

May through August 2021

# THE HELM LIFE JOURNAL

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

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**EXPERIENCE THE GREAT  
OUTDOORS**

So much planned for  
outside this spring and  
summer

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**CLASS REGISTRATION  
GOES ONLINE**

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step-by-step guide to  
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IN A FEW SHORT WEEKS, OUR FRONT LAWN WILL BE  
FULL OF FUN ACTIVITIES. SEE INSIDE FOR DETAILS.

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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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## **THE GREAT OUTDOORS**

**We have a bevy of  
classes scheduled  
outside on the beautiful  
grounds surrounding  
our house. Read the  
many articles about our  
outdoor programs and  
all about the programs  
themselves throughout  
the following pages.  
We are excited to bring  
these new programs to  
you!**

**Notice:** 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.



## Take a breath

**M**ay is here and with it this wonderful feeling of being able to breathe. It seems like the last 15 months, we were just holding our breath waiting for the next bad thing to happen. While we certainly aren't back to normal or whatever our new normal will be, it feels like we can fully inhale and exhale.

The better weather has a lot to do with that feeling. It's great to be able to sit outside, enjoy the fresh air, take a walk without sidestepping ice and slush. Each day it seems to get greener and greener, lusher and lusher.

We need to keep that feeling going, not to mention take advantage of what we have – our beautiful grounds here at The Helm. We need to enjoy every aspect of this wonderful facility.

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 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.

We have so much planned outdoors this summer. We have art classes, lawn games and barbecues, gardening classes, and so much more. You can enjoy coffee or lunch on the patio or just sit outside

and read a book. We're going to do as much as our unpredictable Michigan weather allows.

The fun continues all summer! In the following pages, you will read what's in store for May, June, July and August, but we have so much more planned for September and even October. As long as we can, we're going to take advantage of the great outdoors. I think it will help us all breathe easier!

We're also doing something we've never done before and that's take classes offsite. A new class for us is Plein Air Painting. This is painting in the open air. The first class will be at The Helm; the following two sessions will be at other picturesque points in our community. Read more about this on pages 6 and 10.

Additionally, we've partnered with Detroit Abloom to offer our yoga and tai chi classes at their lovely gardens on Manistique in Detroit. We will continue to have all of our exercise classes here at The Helm, but are adding these two classes once a week at the Detroit Abloom facility. You can read more about this on pages 6 and 11.

We must stay vigilant, but appreciate what's around us. Begin by taking a deep breath and enjoy the sights, sounds and smells of nature. Join us for one of our many outside activities.

Be sure to visit our website, [helmlife.org](http://helmlife.org), and follow us on Facebook and Instagram for the most up-to-date programs and activities. And, of course, keep reading *The Helm Life Journal*.

**Peggy Hayes**  
Executive Director



### *Nature's benefits are bountiful*

**A**fter a long winter and so many months forced inside due to the pandemic, it's time to move outdoors and enjoy fresh air and nature.

According to an article on WebMD.com, spending time outside has several benefits for physical and mental health.

- Being outdoors increases Vitamin D levels. Vitamin D is good for your bones, blood cells and immune system.
- Spending time outdoors improves your sleep. Cells in your eyes need enough light to get your body's internal clock working right.
- Sunlight helps keep serotonin levels up which helps raise your energy and keeps your mood calm, positive and focused. That all equates to less anxiety.
- Plants release phytoncides into the air that seem to boost immune function. Sunlight also energizes infection fighting T cells. All good for



boosting your immune system.

- Spending time outside helps you keep a healthy weight. Outdoor time helps you be more active and sleep better which helps you burn calories.

The Helm is conducting numerous programs outside this year. While we have had a few programs over the years, it was just easier to fall back on being inside. It took a pandemic to remind us of everything we have here on Ridge Road. It's time we use it all for fun and better health. Check out the many programs beginning below.

