

July & August 2020

THE HELM LIFE JOURNAL

MESSAGE FROM THE EXECUTIVE DIRECTOR

Page 4

WHAT REOPENING LOOKS LIKE AT THE HELM

A limited number of classes and strict protocols enable us to welcome members and guests back.

Pages 6 - 8

THANK YOU

How we were able to offer certain services throughout quarantine.

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TRIBUTES & HONORS

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A LOOK BACK AT WINTER EVENTS

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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FREE NOTARY PUBLIC SERVICE: Call Lynda at 313-649-2102 to set an appointment.

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THE HELM LIFE JOURNAL

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ON THE COVER — SCENES FROM LAST WINTER'S ACTIVITIES

Clockwise from upper left: Grandparent and Grandkids Fun with Physics Workshop; Rowing; PingPong & Pizza Party; Dinner with a Doc.

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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PROGRAM GUIDELINES

In order for activities to be socially distanced, class sizes will be limited. Therefore, registration is mandatory for all activities. Walk-ins WILL NOT be accepted.

- Exercise, charity and support sessions are limited to 10 participants each session. You must register each time.
- Movies are limited to 20 viewers per movie.
- On-site lunch is limited to 24 people total inside and on the patios. Carry-out lunches are available.
- Arrive early for activities. Each time you enter the building you are required to have your temperature taken and answer a few questions before being admitted.
- Masks are required in the building, except while exercising. Some exercise classes will be held outdoors, weather permitting. Participants must bring their own water bottle.
- Payment by credit card at time of registration is preferred.

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.



Welcome Back!

I am so happy to be writing those words! Who knew when we locked up the building 5 p.m. Friday, March 13, we wouldn't reopen it to you all for four months!

First of all, I cannot express how much we have missed you! Our building was a hub of activity for social interaction, health and wellness programming, lifelong learning, delicious meals and just plain fun for all ages! And, then, just like that, it was eerily quiet within our home. A core group of employees continued working throughout the pandemic either in the building or from home providing essential services like Meals on Wheels, information and assistance, Medicare counseling and the medical loan closet. We even turned our daily in-house lunch program into a carryout lunch service.

And now, the time is finally here to start reopening our building. For a number of reasons, we have to do this slowly. Where on any given day we would have six or seven activities as well as lunch, we have to limit the number of classes and participants for the safety of our members, instructors and employees. We can't just have one class after another in the same room. We need time to thoroughly clean those rooms between classes. A few of our exercise classes were getting so large, we were already breaking them up into two sessions and now we have to further limit participation in order to have enough distance between participants.

In a way, it's heartbreaking. We had such momentum the end of 2019 and early 2020 with many first-time programs and evening classes. It was just bustling around here and to have to step back, while understandable and necessary, is disheartening. But, safety first.

This issue of *The Helm Life Journal* contains the first phase of our programming. We're beginning with several less "strenuous" exercise classes; our charitable groups — knitting and mat and blanket making; stress reducing classes including meditation, color club, and a workshop to teach you ways to deal with stress; grief support group; a few social activities — Friday movies, an ice cream social and virtual Jeopardy; Creating Confident Caregivers; an Elder Law workshop and even a Learn to Zoom class.

Additionally, we hope to have some one-time special social events, similar to the PingPong & Pizza Party we had in January. Keep a look out for those announcements!

If you have not renewed your membership yet, please consider doing so. We can't offer as much as we were at this time last year, but the essential services many older adults need are here. We rely on that nominal membership fee to help keep our programs going.

On a final note: you will help us determine what programs and activities we can offer, not only by your comfort level being here at The Helm, but by your adherence to necessary safety protocols.

Peggy Hayes
Executive Director



Returning to exercising?

Many of us have been more sedentary during the pandemic than before. This inactivity leaves us less fit and more prone to injury when we return to our favorite activities.

Anna Casali, tap dance instructor at The Helm, suggests the following stretches as a warmup to any exercise routine. (Repeat each four times before moving on to the next.)

SKY REACH

Raise your arms out to the side and up over your head while inhaling; then bring them back down while exhaling.

HULA HOOP HIP ROLLS

Move your hips to the right, front, left, and back and then reverse the motion to the other side.

SHOULDER SHRUGS

Raise your shoulders up and down gently several times, then raise them up and slide them toward the back and down.

NECK RELEASE

Gently turn your neck to the right, center, left, and back to center.

Studies have shown that moving more can help ease the stress resulting from the coronavirus pandemic. If you haven't been moving much during quarantine, come join a class at The Helm and get moving.

