

January & February 2021

THE HELM LIFE JOURNAL

MESSAGE FROM THE EXECUTIVE DIRECTOR

Page 4

WE'RE HERE FOR YOU!

Our services have been in demand throughout the year.

Page 5

STAYING CONNECTED

Don't socially distance while you physically distance.

Page 6

SEE WHAT'S HAPPENING AT THE HELM

Services & Activities for January & February 2021

Pages 7 & 8

CHEERS TO VOLUNTEERS

Page 9

TRIBUTES & HONORS

Page 11

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.

158 RIDGE ROAD, GROSSE POINTE FARMS, MI 48236

PHONE:
313-882-9600

EMAIL:
info@helmlife.org

WEBSITE:
Helmlife.org

Staff Directory

EXECUTIVE DIRECTOR

Peggy Hayes
313-649-2101
phayes@helmlife.org

FINANCE

Lynda Altovilla
313-649-2102
laltovilla@helmlife.org

VOLUNTEER SERVICES

Heidi Uhlig-Johnstone
313-649-2107
huhlig@helmlife.org

DEVELOPMENT

Paige Peabody
313-649-2104
ppeabody@helmlife.org

CASE COORDINATION

Allie Short
313-649-2106
ashort@helmlife.org

MEALS ON WHEELS

Patricia Finn
313-649-2105
pfinn@helmlife.org

INFORMATION & ASSISTANCE

Chris Brown
313-649-2108
cbrown@helmlife.org
Molly French
313-649-2110
mfrench@helmlife.org

COMMUNICATIONS

Karen Fontanive
313-649-2113
kfontanive@helmlife.org

EDUCATION & ENRICHMENT

Margaret Cooper
313-649-2109
mcooper@helmlife.org
Susan Kopf
313-649-2109
skopf@helmlife.org
Jackie Thomas
313-649-2109
jthomas@helmlife.org

PAATS BUS TRANSPORTATION

Lori Jones
313-343-2580
Call between 7:30 a.m.
and 2:00 p.m.

FREE NOTARY PUBLIC

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

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THE HELM LIFE JOURNAL

Contents

January & February 2021

04	GREETINGS FROM THE HELM <i>From the Executive Director</i>	05	WE ARE HERE FOR YOU <i>The Helm has so many ways to help</i>
07	OUR PROGRAMS <i>Some favorites return</i>	11	TRIBUTES & HONORS

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!

NOW AT THE HELM

Acrylic Painting via email.....	8
NEW! Grooves Trifecta.....	8
Guided Meditation	7
Lunch.....	7
Medicare Counseling.....	7
Movie.....	8
NEW! Strength & Balance.....	8
PATH	7

PROGRAM GUIDELINES

Your health, safety and well-being are our biggest concerns. In order to comply with current state of Michigan gathering size and distancing guidelines, we are focusing our efforts on virtual classes. Registration is **MANDATORY** for all activities.



REMINDER:

THE HELM AND PAATS OFFICES WILL BE CLOSED MONDAY, JANUARY 18, IN OBSERVANCE OF MARTIN LUTHER KING, JR. DAY AND MONDAY, FEBRUARY 15, IN OBSERVANCE OF PRESIDENTS DAY.

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.



New year; new mindset



“It was the best of times, it was the worst of times, it was the age of wisdom, it was the age of foolishness, it was the epoch of belief, it was the epoch of incredulity, it was the season of light, it was the season of darkness, it was the spring of hope, it was the winter of despair.”

That opening sentence from Charles Dickens’ *A Tale of Two Cities* seems to sum up 2020 pretty well on a number of fronts, including our year here at The Helm. But there is no looking back. We are going to take what we learned in 2020 and make 2021 better!

We know it will be awhile before things are back to normal again – but who wants things to just be normal? (Well, we all do, but let’s focus on the positive!) One thing 2020 has taught us is we have options – virtual classes, online shopping and delivery, telehealth doctor appointments, and carryout food. It’s amazing how many creative and necessary ways there are to make sure we can continue to get the goods and services we need and want.

