

September through December 2021

# THE HELM LIFE JOURNAL

## IT'S GREAT TO BE BACK!

After a year of minimal programming, we've been back with a vengeance and are closing out the year strong.

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REOPENING AFTER THE PANDEMIC BROUGHT SO MANY NEW PROGRAMS,  
ESPECIALLY IN OUR OUTDOOR AREAS.

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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# THE HELM LIFE JOURNAL

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**We are 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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#### **HOLIDAY HOURS**

Following is a listing of dates  
The Helm and PAATS offices will  
be closed.

##### **LABOR DAY**

Monday, September 6

#### **THANKSGIVING HOLIDAY**

Closing at 1 p.m. Wednesday,  
November 24 (PAATS buses will  
run as usual)  
Thursday, November 25  
Friday, November 26

#### **CHRISTMAS HOLIDAY**

Friday, December 24

#### **NEW YEAR'S HOLIDAY**

Friday, December 31



## Back with renewed energy

**W**e can cite study after study about the value of social relationships to emotional and even physical well-being and that's why it was so important to stay connected during the pandemic whether it was through Zoom parties, virtual classes or just good old-fashioned phone calls. But nothing beats gathering together in the same place at the same time. People were definitely ready to reconnect and return to life the way it was before. And, as the saying goes, time flies when you're having fun!

Once we began operating with a full array of classes and programs, it was like we hadn't been away at all. We had even more fun than we could have imagined this past spring and summer greeting "old" friends and making new ones. Our monthly Friday night barbecues were a hit – even though rain forced us indoors on at least one occasion – as were the art classes on the lawn and French on the Patio. Everyone seemed to have a new appreciation for outdoor activities and we plan to keep that going through September and hopefully into mid-October. You'll see some new classes and events – Chili Cook-off anyone? – and the return of favorites like Body Alignment with Gwen, French with Dr. Saab and Ballroom Dancing with Andreas. We are packed to the gills with social activities and informational classes and even new exercise classes.

And while we might not be able to use the outside of our facility in November and December, we will have more than enough to do inside. We've redesigned spaces within our walls to create additional classroom space to accommodate a growing lineup of activities and we'll be back with favorite celebrations including Halloween and Thanksgiving parties as well as our annual gathering celebrating local military veterans.

There is so much to do over the next few months. Look through the activities we have planned so far on pages 7 to 14. We know you will find something of interest and hope you will ask others to join in the fun. Please refer often to our website for updates to this schedule as well.

**Peggy Hayes**  
Executive Director

### COMING UP

**Our Annual Gala is Thursday, October 14.**  
**This is our Silver Anniversary Gala! Twenty-five years of gathering together to support everything The Helm offers in the areas of health, nutrition, education and recreation to make it easier to remain healthy, active and involved as you grow older. You can read more about the Gala on the following page and the many ways you can help continue to support The Helm.**

## Is it that time?

Turning 65 used to be a milestone. It was when you retired and when you were considered a senior citizen. But while official retirement age is as late as 67 depending on your date of birth and senior citizen status begins when you get a discount at your local restaurant, movie theatre or retail store, 65 is still the touchstone when it comes to health insurance.

If you are about to turn 65, you're about to become eligible for Medicare. No doubt, you have questions about this complex, confusing program. Your mailbox is probably full of correspondence from different insurance companies urging you to sign up for their prescription drug, Medicare Advantage or Medicare Supplement plans. What's a person to do?

The Helm's Medicare counselors can help you sort through the Medicare maze. Every three months, The Helm offers a 90-minute session — **New to Medicare**. You'll get a comprehensive overview of Medicare, including:

- what is and isn't covered
- the costs involved
- the pros and cons of different optional plans
- how to sign up

Our upcoming **New to Medicare** Workshop is Tuesday, November 9, at 7 pm. Call The Helm at 313-649-2110 or email [asaigh@helmlife.org](mailto:asaigh@helmlife.org) to reserve a space for this session. There is no charge, but space is limited and reservations are required.

The Helm also offers free, one-on-one appointments with our Medicare counselors to help you understand your options, choose the best plans for you and answer any specific questions you have. The best time to meet is during the three months before your 65th birthday. Call Information and Assistance to get in touch with a Medicare counselor.

### NEW TO MEDICARE WORKSHOP

Tuesday, November 9,  
7 - 8:30 p.m.