### **Intergenerational garden coming in May**

**K**eeping in step with our many new outdoor activities at The Helm this summer, we're excited about the Intergenerational Garden Program beginning in May. Sponsored and facilitated by Grosse Pointe Garden Center, this program will unite members of Grosse Pointe Garden Center, The Helm, senior Girl Scouts and other volunteers in gardening activities around our building.

Participants will work together on light gardening projects, including planting and maintaining pollinator gardens in raised beds and small areas around The Helm's patios. The garden sessions will include short educational activities in addition to gardening chores. Each session ends with snacks and socializing.

The program begins Saturday, May 29. Please refer to The Helm website and social media for exact

dates and times.

If you enjoy gardening or just being outside in the fresh air, come join us. This is a terrific way to learn something new or share your gardening knowledge with others, especially the younger generation. It's not only rewarding watching a garden grow into a beautiful space for butterflies and bees, but even more so to help cultivate the next generation of gardeners!



For more information or to volunteer, call The Helm at 313-882-9600.

### One more way to enjoy Michigan's spring and summer

Another entry in outdoor activities at The Helm this spring and summer is Plein Air Painting. According to [artistsnetwork.com](http://artistsnetwork.com), plein air painting goes back centuries, made into an art form by the French Impressionists. Their desire to paint light and its changing, ephemeral qualities, coupled with the creation of transportable paint tubes and portable canvases and easels, allowed artists the freedom to paint “en plein air,” or “in the open air.” Claude Monet and Pierre-August Renoir are just two of many famous plein air advocates and much of their work was done outdoors.

Instructor Michelle Boggess-Nunley will hold

her first class on the picturesque grounds of The Helm. Other classes will be held in locations throughout the Grosse Pointes. Said Boggess-Nunley, “Each location has a unique history and story to tell. The task of the painter is to see it and describe it through a subjective point of view, while exploring creativity within the element of the subject.” See page 10 for more information.



### Enjoy fresh air all summer at Detroit Abloom

**D**etroit Abloom, a Michigan nonprofit organization which started as a way to show how cut flower farming could be a viable way to repurpose vacant land, has grown into an outdoor wellness center for people of all ages and walks of life. They believe that regular exposure to nature, good company, and high-minded principles of community revitalization have tremendous healing potential. And, so do we! The Helm is excited to partner with Detroit Abloom to provide outdoor activities to help improve physical and mental health.

At right is what we have in store this spring and summer. Be sure to join us! (See page 11 for more information including instructors, costs and class descriptions. Register for classes at The Helm.)



Participants enjoy yoga in the pavilion at Detroit Abloom

#### Yoga

Tuesdays, June 8 – September 14, 9:00 – 10:00 a.m.

#### Tai Chi - Beginner

Wednesdays, June 9 – September 15, 9:00 – 10:00 a.m.

#### Succulent Jewelry Workshop

Thursdays, June 17 and July 15, 1:00 - 2:00 p.m.

#### Fresh Cut Flower Bouquet Workshop

Thursdays, July 22, August 19 and September 16, 1:00 – 2:00 p.m.

#### Butterflies and Bees 101

Thursday, August 12, 1:00 – 2:30 p.m.

When you visit Detroit Abloom, check out all their scheduled activities.



*Detroit Abloom began as a project to use cut flower farming to turn vacant land into exceptional beauty while creating meaningful jobs and increase community pride. It now includes an outdoor wellness center specializing in enhancing health and healing through nature and a soul-centered way of life. For more about Detroit Abloom, visit its website at [detroitabloom.com](http://detroitabloom.com).*



## Registering for classes is easier than ever!

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. If you do not have a key tag or have misplaced it, please call The Helm.

First, with your key tag from The Helm in hand (or at least the number off your card) go to our website, [helmlife.org](http://helmlife.org), and click on the *Register for Programs* button at the top of the page. Click on the *New Users* button to create your account. You'll be asked to type in your card number, the telephone number associated with your account, your email address, and a password. You are all set.

Scroll through the programs, click on the activity 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.

When you are finished registering for activities, simply click on the shopping cart icon at the top of the page to make payment. Fill in the requested information and click on the green *Pay Now* button to make payment through our secure site.