That includes us here at The Helm. The camaraderie that comes from being together is unmatched. That was never more evident than when we were able to resume some classes this past summer. We heard from so many members about how glad they were to be back and how activities here at The Helm provided a small sense of normalcy. We understand because we feel that way too. The safety of our members is most important, however, and while, as I write this, we are only officially on pause through December 20, we have chosen to focus on virtual and online classes through January and resume “in-house” programming beginning February 1.

Come February, we hope to reopen our doors to in-person classes and activities including exercise, movies, Bingo, Mah Jongg, Euchre and PingPong.

The two new exercise classes, Strength & Balance and Grooves Trifecta that were supposed to debut in November should start in February. Continue to watch our website, helmlife.org, for new developments on reopening.

We, like you, are adapting what we’ve learned during 2020. Sometimes it’s nice to just take a class from the comfort of your own home, especially during cold winter months. We’ve added a virtual guided meditation class and a virtual painting class. Meditation will be via Zoom and painting via email. (You’ll receive one-on-one instructions in your email and hold a Zoom art show at the end of the four-week course!) Additionally, we created a YouTube channel with various classes from The Helm and have loaded our website with so much to do. It’s a bit of a rabbit hole: Once you click on one button, you’ll keep clicking to find more! If you can’t be here with us, we want to make sure you have things to do at home.

If you aren’t sure how to access our website or virtual classes, please contact us. Someone here will be able to help you. And, if you have ideas for additional online, virtual or in-person activities, just let us know.

With a vaccine available to all soon, it won’t be long until we see your face in The Helm. It will be so wonderful to be together, catch up with friends, laugh and enjoy each other’s company once again!

Peggy Hayes
Executive Director



We are here for you!

A simple phone call is all it takes to find the help you need — and, even sometimes, the help you didn't know you needed

The Helm has continued to operate throughout the pandemic. In addition to the classes and activities held in our building, we provide many essential services to our senior population and their families.

MEALS ON WHEELS

Five meals a week are provided to residents of Harper Woods and the Grosse Pointes who are homebound and unable to safely prepare meals for themselves. This can include people age 60 and above who are ill or recently hospitalized. Even if you or a loved one do not meet Meals on Wheels guidelines but have food insecurity issues, please contact us to help put you in touch with appropriate resources.

CARRYOUT LUNCHES

Lunch is available for purchase daily. Chef Brian makes sure to provide delicious, healthy and nutritious meals five days a week. Cost is \$7 per lunch for members and \$10 for nonmembers. Reservations must be made by 10 a.m. the day of the lunch by calling 313-882-9600 or emailing mcooper@helmlife.org. The weekly lunch menu is on our website Sunday evening.

INFORMATION AND ASSISTANCE

The Helm is here for all things related to senior living. Do you or an elderly relative need assistance around the home from small chores to food preparation to companionship? We have contacts for that. How about snow removal and leaf raking? We have contacts for that. Are you looking for information about senior living options? We have contacts for that. Just about anything you can think of we can put you in touch with someone who can help.

MEDICAL LOAN CLOSET

Has a hospital stay, recent injury or just coming-of-age as a senior presented a need for medical equipment? The Helm has a medical loan closet with equipment and supplies for seniors to borrow at no charge, including wheelchairs, crutches, walkers, canes, bath and shower accessories, toileting items, aids for daily living, nutritional supplements and other miscellaneous items.

POINTE AREA ASSISTED TRANSPORTATION SERVICES

Need help getting to an appointment or to the grocery store? PAATS is here to help, safely and efficiently. Call 313-343-2580 for more information and to schedule a ride.

MEDICARE

If you are getting ready to sign up for Medicare, have a question or problem with a claim or would like help understanding how to make the most of your benefits, just call. Someone is here to help. Additionally, when Open Enrollment comes around, we are here to help you review and make changes to coverage for the new year.

CASE COORDINATION

This service is available for seniors and their families who need extra attention. It takes patience and understanding to learn what another person wants, needs and feels. Someone is here to help you figure that out and help connect seniors, their families and caregivers with the right resources.

Not sure where to turn? Call us. 313-882-9600.

