

March & April 2020

THE HELM LIFE JOURNAL

TAKE THE HELM OF YOUR LIFE'S JOURNEY

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LIVING YOUR BEST LIFE

The Aging Mastery Program teaches you ways to master the golden years.

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TIME TO BE COUNTED

2020 is the year of the census. Be sure to be counted.

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LEARNING TO LIVE YOUR BEST LIFE THROUGH THE AGING MASTERY PROGRAM

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 costs \$48 annually and is renewable one year from the date you sign up. Membership forms are available in our office.

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. Call 313-882-9600 or visit our website, www.helmlife.org, to confirm program details.

REMINDER:

**THE HELM AND PAATS
OFFICES WILL BE CLOSED
FRIDAY, APRIL 10, IN
OBSERVANCE OF GOOD
FRIDAY.**



Can you imagine a community without The Helm?



For 42 years now, The Helm (under a variety of names and in different locations!) has served the community's older adult population, always with the goal of being a one-stop shop for an array of services that would "inspire and enable residents of the Grosse Pointes and Harper Woods to enjoy the gift of longevity, living healthier and meaningful lives as they age." With the name The Helm, we seek to help citizens "take the helm" of their lives and live life to the fullest.

Come to The Helm to expand your knowledge and learn something new; enjoy fun and friendship; exercise to stay healthy and safe; and get help and support for yourself or a loved one.

Our building is a hub of activity for social interaction, health and wellness programming, lifelong learning, delicious meals and just plain fun for all ages! In 2019, we offered 2,583 classes, health screenings, entertainment and social activities impacting more than 17,600 people. Our volunteers delivered 23,031 meals through the Meals on Wheels program. Through the PAATS program, residents received 19,200 rides to medical appointments, shopping and social activities. Our more than 400 volunteers provided 15,000-plus hours of their time for a value to the community of \$382,640. Through one-on-one Medicare counseling during Open Enrollment, we helped area residents achieve \$222,550 in direct savings on medical and drug programs.

With a growing population of residents over age

60, we see the need for our programs and services continuing to grow and evolve.

The Grosse Pointes and Harper Woods are rightly proud of their many fine amenities such as parks, schools, libraries and other services. But a key amenity found in above average communities includes centers like The Helm which provide services for their older population that allow residents to stay and thrive in the communities they love.

Did you know The Helm is funded primarily by donations from private individuals, corporations and foundations as well as modest program and membership fees? A full 77 percent of our budget comes from these sources. The remainder, only 23 percent, comes from federal, state and county funding. Since many of our programs are offered at little or no cost, we rely on the generosity of our supporters to help us keep our doors open, provide the services and classes we do and continue to expand and grow our offerings.

Simply put, if these donations went away for any reason, most, if not all, of these services would simply disappear.

With your continued support, and by working together, we can continue to "take the helm" and provide the services and programs that help our communities remain a great place to grow up and grow older!

Peggy Hayes
Executive Director

Mastering aging

Have you thought – really thought about – how you want to spend the next third of your life? Many of us were taught how to be successful adults, but fewer learn how to age well. The catch is Americans are living longer than ever; the 76 million Baby Boomers have been given the gift of longevity and now have to navigate these new waters.

According to a recent article in *The Economist*, “2020 marks the beginning of the decade of the yold, or the ‘young old,’ as the Japanese call people aged between 65 and 75.” This age group is experiencing the fastest rate of growth of any large age group. The article further states that this age group is currently financially better off than other age groups and enjoying better health than this age group did 20 years ago. They are “challenging the traditional expectations . . . as people who wear slippers and look after the grandchildren.”

How do you make the most of these vibrant “yold” years and plan for beyond “yold”?

Aging Mastery Program (AMP), offers an innovative approach to guide individuals through this later phase of 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. The goal of the 10 core classes is to provide participants an overview of the challenges encountered while navigating one’s senior years and offer support to master new skills.