Once you have paid for your activity(ies), it will be stored on your *My Activities* page. Check your page to remind you of your upcoming activities. You can access your online account and calendar from a desktop, laptop, tablet or smartphone. You do not need to download or install any apps!

If you need assistance, we're here to help. Call us and we can help walk you through the process. 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!

## Fresh Produce at The Helm

From 11 a.m. to noon every Tuesday beginning July 6 and running until late September, small baskets of fresh vegetables will be available at The Helm. The produce, provided by the Full Circle Foundation Garden Growers Farmers Market, is free. There will be cut flowers, as well. Availability is on a first come, first served basis.

*Full Circle Foundation provides job skill training for individuals with special needs.*

## Save Our Dates

As a nonprofit organization, we rely on generous donations to keep our operation running. We conduct a number of fundraisers throughout the year to raise needed monies. Two of our major events are coming up soon.

**Fore The Helm** golf outing will be Monday, July 19, at Lochmoor Club. This event is a great chance to have fun with friends outdoors, golf the tournament caliber course and enjoy the lush flora and fauna throughout the grounds. (Did you know the course houses a pond with lotus?)

Our other major fundraiser is our **Annual Gala** Thursday, October 14. This is the 25th Gala and we have plenty of events to commemorate this milestone. There will be fantastic items to bid on online, as well as fabulous live auction items.

Details for these events will be coming soon, but in the meantime, **Save Our Dates!**



**Fore The Helm  
Golf Outing  
Monday, July 19**



**The Helm 25th Annual Gala  
Thursday, October 14**



# FUN & FRIENDSHIP

PARTICIPATION IS LIMITED FOR ALL PROGRAMS. REGISTRATION IS REQUIRED FOR EVERY PROGRAM. REGISTER ONLINE AT [HEMLIFE.ORG](http://HEMLIFE.ORG) OR CALL 313-882-9600.

## EUCHRE CLUB

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

Member: Free Nonmember: \$5 day pass

Both experienced and beginning players welcome.

## NO-SEW FLEECE BLANKET MAKING

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

Free to members and nonmembers

We're back! Come and help us create easy and fun fleece blankets for people in need.

## COFFEE CONNECTION

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

Free to members and nonmembers

Catch up with old friends or meet new ones while enjoying a cup of coffee or tea. Getting out and being with others feels so good after the last 15 months!



## CHESS AND CHECKER CLUB

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

Member: Free

Nonmember: \$5 day pass



Bring a friend to play or stop on by for a game with a new friend. You can play indoors or outside. Just something new, relaxing and fun after so many months of alone time!

## MAH JONGG CLUB

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

Member: Free Nonmember: \$5 day pass

## 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 Monday through Friday, 11:30 a.m. to 12:15 p.m.

## BINGO AND TREATS

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

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

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

## OUTDOOR LAWN GAMES

Monday through Friday,  
10:00 a.m. - 4:00 p.m.

Member: Free Nonmember: \$5 day pass

As long as weather permits, grab a few friends and head on over for lawn games including corn hole, croquet and ring toss. We supply the games. You just grab your friends and head on over!



## PINGPONG

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

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

## BBQ ON THE LAWN

Fridays, May 21 and June 25,  
July 30 and August 27, 5:00 - 7:00 p.m.

Member: \$12 Nonmember: \$18

2021 is shaping up as the year of the out of doors and what better way to enjoy it than with friends, fun, food and games on our beautiful front lawn! There will be hot dogs, hamburgers, sides and desserts. You'll need to bring your own beverage. (If the weather doesn't cooperate, we'll just move the festivities inside, so it's a date no matter what!)

### FAST FACT

### Stay Social

A study from the *National Academy of Sciences* found that older adults with limited social lives are more likely to suffer from hypertension, coronary artery disease, cardiac failure, depression and dementia. Stay social. Join in any of the fun activities at The Helm!