Staying connected

Throughout 2020 we've heard the phrase "socially distance" a lot. Stand six feet apart. Limit your in-person contact with others. We all know the



drill. But perhaps a better phrase to keep us safe is "physically distance."

Human beings need social interaction and we can maintain social interaction and be physically distanced at the same time. If Zoom has taught us nothing else, it's taught us that. But, as

people living in a northern climate who've experienced harsh winter days, we already knew that.

So, here are some reminders on how to stay socially involved with others.

Reach out and connect

- Phone a friend to catch up
- Write a letter (remember that lost art and the fun of having a penpal?)
- Schedule regular communication with friends and family members via phone, Skype, FaceTime, Zoom
- Call a friend and watch a movie or television show with them while you're both on the phone.
- Visit a neighbor. Bring a pastry and a cup of coffee or a sandwich and sit on the front porch or in the back yard.
- Join a live stream (like Zoom) class of any type. It could be an exercise class, book club, knitting group or grandparents support

There's still time

Do you want to participate in Zoom meetings or classes? Our staff has created step-by-step instructions to guide you or our technology volunteers are willing to meet one-on-one with you at The Helm (safely distanced wearing masks) or over the phone.

You can learn how to keep in touch with friends, listen to musical performances, watch television programs, play games. You can physically distance, but stay socially connected.

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

Remain socially close while staying physically distanced

group! Just "Google" whatever you are interested in and there's sure to be something out there for you.

- It's equally important to maintain physical and mental health as well. Allie Short, case coordinator at The Helm, recommends the following:

Memory work

- Draw something from memory
- Memorize lyrics to a song
- Memorize your grocery list

Engage the brain

- Play a solo card game such as solitaire
- Work on a jigsaw puzzle. (We have some to loan you!)
- Do a crossword puzzle, word search, Soduko, or other similar activity
- Ponder riddles

Learn/try something new

- Pick up a book on a topic you're interested in
- Learn more about that hobby you've been considering
- Join a webinar or watch TEDx presentations
- Look into learning opportunities in the area. (Visit The Helm's website, helmlife.org, for ideas.

Keep moving

- Join a live stream or prerecorded exercise/dance or movement class
- Don't sit too long. Remind yourself to stand up, and move about every hour or so
- Stretch — either seated or standing

Take care of your mind and body

- Try deep breathing exercises or focus on your breath to calm the mind.
- If you feel lonely, isolated or depressed, contact someone. Call us at The Helm, 313-882-9600. Our employees can help or direct you to someone who can.

The Power of Riddles

A great way to engage the brain is to ponder riddles such as: What is seen in the middle of March and April that can't been seen at the beginning or end of either month?

See our website, helmlife.org, for the answer and more riddles.

WHAT'S HAPPENING AT THE HELM

JANUARY

GUIDED MEDITATION

Monday, January 11 - February 15, 1:00 - 2:00 p.m.

Facilitator: Jonathan Itchon

Registration required

Member: \$30 Nonmember: \$40

Maximum: 10 participants

Kick off 2021 on the right foot! Regular meditation can relieve stress and anxiety; help lower blood pressure and improve sleep, memory recall, energy, creativity, focus and emotional stability. No previous experience necessary. This class is conducted via Zoom. You will receive the link for the weekly meditations upon registration.

PATH - PERSONAL ACTION TOWARD HEALTH (VIRTUAL CLASS)

Wednesdays, January 20 - March 3

1:00 - 3:30 p.m.

Instructor: Margaret Cooper

Registration required

Free to members and nonmembers

Maximum: 10 participants

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 or depression. Participants receive a resource book and relaxation CD. This class will be conducted via Zoom.

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.

Lunch at The Helm

\$7 for members \$10 for nonmembers

Chef Brian prepares nutritious and delicious lunches Monday through Friday. Lunch is currently served on a carry-out basis.

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.

PAATS is operating

Keeping your health and safety at the forefront (or in the front row!)

Pointe Area Assisted Transit Services (PAATS) buses have been operating throughout the pandemic providing necessary transportation to those who need it.

All buses are sanitized before and after each pickup and at the end of every day. All riders and drivers must wear a mask while in the bus.