The program was designed by the National Council on Aging and has been implemented in hundreds of centers around the country. Research on the program shows that adults in the program significantly increased their social connectedness,



physical activity levels, healthy eating habits, use of advanced planning, and adoption of several other healthy behaviors.

Further study shows that 80% of program participants graduate (meaning they take seven out of 10 classes), 97% rate the program as “fun,” and 98% would recommend the program to a friend.

Of those who took the inaugural AMP class at The Helm in May 2019, 100% said they would recommend the class to a friend in need of this type of education.

Husband and wife, Delmar and Marie, participated in The Helm's first Aging Mastery Program. Both found the exercise, falls prevention, healthy eating and sleep sessions of particular help.

"I'm one of those who pretty much buys the same thing all the time and that made me stop and look at what you're eating," said Marie of the healthy eating segment which talked about reading food labels.

"(The) falls prevention (unit) was especially good," Delmar added. Both agreed they take better notice of their surroundings to prevent falls. Marie also mentioned tips they received to help with sleep and exercises to improve balance and work on a shoulder problem. "I'm still trying to (remember to) do the exercises. They are very helpful."

Another first session attendee, Penny, also found the exercise unit especially helpful. "I got really

Continued on next page

WHAT'S NEW & NOTEWORTHY

AMP

Continued from previous page

enthused by Gwen (Scales, exercise topic expert) and am even taking her class at The Helm," Penny said. Penny, Marie and Delmar — all past retirement age — believed while holding valuable information, the financial fitness session was particularly helpful for younger older adults — those contemplating retirement or newly retired.

"Some topics are more for younger people because older people should already be there," Penny said. Delmar concurred. "I think for most people it would be more helpful for younger people (preparing for retirement or newly retired) because



we've had more life experience and know more about that than the younger people."

But all agree the Aging Mastery Program provided valuable information, tips and practical applications to everyday life.

"I think it's really timeless," Penny said.

"There's something there for everybody, if you want to know the truth," Delmar said.

AMP begins Tuesday, April 21 and runs five weeks. Each two-hour class covers two topics with expert speakers leading each 60-minute session. Topics includes exercise, sleep, healthy eating, financial fitness, advance planning, healthy relationships, medication management, community engagement and falls prevention. Each session consists of interactive learning, action planning, discussion, peer-to-peer interaction, videos and more. Sessions and instructors are:

APRIL 21

6:30-7:30 p.m.

Healthy Eating and Hydration

Michelle Crowder Davila, N.D.,
Licensed Naturopathic Physician,
Beaumont Integrative Medicine

7:30-8:30 p.m.

Navigating Longer Lives

Jackie Thomas, The Helm AMP
Program Facilitator

APRIL 28

6:30-7:30 p.m.

Community Engagement

Betsy Schulte, Director of Volunteer
Services, Beaumont Grosse Pointe

7:30-8:30 p.m.

Healthy Relationships

Allie Short, Gerontological Social
Worker, The Helm

MAY 5

6:30-7:30 p.m.

Exercise and You

Gwen Scales, Personal Trainer,
WCCCD Fitness Instructor

7:30-8:30 p.m.

Fall Prevention

Jackie Thomas, Detroit Area Agency
on Aging, Balance Specialist

MAY 12

6:30-7:30 p.m.

Advance Planning

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

7:30-8:30 p.m.

Financial Fitness

John Schindler, Financial Advisor,
Raymond James

MAY 19

6:30-7:30 p.m.

Medication Management

Paula Kim, M.D., Family Practice
Specialist, Beaumont Health System

7:30-8:30 p.m.

Sleep

Amer Aboukasm, M.D., Sleep
Medicine Specialist, Henry Ford
Health System



National Council on Aging

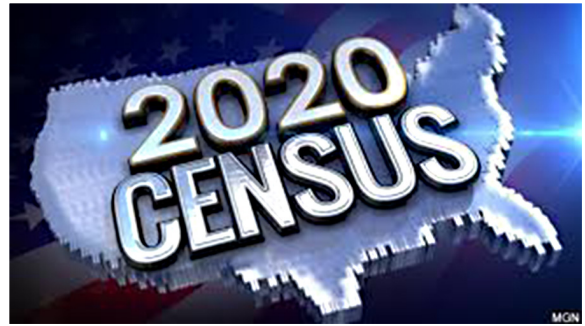
Be counted

With funding and legislative representation at stake, completing the 2020 census is even more important than ever

It's census time!

