

BLOOD PRESSURE SCREENINGS

Second Tuesday of every month,
9:30 - 10:15 a.m.

Facilitators: Sunrise Senior Living, Grosse Pointe

Free to members and nonmembers

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 meets at Christ Church Grosse Pointe, 61 Grosse Pointe Blvd., Grosse Pointe Farms.

Contact 313-520-9082 for more information.

NEW

GRIEF SUPPORT GROUP

2nd and 4th Thursdays beginning January 9,
4:00 - 6:00 p.m.

Facilitator: Frank Wilberding, LMSW, CAADC, Psychotherapist

Free to members and nonmembers

Registration required

Grief Support Group is a safe and compassionate space for those who have experienced loss and bereavement. It is a caring environment in which to share experiences and work through the meaning of loss on the way to healing. Anyone who has experienced family loss such as a spouse, child or parent is welcome to come to the group. This is an open group, so that interested mourners can drop in as they wish.

TAX PREPARATION

Thursday, February 6
to April 9

Free to members and nonmembers

AARP Tax-Aide is the nation's largest service preparing taxes and answering tax-related questions free of charge for taxpayers of all ages from middle to low income with special attention to those 60 years of age or older. The program offers free, quality, confidential tax preparation service.

Appointments are necessary and can be made beginning January 21 and are taken on a first-come basis. All slots fill quickly, so don't delay in calling!

Contact The Helm at 313-882-9600 to make an appointment.



NEW TO MEDICARE

Wednesday,
February 19,
7:00 to 8:30 p.m.

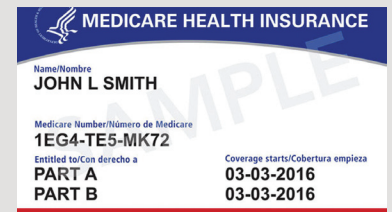
Free to members and nonmembers

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. 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.

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.



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.

EXERCISE

Zumba Fitness Gold, Saturdays, January 25 - May 2, 9:00 - 9:55 a.m.

THE WAR MEMORIAL DAY TRIPS

BEGINNING GLASSBLOWING AT THE GLASS ACADEMY

Wednesday, January 29

Bring your creativity and try an introductory glassblowing class! The studio will be exclusively OURS for this fun and exciting class. Participants will make a Glass Academy signature item in this unique opportunity to rent the studio exclusively for our group. Memories will be made, the photo opportunities taken, and the keepsake glass item that you make will create a lifetime memory you will cherish for years to come. After class, we will visit the gift shop where they offer class participants a 20% discount. Lunch stop to be determined.



\$100 per person, includes \$80 per person class/material fee and bus transportation. (Lunch on own.)

Arrive for check-in no later than 10:15 a.m.

Return to The War Memorial by 3:30 p.m.

All trips depart from The War Memorial

REGISTRATION AND REFUND POLICY:

The Helm and The War Memorial have teamed up to offer community trips. For trip details, please contact The War Memorial. Registration is through The War Memorial and you may register by phone at 313-881-7511; in person Monday through Saturday between 9:00 a.m. and 7:00 p.m.; or online at www.warmemorial.org. 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.

MOTOWN MUSEUM

Wednesday, February 19

Berry Gordy established Motown Records in 1959. Tens of thousands of visitors pass through Hitsville U.S.A., home to the Motown Museum, each year. Their presence is a testimony to Motown's legacy and to the charisma, talent and staying power of the music and those who made it. After our visit, we will stop at the Polish Cafe in Hamtramck for a delicious lunch.



\$37 per person, includes transportation, museum entrance fee and tour. (Lunch on own.)

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

Return to The War Memorial by 3:30 p.m.

Get physically, fiscally and psychologically fit in 2020

A New Year brings new resolutions and what better way to meet them all head on than through the Aging Mastery Program (AMP) at The Helm.

AMP offers an innovative approach to guide individuals through the last third of your life. It is a fun and engaging education and behavior change incentive program designed to help participants make the most of the gift of longevity, taking small steps to improve health, financial well-being, social connectedness and overall quality of life.

Of those who took the inaugural AMP class at The Helm last spring, 100% said they would recommend the class to a friend in need of this type of education.

Comments from participants included that they had reached



out and reconnected with “old” friends and became more aware of interpersonal interactions, improved their eating and sleep habits and made sure their financials and estate- and life-planning issues were in order.

Having lost both parents in the last several years, attendee Miranda had already experienced much of the information covered in the sessions, however, “I came out of every class with at least one nugget of knowledge ... things I need to know or do,” she said.

The next Aging Mastery Program program will be Tuesdays, April 21 - May 19, 6:30 to 8:30 p.m. Look for more information in the March & April *The Helm Life Journal*.

What are Evidence-based classes and their value to a better life?

Evidence-based programs offer proven ways to promote health and prevent disease among older adults. According to the National Council on Aging (NCOA), older adults who participate in evidence-based programs can lower their risk of chronic diseases and falls — or improve long-term effects of chronic diseases or falls. They have been proven to help raise older adults’ quality of life — improving health behaviors and overall well-being.

Throughout the calendar year, The Helm, through a grant from the Detroit Area Agency on Aging (DAAA), offers four evidence-based classes, free of charge, to any Wayne County resident 60 years and older.

Creating Confident Caregivers (March/April and July/September)

If you are caring for someone with Alzheimer’s disease, dementia or memory loss, you will learn new information, skills and attitudes to reduce stress and increase caregiving skills.