Free to members and  
nonmembers

Call 313-649-2110 or email  
[asaigh@helmlife.org](mailto:asaigh@helmlife.org)  
to register.

## Keeping the dream alive

### 25 years of gathering and raising funds for older adults in our community

For more than 40 years, The Helm (formerly Services for Older Citizens) has been helping older adults in the Grosse Pointes and Harper Woods enjoy the gift of longevity, living healthy and meaningful lives as they age.

From our humble beginnings of lunch, Bingo and a lecture or two per week in 1978, we now have anywhere from 20 to 30 activities weekly on top of our essential services of Meals on Wheels, calls for assistance and information to navigate resources for older adults — anything from medical equipment loans to Medicare questions to tax preparation to helping find home health care services — and general well-being and wellness

checks of our most vulnerable elderly.

During the pandemic, it became quite clear the services we provide are needed — not only the essential services, but those that provide social interaction and mental stimulation. Proceeds from our annual Gala help us continue to provide all of these services. Without your support, it wouldn't be possible.

Visit [helmlife.ejoinme.org/gala](http://helmlife.ejoinme.org/gala) or call us at 313-649-2104 to purchase tickets, become a sponsor, donate an item or purchase an ad in the event program.



### Be one of Santa's helpers!

For more than 10 years, The Helm has collected donated non-perishable food items which volunteers assemble in gift bags and deliver to homebound seniors in the Grosse Pointes and Harper Woods. These seniors appreciate a friendly visit, smiling face and a gift of surprises they can use and enjoy. Even last year during a pandemic, we were able to keep the tradition alive with staff assembling and a limited corps of volunteers delivering the bags.

It's never too soon to start collecting for this gift program. Following is a list of needed items. (Please make sure all food items are unopened and not expired.)

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

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

It is our hope volunteers will be able to assemble and deliver the bags this year. It's a great program for volunteers of all ages to be reminded of the true meaning of the holidays. If you are interested in volunteering, contact The Helm Volunteer Coordinator at 313-882-9600.



Assembly takes place Tuesday, December 14, followed by delivery December 14 – 22.

The Grosse Pointe Board of Realtors is collecting items and monetary donations as well.

*Gift baskets line the walls of the Great Room waiting for delivery. In addition to nonperishable food items, each bag contained a large no-sew fleece blanket. Last year, 110 homebound seniors received gift bags.*

### Eating healthy: good for the mind, body

According to multiple studies, what we eat is intrinsically connected to how we feel both physically and mentally. Eating well helps reduce the risk of physical health problems like heart disease and diabetes. It also helps with sleeping patterns, energy levels, and general health.



The brain also needs many nutrients to function and keep you well. You may have noticed that the food you choose, as well as how much you eat, affects your mood. Some foods can lift your mood, energy levels, and concentration, while others can have the opposite effect.

Eating lots of fresh fruits, vegetables, nuts, and whole grains can reduce your risk of physical ailments, but also some mental health conditions, including depression, while eating foods that are high in sugar and saturated fat may increase your risk.



**Dr. Lakshmi Saleem**

In addition to Beaumont Cooking Classes, we're introducing classes from Dr. Lakshmi Saleem that focus on holistic health. Dr. Saleem, a retired physician, believes that yoga, meditation and nutritious food help us attain happiness and peace of mind that, in turn, help create a healthy body.

Dr. Saleem will be conducting weekly mindfulness and meditation classes to help participants attain peace of mind on their way to a healthier body. Dr. Saleem also will conduct two cooking lessons devoted to vegetarian, plant-based Indian cuisine. She will explain the medicinal value of the different ingredients and help you incorporate them into your regular diet.

Dr. Saleem has focused her post-retirement career to sharing information about how a healthy mind can improve physical health, through her LASA wellness program in Grosse Pointe Farms.

We are excited to help you continue your journey toward a healthier lifestyle with our ongoing Beaumont cooking demonstrations and Dr. Saleem's new classes.

# FUN & FRIENDSHIP

*What's Happening at The Helm*

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

## PINGPONG

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

Member: Free  
Nonmember: \$5 per hour



## CANASTA CLUB

Mondays, 12:30 - 3:30 p.m.

Member: Free  
Nonmember: \$5 day pass

This is not a class. We are offering a room for players who know how to play canasta to join with friends.

## BRIDGE CLUB

Mondays, 1:00 - 4:00 p.m.