PARTICIPATION IS LIMITED FOR ALL PROGRAMS. REGISTRATION IS REQUIRED FOR EVERY PROGRAM. REGISTER ONLINE AT HELMLIFE.ORG OR CALL 313-882-9600.

## MOVIES

Showtime: 12:30 p.m. Member: \$2 for snacks/movie Nonmember: \$3 for snacks/movie

Friday, May 14

### "NEWS OF THE WORLD" (2020)

Five years after the end of the Civil War, a captain agrees to escort a 10-year-old girl to her aunt and uncle across the harsh and unforgiving plains of Texas.



Friday, July 9

### "MINARI" (2020)

The patriarch of a Korean family living in California during the 1980s wants to be a farmer in Arkansas, but his family experiences severe culture shock as they try to assimilate in the community.



Friday, May 28

### "PICK OF THE LITTER" (2018)

Follow the progress of five Labrador retrievers trained from puppyhood to serve as guide dogs for the blind, as well as the human devotion needed to help the canines learn a complex set of behavioral skills.



Friday, July 23

### "THE FATHER" (2020)

Anne has always adored her impish, independent and aging father. But his mind is failing, and as he rejects every caregiver she brings in, Anne finds herself in an anguishing quandary about making her own life choices.

Friday, June 18

### "LAND" (2021)

A local hunter brings a grieving lawyer back from the brink of death after she retreats to the harsh wilderness of the Rockies.



Friday, August 13

### "THE LIFE AHEAD" (2020)

Holocaust survivor Madame Rosa and 12-year-old orphan Momo experience the power of forgiveness when she takes the boy in after he's caught stealing from her. Sophia Loren stars; her son directs.

Friday, June 25

### "TEA WITH THE DAMES" (2018)



Acclaimed actresses Maggie Smith, Judi Dench, Joan Plowright and Eileen Atkins – all Dames of the British Empire – gather for a captivating conversation that includes reminiscences, gossip and untold tales about their stage and film careers.

Friday, August 27

### "LOVE, GILDA" (2018)

The late comedienne Gilda Radner left behind a wealth of audiotapes, videos and personal diaries, all of which provide an endearing cinematic portrait of her in this affecting documentary.



# LEARN & GROW

PARTICIPATION IS LIMITED FOR ALL PROGRAMS. REGISTRATION IS REQUIRED FOR EVERY PROGRAM. REGISTER ONLINE AT [HEMLIFE.ORG](http://HEMLIFE.ORG) OR CALL 313-882-9600.

## FRENCH ON THE PATIO

(Level: Intermediate)



Wednesdays, May 5 - July 28, 2:00 - 3:00 p.m.

Instructor: Deborah DuFour

Member: \$55 Nonmember: \$60

Class will gather on one of the patios at The Helm for conversational French for everyday life and focus on essential expressions, socializing, family and home, around town and at the restaurant. Participants will practice listening and speaking by working in small groups.

## INTERGENERATIONAL GARDEN



Begins Saturday, May 29

Time: Visit [helmlife.org](http://helmlife.org)

Facilitator: Grosse Pointe Garden Center

Free to members and nonmembers

Enjoy light gardening projects at The Helm with younger generations. Open to those with gardening experience and those who want to learn. See page 5 for more information.

## ART ON THE FRONT LAWN

### Backroad Flower Basket



Thursday, June 10, 1:00 - 2:30 p.m.

Facilitator: Michelle Boggess-Nunley, On the Gogh Studio

Member: \$25 Nonmember: \$30

Create this country inspired blue bicycle painting with simple step-by-step instructions from our facilitator. This class is great for all skill and experience levels. All supplies included from canvas to paints, so sign up today and let us help you discover your inner Van Gogh! This class will be held on our beautiful front lawn off Ridge Road. (Class will move indoors for inclement weather.)



## REMINDER:

THE HELM AND PAATS OFFICES WILL BE CLOSED MONDAY, MAY 31, FOR MEMORIAL DAY AND MONDAY, JULY 5, FOR INDEPENDENCE DAY.

