

January through March 2022

# THE HELM LIFE JOURNAL

## FULL HOUSE

There are activities aplenty and the house is full. Join us to learn something new, stay healthy and have fun!

*Page 4*

## THE MOST SUCCESSFUL GALA EVER

*Page 5*

## REGISTRATION GOES ONLINE

Online program registration begins January 1. Register day or night from the comfort of your home!

*Page 8*

## NEW & NOTEWORTHY

Arthritis and Walking...9  
New Year's Resolutions..9  
Medicare.....17  
PAATS fares are free....17

## SEE WHAT'S HAPPENING AT THE HELM

*Pages 10-16*

## TRIBUTES & HONORS

*Page 18*



CHECK OUT THE MANY NEW PROGRAMS THIS WINTER,  
INCLUDING **WALK WITH EASE.**

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*Serving seniors in the Grosse Pointes & Harper Woods since 1978.*

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# THE HELM LIFE JOURNAL

## Contents January through March 2022

**04 GREETINGS FROM THE HELM**  
*A note from our Executive Director*

**09 WALKING AND ARTHRITIS**  
*Walking can help with arthritis pain*

**05 | 25TH ANNUAL GALA SUCCESS    08 | REGISTER ONLINE    09 | MEET THE MAYORS**

### **10 FUN & FRIENDSHIP**

*A great way to meet and make friends.  
Plus, delicious lunches daily!*

### **12 HEALTH AND WELL-BEING**

*Work out with us or learn how to stay  
healthy and safe.*

### **14 LEARN & GROW**

*Stay mentally active learning new  
information and skills.*

### **16 SERVICES & SUPPORT**

*Support groups and other assistance.*

**17 | TAX TIME    18 | TRIBUTES & HONORS    18 | THANK YOU FOR YOUR SUPPORT**

We are the go-to resource for every older adult in the Grosse Pointes & Harper Woods.  
Everyone has different needs, interests and activity levels. We have something for everyone!

### **NOW AT THE HELM**

A Day of Remembrance ..... 14  
Active Fit .....12  
Alzheimer's Support Group.....16  
Ask the Physical Therapist .....16  
Beaumont Cooking  
Demonstration..... 13  
Benefits of Sleep ..... 13  
Bingo & Treats ..... 10  
Blood Pressure Screening .....16  
Body Alignment .....12  
Bridge Club ..... 10  
Chair Yoga.....12  
Conversational French..... 14  
Conversational Spanish ..... 15  
Creative Writing ..... 15

Demographics of the Aging  
Population..... 15  
Detroit Institute of Arts .....11  
Enhance Fitness .....12  
Euchre Club ..... 10  
Genealogy - Your Family Tree .... 15  
Guided Meditation..... 13  
Grief Work Support Group.....16  
Happy Hour ..... 10  
Housing Experts..... 15  
Knitting for Charity ..... 10  
Learn the Hustle..... 14  
Lunch at the Continental .....11  
Mah Jongg Club ..... 10  
Mah Jongg Lessons ..... 14  
Medicare Counseling.....16

Meet the Mayors Breakfast..... 10  
Mindfulness and Meditation..... 13  
Movies.....11  
No-Sew Fleece Blanket Making . 10  
On the Gogh ..... 15  
One-on-One Technology ..... 14  
PingPong ..... 10  
Practical Works in Watercolor... 15  
Rosa's Fitness Combo.....12  
Strategies for Caregivers ..... 13  
Strength and Balance.....12  
Tai Chi.....12  
Texas Hold 'em Poker ..... 10  
Valentine's Day Celebration ..... 10  
Walk with Ease.....12  
Yoga.....12

### **NOTE:**

For your convenience, The Helm is remaining open on Martin Luther King Jr. Day, January 17, and Presidents' Day, February 21. Please join us Monday, January 17, from noon to 1 p.m. for a showing of the documentary, *King: Man of Peace in a Time of War*.