Member: Free  
Nonmember: \$5 day pass

This is not a class. We are offering a room for players who know how to play bridge to join with friends. Groups must bring their own playing and score cards.

## EUCHRE CLUB

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

Member: Free Nonmember: \$5 day pass  
Both experienced and beginning players welcome.

## TEXAS HOLD 'EM LESSONS AND TOURNAMENT

Tuesdays, 10:00 a.m. - 2:00 p.m.

Member: Free  
Nonmember: \$5 day pass

This poker variation is described as a "thinking man's game." It is popular, fun and competitive. The object is to win everyone else's game chips, so take a FREE lesson and then join the weekly tournament.



## KNITTING FOR CHARITY

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

Free to members and nonmembers

This long-standing group is always looking for more knitters, new or experienced. Knitted items benefit local residents touched by cancer. The need is great for caps for chemo patients, scarves, small lap blankets, shawls and more. Knitters can choose any project they like.

## NO-SEW FLEECE BLANKET MAKING

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

Sponsor: Blanketed with Love

Free to members and nonmembers

Create easy and fun fleece blankets for people in need.

## MAH JONGG CLUB

Wednesdays, 1:00 - 4:00 p.m.

Member: Free Nonmember: \$5 day pass

## 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)



## FALL PIZZA PARTY

Thursday, September 23, 11:30 a.m. - 12:30 p.m.

Members: \$10 Nonmembers: \$12

Fall party alert! Join us for a slice of fun and welcome in autumn. Meet new friends, have some fun and enjoy pizza and apple pie!



## CHILI COOK-OFF

Wednesday, October 6, 11:30 a.m. - 12:30 p.m.

Free to members and nonmembers who enter the contest; \$5 for tasters only!

Do you have a great chili recipe? Bring your chili in a crockpot and enter the contest for best tasting chili. Toppings like cheese, onions and crackers will be provided. Winner takes home a fun prize!



## HALLOWEEN PARTY

Tuesday, October 26, 11:30 a.m. - 1:30 p.m.

Sponsor: Teri Jordan and Advantage Living Centers

Members: \$12 Nonmembers: \$18

Come in a costume or just as you are. Enjoy musical entertainment, a catered Polish Village lunch and dessert, followed by our annual (minus 2020!) costume contest with prizes awarded to the 1st, 2nd, and 3rd best costumes.

# FUN & FRIENDSHIP

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

## VETERANS DAY CELEBRATION

Thursday, November 11, 11:30 a.m.- 1:30 p.m.

**Sponsor:** Grosse Pointe American House at Cottage

**Contributors:** Daughters of the American Revolution (DAR) and Vietnam Veterans of America Chapter 154

**Entertainment:** The Grosse Pointe Senior Men's Choir

Free to members and nonmembers

We invite all veterans to join us on this special day to celebrate you! The Vietnam Veterans of America Chapter 154 Color Guard will perform their flag ceremony and DAR members will present each veteran a medal to honor their service. A luncheon prepared by Grosse Pointe American House at Cottage will follow the ceremony. After lunch, join the Grosse Pointe Senior Men's Choir in singing patriotic songs. Indicate your branch of service and guest name when making your reservation.

## THANKSGIVING PARTY

Thursday, November 18, 11:30 a.m.- 1:30 p.m.

Members: \$12 Nonmembers: \$18

Join us for a traditional Thanksgiving meal – turkey, gravy, stuffing, mashed potatoes, sweet potatoes, vegetable, cranberry sauce, roll and pumpkin pie topped with whipped cream. The luncheon includes live entertainment.

## BREAKFAST IS SERVED!

Thursday, December 2, 9:30 - 11:30 a.m.

Members: \$10 Nonmembers: \$12

Breakfast is the most important meal of the day so join us for a delicious breakfast prepared by Chef Brian. Enjoy a tasty breakfast, catch up with friends and get a great start to your day!

## HOLIDAY PARTY

Thursday, December 16, 11:30 a.m.- 1:30 p.m.

Members: \$12 Nonmembers: \$18

Join your friends at The Helm to celebrate the holidays at our annual luncheon. This will be an extra special catered Italian lunch with musical entertainment and dessert.

### Helm Helpful Hint

Clean your junk drawer. Separate items into three piles: Things you need, things you might need and trash — and then throw the trash pile away!