## PLEIN AIR PAINTING WORKSHOPS



Wednesdays, June 23, July 28 and

August 25, 2:00 - 3:30 p.m.

Facilitator: Michelle Boggess-Nunley

Member: \$25 per session

Nonmember: \$30 per session

Explore the beauty of our local community while discovering a style of artwork known as plein air painting or "painting in the open air." Each class will be at a different outdoor location in the Grosse Pointe community. The first class is on the picturesque grounds of The Helm. Classes are suitable for all skill levels. Participants will be given a canvas, easel, paints and apron and an instructor will lead the class through easy-to-follow instructions. Classes will be taught standing up, though participants are welcome to bring a chair, water and a light snack, if desired.

## REAWAKEN YOUR SENSES WORKSHOP



Thursdays, July 1 - 29, 2:00 - 3:00 p.m.

Facilitator: Holly Babiarz

Member: \$20 Nonmember: \$25

This series of workshops is for anyone who used to be a kid! Each session focuses on one of the five senses – sight, touch, sound, smell, taste – with creative activities to rekindle child-like wonder and curiosity for the things around us and challenge you to look for the unique among what may seem to be mundane. Focusing on our senses shifts attention from worry and regret to peace and contentment. Bring your curiosity and a blank journal to record your thoughts at each session. Also, bring your phone with a camera. We will make a project and share our experiences and observations during each class.

## BIRDHOUSE PAINTING WORKSHOP



Wednesday, July 21, 10:00 a.m. - Noon

Instructors: Catherine Poleski and

Larry Sullivan

Member: \$35 Nonmember: \$45

At the end of this workshop you will have a beautiful, hand-crafted birdhouse created by Larry and painted by YOU! Catherine, Larry's granddaughter, will guide you as you paint beautiful birds and flowers to make your birdhouse your very own. Bring your grandchild and make this a fun and memorable event for the two of you. Paint and brushes will be supplied.



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## THE HELM AT DETROIT ABLOOM



The Helm is excited to offer a number of activities this summer at Detroit Abloom. Register for these classes at The Helm. All classes are held at Detroit Abloom, 248 Manistique Street, Detroit. Yoga and Tai Chi are in addition to the classes at The Helm. This is a great opportunity to get in an extra workout during the week. See page 6 for more information about Detroit Abloom and this partnership with The Helm.

### Yoga

Tuesdays, June 8 – September 14, 9:00 – 10:00 a.m.

Instructor: Judy Sarvis

Member: \$6 Nonmember: \$8

### Tai Chi - Beginner

Wednesdays, June 9 – September 15, 9:00 – 10:00 a.m.

Instructor: Susan Smith

Member: \$6 Nonmember: \$8

### Succulent Jewelry Workshop

Thursdays, June 17 and July 15, 1:00 – 2:00 p.m.

Instructor: Nancy Wiegandt

Member: \$15 Nonmember: \$20

Create a wearable flower cuff with succulents, buds, leaves, dried flowers and other interesting natural bits from the garden at Detroit Abloom. Depending on your choice of plant material, the cuffs will last several weeks. Cost of the workshop includes one brass cuff.

### Fresh Cut Flower Bouquet Workshop

Thursdays, July 22, August 19, September 16  
1:00 – 2:00 p.m.

Instructor: Nancy Wiegandt

Member: \$20 Nonmember: \$25

Flowers change with and within the seasons. Join us for a bouquet making workshop where we will learn about different seasonal blooms and create a vase bouquet! You will learn the best way to harvest some of the common garden flowers to ensure continuing blooms. Participants receive a quart-sized mason jar, flowers and tips on making your bouquet last.

### Butterflies and Bees 101

Thursday, August 12, 1:00 – 2:30 p.m.

Instructors: Brian Peterson and Kelly Konieczki

Member: \$15 Nonmember: \$20

Stroll through the Detroit Abloom gardens while learning about various flowering plants and their connection and interaction with bees. You also will learn about butterflies and their development from egg through chrysalis. You will have time left over to walk through the gardens and do your own identification.

