



Deborah Dufour
Meals on Wheels
Coordinator

The Helm is a dynamic, friendly environment to work in. The team members work hand in hand toward a common goal: serving senior citizens.



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Deborah Dufour is one of the newest employees at the Helm, having joined the staff as Meals on Wheels Coordinator in February 2021.

Born and raised in Normandie, France, she moved to London in 2005 and worked as an administrative assistant at the Canadian Embassy, where she met an American-born man who is now her husband. The couple moved to Grosse Pointe in 2020.

As Meals on Wheels Coordinator, Deborah coordinates distribution of the meals with volunteer drivers. She is responsible for evaluating requests for meal assistance whether that be temporary or permanent.

Deborah has a degree in foreign languages and speaks fluent French, English, Spanish and Italian. “Speaking foreign languages is one of my passions! I enjoy switching from one language to another. I also have a qualification as a French teacher.” Deborah uses that qualification here at The Helm where she teaches intermediate French a few sessions each year.

Deborah loves to travel, cook (“I try new recipes every other week!”) and learn about foreign cultures and traditions. She also enjoys staying physically active including cycling, jogging and walking.

“Being able to support our community by providing meals on wheels service is so satisfying, but we couldn’t do it without our volunteer drivers. It is such a great feeling to do something so meaningful.”