

September & October 2020

THE HELM LIFE JOURNAL

MESSAGE FROM THE EXECUTIVE DIRECTOR

Page 4

24TH ANNUAL GALA

Anyone can join the fun
and bid on incredible
items in our virtual gala!

Pages 5

FAVORITES RETURN

Heart Health Screening
September 10
Bingo returns October 6
Flu Clinic October 21

Pages 7, 8, 10

TRIBUTES & HONORS

Page 12

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



📅 REMINDER:

THE HELM AND PAATS
OFFICES WILL BE CLOSED
MONDAY, SEPTEMBER 7,
IN OBSERVANCE OF
LABOR DAY.

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

158 RIDGE ROAD, GROSSE POINTE FARMS, MI 48236

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THE HELM LIFE JOURNAL

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We're the go-to resource for every older adult in the Grosse Pointes & Harper Woods.
Everyone has different needs, interests and activity levels. We have something for everyone!

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PROGRAM GUIDELINES

In order to comply with current state of Michigan gathering size and distancing guidelines, registration is **MANDATORY** for all activities. Walk-ins WILL NOT be accepted.

- All activities are limited to 10 participants each.
- Masks must be worn inside the building.
- Onsite lunch service is limited to 22 people total inside and on the patios. Carry-out lunches are available.
- Please 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.
- Some exercise classes will be held outdoors, weather permitting. Participants must bring their own water bottle.

VIRTUAL CLASSES

We are offering a number of classes virtually. September/October programming includes classes about occupational therapy and osteoporosis, as well as our PATH workshop for those dealing with chronic conditions. To learn more about virtual classes, please see the article on page 11.

PROGRAM INFORMATION

Membership at The Helm costs \$48 annually and is renewable annually on 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.



Moving onward

Each day since our reopening, we have seen more and more familiar faces. I know I have said it over and over again, but it truly feels so good to see so many of our friends in person.

Our reopening has been slow — intentionally. We started with a couple of social activities, a few exercise classes, our grief support group and a couple of virtual classes. We're adding more this month including the always popular Beaumont cooking demonstration, On the Gogh painting and the award-winning A Matter of Balance.

And guess what's coming back in October? Bingo! We have many guidelines and safety protocols so please be sure to read about it on page 8.

Other new programming includes a number of virtual classes. For the next several months, we will be offering virtual classes, so if you are looking for things to do, but aren't comfortable physically being in our building, check out the virtual classes. This month we have a virtual class about osteoporosis, as well as the PATH workshop for those dealing with chronic conditions, and a workshop about occupational therapy.

For some, virtual classes have become old hat, especially for those "gathering" with family far and wide. For others, it's totally new and daunting. If you want to learn about connecting to virtual classes, please call us. Our staff has created step-by-step instructions to guide you if you want to attempt it

yourself, or our technology volunteers are willing to meet one-one-one with you at The Helm or over the phone. You must call to arrange an appointment.

Another couple of popular programs are back: **The Ascension St. John Providence Mobile Heart Health Screening** and the **Flu Clinic sponsored by Henry Ford Health System**. Health professionals are encouraging flu shots more than ever this year. Our friends from HFHS are recommending you visit your primary care physician and get the shot as soon as possible, but they will be here in late October for those who don't have other options. You must call to make an appointment for both the heart screening and the flu shot.

Lastly, it's time for our annual gala. While we considered canceling the gala this year, we just couldn't. Proceeds from the gala comprise 40 percent of our annual operating budget. We have been providing vital services to adults in the community throughout the pandemic. While the building was closed, we were here making sure our seniors got the services they needed.

The gala will be virtual this year — you do not need a ticket to join the festivities or bid on any of the spectacular gift baskets and items up for auction. If you have a computer, tablet or smart phone, you can help support The Helm and perhaps enjoy a special treat! More about the Gala and how to join in the fun is on the next page.

Peggy Hayes
Executive Director



The Helm 24th Annual Auction Gala is happening at your house!

