

November & December 2020

THE HELM LIFE JOURNAL

MESSAGE FROM THE EXECUTIVE DIRECTOR

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24TH ANNUAL GALA

Thank you for your
support of this virtual
event.

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WHAT'S NEW

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November & December
2020

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TRIBUTES & HONORS

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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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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. Additionally,

- The number of participants in all activities is limited.
- Masks must be worn inside the building.
- Onsite lunch service is limited. Carry-out lunches are available.
- Please arrive early for activities. You are required to have your temperature taken and answer a few questions before being admitted to the building.
- Exercise class participants must bring their own water bottle.



REMINDER:

THE HELM OFFICE WILL CLOSE AT 1 P.M. WEDNESDAY, NOVEMBER 25. PAATS BUSES WILL RUN AS USUAL.
THE HELM AND PAATS OFFICES WILL BE CLOSED THURSDAY, NOVEMBER 26; FRIDAY, NOVEMBER 27;
THURSDAY, DECEMBER 24; FRIDAY, DECEMBER 25; THURSDAY DECEMBER 31 AND FRIDAY, JANUARY 1, 2021.

PROGRAM INFORMATION

Membership at The Helm costs \$48 a year 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.



Giving thanks

*There has been plenty to be thankful for in 2020
and much to look forward to in 2021*



I wonder if it's the same for everyone. I get contemplative at the end of a calendar year. I look back at the year's milestones and accomplishments, thankful for family and friends, for achievements at work and in my personal life. I look forward to the new year with new goals and renewed energy to make changes to do and be better.

I think 2020 has only magnified those feelings. It's been a year of self-reflection, discovering what truly matters and what to not take for granted.

At The Helm, 2020 got off to a phenomenal start. Our evening programming had gathered momentum, people were embracing the new membership program and we were offering never-before classes and lectures. And then, it was like that old cartoon visual when Wile E. Coyote chases Road Runner just a little too far and drops off the edge of the cliff.

While some days it may have felt like we were in the abyss, personally, I realized all we take for granted daily — our ability to socialize and travel, cook at home or dine out, go to museums, attend plays, sporting events, lectures, an exercise class or just stopping to talk to a neighbor.

During it all, we were here providing essential services like Meals on Wheels, the Medical Loan Closet, carry-out lunches and offering information and assistance, but we missed people coming to

classes, playing Bingo, socializing, just having fun and enjoying each other's company.

But, we're back. We have resumed some normal operations — a few exercise classes, games and special programming. We don't know when we will return to "normal" or even what our new "normal" will be. We are navigating uncharted waters here.

As I look back at 2020 and what we did accomplish, how we adjusted our methods to continue to provide services and be a valued resource, I look forward to what we are going to do in 2021. For more than 42 years, The Helm has served the community's older adult population, always with the goal to "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."

It may look different than before, but you have our commitment that we will steer our way through.

Peggy Hayes
Executive Director

What a wonderful night!

While The Helm 24th Annual Gala was different than any before it, it still was a successful evening!

This pandemic has taught us is how to pivot and still deliver. Never having produced a virtual gala before, we weren't sure what to expect, but, we were still able to share our message with the community, honor our Hometown Healthcare Heroes, provide fantastic live and silent auction items and raise

money for continued operation of The Helm.

Our biggest takeaway this year: learning exactly how much you believe in us and all we do. We are truly grateful for all of your support! Thank you!

We look forward to being back in person for our **25th Gala, Thursday, October 14, 2021.**



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A special thank you to the many Friends
of The Helm who generously donated
items and purchased gift cards to
complete our auction packages.

OPEN ENROLLMENT

It's that time of year again. Medicare Counseling for 2021 Open Enrollment is available.

Make an appointment to review your Medicare Prescription Drug Part D plans. These one-on-one counseling sessions are free.

The Helm Medicare counselors worked with 480 clients between 2018 and 2019 open enrollment periods. People see year-over-year savings by reviewing the Prescription Part D plans and premiums. All counseling sessions are conducted via the telephone or video conferencing, such as Zoom.

To schedule an appointment, contact Molly French at mfrench@helmlife.org. If you do not have access to

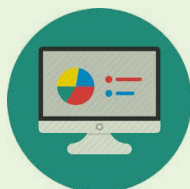
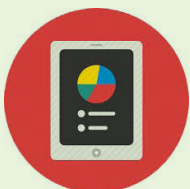


email, leave her a voice message at 313-649-2110. Be sure to include your contact information, date of birth and preferred method of contact (video conferencing or telephone). Molly or one of our volunteers will reply within 24 to 48 hours.