Every 10 years, the U.S. government counts residents. The count is mandated by the Constitution and conducted by the U.S. Census Bureau, a nonpartisan government agency. The U.S. Constitution: Article 1, Section 2, mandates that the country conduct a count of its population once every 10 years. The 2020 Census will mark the 24th time that the country has counted its population since 1790.

The 2020 Census counts the population in all 50 states, the District of Columbia, and five U.S.



territories (Puerto Rico, American Samoa, the Commonwealth of the Northern Mariana Islands, Guam, and the U.S. Virgin Islands). Each home will receive an invitation to respond to a short questionnaire—online, by phone, or by mail.

The 2020 Census is more than a population count. The census provides critical data that lawmakers, business owners, teachers and many others, including The Helm, use to provide daily services, products and support to our state and local municipalities. Every year, billions of dollars in federal funding go to hospitals, fire departments, schools, roads, and other resources based on census data. It's critical to respond.

The results of the census also determine the number of seats each state will have in the U.S. House of Representatives, and they are used to draw congressional and state legislative districts.

Notifications begin mid-March when homes across the country begin receiving invitations to complete the census; followed by reminder postcards. If you do not complete the census by May, you may receive a home visit.

Help is available to complete your 2020 census form

This year marks the first time the census will be completed largely online. Help is available for those who aren't confident in their computer skills or have privacy and cyber-security concerns.

The Grosse Pointe Chamber of Commerce is our area's census liaison. A volunteer will be here at The Helm noon to 3 p.m. Monday, April 6, and 9 a.m. to noon, Thursday, April 16, to help you complete your census form.

If you have questions or concerns about the validity of the census or how to complete the form, call the Chamber at 313-881-4722.



Clap on! Clap off!

Yes, you can clap on and clap off your lights or wear a device that notifies someone you've fallen, but with smart home technology you can control just about everything in your home with a touch of a button or even the sound of your voice.

You can ease into making your home "smart" by simply adding smart lightbulbs, thermostat and security camera that you can access and control through your smart phone. Stayed out a little later than you were expecting? Turn a light or two on in the house so it's lit upon your return.

Heading out for the day? Turn the thermostat down to save energy, but turn it back up before you head home to make sure it's at a comfortable temperature when you arrive. Expecting a package? Make sure it stays on the porch by checking your security camera through your phone

A virtual assistant, like Amazon Alexa or Google Home, serves as voice activation for the smart services in your home. Just ask it to turn on the kitchen light, turn the thermostat down, lock the front door. You can ask it to play music, look up information or call someone. Virtual assistants are known to help combat loneliness as well. There is always "someone" to "talk" to!

And, for those who want to stay in their homes as long as possible, you can make your home as smart as you like or need. There are a multitude of devices, security systems, connected sensors and voice activated equipment that can address many common challenges of aging, helping older adults stay safer and healthier in their homes.

The addition of sensors in the home can make your

home respond to you — motion sensors trigger lights to turn on when you get out of bed or enter a room, which reduces the risk of tripping and falling in the dark. Smart home "automation" knows that when you go to bed, it should shut the lights off, lock the front door, and turn down the thermostat.

If you choose, family members or caregivers can be alerted to activity or inactivity remotely as well. A contact sensor on a medicine cabinet or refrigerator can let a caregiver know when it's been accessed.

Best of all, there are professionals who install these systems and explain how

to work them — everything to make your home as comfortable as you want and need.

As Dorothy once said, "There's no place like home."