**THURSDAY,
OCTOBER 8, 7 P.M.**
JOIN US AT
helmgala.cbo.io

The Helm 24th Annual Gala is going virtual!

Although we won't be gathering in person, we will be able to enjoy all the usual festivities, silent and live auctions, the dedicated giving paddle raise and the Jewelry Raffle. We will meet you there at 7 p.m. Thursday, October 8!

"While creating a gala virtually for the first time is a daunting task, we are excited to be able to have the Gala and open it up to so many more people," said The Helm Executive Director Peggy Hayes. "We will still have the components of our usual Gala — a welcome video, a presentation for our honorees, a video about The Helm, the Jewelry Raffle results, the paddle call, the silent and live auctions — but we just won't be together in person in one room."

Continued Hayes, "You can participate from the comfort of your own home or gather with a few friends at a Viewing Party...the venue choice is yours."

The result is the same though: support for the hidden treasure that is The Helm, providing vital services to the community during these unpredictable times. Proceeds raised during the Helm Gala allow us to continue to meet the needs of older residents in the Grosse Pointes and Harper Woods.

This year Gala honorees are the healthcare heroes who worked tirelessly in our area hospitals during and since the pandemic began. The Helm recognizes all the staff and physicians from Ascension St. John Hospital, Henry Ford Medical Center-Cottage and Beaumont Hospital, Grosse Pointe. We salute and celebrate the dedicated people who serve our communities.

JEWELRY RAFFLE

You can win this beautiful South Sea and Tahitian Pearl and 14K gold necklace valued at \$3,900, a cash prize of \$500, or \$250 cash in our Jewelry Raffle. Tickets cost \$20 for one; \$50 for three or \$100 for six. To purchase tickets, contact The Helm at 313-882- 9600



Tickets aren't necessary to "attend" the auction or bid on items. Simply log into helmgala.cbo.io and register. (See box below for instructions.) Take a look at all of the exciting items up for bid. Come October 4, you can begin bidding on the live and silent auction items. Bidding on silent auction items ends about 15 minutes before the show closes. While bidding for live auction items also begins October 4, an auctioneer will close out each item during the virtual gala 7 p.m. Thursday. Also, we'll announce the winners of the Jewelry Raffle.

"It's going to be a lot different than in previous years," said Hayes, "but we know it will be equally exciting. We hope you'll join us and support The Helm."

REGISTERING, BIDDING AND WATCHING THIS YEAR'S GALA IS EASY

Start by visiting helmgala.cbo.io on your computer, tablet or smart phone. Click on the Register and Support link at the top of the page.

There are several options listed. Choose the desired Sponsorship or Patron level and complete the form fields. While we truly appreciate your donations, no purchase is necessary to register for the Gala. Simply scroll down to the bottom of the Patron Levels tab until you see Register to Virtually Attend and Bid \$0.00. Select the number of people you would like to register to bid and complete their information.

No matter which level you have chosen, after filling in your name/s, scroll down to the contact section. Choose your name from the drop-down box and complete the requested information.

The last step is to complete payment. Even if you are not donating, you must enter credit card information in order to bid. If you win any auction items or make a donation, this credit card will be charged. Card information will not be retained after the Gala concludes. (This website is PC1 security compliant.)

If you are having any trouble registering, please call us at The Helm and we will walk you through the steps.

Lastly, if you don't want to bid but want to join us for the festivities, simply login to the website, helmgala.cbo.io at 7 p.m. Thursday, October 8.

New ways to do everyday activities

The aging process affects our bodies in a number of ways. A simple cut takes longer to heal; it isn't so easy to open that pickle jar; and a door jamb becomes the best way to scratch that itch in the middle of the back.

Even though you exercise and stay active, strength and flexibility diminish as we age. That's where Occupational Therapy comes in. OT is about making sure people can engage in things they want or need to do — from taking a shower and getting dressed to playing cards to dancing to opening that pickle jar or scratching your back — by teaching methods to cope with these changes.

