



**Geraldine "Gerri"
Haselmire**
Member since 2018

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Gerri was born and raised in Detroit, but spent 20 years in Highland, Michigan and another 20-plus years in Denver. At 86, she's back on the east side, done with moving and spends a good amount of time at The Helm.

For nearly four years, Gerri has been enjoying many activities at The Helm. She participates in weekly bingo games and does yoga and tai chi. She loves the Seated Full Body Workout Routine taught by Rosa. Gerri absolutely adores being a member at The Helm.

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"The employees are always so pleasant and available. The first thing you should expect to see when you walk in is their smiling faces."

Gerri can't wait to go on walks, do puzzles, and have meals with her friends as COVID-19 is more under control. Her best advice for young people is to have a little patience. "If you have a little patience that means you're slowing down a little bit and you're considering someone else, (it's) pretty basic."