Personal Action Toward Health (PATH) (April/May and July/August)

This class helps people with long-term or chronic health

conditions such as arthritis, heart disease, emphysema, asthma, diabetes or depression. Participants will learn how to deal with emotions, relaxation skills to help overcome stress, healthy eating habits, breathing exercises and how to create an exercise plan.

A Matter of Balance (June and September)

Participants learn practical strategies to reduce fear of falling and increase activity levels as well as exercises to increase strength and balance.

Seated Full Body Workout Routine (Tuesdays and Thursdays, 10:30 - 11:30 a.m.)

You don’t have to exercise at an intense pace in order to reap the benefits of exercise. Designed for older adults, this class combines strength training, flexibility and cardiovascular conditioning and includes standing chair support for balance and mobility. See page 12 for a more complete description of this class.

Look for more information on these proven and worthwhile programs in future issues of *The Helm Life Journal*.

NEWS FROM THE MAIN DECK

The Helm's new Grief Work Support group, led by psychotherapist Frank Wilberding, meets from 4 to 6 p.m. the second and fourth Thursdays of each month beginning January 9.

Understanding and living with grief

The following information is excerpted from "Benefits of Grief Support" by Patti Cox from the www.hellogrief.org.

After the loss of a loved one, we experience a wide variety of feelings and emotions. The ever-changing emotions we experience with grief can catch us off guard, causing us to act out of character, or differently than our typical personality and demeanor.

We all need a support system to help us as we move through our grief journey. While family and friends are vital, unless they have experienced a close personal loss, they most likely don't fully "get it." That is where support groups can become a

valuable resource.

In a support group, you will find new comrades also living life after loss. Grief support groups offer companionship and understanding from others who have experienced a similar loss, and are experiencing the similar challenges that living with grief brings.

In a culture that often avoids talking about loss, support groups give you the opportunity to share your story openly and guilt-free. You also have the opportunity to hear the stories of others and talk about coping day-to-day, as well as on the most difficult days of our grief journeys.

In a support group, you will find new comrades also living life after loss.

You also may have the opportunity to discover new traditions and ideas to keep loved ones present in your hearts and memories, gain an increased understanding of how children and other family members react to loss and give yourself permission to grieve and permission to live a happy, productive life.

See more information about this group on page 16.

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Photo by
Bill Rapai, President
Grosse Pointe Audubon

CHEERS TO VOLUNTEERS

It takes a houseful to put on a Gala

While it may take a village to raise a child, it takes a houseful of volunteers to put on The Helm's annual auction gala. This year was the 23rd annual gala and, as with prior years, it took more than 20 regular volunteers from The Helm and a handful from the Grosse Pointe Theatre, as well as nearly the entire staff and board of trustees to ensure the event was as successful as ever.

Volunteers began last spring sending out Save the Date cards, but the work became fast and furious in the month before and last few days leading up to the event. Volunteers collated, labeled, stamped and mailed invitations in September. The day of the event, volunteers helped set up the Grosse Pointe Yacht Club including decorating for the "espionage" theme, arranging the silent auction items on tables, making flower arrangements and decorating the tables in the main dining hall, as well as assuring each dinner guest had a copy of the evening's program.

The evening event found volunteers greeting guests at the registration and nametag tables, selling jewelry and car raffle tickets, recording bids for Meals on Wheels, organizing silent auction winners, "cashing out" live and silent auction winners and general troubleshooting.

Then, of course, dismantling everything! Whew, it takes a houseful!

Marti has been volunteering at the Gala for "five or six years. I monitored the (silent auction) raffle items and then I really enjoyed going up for the live auction and Meals on Wheels paddle call," she said. "I watched

two tables and one woman at one of my tables donated \$10,000 for Meals on Wheels and the woman sitting next to her bid \$14,000 for one of the Paris trips. I felt really proud that they were at my tables."

Thank you to all our Gala staff, board and especially volunteers: John A., Marilyn, Deanna, Lois, Rosanne, John F., Mitzi, Ruth, Karin, Marti, Kelly, Donna, Diane, Bernie, Michael, Toni, Mary Anne, Mari, Tracy, Ann, Fiona, Kathy, Karen, Cathy, Anna, Ryan, Laura, Jackson, Charlie and Spencer.

"From prep work to set up to the event to take down, we just couldn't get it done without our dedicated volunteers," said Heidi Uhlig-Johnstone, Director of Volunteer Services.

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

Raffle ticket sales are just one of the many jobs volunteers undertake at the Gala. Volunteers Lois and John A. sell jewelry and car raffle tickets at the Gala.



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.

NEWS FROM THE MAIN DECK

Don't miss out


Two of our most popular programs are back!

New to Medicare which helps those preparing to join the Medicare ranks figure out what is best for them as they navigate these new waters, as well as our free **AARP Tax-Aide Tax Preparation** service, which does exactly that — prepares uncomplicated tax returns free of charge for taxpayers of all ages from middle to low income with special attention to those 60 years of age or older.

For more information about these programs and how to register, see page 16.

*"We don't stop playing because we grow old.
We grow old because we stop playing."*

- George Bernard Shaw




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Hana K. Nemeh

Donations received between September 14 and November 12, 2019. If there are any errors or omissions, please contact 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.



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.

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JANUARY 15-18



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Call 313-264-6460 for more information.
ascension.org/michigan



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