Eastern Michigan University is offering an eight-week virtual program for members and friends of The Helm. Before the eight-week course begins, you will be contacted by phone to discuss your personal goals to improve your daily routine. The weekly sessions will consist of a variety of light exercises, games, discussions and other activities to help make progress toward those goals. Additionally,

someone from the program will contact you individually during the week to discuss your progress and anything that may need to be altered.

EMU has offered this program to area senior facilities with positive outcomes. Participants have reported discovering new ways to keep doing the things they need, want and love to do, as well as enjoying the interaction with others.

This is a virtual workshop, so you must have a personal device, computer or tablet preferred, to participate. You will link to the class by email. Students are available to assist you by phone during your first private conversation to ensure you can access the meetings.

There is no charge for the workshop, but to ensure quality, participation is limited to no more than eight. Reserve your spot. Call 313-882-9600.

See Page 10 for class details.

Boosting your immune system

Whether it's COVID-19, seasonal flu or a routine cold, a healthy immune system reduces chances of getting sick. Washing hands with soap and water, sneezing or coughing into a sleeve, exercising and getting eight hours of sleep nightly are at the top of the list for maintaining a healthy immune system. Eating healthy is another way.

Healthline.com suggests a number of foods to help boost the immune system.

- Citrus fruits: Vitamin C is thought to increase the production of white blood cells which are key to fighting infections.
- Red bell peppers: Contain nearly three times as much Vitamin C as an orange.
- Broccoli: High in vitamins A, C and E, fiber and antioxidants.
- Garlic: Heavy sulfur-containing compounds, such as allicin, for antioxidant benefits.

- Spinach: Rich in vitamin C and packed with antioxidants and beta carotene.
- Yogurt: The live and active cultures in yogurt are thought to stimulate your immune system.
- Almonds: Packed with vitamin E and healthy fats. Vitamin E is important in regulating and maintaining immune system function.
- Sunflower seeds: Loaded with nutrients, including phosphorous, magnesium, vitamins B-6 and E.
- Green tea: High levels of epigallocatechin gallate (EGCG), a powerful antioxidant.
- Poultry: Yes, chicken soup really could improve symptoms of a

"The immune system is precisely that — a system, not a single entity. to function well, it requires balance and harmony."

— Harvard Health Publishing



cold because of the high level of vitamin B-6 which is vital to the formation of new and healthy red blood cells.

- Shellfish: Certain shellfish — oysters, crab, lobster and mussels — are high in zinc. (However, don't over do it. Too much zinc can actually inhibit immune system function.)

Join Dietitian Andrea Hageman and Chef Dan Kellogg from Beaumont Hospital, Grosse Pointe, Wednesday, Oct. 28, 1 to 2 p.m. here at The Helm for a cooking demonstration: "Supporting Your Immune Health." Free to members and nonmembers. Registration is required due to limits in class size.



Ascension mobile heart and health screening center will be on-site at:

The Helm at the Boll Life Center

Thursday - September 10, 2020

8:30am - 4:00pm

The non-invasive, comprehensive screening includes:

- Medical health assessment
- Blood pressure check
- Electrocardiogram (EKG)
- Body mass index (BMI)
- Ankle brachial index (ABI) - blood flow to the limbs
- Carotid ultrasound - blood flow to the brain
- Abdominal aorta ultrasound - aneurysm check

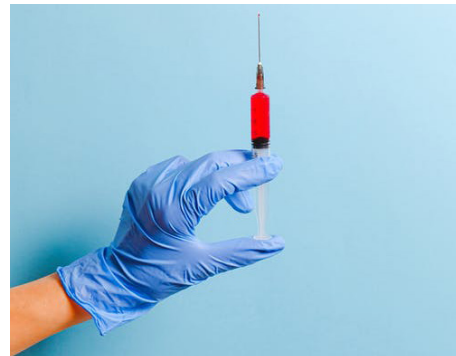
The heart screening is only \$60. A "fasting lipid panel" is available for \$20 which measures cholesterol, triglycerides, and glucose.