## SERVICES & SUPPORT

### ASK THE PHYSICAL THERAPIST

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

Facilitator: Jessica Malfa, PTA, David Gilboe & Associates

Free to members and nonmembers

### BLOOD PRESSURE SCREENING

Second Tuesday of every month, 9:30 – 10:15 a.m.

Sponsor: Sunrise on Vernier - Grosse Pointe Woods

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

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



### FAST FACT

### MEDICARE FOUNDING

On July 30, 1965, President Lyndon B. Johnson signed into law legislation that established the Medicare and Medicaid programs.

# HEALTH & WELL-BEING

PARTICIPATION IS LIMITED FOR ALL PROGRAMS. REGISTRATION IS REQUIRED FOR EVERY PROGRAM. REGISTER ONLINE AT [HEMLIFE.ORG](http://HEMLIFE.ORG) OR CALL 313-882-9600.

## 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. Simple yoga stretches, sign language and sing-a-longs are included all designed activate your brain cells! **Caregivers welcome.**

## A MATTER OF BALANCE - Fall Prevention Program

Tuesdays and Thursdays, 1:15 - 3:15 p.m.

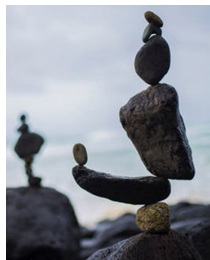
Session One: May 4 - 27

Session Two: August 3 - 26

Facilitators: Rosa Hunter and Detroit Area Agency on Aging Staff Member

Free to members and nonmembers

This award-winning program emphasizes 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.



## SOLE MATES WALKING CLUB

Wednesdays, 8:00 OR 10:00 a.m.

Walking Companion: Team Member from The Helm

Free to members and nonmembers

Walking is more fun with friends! Bring your water bottle and meet on our front lawn. We'll walk for about 30 minutes, weather permitting.

## POWERFUL TOOLS FOR CAREGIVERS

Wednesdays, May 12 - June 16, 1:00 - 3:30 p.m.

Facilitators: Margaret Cooper and Allie Short

Free to members and nonmembers

Whether you provide care for a spouse, partner, parent, adult child or friend with special needs in any setting, your role is an important one. Learn how to take better care of yourself while caring for a relative or friend.

These classes give you tools to reduce caregiving-related stress, improve self-confidence, manage time, set goals and solve problems, better communicate your feelings, make tough decisions, and locate helpful resources. You will receive The Caregiver Handbook which provides additional tools to address specific caregiver issues.

## THE ABCs OF CBD

Monday, May 17, 1:00 - 2:00 p.m.

Facilitator: Kathy Housey, AFAA Certified Group Fitness and Certified Yoga Instructor

Sponsor: Heartland Health Care

Free to members and nonmembers

Is CBD a myth or is it magic? Does it work? Is it safe? Is it legal? Kathy Housey, local lecturer and educator, presents the scientific information about CBD: the difference between CBD and the psychoactive ingredients in marijuana, the history of CBD in the United States, what is legal and where, and the possible conditions it can treat.

## BEAUMONT COOKING DEMONSTRATION Fiber, Fruits and Vegetables

Wednesday, June 30, 1:00 - 2:00 p.m.

Facilitators: Jill Jensen, Registered Dietitian, and Chef Dan Kellogg

Free to members and nonmembers

Are you looking for ways to add more fiber into your diet? Eating more fresh fruits and vegetables, among other foods, is a great way to do this, especially with produce being in season and at its peak in summer!

## PATH - PERSONAL ACTION TOWARD HEALTH (VIRTUAL CLASS)

Wednesdays, July 28 - September 1  
10:00 a.m. - 12:30 p.m.

Facilitators: Margaret Cooper and Detroit Area Agency on Aging Staff Member

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

PARTICIPATION IS LIMITED FOR ALL PROGRAMS. REGISTRATION IS REQUIRED FOR EVERY PROGRAM.  
REGISTER ONLINE AT HELMLIFE.ORG OR CALL 313-882-9600.

