

March & April 2021

# THE HELM LIFE JOURNAL

**SPRING RETURNS  
BRINGING MORE  
ACTIVITIES TO THE HELM**

*Page 4*

**WE ARE ALWAYS HERE  
FOR YOU**

Even during the most difficult of times, we continued serving area seniors

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**CLASS REGISTRATION  
GOES ONLINE**

It's easy to do. Here's a step-by-step guide to registering for classes online

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**SEE WHAT'S HAPPENING  
AT THE HELM**

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**CHEERS TO VOLUNTEERS**

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**TRIBUTES & HONORS**

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**JUST A FEW WEEKS UNTIL THE SCILLA SIBERICA  
ARE IN BLOOM AGAIN AT THE HELM**

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

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

**158 RIDGE ROAD, GROSSE POINTE FARMS, MI 48236**

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**313-882-9600**

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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

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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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### VIRTUAL PROGRAMMING

While we add more in-house programming, we are offering a number of virtual classes and activities. If you would like to learn how to participate in these programs, please call us. We have written step-by-step instructions as well as volunteers willing to help with one-on-one instruction.

### BRAIN HEALTH: Solve this issue's riddle

You live in a one-story house made entirely out of redwood. What color are the stairs?

Go to our website, [helmlife.org](http://helmlife.org). Click on the *Things to Do* tab, *Staying Healthy from Home*, for the answer and more riddles.

### 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](http://www.helmlife.org), to confirm program details.

### REMINDER:

THE HELM AND PAATS  
OFFICES WILL BE CLOSED  
FRIDAY, APRIL 2, IN  
OBSERVANCE OF GOOD  
FRIDAY.





## Spring brings new growth — in nature and at The Helm



**I**t has been nearly a year since The Helm first shut its doors to nonessential services. This same issue – March/April – one year ago was packed with so much to do here. We were trying to fit everything in our facility. A year later, as we've recently reopened for the second time since last March, we're in the same situation — trying to fit everything in. Just in a different manner.

Now we have to be sure there are enough rooms for activities, enough space within those rooms to provide physical distancing between participants and enough offerings of the same class to fit the number of people who want to take that class. Where we could fit 25 people on the third floor for Seated Full Body Workout, now we're limited to 14, so we have to offer it a couple of different times and days — and with enough time to properly clean between classes. It is a challenge to say the least!

And, it is going to continue this way for the next couple of months, until enough people have received vaccines and the prevalence of COVID-19 has diminished in Michigan. While we are definitely suffering from COVID fatigue, we will not become complacent. We will make sure we have enough classes to keep our members active, enough classrooms with enough physical distancing space to have those classes, enough time throughout the day and week to provide multiple classes with enough time to sanitize between classes and enough measures in place to keep our members safe.

We are being cautious. In the following pages you will find just a few more “classes” than we had in February when we reopened. Rental of the PingPong tables is back, we have a cooking demonstration in March and the PATH and Creating Confident Caregivers workshops and Friday movie matinees in March and April. We're holding steady with our ongoing exercise classes. (We're hoping to add more in the coming months.)

Where we can do more, we are: online! We've filmed exercise classes, loaded them up to our YouTube page and linked them on our website so you can do the classes on your own time and in your own time frame. We keep updating our website with links to activities, tours, webcams and performances near and far. Let our website be your starting point. You will truly be amazed what you can find on the Internet!

As March and April see the trees and flowers bud, so it will see us bud here at The Helm. Little by little, our programming and activities will expand. No promises that we'll be back to where we were one year ago before the pandemic, but confident that it'll be enough on our return to normalcy.

Stay safe. Stay healthy.