Call 313-882-9600 to schedule your screening appointment. Payment will be collected by Ascension via check or credit card.



Ascension

Ascension Mobile Screening Centers | 586-381-1603
ascension.org/michigan



It's that time again

Don't let the flu bug you

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

The Helm annual flu clinic will be in late October at our facility at 158 Ridge Road, Grosse Pointe Farms. Henry Ford Medical Center-Cottage will administer the flu shots. Appointments are required. Please call 313-882-9600 to schedule your appointment.

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

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

BINGO

Tuesdays and Thursdays, 10:00 - 11:00 a.m.
Beginning October 6

Member: \$2 (one 25 cent card plus snacks)

Nonmember: \$7 (one 25 cent card plus snacks)

Bingo is back! You've asked and we think we can do it safely — with several guidelines. First, only 10 people are allowed per session, making registration mandatory. Drop-ins CANNOT be accepted. To enable as many people to play as possible, you may sign up for only one of the two days. Only two people are allowed at each table and everyone **must** wear a mask unless you are eating. Finally, social distancing must be maintained, so hugs are temporarily on hold!

EUCHRE

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

Members: Free Nonmember: \$5 day pass

Both experienced and beginning players welcome.

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 onsite is limited to 22 people daily — 10 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.

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

MOVIES

Showtime: 12:30 p.m.

Registration required

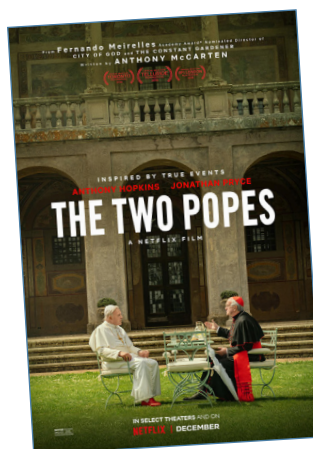
Member: \$7 for lunch and movie;
\$2 for snacks and movie

Nonmember: \$10 for lunch and movie;
\$3 for snacks and movie

FRIDAY, SEPTEMBER 25

"THE FAREWELL" (2019)

A family returns to China under the guise of a fake wedding to stealthily say goodbye to their beloved matriarch — the only person who doesn't know she only has weeks to live.



FRIDAY, OCTOBER 30

"THE TWO POPES" (2019)

Behind the Vatican walls, Pope Benedict and the future Pope Francis must find common ground to forge a new path for the Catholic Church.

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.

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

Instructor: Stacey Panduren

Registration required

Maximum: 10 participants

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

New time!



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

MORE WAYS TO STAY FIT

SEATED FULL BODY WORKOUT ROUTINE

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.**

A MATTER OF BALANCE

**Tuesdays and Thursdays,
September 22 – October 15
1:00 - 3:00 p.m.**

Facilitator: Rosa Hunter

Registration required

Free to members and nonmembers

Maximum: 10 participants

A Matter of Balance is an award-winning program emphasizing practical strategies to reduce fear of falling and increase activity levels. Participants learn to view falls and fear of falling as controllable, set realistic goals to increase activity, change their environment to reduce fall risk factors and exercise to increase strength and balance.

HEALTH & WELL-BEING

PATH - PERSONAL ACTION TOWARD HEALTH (VIRTUAL CLASS)

**Wednesdays, September 9 - October 14,
1:00 - 3:00 p.m.**

Instructor: Margaret Cooper

Registration required

Free to members and nonmembers

The PATH workshop is for adults aged 60 and over who have one or more long-term or chronic health conditions such as arthritis, heart disease, emphysema, asthma, bronchitis, diabetes and depression. Participants receive a resource book and relaxation CD. This class will be conducted via Zoom.