PAATS will pick you up at your home, take you to your appointment, pick you back up and deliver you home. It's a complete door-to-door service.

Passengers must be a resident of Harper Woods or the Grosse Pointes and at least 60 years of age or disabled. Reservations must be made at least 48 hours ahead of time.

Additionally, PAATS is continuing its free Shop the Gratiot Loop service the first and third Friday of the month. Riders are 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;
- Macomb Mall at Masonic and Gratiot;
- Target on Gratiot north of 14 Mile.

Call 313-343-2580 for more details, applicable charges and to arrange a ride.

WHAT'S HAPPENING AT THE HELM

FEBRUARY

ART AND WELLNESS: ACRYLIC PAINTING

CLASS VIA EMAIL

Wednesday, February 3 through 24

Instructor: Michelle Nunley (Boggess), On the Gogh Studio

Member: \$45 Nonmember: \$55

Minimum: 4 participants

This four-week class teaches the basics of acrylic painting in a fun and self-paced learning style perfect for the beginner or intermediate student. Lessons are geared toward older adults to promote wellness and creativity. Each week students will be emailed an instructional video to work on their painting techniques with optional Zoom meetings to connect and share with the instructor and fellow students. The purpose is to stay socially connected and learn how art can help still the mind and comfort the soul during uncertain times.

After registration, students will receive an email from the instructor with a course summary, list of needed materials and an introduction to acrylic painting techniques. Students then receive a weekly email with a video demonstration and comprehensive, easy-to-follow written instructions with professional tips. Students can schedule call time for one-on-one assistance with the instructor as needed and have access to the instructor's personal email for questions at any time during this course. There also is the opportunity to interact with fellow students at the beginning of each session to discuss their weekly work and progress.

There will be an optional Zoom art show at the end of the four-week session to display and discuss each others' work.

Week One: Landscapes

Week Two: Use of Light and Texture

Week Three: Still Life

Week Four: Free week to paint whatever you like incorporating the skills you've learned.

STRENGTH & BALANCE

**Tuesdays, February 9 –
March 16**

1:00 - 2:00 p.m.

Instructor: Carolyn Bradt

Registration required

Member: \$30 Nonmember: \$40

This 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, February 11 - March 18,
1:00 - 2:00 p.m.**

Instructor: Carolyn Bradt

Registration required

Member: \$30 Nonmember: \$40

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.



MOVIES

12:30 p.m. Showtime

Registration required

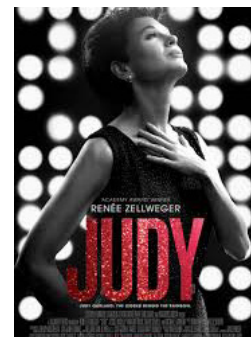
Member: \$2 for snacks and movie

**Nonmember: \$3 for snacks and
movie**

FRIDAY, FEBRUARY 26

"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. Renee Zellweger earned an Academy Award for her portrayal of Judy Garland.



CHEERS TO VOLUNTEERS

In any given year, more than 400 people volunteer their time to The Helm in a variety of capacities from our board members to cafeteria servers to office help. That changed after March 2020. When we had to close our doors to nonessential services, we didn't need as many volunteers. However, one group of volunteers who were absolutely necessary: Meals on Wheels drivers. Throughout the pandemic, a core group of people



David B. loads a week's worth of healthy meals to deliver to Meals on Wheels recipients.

have been delivering nutritious meals to homebound seniors.

Most of these men and women are over age 65 and continue to volunteer even though they are at increased risk of contracting the virus.

"It's the least I can do," said David B., who's been delivering for The Helm since 2015. "When this whole thing hit us back in March, I didn't just want to sit home and let somebody else do it. I wanted to help out."

Added David, "We take precautions and try to make sure recipients are doing the same,

so I don't feel like it's a big deal. I figured somebody has got to do it and I wanted to make a contribution."

"I just think that it's something that's needed," said Larry J. "Some people just really depend on the meals. I think the risks are pretty minimal for me."