There is no charge to attend the viewing, but registration is required.





## *If you open the door, they will come*



**I**t may be a paraphrase of a movie line, but that headline is exactly how I feel. We have been in some form of COVID protocol for nearly two years – whether it be providing only essential services or opened with just a few classes and participants, to now where we have activities all day, but with limited attendance. If it weren't for the masks and disinfecting and limited attendance, I'd think we rolled back the clock. And while these last 20-plus months have been some of the most challenging for me professionally, and personally, I've learned I have a lot for which to be thankful.

The last several months of 2021 have been some of our busiest with new classes and gatherings and even installation of a bocce court on the front lawn. We had our most successful Annual Gala ever – Number 25 – and were able to gather together to laugh and eat and raise funds for The Helm.

We know our lives have not returned to what was normal – will they ever? – but we have so much to look forward to. The programming at The Helm has been off the charts. Talk about using every inch of a building. It's astounding how much we can fit in!

Brand new programs include a walking class to help ease arthritis discomfort (or to just stay active and healthy!), a class on how to create a family genealogy, hustle dance lessons,

Spanish lessons, water color lessons, a fitness class. There are two meditation classes and six movies. And it wouldn't be The Helm without a few gatherings (code for parties!) sprinkled in along with our regular exercise classes and card games and Bingo.

Definitely take time to read through this Journal. I know you will find something you will want to do here at The Helm.

**Peggy Hayes**  
*Executive Director*

### **ONLINE REGISTRATION BEGINS FOR 2022**

We will be requiring online registration for all activities beginning in 2022. We know these transitions can seem inconvenient, but eventually, they will make the process seamless and you will be able to register from the comfort of your own home any time of day or night. These changes are necessary for us to continue to provide quality, engaging and worthwhile programming. Read more about online registration on page 8.



# One shining night

## The 25th annual gala glistened and glowed with food, fun and merriment

**I**t was a bit rainy outside, but the light was shining brightly inside on The Helm 25th Annual Gala. After an all-virtual event in 2020, guests gathered at the Grosse Pointe Yacht Club for an evening of food, drink and merriment, all while raising money for The Helm.

Guests were able to view and bid on silent auction items displayed in the Binnacle Room overlooking the water at the Yacht Club and move to the main ballroom for dinner and dessert and the presentation. Grosse Pointe Farms residents Peggy and Peter Kross were recognized for their philanthropy and commitment to the community and The Helm. Peter Kross was instrumental in raising funding for the renovation and upgrades of the baseball complex at Elworthy Field and is a founding board member of Racquet Up Detroit, which brings the game of squash to inner city children with the purpose of getting them to and through college. Peggy Kross was an active volunteer with her children's schools, Tau Beta, various garden clubs and was even a co-founder of the medical escort transportation service offered by The Helm.

Doug Blatt, The Helm Chairman of the Board of Trustees, mentioned the Krosses' commitment to The Helm and numerous organizations in his

introduction. After heartwarming and entertaining speeches, the exciting live auction began.

Guests had the opportunity to bid on items and experiences from the unique to the exciting to the enviable: apartments in Paris and Italy, jewelry and artwork, private dining, delivering mail to a freighter, stays at Nemacolin Resort and Cabo San Lucas. Every dollar raised enables The Helm to continue to provide vital services and programs to help older adults in the Grosse Pointes and Harper Woods enjoy the gift of longevity, living healthy and meaningful lives as they age.

The live auction was followed by a new video about The Helm — it's playing on our website under the About Us tab — and a paddle call which raised even more funds.

If it sounds like all we do is raise money for The Helm, it's with good reason. The Helm receives little local, state or federal funding. It is through fundraising, membership dues and program fees that we are able to operate. Without the support of donors, we could not continue.

Thank you to all our guests, sponsors, donors and volunteers who made this event — our 25th — the most successful ever!



