


**Edwin "Ed"
Salisbury**
Member since 2018

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It's all good for me.



THE HELM
EST. 1978
AT THE BULL LIFE CENTER

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Originally from Massachusetts, Ed has been living in Grosse Pointe Woods since August 2014. Ten years ago he retired. Half of his career was spent in retail; the other half in manufacturing. Besides activities at The Helm, Ed likes to garden and do woodworking. Ed has kept busy with the people and activities at The Helm after his late wife moved to a nursing home in 2018.

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Ed participates in chair exercise classes on Tuesday and Thursday mornings and plays half an hour of bingo every week. It’s also rumored he brings in homemade brownies every now and then, as well!

For Ed, the greatest change he’s seen in his lifetime is technology, especially cell phones. He remembers his flip phone from 15 years ago. Ed couldn’t help but laugh at the huge difference between that and the iPhone he uses now!

His advice to today’s youth: Be more patient. The quality of your life will be better if you live every day with a little more patience.