We appreciate your support

The coronavirus pandemic is impacting us all. The Helm suspended all face-to-face activities and programming from March 16 through July 19, however, throughout this time there was a limited staff providing Meals on Wheels, as well as other essential services, to area seniors. Without our full slate of programming and so many of our supporters hesitant about their own financial futures, resources coming into The Helm are limited. We can use your help now more than ever. If you are able to give even a small contribution, your generosity will help fill this gap in funding and enable us to continue providing essential services to those seniors who depend on us. As a nonprofit organization, The Helm relies on donations to continue its mission each and every day. Two upcoming events in support of The Helm include our golf outing and annual gala. Information about other ways to donate is on page 11.



2nd Annual Golf Outing

Fore The Helm

Monday, July 27, 2020

Lochmoor Club
1018 Sunningdale Drive
Grosse Pointe Woods

Join us for an exciting day of golf, food and fun competition supporting The Helm at the Boll Life Center.

-  \$225 per golfer/\$900 per foursome. Sign up at www.helmlife.org or 313-882-9600.
-  Registration begins at noon, a 1 p.m. shotgun start and a boxed lunch for the course.
-  Post-event hors d'oeuvres (heavy) and two drink tickets. Prizes awarded for Closest to the Pin and the low scoring teams.

A variety of sponsorships are still available. For more information, call 313-649-2104.

**SAVE
THE
DATE**

THE HELM 24TH ANNUAL AUCTION GALA
(VIRTUAL EVENT)

Thursday, October 8, 2020
Stay tuned for more details

ATTENTION: All classes and programs are limited in number. Registration is required. We cannot accommodate drop-ins. Please call 313-882-9600 to register.

MOTOR CITY MITTEN MISSION

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

Free to members and nonmembers

NO-SEW FLEECE BLANKET MAKING

Wednesdays, 10:00 - 11:30 a.m.

Free to members and nonmembers

CHIT CHAT AND COLOR CLUB

Wednesdays,
beginning August 5,
12:30 - 2:00 p.m.

Member: Free

Nonmember: \$5



LEARN TO ZOOM - NEW!

Wednesday, July 22, 1:00 - 2:00 p.m.

Instructor: Kate Trost

Member: Free

Nonmember: \$5

Learn to communicate and participate in online classes via Zoom. You will learn how to download the app and join and participate in video conferences. Or participate in Virtual Jeopardy. (Read on!)

VIRTUAL JEOPARDY - NEW!

Tuesdays, July 28 and August 4, 10:00 - 11:30 a.m.

Instructor: Kate Trost

Member: Free

Nonmember: \$5

Join others from The Helm, from the comfort of your own home, for Virtual Jeopardy. No prizes awarded. This is just a fun way to see your friends from The Helm, chat, laugh and keep the brain cells moving. You must be able to use the Zoom app to participate. Don't know how to Zoom? See class above!

MOVIES

Showtime: 12:30 p.m.

Registration required

Member: \$2 for snacks and movie

Nonmember: \$3 for snacks and movie

FRIDAY, JULY 31

"LITTLE WOMEN" (2019)

Follow the lives of the March sisters — Jo, Meg, Amy and Beth — in Concord, Mass., during the 19th century.



FRIDAY, AUGUST 14

"KNIVES OUT" (2019)

A modern whodunit, the film follows a family gathering gone awry.



FRIDAY, AUGUST 28

"ROCKETMAN" (2019)

The musical story of Elton John.

Lunch at The Helm

\$7 for members

\$10 for nonmembers

Chef Brian prepares nutritious and delicious lunches Monday through Friday. Due to current conditions, lunch served on-site is limited to 24 people daily — 12 in the building and 12 on the side and back patios. Reservations are required. Lunch also may be purchased as a carryout.

Whether eating in or ordering a carryout, reservations must be made by 10 a.m. the day of the lunch. You can call in a reservation at 313-882-9600 or email mcooper@helmlife.org.

The weekly lunch menu is on our website, www.helmlife.org, by 8 p.m. Sunday evening.

FRI, JULY
24
12:30-1:30PM



FREE
ICE CREAM

COME & JOIN US FOR

ICE CREAM SOCIAL

Sponsor: Sunrise Assisted Living

**COME GET A SCOOP OF ICE CREAM,
ADD SOME TOPPINGS, FINISH IT WITH
SPRINKLES AND CELEBRATE
THE REOPENING OF THE HELM!**

**FREE TO MEMBERS AND NONMEMBERS
REGISTRATION REQUIRED • MAXIMUM 32 PARTICIPANTS**

HEALTH & WELL-BEING

The Helm exercise classes are for adults of all abilities. The atmosphere is fun, welcoming and non-competitive. Currently, registration is required for all classes. Weather permitting, classes will be held outdoors. Participants must bring their own water bottle.