**Peggy Hayes**  
Executive Director



# We were (and are) here all year

Even though 2020 was a year like no other, throughout the entire pandemic, dedicated Helm staff continued to provide essential services to our community. We stepped up providing meals, continued to make sure seniors were transported to vital appointments, and helped our members stay connected. When The Helm closed its doors to non-essential services, we were still here providing the essential services on which older adults in our community rely. In 2020 we:

- Provided more than 23,000 meals to homebound seniors through Meals on Wheels;
- Distributed 200+ Holiday Gift Bags;
- Provided 825 pieces of medical equipment and hygiene products through our medical loan closet;
- Served more than 5,100 carryout lunches;
- Helped 550 people with Medicare questions and open enrollment;
- And made countless referrals and reassurance calls and other points of contact.

The majority of our funding is through donations. Those donations are what enabled us to continue to provide these essential services during the pandemic.

You made that possible and we are ever grateful! Thank you for your continued support.

## What we accomplished together in 2020



825

pieces of medical equipment and hygiene products supplied to nearly 300 people



5,662

volunteer hours for a value to the community of nearly \$155,000



23,000

meals delivered to homebound seniors through Meals on Wheels



6,690

rides on Pointe Area Assisted Transportation Services buses to necessary medical appointments and grocery shopping



\$273,000

direct savings on medical and drug plans through one-on-one Medicare counseling with 550 seniors



5,100+

nutritious congregate/ carryout lunches provided safely and conveniently



505

received tax preparation assistance in a season shortened by the pandemic



2,200+

adults and caregivers were connected to vital community resources, programs and services

# NEW IN 2021!

**Register for classes online. It's easy, safe and secure.**

It's now easier than ever to register for classes at The Helm. If you have been issued a key tag from The Helm, you can register for classes and activities online.

## Create your account

With your key tag from The Helm in hand (or at least the number off your card) go to [myactivecenter.com](http://myactivecenter.com). You will be asked to select The Helm either by typing it in or clicking on it in the drop down menu. You then will be asked to type in your card number and the telephone number associated with your account.

It's now time to create your account. You will be asked to enter your email and create a password. Once you've created your account, you will be directed to The Helm's page with all of the available activities.

## Register for an activity or program

Click on the name of the activity in which you are interested. It will provide a calendar of date(s) and time(s) for that event. Select the one you want and click the Add to Cart button. You will need to add each event and or session of an event individually into your cart. Once you add an event, you have the option to Continue Shopping or click on the X in the upper right of the Activity Registration box and return to the prior screen. If you want to add more activities, click on the Activities button at the top of the page.

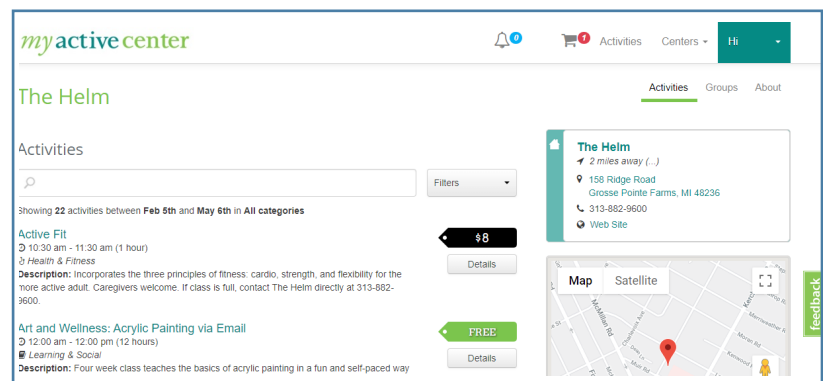
## Make your payment

When you are finished registering for activities, simply click on the shopping cart icon at the top of your MyActiveCenter page. This will direct you to your shopping cart where you can see the classes you registered for. To pay for your classes, fill in the credit card information requested and click on the green Pay Now button at the bottom of the page to make payment through our secure site.

Your activities remain in your shopping cart until you pay. If you need to unregister from a class, you may do so. If you unregister prior to the start date of the class, you will receive a full refund.

## Keeping track of your activities

Once you have paid for your activity(ies), it will be stored on your My Activities page. (You'll see the drop down for this when you log into your account.) Check your page to remind you of your upcoming activities.