"I feel I'm very healthy," said Bernadette T. "I'm doing other things like my own grocery shopping and outside exercise, so I don't think I could not do this when I could do everything else."

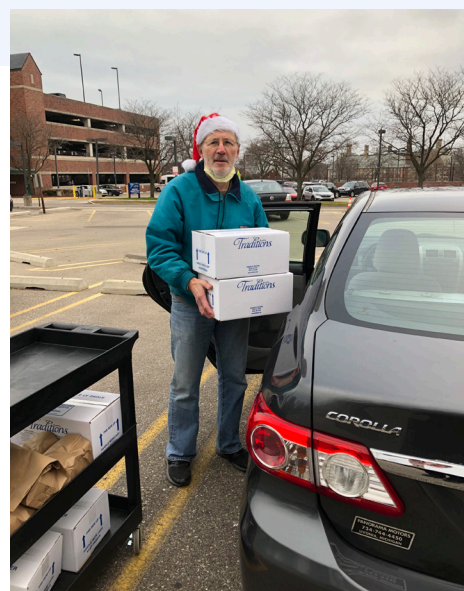
Meals on Wheels used to be delivered daily Monday through Friday. Drivers would hand meals to recipients or even carry them into the house. That changed with COVID-19.

"Now I put it out by the front door or wherever, knock or ring, step back and wave and move on," explained David. "It's just the way it has to be."

Said Bernadette, who retired in 2009, and has been a regular Meals on Wheels delivery volunteer since then, "Some people don't want to open their door when I'm on the porch, so, I step back and they'll open up. Everyone's just being cautious."

As the pandemic worsened and additional precautions were needed for both drivers and recipients, Meals on Wheels converted to five frozen meals delivered on Mondays. Recipients liked the flexibility of the frozen meals and it reduced the need for volunteers.

"You're still able to chat for a



Larry J. prepares to load his car with meals to deliver to clients. Each driver delivers meals to eight to 12 clients per week.

minute or two, but it's not like before," explained Larry.

The volunteer drivers maintain a regular route of customers. "I care about them and how they're doing," Larry said.

Said David, "One gentleman I have regularly asks me to drop some things off in the mailbox for him. It's easy to do and he's very appreciative."

When she first started delivering meals, Bernadette became known to her clients for her natty attire. "I had a lot of business clothes after spending 35 years in pharmaceutical sales," she explained. "People would ask if I was going someplace after and I'd tell them 'I'm dressing up for you.' They seemed to enjoy that."

"We could not have delivered these meals without these dedicated volunteers," The Helm Executive Director Peggy Hayes said. "It truly is amazing the amount of support we receive for

Continued on page 10

Continued from page 7

Meals on Wheels. Every month we receive a number of donations specifically designated for Meals on Wheels. Our annual March for Meals fundraiser has raised substantial funds as have other fundraisers throughout the year."

Added Hayes, "This community is incredibly supportive of Meals on Wheels. When the pandemic hit, so many people called about helping. For obvious reasons, we had to continue with our vetted volunteers, but we were so touched by the outpouring of concern."

In addition to Bernadette, David and Larry, thank you to the following volunteers who delivered Meals on Wheels throughout the pandemic:

Two regular Meals on Wheels drivers passed away in 2020. They are indicated with an asterisk. We appreciate all they did and send deepest condolences to their families.

VOLUNTEERS DURING THE PANDEMIC

Annette C.
Anthony A.
Art B.
Bernie B.
Bob C.
Chris C.
Chris O.
Dennis K.
Donna O.
Donna R.
Doris O.
Doug B.
Gary C.
Jack M.
Jackie P.
Jerry K.
Jim C.
*John W.
Joe F.
Joe L.
Karen W.
Kathleen C.
Kathy Q.
Kim D.
Larry B.
Leon T.
Margaret C.

Margaret C.
Mary S.
Mary Eileen W.
Mary Jo F.
Mary Lynn W.
Mike D.
Patricia C.
Patty M.
Paul B.
Peter C.
Richard C.
Rick E.
Rick N.
Rich S.
Rob S.
Ron W.
Sally B.
Walt P.