*The Helm is planning a technology workshop later this year. Please look in future issues of **The Helm Life Journal** for more information.*



Apps for Seniors

Here are free app ideas for your iPhone and/or Android:

AARP — This app provides a calendar of local events in your area and discounts available with your AARP membership.

Be My Eyes — This app illuminates reading material (think menus in a dark restaurant) and magnifies them.

Lumosity — Games and puzzles to keep the mind sharp are offered here.

Tapestry — Sometimes referred to as Facebook for seniors, this social media app allows you to share messages, photos and videos with family.

Need help downloading apps? Schedule a session with our one-on-one-technology volunteers. See page 14 for more information.

Meet The Instructor



DR. DIB SAAB **French Instructor** *at The Helm Life Center*

Education has long been a top priority for Dr. Saab. He holds a doctorate in curriculum and instruction and a master's degree in general philosophy and psychology, completing course work in both French and Arabic languages. For more than 30 years, he's dedicated himself to serving students and the community by making education the first goal in life, through teaching and leading on education boards and committees.

His passion for teaching brings an element of engagement and fun into every classroom.

ONGOING ACTIVITIES

MARCH/APRIL BIRTHDAY CELEBRATIONS

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

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

Registration required

Free to members with March/April 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

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


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

PINGPONG & PIZZA PARTY

Friday, March 27, 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.

MOVIES

Friday, April 24

"ROCKETMAN" (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

NEW

A SPRING SERENADE AND LUNCHEON

Wednesday, March 25, 11:30 a.m. - 1:30 p.m.

Entertainment: Michigan Opera Theatre

Registration required

Member: \$15 Nonmember: \$20

Maximum: 48 participants

Join us for this much-anticipated annual event! Enjoy a luncheon catered by Chef Raymone, consisting of an incredible salad bar plus tuna and chicken salad croissant sandwiches and fresh fruit. Then, sit back as the Michigan Opera Theatre ushers in the new season with a repertoire of some of your favorite musical theater hits and a bit of opera. This event is made possible by the Mary Thompson Foundation.

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.

BUNCO & PIZZA PARTY

Friday, April 24, 6:00 - 8:00 p.m.

Registration required

\$10 per person

Minimum: 12 players

We hear everyone is playing Bunco, so why not at The Helm, too? Join us for a night of fun and frivolity. Come by yourself or bring a few friends. It's an easy game to learn so experienced players as well as newbies are invited. We'll supply the pizza and snacks; you bring your own beverage.

COOKIES AND A MOVIE AT THE DIA

Thursday, March 26, noon - 4:00 p.m.

\$10 per person

Open to members and nonmembers

Take a trip to the Detroit Institute of Arts to see Alfred Hitchcock's "Strangers on a Train." It is the story of two men whose chance encounter on a brief train trip leads to a nightmare of suspense, paranoia and murder. There is a cookie and coffee/tea reception following the movie. Meet at The Helm at noon to board the PAATS bus to the trip to the DIA. Arrive back at The Helm at 4:00 p.m.

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.

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

BODY ALIGNMENT 101

WCCCD Continuing Education Class

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

Instructor: Gwen 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.

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.



ZUMBA GOLD FITNESS

WCCCD Continuing Education Class

Tuesdays, through 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. It is a mix of safe and effective aerobic exercises designed to improve your overall strength, endurance and mobility.

GUIDED MEDITATION SERIES

Tuesdays, March 24 - April 28, 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.

ROWING FOR FUN & FITNESS

Wednesdays and Fridays, March 11 - April 3,
Noon - 1:00 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!

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

BENEFITS OF HOSPICE SERVICE

Thursday, March 19, 12:30 p.m. - 1:30 p.m.

Facilitator: Kathleen Glaros, Clinical RN Educator,
Beaumont Health System

Registration required

Member: Free Nonmember: \$5

Join us for an introduction and general overview of hospice service, including the philosophy of hospice care. Criteria for eligibility under the Medicare umbrella and core concepts will be reviewed, including the unique aspects of hospice.