## REGISTER ONLINE GO TO HELMLIFE.ORG

- Click the link **REGISTER FOR PROGRAMS.**
- Create an account in **myactivecenter.com** by clicking on **NEW USERS.** (You will need your Helm Key tag number the first time.)
- Click on the class you want and each of the dates you want.
- Click **ADD TO CART.**
- You can add more classes by clicking the **ACTIVITIES** button to view all the programs we are offering.
- When you are done, click the **SHOPPING CART** icon at the top and then fill in your credit card information.
- Click the green **PAY NOW** button at the bottom to make a payment through our secure site.

Need Help? Call 313-882-9600.

## Membership has its benefits

Membership at The Helm 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 are a source and a resource for everything related to growing older in Harper Woods and the Grosse Pointes.

Just look at everything in these pages that will happen over the next several months. All of this for just \$60 a year! Stop by or call us at 313-882-9600 for more information. (Membership makes a great gift too!)

## MOVIES

REGISTRATION IS REQUIRED. REGISTER ONLINE AT [HELMLIFE.ORG](https://helmlife.org) OR CALL 313-882-9600.

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

Nonmember: \$3 for snacks/movie

Friday, September 10

### "HOPE GAP" (2020)

Grace lives an idyllic life until her 29-year marriage to Edward abruptly ends. As life unravels, Grace discovers it's never too late to be happy.



Friday, September 24

### "ENGLAND Castles, Countryside and Cottages"

Castles, Countryside and Cottages are all covered in this review of magnificent England. Rudy Maxa, the Savvy Traveler, answers London's call with this expert tour of its traditional sights and cutting edge attractions: the royal castle, abbeys, stately homes, galleries, museums, restaurants and other key sights.

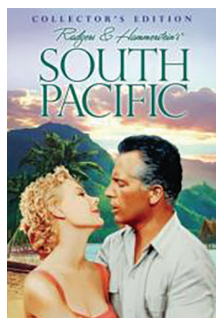
Friday, October 8

### "DARK WATERS" (2019)

Inspired by a shocking true story, a tenacious attorney uncovers a dark secret that connects a growing number of unexplained deaths to one of the world's largest corporations.



Friday, October 22



### "SOUTH PACIFIC" (1958)

This Rodgers and Hammerstein musical centers on an American nurse stationed on a South Pacific island during World War II who falls in love with an expat French plantation owner. It includes classic songs "Bali Ha'i," "I'm Gonna Wash That Man Right Outa My Hair" and "Some Enchanted Evening."

Friday, November 5

### "MIDWAY" (2019)

The film is based on the real-life events of the leaders and soldiers who used their instincts, fortitude and bravery to overcome the odds in the Battle of Midway during World War II.

Friday, November 19

### "BREAKFAST AT TIFFANY'S" (1961)

An exciting and entertaining romantic comedy about a New York socialite who becomes interested in a young man who has moved into her apartment building, but her past threatens to get in the way.

Friday, December 3

### "THE TOMORROW MAN" (2019)

Ed Hemsler spends his life preparing for a disaster that may never come. Ronnie Meisner spends hers shopping for things she may never use. These two people will try to find love while trying not to get lost in each other's stuff.



Friday, December 17

### "THE HOLIDAY" (2006)

Two women who have never met and live 6,000 miles apart, meet on a home exchange website and impulsively switch homes for the holidays. Shortly after arriving at their destinations, both women find the last thing either wants or expects: a new romance.



## Humans of The Helm

Learn more about your friends and fellow members! See Gerri's full profile and others on our website and Facebook and Instagram pages.



**Geraldine "Gerri" Haselmire**

Member since 2018

It's come to the point where people here are more than just visitors, but extended family. We care and worry and send cards to one another. People are always well-wishing, praising, and participating. I absolutely love being a member of the Helm.



[HTTPS://HELMLIFE.ORG](https://helmlife.org)

(313) 882-9600

158 RIDGE ROAD, GROSSE POINTE FARMS, MI 48236

# HEALTH & WELL-BEING

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

## 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

Nonmember: \$8.00 per class

### YOGA

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

Instructor: Judy Sarvis

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

Instructor: Jessica Kodanko

### 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

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

Instructor: Stacey Panduren

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

### TAI CHI BEGINNER CLASS

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

Instructor: Susan Smith

### CONTINUING TAI CHI CLASS

For those with previous tai chi experience.

