



Mary Russo
Active with *The Helm* since 2010

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Mary Russo is a vibrant Detroit native who now lives in Grosse Pointe Farms with her husband. Over her working career, she wrote numerous newsletters and retired as director of membership for the Detroit Athletic Club.

Mary is an active member at The Helm. She began participating around 2010, when she retired. She does yoga with instructors Judy and Jessica three mornings a week and loves it.

“The yoga instructors are wonderful. Everyone, actually, is so accommodating, kind and knowledgeable. It’s nice to be surrounded by a cheerful and sweet community. I also love the facility itself; it’s gorgeous and they’ve done a beautiful job maintaining it.”

Mary especially missed going to yoga classes when COVID-19 first hit. She missed all the students, especially the many friends she’s made. However, she was able to read much more because of the quarantine. “I read like it was my job!”

The greatest change in Mary’s lifetime is the phone. “I remember when phones were on the wall, and now it’s in my purse! Unbelievable!” She mused about their rapid evolution — from walking around with the phone to eventually connecting your cell phone to your car. “It’s crazy fun!”

To enjoy life, Mary advises people to simply be true to themselves. “Only then will you be able to live your life to the fullest.”