VOLUNTEER DRIVERS IN 2020

Alexis C.
Ann V.
Carol B.
Craig W.
Dan G.
David V.
Dino R.
Fred S.
Gale M.

George C.
Happy E.
Hugh S.
Jane M.
Jerry V.
Joan S.
Joe F.
Julie A.
Kathy C.
Kelly B.
Kelly L.
Lynne W.
Marcia R.
Marie M.
Marlene F.
*Martin P.
Mary Jo F.
Mary Kay S.
Matt N.
Michael M.
Peggy B.
Ray W.
Robert B.
Robert F.
Robert Z.
Ronald S.
Sandy S.
Sheri C.
Tom V.

NEWS BRIEFS

Borrow a book or a puzzle or both

You can borrow books and jigsaw puzzles from The Helm. Tell us what you're looking for; we'll select a few things, package them up and leave them on the porch off our parking lot for you to pick up.

With winter here, it's a great time to hunker down with a good book or a puzzle!

We are always looking for more books and puzzles to share. If you see something you think might be of interest, please consider donating to the collection. Please keep us in mind for your donations.

Become a member

Enjoy the social, exercise and lifelong learning programs available at The Helm for just \$48 a year.

We recognize we don't have as many programs right now, but we will soon and you'll enjoy significant savings on various programs. In the meantime, the savings from ordering lunch once a week pays for the annual membership.

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

Call us at 313-882-9600.

Stay fit from home

Exercising while at home is easier than ever! There are so many options.

You can join a Zoom exercise class. You can watch and exercise along with prerecorded classes.

Visit our website, helmlife.org. We've posted information from a variety of resources, including our regular instructors here at The Helm.

You can click on a link and take Seated Full Body Workout with Rosa. You can do Zoom classes with Rosa or Gwen. You can click on a link that takes you to a variety of workouts offered through the YMCA.

Stay active. Stay fit!

TRIBUTES & HONORS

In Memory Of

Carl and Dolores Baranski

Thomas Baranski

Marilyn Mooney

Bonnie and Kenneth Steketee

Roberta and Henry Moy

Alfred and Miriam F. Tom Memorial
Gift Fund

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Micki Nowinski

C. Lynn and Thomas McGann
Katy and Hal Messacar
Kathy and Rick Neumann
Catherine O'Malley
Pieter and Priscilla van Horne

Deborah Wagner

Connie and Dick Dunlap

Holiday Gift Baskets

Emily Baker
Beaumont Hospice and Home Care
Jennifer Bingaman
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Group
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William Campion
Kathleen and Richard Carlson
Laura Casey
Aubrey Crawford
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Ann and Michael Disser
Janet Dzuris
Shelley Eells
Maribeth Farkas

Donations received between
October 19 and December 14, 2020.
If there are any errors or omissions,
please contact 313-649-2113, so we
may make corrections.

Rosanne Ficaro
Fluitt Family
William Goulette
Grosse Pointe Park Holiday and Winter
Survival Group
Grosse Pointe South National Art Honor
Society
Talynn Hemmel
Henry Ford – Pierson Clinic
Home Instead Senior Care
Charles Gay
Denise Klieman
The Helm Knit Michigan Group
Kathy and Greg Kosmatka
Joyce Lajack
Lakeshore Senior Living
Bernadette LaLonde-Tayler
Michele Lindsay
The Helm Mah Jongg Club members
Linda Marshall
Gerard B. Martin and Catherine A. Nordby
Margaret McLaughlin
Paula Miller
Lambro Niforos
Nursing Unlimited
Donna O'Neill
The Helm Quilting Group
Olivia Roncone
St. Paul on the Lake Religious Education
Francis Sinclair
Carolyn Skaff
Mike Sullivan
Sunrise Senior Living
Kathy Troia
Shirley Whelan
Rebecca Wissinger
Mary Lynn Wuthrich
Marie Zeller

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.



Lasting Legacy

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. There are a variety of ways you can bequest funds to The Helm including securities, life insurance and retirement assets. Without obligation, we would be happy to answer any questions you may have. Please call 313-649-2104 to discuss the variety of giving options.

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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**