Technology lessons available

Technology has stepped front and center during the pandemic. Quarantining means a lot less face-to-face interaction, but it doesn't have to mean less interaction.

Our computers, tablets and cell phones have so much capability to keep us in touch with others beyond a call or email. Many of us know about Facebook, but do you know how to FaceTime? Do you know about House Party? Do you know how to Zoom?



The Helm can help. In order to help you participate in Zoom meetings/ classes, 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-on-one with you at The Helm (safely distanced wearing masks) or over the phone.

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

While everyone needs time to themselves — whether to read a book, binge watch television, catch up on sleep or organize the junk drawer — it's equally important to socialize. Socializing helps us de-stress and put things into perspective. It also can motivate us to participate in activities — hopefully healthful ones! Even the most introverted of people crave social interaction from time to time.

Winter weather makes it easy to isolate. But that doesn't have to happen. There are so many ways to use our personal devices to help us stay connected.

Our technology volunteers can help you access your friends, musical performances, television programs, games. Let them help you.

Staying safe at The Helm

Reopening The Helm has been a gradual process since July. Each month, we have added new classes and activities. It has been wonderful to see our friends in our house!

Our goal is to keep steadily adding more programming. We can't do that without your help.



In order to keep our guests safe and doors open, we must follow safety protocols. We continually wipe down surfaces throughout the day, especially after an activity has ended. We have ultraviolet sanitizers to sanitize cards, Mah

Jongg tiles and other odds and ends. We have markings on the floor to keep chairs and people properly distanced. We've limited class sizes to ensure that happens. And, we take everyone's temperature when they walk in the door.

But, most importantly, everyone in our building must wear a mask for everyone's safety. All employees and instructors are required to wear masks, as well.

More than just wearing the mask, however, is

wearing the mask correctly. It must cover both your nose and mouth. You may remove the mask while you are eating or drinking.



Safety Measures at The Helm

- Surfaces are wiped throughout the day.
- UV sanitizers are used for playing cards, Mah Jongg tiles and other smaller items.
- Floors are marked to keep proper distancing within all classrooms, common areas and the lobby.
- Class sizes are limited.
- Temperatures are taken upon entry. If you have a temperature, you are not allowed in and directed to seek medical attention. (Note: temperature taking is NOT a COVID-19 test.)
- Masks must be worn properly at all times.

PAATS can help with holiday shopping

Need to do some Christmas shopping? Want to avoid the congested roads and packed parking lots? The Helm and Pointe Area Assisted Transit Services (PAATS) can help with that. You can book a **free** ride to Shop the Gratiot Loop several Fridays in November and December. Available Fridays are November 6, 13 and 20 as well as December 4, 11 and 18.

Passengers must be a resident of Harper Woods or the Grosse Pointes and be at least 60 years of age or disabled. Riders will be picked up at their home and brought to their choice of five stores in the Gratiot shopping corridor:

- Walmart at 12 Mile and Gratiot;
- Meijer at 13 Mile and Little Mack;
- Kroger at 13 Mile and Little Mack;

Book a free ride and shop the Gratiot loop for gifts and groceries

- Macomb Mall at Masonic and Gratiot;
- Target on Gratiot north of 14 Mile.

Passengers are picked up between 9 and 10 a.m. at their home, dropped off at their store choice, picked up about 1 p.m. and returned home. It's a convenient way to do some regular shopping as well as holiday gift buying and get some exercise walking these large stores or the mall.

All buses are sanitized before and after each pickup and at the end of every day.

Reservations must be made at least two days ahead of time. Call 313-343-2580 for more details and to arrange a ride.

Santa needs some helpers!

One of the most popular programs at The Helm is our holiday gift package assembly and delivery. Even though the program may look a little different this year, the tradition continues. For more than 10 years, The Helm has collected donated non-perishable food items which volunteers assemble in gift bags and deliver to homebound seniors in the Grosse Pointes and Harper Woods. These seniors appreciate a friendly visit, smiling face and a gift of surprises they can use and enjoy.

Collection of items is beginning. Following is a list of needed items. (Please make sure all food items are not opened and not expired.)