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

Instructor: Susan Smith

### STRENGTH AND BALANCE

Tuesdays and Thursdays, 11:00 a.m. - Noon

Instructors: Carolyn Bradt and Erika Page

This class is designed to help with hand-eye 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.

## DRUMS ALIVE WORKOUT

Every Friday in October

Every Monday in November

11:30 a.m. - 12:30 p.m.

Instructor: Rosa Hunter



A fun and unique sensory program designed to give the mind and body instant feedback through continuous movement and rhythmic flow.

It's a workout for your brain and body! All materials are provided.



## MORE EXERCISE CLASSES

### 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 to activate your brain cells! **Caregivers welcome.**

### BODY ALIGNMENT

Mondays, August 23 - December 6,

101 (Beginners) - 1:00 - 2:00 p.m.

102 (Intermediate) - 2:30 - 3:45 p.m.

Instructor: Gwendolyn J. Scales

WCCCD Continuing Education Class



Free to members and nonmembers

This class focuses on body mechanics and postural alignment to promote balance, flexibility and optimal range of motion. Wear loose-fitting clothing and bring a water bottle, mat and small hand towel.

### FLU SHOT CLINIC

Coming in October - Dates to be announced

Free to members and nonmembers

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

## BEAUMONT COOKING DEMONSTRATION

### Brain Food

Wednesday, September 22, 12:30 - 1:30 p.m.

**Facilitators:** Andrea Hageman, Registered Dietitian, and Chef Dan Kellogg

Free to members and nonmembers

Nutrition to keep your mind young! Learn about foods that can help with memory and brain function as we age. Recipes and free samples of the food prepared will be shared.

## POWERFUL TOOLS FOR CAREGIVERS

Wednesdays, October 6 – November 10, 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.

## NEUROBICS FOR THE BRAIN

Thursday, October 14, 1:00 - 2:00 p.m.

**Facilitators:** Kathy Housey, AFAA Certified Group Fitness and Certified Yoga Instructor

**Sponsors:** Teri Jordan and Advantage Living Centers

Free to members and nonmembers

A one hour “Neurobic” Boot camp for the brain! Practice long and short term memory drills to gain an unstoppable memory! Increase cognitive processing speed with a fast-paced approach. Directly apply what you learn in this fun, interactive session to your everyday life.

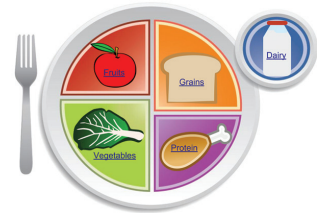


## INDIVIDUAL NUTRITION COUNSELING

Wednesday, November 3,  
9:00 a.m. - Noon and 12:30 - 2:00 p.m.

Free to members and nonmembers

Do you have questions about your diet or need help following a certain diet? If so, a Beaumont registered dietitian will be available for a 30-minute, individual appointment. She will talk with you one-on-one about your diet questions and provide educational materials. Come discuss topics such as weight loss, diabetes, heart disease, high blood pressure, gastrointestinal issues or any other diet-related topics. **When making your reservation, please state which particular health topic you would like to discuss.**



## BEAUMONT COOKING DEMONSTRATION

### Food for Eye Health

Wednesday, December 8, 12:30 - 1:30 p.m.

**Facilitators:** Nancy Weis, Registered Dietitian, and Chef Dan Kellogg

Free to members and nonmembers

Learn how to choose eye healthy foods along with the latest research trends on vitamin supplements. You'll also learn how to reduce risk factors to slow the progression of vision loss.

## TOOLBOX FOR STRESS

Thursday, December 9, 1:00 - 2:00 p.m.

**Facilitators:** Kathy Housey, AFAA Certified Group Fitness and Certified Yoga Instructor

**Sponsors:** Teri Jordan and Advantage Living Centers

Free to members and nonmembers

This lecture will equip you with some exciting tools to deal with the stress the last several months have brought. A clear explanation about how stress affects the body, brain and autonomous nervous system will be revealed. Kathy will discuss four different techniques you can practice wherever you are, as well as fun, additional tools to pull out on a daily basis.

# LEARN & GROW

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

## BALLROOM DANCING

**Mondays and Wednesdays,  
August 23 - December 6, 6:00 - 6:45 p.m.**

**Instructor:** Andreas Browne  
*WCCCD Continuing Education Class*

**Free to members and nonmembers**

This dance class focuses on movement skills, social dance combinations and leading/following.