## CREATING CONFIDENT CAREGIVERS

Thursdays, July 29 – September 2, 1:00 - 3:00 p.m.

Facilitator: Carolyn Van Dorn, Nursing Unlimited

Free to members and nonmembers

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.**

## 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

**EXCITING NEWS! WE'VE ADDED TWO NEW CLASSES FOR MORE FITNESS OPTIONS. GIVE THEM A TRY. SPREAD THE WORD.**

### YOGA

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

Instructor: Judy Sarvis

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

Instructor: Jessica  
Kodanko



### CONTINUING TAI CHI CLASS

For those with previous tai chi experience.

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

Instructor: Susan Smith

### STRENGTH AND BALANCE

Tuesdays, 1:00 - 2:00 p.m.

Instructor: Carolyn Bradt



We won't guarantee you'll be walking a tightrope after this class, but you will see other improvements. This class is designed to help with eye hand coordination, balance and movement. Building and maintaining core, arm and leg strength helps our bodies age better. Equipment needed to bring from home...resistive band, small ball and hand weights.



### 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

### 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

### CARDIO COMBO

Thursdays, 1:00 - 2:00 p.m.

Instructor: Carolyn Bradt

**A mix of three cardio genres in one class:** 15 minutes of Line Dance (Country), 15 minutes of Latin Dance (Zumba), 15 minutes of Kickboxing followed by 15 minutes of Yoga Stretch.





## A great place to belong!

As 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 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 new, exciting, interesting and different programming scheduled for this summer, plus some special events, like Friday barbecues on the lawn! And we will be adding new and different programming this fall.

The Helm is a warm and welcoming place. We are a source and a resource for everything related to growing older in Harper Woods and the Grosse Pointes.

We love what we do and are excited for what the future holds. We can't wait to share it with you! Stop by or call us at 313-882-9600 for more information. Membership makes as great gift too!

### BRAIN HEALTH:

What five letter word becomes shorter when you add two letters to it?

See our website, [helmlife.org](http://helmlife.org), for the answer and more riddles.

## New this fall



We're always looking for new and interesting programming to keep our members active and healthy. One new program coming to The Helm this fall is Bingocize®.

Bingocize combines exercise and health information with the familiar game of Bingo! Participants play Bingo, but interspersed throughout the games are health information and exercises. You will learn about preventing falls, proper nutrition and other aging-related information, while doing some simple exercises designed to maintain and enhance mobility and mental acuity. And you'll be doing all of this while enjoy a very social game of Bingo!

We're excited for Bingocize and look forward to you joining us!

## Many thanks to you!

The 2021 March for Meals for Meals on Wheels was a success thanks to you! Your donations will help us continue to serve more than 23,000 meals yearly to Harper Woods and Grosse Pointe residents.

Thank you to our partner, Grosse Pointe Memorial Church, our Gold Sponsor, DTE, and our many other sponsors. Visit [helmlife.org/march-for-meals](http://helmlife.org/march-for-meals) to see a list of our sponsors and those who generously donated to this cause.

We look forward to 2022 when we plan to return to an actual walk on Lake Shore Road. We will share details as soon as they are available.

# TRIBUTES & HONORS

## In Memory Of

**George Bay**  
*Rosemary Bay*

**Barbara Binder**  
*Bernadette LaLonde Tayler*

**Marie Rogier**  
*Bernadette LaLonde Tayler*

**Dinshaw Sarkari**  
*Roshani Patel*  
*Shirley Whelan*

**Marie Vanderpool**  
*Kathleen Hoffman and Family*

Donations received between February 8 and March 31, 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

*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

An 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.

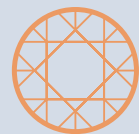
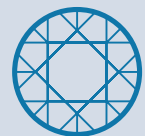
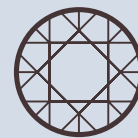
You can show your personal compassion by remembering The Helm in your will, trust or other planned gift. This gift costs nothing during

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.



# 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**