- Canned Chicken or Tuna (pull top)
- Low-sodium Soup (pull top) — Due to dietary concerns, please avoid "cream of" soups
- Fruit/Apple Sauce Cups (low sugar/no sugar added)
No pouches
- Small Packages of Cookies, Crackers and Snacks
(Homemade items cannot be accepted.)
- Juice Boxes (low sugar)
- Oatmeal (individual packets)
- Coffee, Tea Bags, Cocoa (individual packets)
- Chocolate Candy and Hard Candy
(sugar-free candy encouraged)
- Personal-sized Hand Sanitizer
- Large Print Puzzle Books
- Monetary donations to purchase above items

Please deliver items no later than Friday, December 11, to The Helm, 158 Ridge Road, Grosse Pointe Farms.

Volunteers needed

Volunteers are needed to assemble and deliver gift bags. Due to current Michigan guidelines, we must limit the number of volunteers to assist with assembly. Masks are required to be worn.

Contact The Helm Volunteer Coordinator at 313-882-9600 to sign up.

Assembly takes place Wednesday, December 16, followed by delivery December 18 – 24.



Let's get physical, physical

Check out these two new exercise classes

Two new classes join The Helm's exercise lineup in November.

Strength & Balance is from 1 to 2 p.m. Tuesdays beginning November 10 through December 15. This is a 6-week course.

Cardio workout **Grooves Trifecta** is 1 to 2 p.m. Thursdays beginning November 12 through December 17. This is a 5-week course (no class Thanksgiving Day).

See page 11 for full class descriptions and costs.

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.

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

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

Registration is mandatory. Drop-ins CANNOT be accepted. Only two people are allowed at each table and everyone *must* wear a mask, unless you are eating.

EUCHRE

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

Members: Free Nonmember: \$5 day pass

Both experienced and beginning players welcome.

MAH JONGG

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

Members: Free Nonmember: \$5 day pass

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. 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.

MOVIES

Showtime: 12:30 p.m. Showtime

Registration required

Member: \$2 for snacks and movie

Nonmember: \$3 for snacks and movie

FRIDAY, NOVEMBER 20

"JUDY" (2019)

Thirty years after starring in "The Wizard of Oz," Judy Garland arrives in London to perform sold-out shows at the Talk of the Town nightclub. While there, she reminisces with friends and fans and begins a whirlwind romance with musician Mickey Deans, her soon-to-be fifth husband. Renee Zellweger earned an Academy Award for her portrayal of Judy Garland.



FRIDAY, DECEMBER 18

"HARRIET" (2019)

The story of heroic abolitionist Harriet Tubman from her escape from slavery through the dangerous missions she led to liberate hundreds of slaves through the Underground Railroad. Cynthia Erivo earned an Academy Award nomination for her portrayal of Harriet Tubman.



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.

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

Nonmember: \$8.00 per class

CLASS SIZE IS LIMITED FOR ALL CLASSES. REGISTRATION IS REQUIRED FOR ALL CLASSES. DROP-INS CANNOT BE ACCEPTED.

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.
or 11:30 a.m. - 12:30 p.m. (ADDITIONAL CLASS)

Instructor: Judy Sarvis

Fridays, 10:15 - 11:15 a.m.

Instructor: Jessica Kodanko

ACTIVE FIT

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

Instructor: Stacey Panduren

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

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

MORE WAYS TO STAY FIT

SEATED FULL BODY WORKOUT ROUTINE

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

Beginning Thursday, November 5,

11:45 a.m. - 12:45 p.m. (ADDITIONAL CLASS!)

Instructor: Rosa Hunter

Registration required

Free to members and nonmembers

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.**

STRENGTH & BALANCE

Tuesdays, November 10 –

December 15

1:00 - 2:00 p.m.

Instructor: Carolyn Bradt

Registration required

Member: \$30

Nonmember: \$40

This six-week class is designed to help perform activities of daily living, eye hand coordination, balance using a chair and multi-tasking moves to keep the mind thinking. Please bring a resistance band, small ball and hand weights.

GROOVES TRIFECTA A CARDIO WORKOUT

Thursdays, November 12 - December 17,

1:00 - 2:00 p.m.

Instructor: Carolyn Bradt

Registration required

Member: \$25

Nonmember: \$35

A mix of three cardio genres in one class! Each class consists of 15 minutes of Line Dance, 15 minutes of Latin Dance and 15 minutes of Kickboxing. Class closes with 15 minutes of Yoga Stretch. This is a five-week class.