**YOU MUST REGISTER WITH A PARTNER.**

## DRAWING AND MORE FOR SENIORS

**Tuesdays, August 24 - December 7,  
10:00 a.m. - Noon**

**Instructor:** Lorna Braxton  
*WCCCD Continuing Education Class*

**Free to members and nonmembers**

Get creative at The Helm! This is a fun drawing and painting class to introduce you to the skills required to render what you see. It also is an opportunity for the more advanced artist to gain visual and creative practice. You must bring your own supplies. Call The Helm, 313-882-9600, for the supply list.

## CONVERSATIONAL FRENCH

**Fridays, August 27 - December 10,  
Beginners - Noon - 1:30 p.m.**

**Intermediate - 1:30 - 3:30 p.m.**

**Instructor:** Dr. Dib Saab  
*WCCCD Continuing Education Class*

**Free to members and nonmembers**

Learn how to ask and respond appropriately to basic questions, read aloud using acceptable pronunciation, and create basic sentences using correct grammar.

## SPEAK FRENCH WITH DEBORAH

**(Level: Intermediate)**

**Wednesdays, September 15 - October 13, 2:00 - 3:00 p.m.**

**Wednesdays, November 3 - December 15, 2:00 - 3:00 p.m.**

**Instructor:** Deborah DuFour

**Member: \$55 Nonmember: \$60**

This class focuses on French for everyday life — essential expressions, socializing, family and home, around town and at the restaurant. Participants will practice listening and speaking by working in small groups.

## GLASSWARE PAINTING

### Pumpkins

**Thursday, October 7, 2:00 - 3:30 p.m.**

**Facilitator:** Michelle Boggess-Nunley, On the Gogh Studio

**Member: \$25 Nonmember: \$35**

Get into the autumn spirit by joining us for a fall inspired craft class. Follow step-by-step instructions to create beautiful and reusable pumpkin wine glasses. Unlock your creativity! Everyone's glasses are beautiful and unique.

## TRAVELS WITH RUFUS

**Tuesday, October 12, 1:00 - 2:00 p.m.**

**Speaker:** Rufus McGaugh

**Member: Free Nonmember: \$5**

Over the past 49 years this Grosse Pointe teacher has traveled around the globe and visited every country in the world. Rufus, in his inimitable style, will share some of his experiences from his three books recounting wonderful, and sometimes dangerous, travel tales and adventures.

## THE ARTFUL LOUNGE

### Winter Scenes

**Thursday, December 9, 2:00 - 3:30 p.m.**

**Facilitator:** Michelle Boggess-Nunley, On the Gogh Studio

**Member: \$25 Nonmember: \$35**

Get into the holiday spirit by joining us for a winter-inspired painting. Follow step-by-step instructions to create your own unique, beautiful work of art. The class is fun and easy and no experience is needed. Unleash your inner artist!

## FIRESIDE CHAT WITH THE HOUSING EXPERTS

**Second Wednesday of the month, 9:30 - 10:00 a.m.**

**September 8 - Five Ways to Declutter**

**October 13 - Smart Home Products for Seniors**

**November 10 - Top 10 Rightsizing Tips**

**December 8 - Living Longer in Your Home**

**Facilitators:** Senior Real Estate Specialists  
Donna O'Neill and Mimi Koppang

**Free to members and nonmembers**

Enjoy a treat and coffee or tea in our warm and inviting living room as our presenters provide tips for living smarter and longer in your own home. Important information for both the homeowner and adult children helping their parents with their housing needs. You may attend any or all presentations, but please register ahead of time.



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

## MINDFULNESS AND MEDITATION

Tuesdays, 11:45 a.m. - 12:45 p.m.

Instructor: Dr. Lakshmi Saleem

Member: \$6 Nonmember: \$8

Meditation is taking time for oneself to relax, reflect, restore and rejuvenate!



## INDIAN COOKING LESSON

### Vegetarian Plant-Based Cuisine

Thursday, October 21, 3:00 - 4:00 p.m.

Thursday, December 9, 3:00 - 4:00 p.m.

Instructor: Dr. Lakshmi Saleem

Sponsors: Teri Jordan and Advantage Living Centers

Member: \$10 per session Nonmember: \$12 per session

Enjoy a unique, hands-on cooking experience in our commercial kitchen. Dr. Saleem will teach you about ingredients of Indian cooking, such as roti, rice, dals and vegetable curries, and will explain their medicinal value as you prepare and share them together. Register for one lesson or both.