You can access your MyActiveCenter account (and My Activities calendar) from a desktop, laptop, tablet or smartphone. You do not need to download or install any apps!

If you and your spouse share an email address, you can add them to your account from the My Account page.

Lastly, if you need assistance, we're here to help. We can provide you with your key tag number if you can't find your key tag and tell you the telephone number associated with that key tag (in case you have multiple phone lines).

We are excited to offer this service and are confident you will find it a simple, convenient way to register, pay for and monitor your activities here at The Helm!

# Enjoy the outdoors

## Nature's benefits are bountiful

Spring is on its way with better weather and new outdoor activities. Pretty soon you can hit the links, courts and pools!

Spending time outdoors improves mental health. Research has shown that nature makes us happy and helps decrease feelings of depression, anger and anxiety. A study in the *Journal of Aging and Health* found that adults over 70 who spent time outdoors experienced fewer sleep difficulties, complained less about aches and pains and enjoyed improved mobility and ability to perform daily activities.

The Healthy Grosse Pointe & Harper Woods Coalition is encouraging a new program, "1000 Hours Outside." Visit their website, [healthygphw.org](http://healthygphw.org), for ideas to spend time outside and to track your outside hours. This past year has taxed our

psyches (and perhaps our bodies too). Time to reinvigorate with outdoor time.



## Ideas to get you started

- Enjoy a cup of coffee, lunch or a snack on the Patio at The Helm. Bring a friend, stay physically distanced and enjoy good conversation as well as the fresh air.
- Visit our website frequently to see what new outdoor activities we have!
- Visit your local park. If you have lakefront access, take a seat and watch the wildlife and the ships go by.
- Stroll down Lake Shore Road.
- Walk around your house and make a list of outdoor chores that need to get done. Plan a spot for an inground garden or above ground planters for vegetables or flowers.
- Put a chair in your yard. Take a book and read a certain amount of time each day. Or just look up at the sky and see what shapes the clouds are making. Take pictures every two weeks of the trees and plants and see how they've grown.
- Meet a neighbor for a drive-way catch up conversation.

Other than any food or beverage involved, these are all free things to do outdoors. If you think on it a bit, you can probably come up with several more — just think about it outdoors!

## Evidence-based classes help you live your best life

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

outcomes for people who participate. One on-going class at The Helm is **Seated Full Body Workout Routine** held Tuesdays and Thursdays.

Two other classes are happening in March & April:

**Creating Confident Caregivers** which helps those caring for someone with Alzheimer's disease, dementia or memory loss, and

### **Personal Action Toward Health (PATH)**

which helps people with long-term or chronic health conditions better manage their symptoms and stress related to their condition.

Read more about these classes on page 9. Register online at [myactivecenter.com](http://myactivecenter.com) or call 313-882-9600.



# FUN & FRIENDSHIP

What's Happening at The Helm

## ONGOING ACTIVITIES

### EUCHRE CLUB

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

Facilitator: Dave Stander

Member: Free Nonmember: \$5 day pass

Both experienced and beginning players welcome.

### BINGO AND TREATS

Tuesdays, 10:00 - 11:00 a.m.

Member: \$2 (one 25¢ card and refreshments)

Nonmember: \$5 day pass plus \$2 (one 25¢ card and refreshments)

### MAH JONGG CLUB

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

Member: Free Nonmember: \$5 day pass

### PINGPONG

Monday through Friday, 2:30 - 4:00 p.m.

Member: Free Nonmember: \$12 per hour/table rental

## MOVIES

Showtime: 12:30 p.m.

Registration required

Member: \$2 for snacks and movie

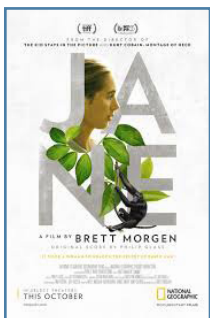
Nonmember: \$3 for snacks and movie

Friday, March 26 "HARRIET" (2019)

The story of abolitionist Harriet Tubman from her escape from slavery through the missions she led to liberate hundreds of slaves through the Underground Railroad.