*Thank  
you!*

Thank you to the many individuals and businesses listed on the following pages who made The Helm 25th Annual Gala the most successful ever. It is only with their support that the Gala can happen. We appreciate your supporting the many businesses who supported The Helm by donating items for our silent and live auction.

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Ascension St. John Hospital

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#### *Grosse Pointe Farms*

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Jan and Dick Widgren  
Mrs. Ralph C. Wilson, Jr.  
Nancy and Mark Wollenweber

## *Cheers to Volunteers*

It literally takes a village to pull off an event as involved as The Helm Annual Gala. This year's event was no exception. Our board of trustees, advisory board and the various gala committees all donated their time to make this event successful. They are listed on pages 6. But there was another group of volunteers who donated time to a number of activities including collating invitations, setting up auction item displays, selling jewelry raffle tickets and helping guests navigate steps at the Grosse Pointe Yacht Club. We couldn't have done it without you. Special thanks to the following volunteers:

Lois Baker  
Evan Brown  
Kathleen Carlson  
Sarah Cook  
Hana Fakh  
Rosanne Ficaro  
Mary Jo Forte  
Nancy Hinz  
Sindhu Kolli  
Karin LaRose-Neil  
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Andrew Rulison  
Bridgette Rupp  
Baxter Russell  
Carol Saile  
Ryan Sandles  
Patricia Steele  
Meredith Tiderington  
Jane Webster



### Registration moves online

**Registration is required for all programs and activities. Don't miss out! Register today.**

If you haven't already, it's time to learn how to register online for programs at The Helm. Beginning with January activities, all registration must be done online. Registration for 2022 classes begins mid-to late-December.

"We have had online registration capabilities for the past year or so," Peggy Hayes, The Helm Executive Director said. "When we first started, there were a few kinks to work out and sometimes people found it easier just to call to register. Because of limitations in class sizes and gatherings, online registration will make it easier and more efficient for us to keep track, collect fees and schedule relevant, engaging and quality programming.

"Online registration really is much easier and convenient all around," Hayes explained. "We know these transitions can seem inconvenient, but eventually, they will make the process seamless and you will be able to register from the comfort of your own home any time of day or night...no lines, and you can even wear your PJs!"

The graphic at right provides step-by-step instructions to create your account and register for programs. If you need assistance creating your online account and learning how to register, or already have an account but are having difficulty using it, call or stop by. There are

scheduled classes and volunteers to help. And, if you do not have a device capable of online registration, we have computers here for you to use.

The future is now. Create your online account and start registering for all of the fun and interesting classes throughout these pages!

### Register Online

**GO TO HELMLIFE.ORG**

- **Select REGISTER FOR PROGRAMS**
- **Create an account in [myactivecenter.com](https://myactivecenter.com) by clicking on NEW USERS (you will need your Helm key tag number the first time)**
- **Choose the class and date**
- **Click ADD TO CART or REGISTER**
- **You can add more classes by clicking the ACTIVITIES button to view all the programs we are offering**
- **When you are done, click the SHOPPING CART icon at the top and then fill in your credit card information**
- **Use the green PAY NOW button at the bottom to make a payment through our secure site**



**NEED HELP?**

**Call 313-882-9600**

### Membership has its benefits!

While membership is not required for most activities at The Helm, membership provides reduced rates on exercise classes, social activities, lunch and special lectures. You can stop by for coffee with a friend or to read the paper. You can borrow a book or a puzzle. We are a source and a resource for everything related to growing older in Harper Woods and the Grosse Pointes.

Membership fees, as well as charges for some activities, helps us provide quality and valuable programming. We receive little local, state or federal funding. It is through fundraising, membership dues and class fees, that we are able to provide everything we do. Just look through the following pages at everything planned over the next three months. There is always something new, different or interesting to do at The Helm. That dreaded two word phrase — I'm bored — is never heard at The Helm!

