



Mary "Sue" Jones
 Active with The Helm since --

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Mary "Sue" Jones is a Grosse Pointe Park native. She left to study at the University of Toronto and then earned a master's degree at Wayne State University. After teaching in Los Angeles six years, she married and moved back to Michigan. Sue is close to her friends and roommates she made in all the places she's lived. She makes a point to stay in contact and even get together with them every few years.

Sue has been living happily in Grosse Pointe Park with her husband. They are proud parents of two and grandparents of six. After 17 years of teaching and 19 years at Blue Cross Blue Shield, she now enjoys a bit of knitting, word puzzles and watching British mysteries. She even refers to herself as a "crossword puzzle freak" – she just loves them!

Sue takes yoga at The Helm, something she's done the last three years. "I love that The Helm is here. To have a center like this is so important for the aging community, and all the services they offer are fantastic. The people who are there are wonderful, the staff is outstanding, and the free bread!"

Sue says she's earned the 80 years of life she's lived. She believes the biggest change she's seen in her lifetime is the "super expansion" of the internet. When she was younger, her parents always talked about the differences between their generation and her own. She feels like the gap continues to grow with each new generation, especially with each new technological development.

Sue says one of the joys of being from her generation is being able to use the "I'm old" card every now and then. She also has come to realize that people should know themselves and be themselves. She advises younger generations to "know your capabilities well enough and have your own aspirations to make the most out of your life."