## ONE-ON-ONE TECHNOLOGY INSTRUCTION

First and third Fridays of each month,  
Noon - 3:30 p.m.

Free to members and nonmembers

Need help with your smart phone, iPad, tablet, or e-reader? Want to learn how to browse the internet, send emails, use Zoom, or set up a Facebook page? Would you like to learn how to use Microsoft Word and Excel? If so, knowledgeable, kind and patient volunteers are available to help you. **You must make a reservation. Walk-ins will not be accepted.**

## AARP SMART DRIVER TEK: High Tech Car Safety

Thursday, November 4, 10:00 - 11:30 a.m.

Instructor: Roger Doster

Free to members and nonmembers

This workshop keeps drivers in the know about the latest vehicle safety technologies and how to use them. From lane departure warnings and smart headlights to blind-spot detection systems and more, recognize how these technologies enhance driving safety and extend safe driving years. Attendees leave with a vehicle technology checklist, which will offer guidance on desired technologies when shopping for a new car, or what features may already be in their car.

## THE HELM AT DETROIT ABLOOM

The Helm summer at Detroit Abloom is winding down. All classes are held at Detroit Abloom, 248 Manistique Street, Detroit. Register for these classes at The Helm.

### Tai Chi - Beginner

Wednesdays, through October 13, 9:00 - 10:00 a.m.

Instructor: Susan Smith

Member: \$6 Nonmember: \$8

### Fresh Cut Flower Bouquet Workshop

Thursday, 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.



## LUNCH IS SERVED

Cost: \$7 member \$10 nonmember

11:30 a.m. to 12:15 p.m.

You can enjoy lunch inside our facility or, if you prefer dining al fresco, on either the back or side patio. To reserve lunch, email [lunch@helmlife.org](mailto:lunch@helmlife.org). You may order more than one meal for the same day or meals for multiple days. Just let us know your preferences. You also may call in your order at 313-882-9600.

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. The week's lunch menu can be found on our website, [helmlife.org](http://helmlife.org), by 8 p.m. Sunday evening.

Lunch is served/available for pick up Monday through Friday, 11:30 a.m. to 12:15 p.m.

*While we continue to offer carry-out lunch service that we started during the pandemic, this may change in the coming months.*

# SERVICES & SUPPORT

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

## ASK THE PHYSICAL THERAPIST

Second Thursday of every month, 9:15 - 10:00 a.m.

Facilitator: Jessica Malfa, PTA, David Gilboe & Associates

Free to members and nonmembers

## BLOOD PRESSURE SCREENING

Third Thursday of every month, 9:30 - 10:15 a.m.

Sponsor: Sunrise Senior Living

Free to members and nonmembers

## ALZHEIMER'S CAREGIVERS SUPPORT GROUP

Third Thursday of each month, 5:00 - 6:30 p.m.

Facilitators: Carolyn Van Dorn, Nursing Unlimited and Marian Battersby, Home Instead

Free to members and nonmembers

We offer a safe place for caregivers, family and friends of persons with dementia to meet and develop a support group.

## GRIEF WORK

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

Facilitator: Frank Wilberding, LMSW, CAADS, Psychotherapist

Free to members and nonmembers

A safe and compassionate space to share experiences and work through the meaning of loss on the way to healing. Each session is limited to 10 participants.

## MEDICARE COUNSELING WHEN YOU NEED IT

Free to members and nonmembers

See page 5 about the upcoming New to Medicare workshops. In addition to these workshops, The Helm offers one-on-one personalized assistance with your medicare questions and help with Open Enrollment which is October 15 - December 7. Call 313-882-9600 to schedule your appointment.

## Home Safety Check

The Helm offers a FREE home maintenance, safety and security program for homeowners 60 and above in Harper Woods and the Grosse Pointes. We want to help keep you safe in your own home and help prevent falls and accidents. To qualify, you must be the homeowner and age 60 or older.

After you schedule an appointment, one of our volunteers will come to your home and perform a number of inspections including smoke and carbon monoxide detectors, interior and exterior lighting and the furnace filter. If necessary, they will replace batteries and lightbulbs; add nightlights and more detectors and change the furnace filter. They also will check the house number sign to make sure your address can be identified easily; clear minor debris from an exterior air conditioning unit and provide a kitchen type fire extinguisher.