CREATING CONFIDENT CAREGIVERS

Thursday, March 12 – April 16, 1:00 - 3:00 p.m.

Facilitator: Carolyn Van Dorn, Nursing Unlimited

Free to members and nonmembers

Registration required

Are you caring for someone with Alzheimer's disease, dementia or memory loss? This workshop will provide information, skills and attitudes to manage and reduce stress and increase effective caregiving skills. You will learn strategies to improve caregiver confidence, create a positive caregiving environment and manage behaviors caused by dementia and its effects on the brain. The workshop is available to anyone providing home care for a family member or friend experiencing symptoms of dementia. Caregivers assisting primary caregivers also are eligible to participate. **Call Carolyn at 313.642.1122 to register for the workshop.**

INDIVIDUAL NUTRITIONAL COUNSELING

Wednesday, April 15, 9:30 a.m. - noon; 12:30 - 2:00 p.m.

Facilitator: Andrea Hageman, Registered Dietitian,
Beaumont Health System

Registration required

Free to members and nonmembers

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

PATH - PERSONAL ACTION TOWARD HEALTH

Wednesday, April 15 – May 20, 10:00 a.m. - 12:30 p.m.

Facilitator: Margaret Cooper

Free to members and nonmembers

Registration required

PATH is for adults aged 60 and above who have a long-term or chronic health condition such as arthritis, heart disease, emphysema, asthma, bronchitis and depression. The workshop will teach you healthy eating habits, breathing exercises, how to create an exercise plan and ways to cope with emotions and stress. Participants will receive a resource book and a relaxation CD.

THE ABCs OF CBD

Thursday, April 23, 12:30 - 1:30 p.m.

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

Sponsors: Heartland Health Care and Comfort Keepers
Home Care

Free to members and nonmembers

Registration required

Is cannabidiol (CBD) a myth or is it magic? Is it safe? Is it legal? Learn about the differences between CBD and the psychoactive ingredients in marijuana, the history of CBD in the United States, what is legal and where, and the possible conditions it can treat. Kathy will share her personal journey with CBD as she offers a simple and logical explanation behind all the hype.

AGING MASTERY PROGRAM

Tuesdays, April 21 – May 19, 6:30 - 8:30 p.m.

Facilitator: Jackie Thomas

Registration required

Member: \$35 individual/\$60 couple

Nonmember: \$45 individual/\$70 couple

Developed by the National Council on Aging, the Aging Mastery Program® (AMP) is a 5-week program designed to empower older adults to make and maintain small but impactful changes in their lives. Expert speakers discuss important topics as they relate to aging that include sleep, exercise, healthy eating and hydration, fall prevention, medication management, community engagement, financial fitness, advance planning and healthy relationships.

See pages 5 and 6 for more information, class schedule and speakers.

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.

CONVERSATIONAL FRENCH

WCCCD Continuing Education Class

Fridays, through 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.

NEW/RETURNING

THURSDAY AFTERNOON CLASSIC BOOK CLUB

2:00 - 3:00 p.m.

Facilitator: Diane Kashuba

Registration required

Member: Free Nonmember: \$5 day pass

Maximum: 10 participants

March 12 - *Beloved* by Toni Morrison (Meet, greet and treats)

April 9 - *The Golden Notebook* by Doris Lessing



LINE DANCING

Tuesdays, March 17 – April 21, 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, March 19 – May 7, 1:00 - 1:45 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.**

SAFE - SUCCESSFUL AGING THROUGH FINANCIAL EMPOWERMENT

Tuesday, March 24, 12:30 - 1:30 p.m.

Facilitator: Dr. Peter Lichtenberg, Wayne State University
Institute of Gerontology

Registration required

Member: Free Nonmember: \$5

The SAFE workshop provides older adults and non-professional caregivers, community education and one-on-one support with financial management issues. This workshop will help older adults recover financially and emotionally after being victimized by financial scams or identity theft and educate older adults and the people who care for them, about scamming and identity theft techniques, identification, protection and reporting.