Friday, April 30 "JANE" (2019)



This documentary focuses on Jane Goodall's early explorations and research in Tanzania, her relationship with cameraman and husband Hugo van Lawick and the chimpanzees that were her subjects.



## LUNCH

Cost: \$7 member \$10 nonmember

Lunch currently is available inside The Helm or as a carry-out. Please make your lunch reservations no later than 10:00 a.m. the morning of and indicate whether you are dining in or picking up a carry out. Lunch is served/available for pick up 11:30 a.m. to 12:15 p.m.

## SERVICES & SUPPORT

### ASK THE PHYSICAL THERAPIST

First Tuesday of every month, 9:15 - 10:00 a.m.

Facilitator: Jessica Malfa, PTA, David Gilboe & Associates

Free to members and nonmembers

### GRIEF WORK

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

Facilitator: Frank Wilberding, LMSW, CAADS, Psychotherapist

Free to members and nonmembers

Registration required

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.

### MEDICARE COUNSELING WHEN YOU NEED IT

Free to member 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 offers one-on-one personalized New to Medicare presentations via phone or live video chat. Call 313-882-9600 to schedule your appointment.

# HEALTH & WELL-BEING

## SEATED FULL BODY WORKOUT ROUTINE (ENHANCE FITNESS®)

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

**Thursdays, 10:30 - 11:30 a.m. or 11:45 a.m. - 12:45 p.m.**

**Instructor:** Rosa Hunter

**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.**

## CREATING CONFIDENT CAREGIVERS

**Thursday, March 11 – April 15, 1:00 - 3:00 p.m.**

**Facilitator:** Carolyn Van Dorn, Nursing Unlimited

**Free to members and nonmembers**

*Registration required*

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

**Call Carolyn at 313.642.1122 to register for the workshop.**

## BEAUMONT COOKING DEMONSTRATION: "Making Healthy Meals for 1 or 2 People" (In-Person)

**Wednesday, March 17, 1:00 – 2:00 p.m.**

**Facilitators:** Nancy Weiss, Registered Dietician and Chef Dan Kellogg

**Free to member and nonmembers**

*Registration required*

**Maximum: 10 participants**

This cooking demonstration will feature how to make healthy meals for 1 or 2 people. Nancy will discuss how to cook simple nutritious meals at home instead of high fat, high sodium foods from fast-food and frozen dinners.

## PATH - PERSONAL ACTION TOWARD HEALTH (Virtual Class)

**Wednesday, April 14 – May 19, 10:00 a.m. - 12:30 p.m.**

**Facilitators:** Margaret Cooper and Detroit Area Agency on Aging Staff member

**Free to members and nonmembers**

*Registration required*

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

## EXERCISE CLASSES

**The Helm exercise classes are for adults of all abilities. The atmosphere is fun, welcoming and non-competitive. Registration is required.**

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

**Nonmember: \$8.00 per class**

## ACTIVE FIT

This class incorporates movement (cardio), muscles (strength), flexibility and balance for the more active adult.

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

**Instructor:** Stacey Panduren

## TAI CHI BEGINNER CLASS

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

**Instructor:** Susan Smith

## CONTINUING TAI CHI CLASS

For those with previous tai chi experience.

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

**Instructor:** Susan Smith

## YOGA

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

**Instructor:** Judy Sarvis

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

**Instructor:** Jessica Kodanko

## CHAIR YOGA

**Mondays and Wednesdays, 10:15 - 11:15 a.m.**

**Instructor:** Judy Sarvis

**Mondays and Wednesdays, 11:30 a.m. - 12:30 p.m.**

**Instructor:** Judy Sarvis

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

**Instructor:** Jessica Kodanko

## A great place to belong!

**A**s we begin to fill our calendar with more activities and programming, it's a great time to renew your membership or become a member at The Helm.

Membership provides you reduced rates on exercise classes, social activities, lunch and special lectures. You can stop by for coffee with a friend or to read the paper. You can borrow a book or a puzzle. We have a few special events this summer and we hope the coming months see the return of our lifelong learning classes.