It's not too good to be true! It is to ensure your safety in your home. And it is absolutely FREE. Our volunteers also will tell you of anything else you might want to address not covered by this program.

If you are a homeowner 60 and above living in the Grosse Pointes or Harper Woods, call 313-882-9600 today to arrange an appointment.

## PAATS Fares To Remain Free!

The Pointe Area Assisted Transportation Services (PAATS) board of directors voted to continue to suspend fees for all rides through December 31, 2021. All rides, including the popular Friday Shop the Gratiot Loop route, will remain free of charge through the end of the year.

PAATS riders must be a resident of Harper Woods or the Grosse Pointes and at least 60 years of age or a disabled adult. It is a curb-to-curb service. Passengers are picked up at their home, taken to their appointment, picked up and brought back to their home. 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. Physical distancing is maintained within the bus as well.

The PAATS service area is any location bounded by 11 Mile Road, Gratiot Ave., Alter Road and Jefferson Ave. Additionally, PAATS will take passengers to appointments at Ascension St. John Hospital Health Center and the Shores Professional Building on 12 Mile Road in St. Clair Shores, Henry Ford Main Campus, Detroit Medical Center, VA Medical Center, Detroit City County Building and The New Center.

# TRIBUTES & HONORS

## In Memory Of

**William Collins**

*Anthony Buccellato*

*Harriet Ludjin*

*The Quinlan Family*

*Michele Ramsey*

*Patricia and John Sullivan*

*Dawn Zonca and Pete Attobelli*

**Caryl M. Kerber**

*Marilyn A. Markey*

**Larry Kruger**

*Davida Kruger*

**George McMullen**

*The Rivers Residence Club  
Association*

**Josephine Testori**

*Nina and George Mondalek*

*Lynn and Paul Pochmara and Family*

## In Honor Of

**Dorothea McDougal**

*John J. Gillooly*

**Shirley Peppler**

*Laura Peppler-Maloney and*

*Sean Maloney*

**Fran Twiddy's Bridge**

*Bliss Clark*

**The Helm Staff**

*JoAnn Gerlach*

Donations received between April 1 and July 23, 2021. If there are any errors or omissions, please contact 313-649-2100 so that we may make corrections.

## Sponsors & In-Kind Donors

Einstein Bros. Bagels

Full Circle Foundation

Hillside Hearth

Josef's European Pastry Shop

National Coney Island - Dan Roma

Panera Bread

Pointe Pedalers

Amazon Smile

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.*

## Thank you for supporting The Helm

Did you know you can designate The Helm as recipient of charitable gifts through both Kroger and Amazon Smile?

If you are a Kroger shopper, you can connect your Kroger Rewards Card to The Helm by going to [www.kroger.com](http://www.kroger.com). The money is not paid by you! It is donated by Kroger out of its Community Rewards program.

You also can designate The Helm for a percentage of your purchases through Amazon. Type <https://smile.amazon.com/ch/38-2254509> in the URL bar and begin shopping! The Helm will receive 0.5% of the purchase price of eligible products.

If you need help setting up either your Kroger or Amazon Smile account, please make an appointment with one of our one-on-one technology volunteers. They will be able to assist you. Call 313-882-9600 to register.

The more you buy, the more The Helm receives!

The CARES (Coronavirus Aid, Relief, and Economic Security) Act suspended the Required Minimum Distribution (RMD) in 2020 but not for 2021. If you have an IRA and are over 72, you may benefit by making a cash distribution from your IRA to an eligible charity. This is known as a Qualified Charitable Donation (QCD). It counts as a part of your RMD and may be a tax advantage to you by offsetting the tax attributable to the distribution. It is easy to make a QCD from your IRA. Simply ask your plan administrator to direct a check from your IRA account to the charity of your choice. Even if you aren't required to withdraw from your IRA, you can still make a QCD if you are over age 70 and one-half.

Additionally, the extended CARES Act continues to offer tax incentives for the 2021 calendar year. The above-the-line deduction for single filers who do not itemize will continue at \$300. For married couples who file jointly and do not itemize deductions, the amount is increased to \$600 in 2021. This deduction applies to cash contributions for qualifying charities and not for gifts to private foundations or donor-advised funds. Questions? Call Liz Johnson, The Helm Development Director, at 313-649-2104.

Seeking advice from your plan administrator or financial planner is always advised to determine what is best for your situation.

# 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**