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.



MASTER GARDENERS SERIES

WCCCD Continuing Education Class

Tuesday, March 24 – April 28, 1:00 - 2:00 p.m.

Facilitator: Lynn Smith, East Side Master Gardeners

Registration required

Free to members and nonmembers

Lynn Smith is back! Take advantage of this opportunity to learn from the expert. The topics for her classes are: Spring Preparation; Vegetable Gardening – Seed vs. Starters; Spring Planting: Perennials, Shrubs and Trees; Pruning; Bulbs; Annuals.



AARP SMART DRIVER TEK: HIGH-TECH CAR SAFETY WORKSHOP

Thursday, March 26, 1:30 p.m. - 3:00 p.m.

Instructor: Roger Doster

Registration required

Free to members and nonmembers

Maximum: 20 participants

Developed jointly by AARP Driver Safety and The Hartford, this workshop helps you stay in the know about the latest vehicle safety technologies and how to use them. Learn how lane departure warnings, smart headlights, blind-spot detection systems and other new, high-tech features in cars today can help make driving safer and easier and extend your 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 - "SPRING BLOOMS"

Thursday, April 2,

1:00 - 2:30 p.m.

Facilitator: Michelle Boggess, On the Gogh Studio

Registration required

Member: \$25

Nonmember: \$30



No painting experience necessary. Each participant receives an 11" x 14" canvas and the instructor provides step-by-step instructions. Such a fun way to spend an afternoon – and walk away with your personal masterpiece!

ELDER LAW - ESSENTIAL LEGAL PLANNING

Thursday, April 16, 1:00 - 2:00 p.m.

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

Registration required

Free to members and nonmembers

This legal presentation includes discussion of powers of attorney, guardianship, conservatorship, deeds, wills, trusts, nursing homes, assisted living, senior housing, Medicaid and Medicare. Individual consultations will be available directly following the presentation. You must attend the general presentation prior to your private consultation. You can make an appointment for the individual consultation when you call to register.

GET STARTED SELLING ON EBAY



Thursday, April 23, 6:00 - 8:00 p.m.

Instructor: David Maas

Registration required

Member: \$5 Nonmember: \$7



Two billion transactions happen on eBay every single day by 180 million active eBayers. Would you like to become an eBay seller? It is a way to clean the clutter from your home, earn a little extra income and have some fun in the process. Learn the ins and outs of becoming a seller on eBay, as well as some tips to help you maximize your profits.

SERVICES & SUPPORT

ONGOING SERVICES

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: Advantage Living Center - Harper Woods and 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.

GRIEF SUPPORT GROUP

2nd and 4th Thursdays, 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 those interested can drop in as they wish.

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.

LUNCH AT THE HELM

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

Join us for a delicious, healthy, hearty and freshly-prepared gourmet lunch, by acclaimed local chef Brian Brenner. Come for the food and meet some new friends!

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



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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, through May 2, 9:00 - 9:55 a.m.

TECHNOLOGY

MS Power Point Basic 2016: Saturdays, April 4 – May 2, 1:00 - 3:30 p.m.



THE WAR MEMORIAL DAY TRIPS

DEAR EVAN HANSEN AT THE FISHER THEATRE

Thursday, March 26

A letter that was never meant to be seen, a lie that was never meant to be told, a life he never dreamed he could have. Evan Hansen is about to get the one thing he's always wanted: a chance to finally fit in. Dear Evan Hansen is the deeply personal and profoundly contemporary musical about life and the way we live it. Winner of six 2017 Tony Awards, including Best Musical, and the 2018 Grammy Award for Best Musical Theater Album. Lunch at Punch Bowl Social before heading to the theater for the 1 p.m. performance.

\$112 per person, includes theater ticket and bus transportation. (Lunch on own.)