We are a source and a resource for everything related to growing older in Harper Woods and the Grosse Pointes.

Complete the form below and send in today!

## New Board members

Terence A. Thomas and Cheryl A. Wesen M.D., FACS, were elected The Helm's Board of Trustees at its December 19, 2020, meeting.

A resident of the City of Grosse Pointe, Thomas is co-founder of Thomas Group Consulting, Inc., a member of Grosse Pointe City Council and serves on the boards of St. John Hospital Foundation, Loyola High School, Covenant House of Michigan and the Board of Advisors for the University of Detroit Jesuit High School and Academy.

Dr. Wesen is a resident of Grosse Pointe Farms. She is the medical director of the breast program at Ascension St. John Hospital and a clinical associate professor at Wayne State University School of Medicine. She also is a board member on the St. John Foundation, vestry member at Christ Church Grosse Pointe, and involved in numerous professional organizations. She received her general surgery training in the U.S. Army, where she served 16 years and was honorably discharged as a lieutenant colonel.

**Join The Helm today!**  
**Just \$48 annually**

THE  
**HELM**  
AT THE BOLL LIFE CENTER

Name \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Telephone Number \_\_\_\_\_

Email \_\_\_\_\_

Return completed form with payment to  
The Helm at the Boll Life Center,  
158 Ridge Road, Grosse Pointe Farms, MI 48236

**Payment method:** ☐ Cash ☐ Check ☐ Credit Card

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

Name on Card \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Card Number \_\_\_\_\_

CVC/CVV \_\_\_\_\_ Exp. Date \_\_\_\_\_



# CHEERS TO VOLUNTEERS

## *Student intern gives and receives*

*These young volunteers earn an education – and educate staff, members and clients along the way*

One group of volunteers over the years that people may not realize are even volunteers, are the college interns.

These student volunteers earn the required on-the-job training credits for their degree while The Helm receives extra help and fresh ideas.

"The Helm provides a variety of learning opportunities for social work interns to apply their knowledge and skills learned in the classroom," Heidi Uhlig-Johnstone, The Helm's director of volunteer services explained. "But we also benefit from having social work interns. They bring a fresh perspective, intergenerational socialization for older adults at the center, and an extra set of hands to support staff in various projects."

The Helm's current volunteer is Talynn Hemmele, a student pursuing a Master of Social Work degree at Wayne State University. (She earned a Bachelor of Social Work degree from Eastern Michigan University.) She has focused her social work studies on older adults, so The Helm was a natural fit.

"I've just always liked being with and working with older adults and the senior population," Talynn said.

During her time at The Helm, Talynn has

- made friendly phone calls to members including weekly contact with specific clients;
- assessed clients for Meals on Wheels;
- packaged Meals on Wheels for volunteers to distribute;
- helped with the holiday gift bag program; and
- performed other tasks including carry-out lunches, socializing with program participants and case coordination and referrals.

"I enjoy making friendly phone calls, especially now when so many people feel isolated. It's nice to have someone to talk to," Talynn said. "And I really enjoy helping with Meals on Wheels. My help gives someone food for the week who may not otherwise have food."



**Intern Talynn Hemmerle**

Uhlig-Johnstone explained that The Helm has utilized volunteer interns more than 10 years. Most work during the school year, September to May. "We're really fortunate to have these extra hands here at The Helm. This year was quite challenging. Talynn has had less in-person contact than prior interns, but has played a significant role in keeping in touch with members and clients during this difficult period. We cannot thank her enough for her dedication and hard work and wish her all the best in her future."

"I really like the clients and members here," Talynn said. "Everyone is friendly and kind. While I'm here to help them, they help me as well."

If you're at The Helm between now and mid-April and see Talynn, say hello and wish her the best. And be ready next fall when a new intern joins the ranks.

