



***Sally Page***

***Oh, I'd do  
anything for  
The Helm.***



[HTTPS://HEMLIFE.ORG](https://helmlife.org) (313) 882-9600 158 RIDGE ROAD, GROSSE POINTE FARMS, MI 48236

Energetic. Active. Enthusiastic. Sparkplug. Those are just a few of the words that describe 91-year-old Sally Page.

Born in Lexington, Michigan, and raised in Grosse Pointe Park, Sally attended Sacred Heart Convent, now Grosse Pointe Academy. Her full time job was raising her family and running her household and she gave back to her community volunteering for numerous organizations. Sally enjoys playing cards, exercising and having a good meal for dinner. Above all, she loves spending time with her daughter.

At The Helm, Sally takes part in bridge, euchre, the different exercise classes and the occasional lunch, to name just a few activities. This summer, she especially has been enjoying the monthly barbecues -- and rousing game of croquet with friends. She definitely keeps the high school student volunteers on their toes!

The Helm staff marvel at how active she is at her age (hoping they too will be!) and enjoy having her around as much as she enjoys being at The Helm.

One piece of advice that Sally would give to the youth is to rely on God more. It is important to have faith, pray and find strength through that faith. "It's hard to do things alone, and maybe you can find strength through God like I did."