ASCENSION/ST. JOHN PROVIDENCE MOBILE HEART HEALTH SCREENING

Tuesday, September 10, 9:00 a.m. to 4:30 p.m.

Location: The Helm

Registration required

Available to members and nonmembers

\$60

See article on page 7 for more information.

OCCUPATIONAL THERAPY PROGRAM (VIRTUAL CLASS)

**Mondays or Fridays, September 28 – November 16,
1:00 - 2:00 p.m.**

Facilitator: Melissa Peters, Registered Occupational Therapist, Eastern Michigan University

Registration required

Free to members and nonmembers

Occupational therapy is about making sure people of all ages can engage in things they want or need to do. This workshop includes an assessment of personal goals and opportunities to improve overall quality of life. This class will be conducted via Zoom. For more information, see article on page 6.

OSTEOPOROSIS 101 (VIRTUAL CLASS)

Wednesday, October 7, 1:00 - 2:00 p.m.

Facilitator: Mark Isopi, PharmD, Amgen

Registration required

Free to members and nonmembers

This presentation teaches what osteoporosis is, how it is diagnosed and how to take charge of your bone health. Information provided in this presentation does not constitute medical advice. You can access this class through Zoom or conference call.

FLU CLINIC

Late October - call for more information

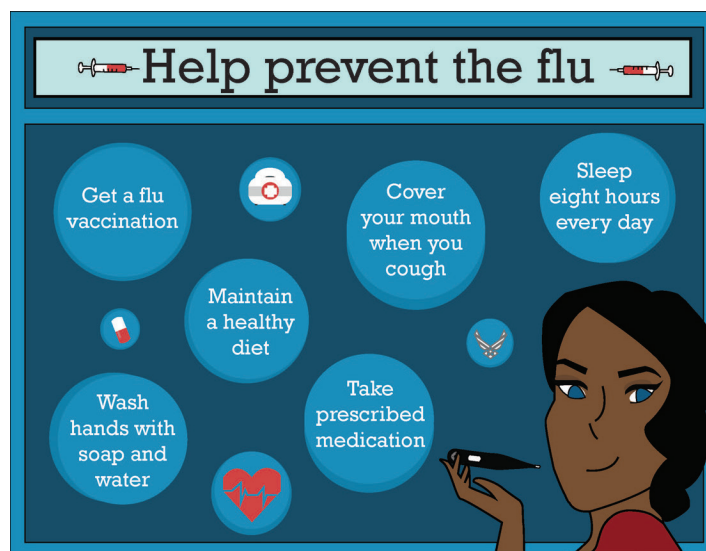
Facilitator: Henry Ford Medical Center-Cottage

Appointment required

Call 313-882-9600 to schedule your appointment.

Available to members and nonmembers

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



BEAUMONT COOKING DEMONSTRATION SUPPORTING YOUR IMMUNE HEALTH

Wednesday, October 28, 1:00 - 2:00 p.m.

Facilitator: Andrea Hageman, registered dietitian and Chef Dan Kellogg

Registration required

Free to members and nonmembers

Maximum: 10 participants

This cooking demonstration features foods that help boost your immune system — something definitely worthwhile while navigating a pandemic and oncoming flu season.

LEARN & GROW

ON THE GOGH STUDIO - "THE PUMPKIN PATCH"

Tuesday, September 22, 1:00 - 2:30 p.m.

Instructor: Michelle Boggess, On
the Gogh Studio

Registration required

Member: \$25

Nonmember: \$30

Maximum: 10 participants

Paint a lovely picture of colorful pumpkins! No painting experience necessary. You will be given an 11" X 14" canvas. The instructor will walk you through step-by-step to create your masterpiece!