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

YOGA

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

Instructor: Judy Sarvis

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

Instructor: Jessica Kodanko

Registration required

Maximum: 10 participants

CHAIR YOGA

Mondays and Wednesdays, 10:30 - 11:30 a.m.

Instructor: Judy Sarvis

Fridays, 10:30 - 11:30 a.m.

Instructor: Jessica Kodanko

Registration required

Maximum: 10 participants

ACTIVE FIT

**Mondays and Wednesdays, 12:30 - 1:30 p.m.,
beginning August 3**

Instructor: Stacey Panduren

Registration required

Maximum: 10 participants

Incorporates the three principles of fitness: cardio, strength, and flexibility for the more active adult. **Caregivers welcome.**

TAI CHI BEGINNER CLASS

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

Instructor: Susan Smith

Registration required

Maximum: 10 participants

CONTINUING TAI CHI CLASS

For those with previous tai chi experience.

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

Instructor: Susan Smith

Registration required

Maximum: 10 participants

SEATED FULL BODY WORKOUT ROUTINE (ENHANCE FITNESS®)

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

Instructor: Rosa Hunter

Registration required

Free to members and nonmembers

Maximum: 10 participants

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. **Caregivers welcome.**

GUIDED MEDITATION SERIES

Mondays, July 20 – August 24, 2:00 - 3:00 p.m.

Facilitator: Jonathan Itchon

Registration required

Member: \$30 Nonmember: \$40

Minimum: 8 participants; Maximum: 10 participants

Learn 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.

TOOLBOX FOR STRESS WORKSHOP - NEW!

Via Zoom: Tuesday, August 18, 1:00 - 2:00 p.m.

At The Helm: Thursday, August 20, 1:00 - 2:00 p.m.

Presenter: Kathy Housey, AFAA Certified Group Fitness Instructor

Sponsor: Comfort Keepers

Registration required

Free to members and nonmembers

Learn how stress affects the body and brain and learn different techniques to deal with that stress. Kathy will share her personal journey through a health crises during COVID-19 quarantine.

LEARN & GROW

ELDER LAW VIRTUAL WORKSHOP

Via Zoom: Wednesday, August 19, 1:00 - 2:00 p.m.

Facilitator: Tracey Rowens and Erma Thomas, Elder Law and Advocacy Center, Neighborhood Legal Services Michigan

Registration required

Member: Free

Nonmember: \$5

Learn about powers of attorney, guardianship, conservatorship, deeds, wills, trusts, nursing homes, assisted living, senior housing, Medicaid and Medicare.

CREATING CONFIDENT CAREGIVERS

Thursdays, August 20 - September 24, 1:00 - 3:00 p.m.

Facilitator: Carolyn Van Dorn, Nursing Unlimited

Registration required

Free to members and nonmembers

Are you caring for someone with Alzheimer's disease, dementia or memory loss? In the Creating Confident Caregivers Workshop you will learn new information, skills and attitudes to reduce caregiver stress, increase effective caregiving skills, improve caregiver confidence and more. Caregivers who are assisting the primary caregiver also are eligible to participate. Call Carolyn at 313-642-1122 to register.

SERVICES & SUPPORT

GRIEF WORK

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

Facilitator: Frank Wilberding, LMSW, CAADC, Psychotherapist

Registration required

Free to members and nonmembers

Grief Work 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. This is an open group, so those interested can join as they wish, however each session is limited to 10 participants and registration is required.

Marching on

If the pandemic and quarantine taught us anything, it was how to adjust — whether it be working from home or learning a new skill online. In the case of The Helm, we learned to take our March for Meals virtual.

Last year was our first March for Meals. People signed up to take a three-mile walk along Lake Shore Road from Grosse Pointe Memorial Church to Grosse Pointe Farms Pier Park in this walk-a-thon supporting The Helm's Meals on Wheels program. Along with our major sponsor, Grosse Pointe Memorial Church, corporate sponsors and individuals, we were able to raise \$8,000.

This year, we were a bit nervous going virtual. We hope people took advantage of the nice weather days and took a neighborhood stroll to keep muscles and brain active, but, in the end, it wasn't how you supported us, but that you did. And, that you did! Again, with Grosse Pointe Memorial Church as our lead sponsor, we expect to raise more than \$10,000 this year. (Donations are still coming in!)

Thank you to everyone who participated. And, let's hope next year we can all walk down Lake Shore Road together again!

Thank you to our sponsors and supporters.