HEALTH & WELL-BEING

BEAUMONT COOKING DEMONSTRATION MAKING HEALTHY MEALS FOR 1 OR 2 PEOPLE

Wednesday, December 2, 1:00 - 2:00 p.m.

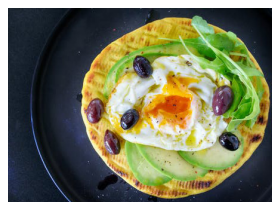
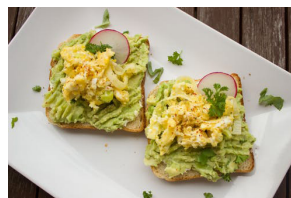
Facilitators: Nancy Weiss, registered dietitian and Chef Dan Kellogg

Registration required

Free to members and nonmembers

Maximum: 10 participants

This cooking demonstration features making healthy meals for one or two people. You will learn how to cook simple, nutritious meals instead of eating high fat, high sodium take-out meals and frozen dinners.



SERVICES & SUPPORT

GRIEF WORK

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

Facilitator: Frank Wilberding, LMSW, CAADC, Psychotherapist

Registration required

Free to members and nonmembers

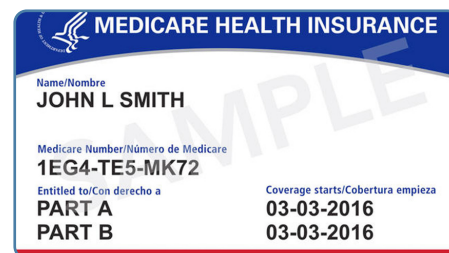
Grief Work is a safe and compassionate space for those who have experienced loss and bereavement. It is a caring environment in which to share experiences and work through the meaning of loss on the way to healing. This is an open group, so those interested can join as they wish, however each session is limited to 10 participants and registration is required.

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.



Did you know?

Wayne County Community College District offers a number of continuing education classes free of charge to Wayne County residents 60 and above. All classes are virtual at this time. There are a variety of classes including sign language, ballroom dancing, sewing, body alignment, yoga, chair yoga, tai chi, Spanish and French, belly dancing and Zumba. Classes beginning in November and December include MS Excel Basic 2016 and a variety of genealogy courses.

Even if you are under 60 and live outside Wayne County, you can still take classes; course fees will apply.

Log on to wcccd.edu/academic/academic_Schedule.htm and click on the "Fall 2020 Academic and CE Schedule" link to find the full schedule of continuing education classes. Contact the college at its Mary Ellen Stempfle University Center campus in Harper Woods at 313-962-7150 for more information.

TRIBUTES & HONORS

In Honor Of

Marty Peters
Martha M. Martin

Donations received between Aug. 21, 2020, and October 16, 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

Einstein Bros. Bagels
Full Circle Foundation, Inc.
Grosse Pointe Lawn Sprinklers Inc.
Hillside Hearth
Josef's European Pastry Shop
Panera Bread

THANK YOU

Thank you to Carolyn Skaff and Joe Solomon for monetary donations to purchase UV Sanitizers. Because of their donations, we were able to purchase three sanitizers large enough to fit playing cards, Mah Jongg tiles, pens and other miscellaneous items.

Give the give of membership

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

We recognize that we aren't offering as many programs right now as we have in the past, but being a member comes with significant savings on current programs. The savings recognized by ordering lunch once a week pays for the annual membership. Membership also entitles the member to reduced rates on our monthly movies, euchre, Mah Jongg, Bingo and exercise classes. And it gives you a place to have coffee and read the paper in the morning and a great place to meet new friends. Where people care about you!

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

Call us at 313-882-9600. You or your loved one can start the New Year enjoying the many benefits of membership!

Borrow a book or a puzzle or both

You can borrow books and jigsaw puzzles from The Helm. We have a table set up on the first floor where you are welcome to help yourself to a book or puzzle. Just return it or pass it along to someone else when you are done. And, if you're homebound, we can make arrangements for delivery.

We are always looking for more books and puzzles to share. If you are cleaning out your home, checking out a yard sale or at the store and see something you think might be of interest, please consider donating to the collection.

This has been a popular service the last several months and with winter coming soon, we think it will become even more so. Such a great time to hunker down with a good book and puzzle! Please keep us in mind for your donations.



A Gift in Your Will

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

Please call 313-649-2104.

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**