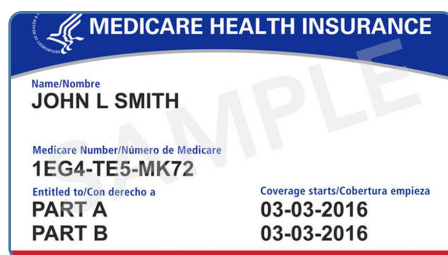


MEDICARE COUNSELING WHEN YOU NEED IT

Free to members and nonmembers

If you will be turning 65 in the next three to six months, now is the time to start learning about your Medicare options. The Helm

is offering one-on-one personalized New to Medicare presentations via phone or live video chat. Call Molly French at 313-649-2110 to schedule your appointment.



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.

Virtual Reality

While virtual reality is a technology that lets you figuratively step inside a computer-generated 3D world, virtual is becoming our reality during the pandemic. From classes to meetings to marathons to Galas (see page 5!), everything is going virtual. You can sit back in the comfort of your home and have it all come to you!

But, it requires technology — something that isn't second nature to many of us above a certain age.

That's where The Helm can help. Since we can't be fully open yet with limitations on gathering sizes and some aren't comfortable yet with in-person classes, we, too, have had to adapt to virtual class offerings. Most of these are offered via Zoom.

Think back just 12 months. If someone asked what Zoom was, most would have answered "to go fast" or "to get closer to an object through a camera lens." Now pretty much everyone has heard of Zoom, but not all know how to use it.

You can access Zoom classes through email or an app on your personal device. Our staff has created step-by-step instructions to guide you if you want to attempt it yourself, or our technology volunteers are willing to meet one-one-one with you at The Helm or over the phone. You must call to arrange an appointment.

Call us at 313-882-9600 if you need assistance.

It's never too late to learn something new — or to learn to Zoom!

TRIBUTES & HONORS

In Memory Of

George Grayr

Anne Grayr

Frank Turpin

John Gryniewicz

Donations received between July 1, 2020, and August 20, 2020. If there are any errors or omissions, please contact 313-649-2113 so that we may make corrections.

Many other individuals have expressed their appreciation for our services with donations to specific programs, including Meals on Wheels, Medical Equipment Loan Closet, Carry-out Lunch Service and Medicare Counseling, as well as 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.

Sponsors & In-Kind Donors

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Hillside Hearth

Josef's European Pastry Shop

Panera Bread

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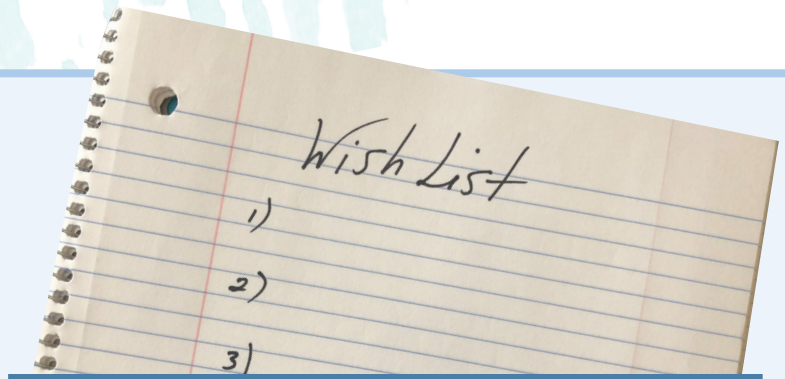
WISH LIST

As do many nonprofit organizations, The Helm maintains a wish list of items to help us operate more

efficiently. One crucial item we would like as soon as possible is a UV Sanitizer. As we continue to bring back more groups and add classes, the sanitizer will save us time spraying and wiping down euchre cards, Bingo cards, Mah Jongg tiles, pens, pencils and the like. We have a specific sanitizer we would like because it is large enough to accommodate the aforementioned items. It costs approximately \$200. If you are interested in donating this item, please contact The Helm Program Coordinator Margaret Cooper at 313-649-2109.

Other items on our Wish List include white boards, a carpet cleaner and a projection screen, as well as a number of items we use daily, 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!

We appreciate all donations. Please call 313-882-9600 to arrange to donate.



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.

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