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

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

MARY POPPINS AT THE BONSTELLE THEATRE

Wednesday, April 15

Pop open your umbrellas and take flight with us as everyone's favorite, and practically perfect, nanny takes the stage in this supercalifragilisticexpialidocious musical adventure. Mary Poppins is an enchanting story that follows the Banks family as they struggle with life in Edwardian England just after the turn of the 19th century. Disney and Cameron Mackintosh's Mary Poppins delighted Broadway audiences for over 2,500 performances and received nominations for nine Olivier and seven Tony Awards, including Best Musical. Lunch at Amore Da Roma before we head to the show!

\$55 per person, includes theater ticket and bus transportation. (Lunch on own.)

Arrive for check-in no later than 11:15 a.m.

Return to The War Memorial by 5:15 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.

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

According to the National Council on Aging, evidence-based programs (EBPs) “offer proven ways to promote health and prevent disease among older adults.” These programs have undergone rigorous study and testing carried out with multiple populations in a variety of settings and proven to more likely to produce positive changes or outcomes for people who participate.

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

(See page 13; also available 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)

(See page 13; also available 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.

Join The Helm today!
Just \$48 annually

THE
HELM
AT THE BOLL LIFE CENTER

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

Payment method: ☐ Cash ☐ Check ☐ Credit Card

(If paying by credit card, please complete the following)

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Photo by
Bill Rapai, President
Grosse Pointe Audubon

CHEERS TO VOLUNTEERS

We can't do it without you!

The week of April 19 - 25 is National Volunteer Week. Our organization, with limited financial resources, relies heavily on volunteers to help us provide the services we do.

This annual celebration is a special time to thank our volunteers — and a great way for the recipients of our services to thank those volunteers as well.

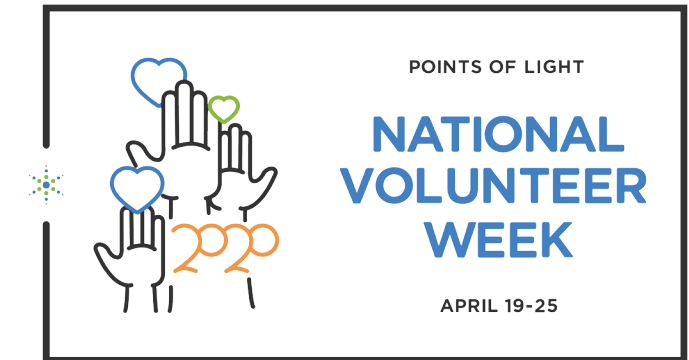
In 2019, The Helm volunteers delivered more than 23,000 meals to nearly 100 clients.

“They’re angels!” said Janice, whose father receives Meals on Wheels. “My dad looks forward to answering the door every single day just so he can say hello to the volunteers. They talk to him, make him feel important.”

“I just had a meal today,” said Deanna, a Meals on Wheels recipient. “The volunteers love what they’re doing and don’t get anything in return.”

The Helm member Elizabeth is one of 50 seniors who utilize the escort transportation service. “They (volunteer drivers) are immensely important to me, transporting me to important meetings and appointments. I am incredibly grateful. They are wonderful people. They are on time, they don’t complain and they give me the impression they are delighted to be here willing to help. That it’s not a chore to be there.”

The Home Safety Check Up volunteer corps provided nearly 200 hours of minor home repair



and chore assistance.

“For The Helm to offer such services, I was just flabbergasted,” said Betty of Harper Woods. “They changed all my smoke alarms and put in two extra alarms. They saw I needed a 5-inch filter for the furnace.” The volunteer got one and returned to install it. “I’m totally amazed at the services they offer and it’s totally free.”

The Helm’s Information and Assistance Specialist Chris Brown can’t say enough about Nancy, the administrative volunteer in the I&A office. “I think she has volunteered for 10 years and I’ve been here for eight years. I am so comfortable asking for her help and grateful for the work she does.”

“I couldn’t do my job without the amazing ladies and men, who volunteer each day, in our café,” said Margaret Cooper, The Helm program coordinator. “They give their time and energy to make sure our guests feel welcome and have a great experience.”