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Fresh Market
Walt Cytacki
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Draperies/Wayne and
Susan Stapleton
Steve and Debbie Grob
Anthony and
Annrae Anusbigian
Dave and M.A.
Stephens
Jean Hudson
Susan Goulette
Peggy Hayes
Suzanne Basile

Beatrice Birdsong
Nancy McLeod
Elizabeth Berg
Rob and Mary Lubera
Frank and Pauline
Ortisi
Tom and Chris Brown
Susan Kopf
Bernie Beutel
Marty Peters and
Kathy Walsh
Ann Disser
Bruce Smith
Jenny Boettcher
Paige Peabody
Lynda and Tony
Altovilla
Diane and Ron Strickler
Lois Baker
Cathy O'Malley
Jack and Debbie Liang
Eileen MacDonald

We couldn't do it without you!

The Helm continued to provide essential services throughout the quarantine. We would like to thank everyone who made this possible from our staff, PAATS drivers, board, supporters and our volunteers.

While we had some staff layoffs, there was a core group here providing essential services like Meals on Wheels, the medical loan closet, Medicare counseling, other information and assistance and carryout lunches. While these "essential workers" heard of others cleaning closets and basements, learning new languages or instruments or binge-watching television during quarantine time, they only dreamed about it! Thank you to our staff for their dedication whether in the building or working from home.

Thank you to:

- Chef Brian Brenner, for pivoting congregate lunch service to a carryout one. There were days we had 50 lunches to serve — double our typical in-house totals.
- Those who supported us by buying carryout lunch and

tucking a little extra in there to help cover our expenses.

- The Helm board of directors for keeping a close eye on our finances and helping us through this time. Thank you too, for reaching out to supporters and asking if they could move up year-end donations.
- Our supporters who moved up their normal year-end giving and/or reached down a little deeper with extra support.
- The grounds crew — those volunteers who worked on our grounds outside, weeding, planting, seeding grass, planting the raised vegetable garden and other outdoor maintenance.
- Our dedicated group of Meals on Wheels volunteers for helping us get nutritious meals to our most vulnerable population. So many people contacted us about helping deliver Meals on Wheels our hearts were overjoyed and overwhelmed. Thank you to everyone who asked to help. To limit exposure to our volunteers and recipients, we utilized the same core of volunteers. It looks like this will be the case for the next couple of months as well,

but we will reach out when the situation changes.

Special thanks to the following volunteers:

OUTDOOR GARDENING AND MAINTENANCE

Lynda and Tony Altovilla
Tish and Gary Colett
Mary Lou Corrigan
Kelerin Lewis
Rick & Kathy Neumann

MEALS ON WHEELS

David Backhurst
Larry Banka
Bernie Beutel
Jim Callahan
Kathleen & Richard Carlson
Bob Chevalier
Tish and Gary Colett
Kim DeMeulemeester
Rick Emig
Mary Jo Forte
Larry Jaminet
Dennis Knop
Joe Lucido
Patty & Jack McCracken
Chris Olson
Jackie Parisi
Rob Schultz
Leon Trumbauer
John & Karen Watson
Mary Lynn Wuthrich

The Helm is taking a cautious and gradual approach to reopening. Limitations on the types of classes and the number of participants is critical to a safe reopening. We anticipate adding more classes/programs throughout the coming months. Please visit our website, www.helmlife.org, for the most up-to-date information.

TRIBUTES & HONORS

In Memory Of

Ralph A. Basile
Suzanne Basile

George Bay
Rosemary Bay

Richard Bendure
Elizabeth Bendure

Violet Champagne
Shirley Kennedy

Frank and Josephine Colombo
Sandra and Mark Fossee

Harry Constant
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Frank Turpin
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Shannon Shanebrook
Joanna Turpin

Jerry Young
Rhea Young

In Honor Of

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Elizabeth Echlin

Kevin J. Grady M.D.
Margaret Grady

Yvonne and Andre Nazareth
Christine Grumeretz

Meals on Wheels Volunteers and Staff
Laurel Knoska

Donations received between January 14, 2020, and June 30, 2020. If there are any errors or omissions, please contact 313-649-2113 so that we may make corrections.

Sponsors & In-Kind Donors

Einstein Bros. Bagels
Josef's European Pastry Shop
Panera Bread
Viviano Flower Shop
Steve and Debbie Grob
Allemon's Landscape Center
Grosse Pointe Lawn
Sprinklers Inc.

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.

WAYS TO DONATE

There are myriad ways to donate to The Helm. People often make donations in memory or honor of a friend or loved one (see above) or give of their time or expertise (see above and page 10). As with most nonprofit organizations, we always have a Wish List. Our most recent Wish List requests include white boards, a carpet cleaner and a projection screen. Additionally, there are numerous expenses for our organization including office supplies, cleaning products and various sundries like paper towel, toilet paper, facial tissue, coffee, tea, creamer, sugar and paper plates. Some days the list seems endless! Monetary and in-kind donations are greatly appreciated.

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



**Ascension
St. John Hospital**