# TRIBUTES & HONORS

## In Memory Of

### John Watson

*Beverly Curtiss*

*Elizabeth and Michael Fozo*

*Charles and Laura Huebner*

*Arlene and John Lewis*

*Thomas and Lynn McGann*

*Kathleen and Thomas Quilter III*

### Marie Vanderpool

*Donald and Julie McBride*

*Suzanne Memmer*

*Charles and Cathy Ruifrok*

## In Honor Of

### Mr. and Mrs. Gary Colett

*Happy Echlin*

### Mrs. Thomas Bookmyer

*Happy Echlin*

### Mr. and Mrs. John V. Croul

*Happy Echlin*

Donations received between December 14, 2020 and February 5, 2021. If there are any errors or omissions, please contact 313-649-2100 so that we may make corrections.

## Sponsors & In-Kind Donors

Hillside Hearth

Josef's European Pastry Shop

Kroger Rewards

Panera Bread

*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.*

## The Helm Legacy Society

### A simple way to support The Helm

**A**n estate plan is one of the most effective tools to secure the future of your loved ones. It also is a way you can provide for a cherished cause without compromising your lifestyle and ensuring the mission continues for the organizations in which you believe.

The Helm is fortunate to have dedicated benefactors supporting its mission, including many who have chosen to secure its future through planned gifts. These generous visionaries have turned their compassion into action.

To express our appreciation for this committed group of donors who have remembered The Helm in their estate plan, we established The Helm Legacy Society. Members of this group share the common bond of philanthropy and vision to provide for the needs of future generations.

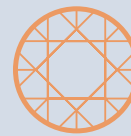
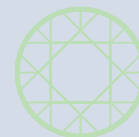
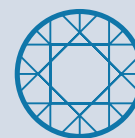
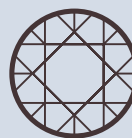
You can show your personal compassion by remembering The Helm in your will, trust or other

planned gift. This gift costs nothing during your lifetime and no gift has a more lasting impact. A planned gift also offers many potential advantages, including federal estate tax savings, the elimination or reduction of capital gains taxes and the opportunity to increase spendable income. And it's your lasting legacy to The Helm to ensure its humanitarian work for future generations.

There are a number of ways to leave a legacy to The Helm through planned giving: Bequests, Securities, Life Insurance and Retirement Assets.

In future issues of the Journal we will explore these various types of planned giving.

For more information about The Helm Legacy Society, call 313-882-9600.





# THE HELM

## 2021 MARCH FOR MEALS

### Virtual Edition

#### MARCH 2021

Our 3rd annual March for Meals is simple. You can march, walk, run, bike, skip, jump or hop on the sidewalk, a treadmill, or in your backyard. Or don't walk at all. However you choose to support us is your secret!

(If you want to make it an actual walk, we've listed some 3-mile routes on our website.)

Walk proceeds benefit The Helm's Meals on Wheels program. Last year, we served 23,000 nutritious meals to homebound Harper Woods and Grosse Pointe residents unable to safely prepare meals for themselves.

For more information or to

**SIGN UP AND PLEDGE VISIT**  
**HEMLIFE.ORG/MARCH-FOR-MEALS**



The Helm 2021 March for Meals is in partnership with  
Grosse Pointe Memorial Church.

158 Ridge Road, Grosse Pointe Farms, MI 48236 (313) 882-9600





# Health screenings shouldn't wait, even now

Don't delay the important  
care you need

Delaying screenings may impact your health. Heart, colon and lung screenings, as well as mammograms, can help your Ascension St. John care team get a clearer picture of your health and work with you to address any concerns.

Talk to your doctor about a plan that works for you. If you do have an in-person screening or need follow-up care, Ascension hospitals and facilities are following strict safety precautions so we're fully prepared for your safety while in our care. Ask if a virtual visit is available for your pre-screening or any follow-up appointments you may have.



Schedule a heart scan at [ascension.org/heartscan](https://ascension.org/heartscan), or schedule other important health screenings with your doctor today at [GetAscensionMichiganCare.com](https://GetAscensionMichiganCare.com)



**Ascension  
St. John**