Continued on next page

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.

Continued from previous page

In 2019, The Helm volunteers contributed just over 15,000 hours of their time, a value to the community of more than \$380,000. They contribute so much every day for many different reasons. No matter what inspires them to volunteer, each individual has unique gifts to share. They are a vital resource to The Helm.

Said Heidi Uhlig-Johnstone, Director of Volunteer Services for The Helm, "This week and every day, we give thanks to the volunteers at The Helm. Through their volunteer work, they open their heart to so many people in need. Every volunteer should be proud of the service they give to The Helm." In addition to the groups listed above, The Helm

volunteers include:

- Front Desk Receptionists • Office Assistants
- Program Instructors/Facilitators • Poker Volunteers • Special Events Workers • Bakers • Holiday Card Creators • Café Volunteers • Friendly Visitors and Callers • Pickups and Deliveries
- AARP Tax Preparers • Medicare/Medicaid Assistance Program Counselors • Technology Instructors • Social Work Intern • Holiday Basket Assemblers and Drivers • Indoor and Outdoor General Maintenance Volunteers • Fall and Spring Clean Up • Board Members.

If you are interested in learning more about volunteering at The Helm, call 313-882-9600.

JUST SOME FACES OF OUR VOLUNTEER CORPS



TRIBUTES & HONORS

In Memory Of

Richard Fox

Sarah and Don Ludlow

Jackie and Daniel Beck

Nancy and Robert Orr

Clara Smale

Gerald M. Smale

Mary and Patrick McKeever

Mary Jane McKeever

Robert Buhl

Adele Kerske

George Grayr

Anne Grayr

Henry Moy

*Alfred and Miriam F. Tom Memorial
Gift Fund*

In Honor Of

Carolyn Van Dorn

Dr. and Mrs. Florello Itchon

Micki Nowinski

Kathy and Rick Neumann

Rachel Therese

Margaret E. Pryor

Carolyn Skaff

Bridget Skaff

Marlene and John Boll

Terri Williams

Donations received between
November 13, 2019 and January
13, 2020. If there are any errors or
omissions, please contact 313-649-2100
so that we may make corrections.

2019 Auction & Gala Sponsors

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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.

Giving made easy

There are two simple ways to give to The Helm.

First, if you are a Kroger shopper, you can connect
your Kroger Rewards Card to The Helm.

Login to www.kroger.com and scroll to the bottom
of the page. Under Community, click on Kroger
Community Rewards. You will be asked to log
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designate The Helm at the Boll Life Center as the
recipient of a portion of your purchases. The money
does not come out of your pocket, but is donated
by Kroger out of its Community Rewards program.

You also can designate The Helm for a percentage
of your purchases through Amazon. Type [https://
smile.amazon.com/ch/38-2254509](https://smile.amazon.com/ch/38-2254509) in the URL bar
and begin shopping! The Helm will receive 0.5% of
the purchase price of eligible products. Amazon

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giving
program, so you
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any extra
money, but you
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If you need help setting up either your Kroger
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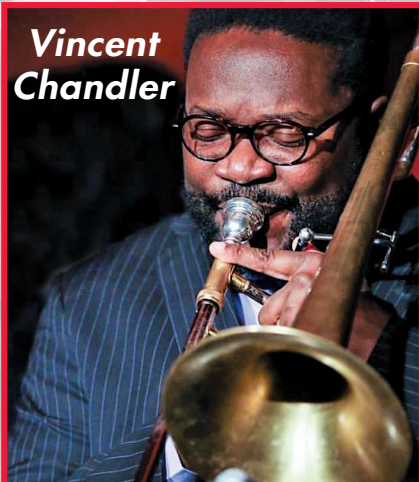
MARCH 4-7

**Gayelynn
McKinney**



MARCH 11-14

**Vincent
Chandler**



MARCH 18-21

**Paul
Keller
Quartet**



MARCH 25-28

**Alexander
Zonjic**



APRIL 1-4

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THE HELM

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