## Walking and arthritis

If you have arthritis, walking is one of the most important activities you can do to help ease the discomfort. Walking creates less stress on the joints than other exercises and it helps you lose weight or maintain the proper weight, improve balance and it's good for heart health, too.

Walking 30 to 60 minutes every day helps reduce pain, stiffness and inflammation from arthritis and other conditions. Just three 10- to 20-minute walks a day will make a noticeable difference.

The Helm makes it easy for you to get some of that weekly walking in! Join us from 1 to 2 p.m. Tuesdays and Thursdays, February 8 to March 17, for Walk With Ease, a six-week program from the Arthristis Foundation.

In addition to gathering for walks, the instructor will explain the FIT Formula — Frequency, Intensity, Time — and how to apply it to your walking program. Join us and get started on a regular walking routine for all around better health!

Join us for breakfast and a chance to

## Meet the Mayors

Join us Thursday, January 27, from 9 to 10 a.m. for a delicious sitdown breakfast and a chance to chat with local leaders.

Breakfast will be prepared by our own Chef Brian, so you know it will be scrumptious!

Mayors from Harper Woods and the Grosse Pointes will be here, too. There won't be any formal presentations. This is just a chance to meet elected officials and talk about our wonderful communities and ideas to keep them strong and vibrant.

This event is free, but registration is required. Register online at [helmlife.org](http://helmlife.org).

## Creating and keeping New Year's Resolutions

### *The Helm can help with that!*

Yes, it's that time of year again when one thinks about making changes and improvements in one's life. Whether it's losing weight, living healthier, finding a new interest, getting one's finances or actual house in order, The Helm can help with that! Look through the following pages to find an activity to help you create a resolution.

But how do you stick to that resolution? You can search the internet for articles and tips to keep resolutions and they basically boil down to these easy steps:

- Pick one area of your life to change and make it something concrete so you know exactly what

change you're planning to make. And if you choose a bigger goal, for example, losing 50 pounds, break that into smaller goals of losing 5 pounds a month. Small changes can add up to a whole new you at the end of the year!

- Be sure to make a resolution for the right reason. The goal has to have deep importance to you, rather than what's expected of you or what someone else wants you to do.
- Talk about about your resolution. When you share your resolution, the people who care will be there to support you on your journey.
- Don't forget to forgive yourself for missteps along the way. Everyone has ups and downs, but stay committed to your goal and get back on track.

# FUN & FRIENDSHIP

REGISTRATION IS REQUIRED FOR EVERY PROGRAM. REGISTER ONLINE AT HELMLIFE.ORG

## PINGPONG

Monday through Friday, 2:30 - 4:00 p.m.

Member: Free Nonmember: \$5 per hour

Bring a friend or two or turn one end of the table up and practice by yourself.

## EUCHRE CLUB

Mondays and Thursdays, 2:30 - 4:00 p.m.

Member: Free Nonmember: \$5 day pass

Both experienced and beginning players welcome.

## TEXAS HOLD 'EM LESSONS AND TOURNAMENT

Tuesdays, 10:00 a.m. - 2:00 p.m.

Member: Free Nonmember: \$5 day pass

This poker variation is described as a "thinking man's game." It is popular, fun and competitive. The object is to win everyone else's game chips. Register for a free lesson and then join the weekly tournament.

## KNITTING FOR CHARITY

Tuesdays, 1:00 - 3:00 p.m.

Free to members and nonmembers

This long-standing group is always looking for more knitters, new or experienced. Knitted items benefit local residents touched by cancer. The need is great for caps for chemo patients, scarves, small lap blankets, shawls and more. Knitters can choose any project they like.

## NO-SEW FLEECE BLANKET MAKING

Wednesdays, 9:30 - 11:30 a.m.

Sponsor: Blanketed with Love

Free to members and nonmembers

Create easy and fun fleece blankets for people in need.

## BRIDGE CLUB

Wednesdays, 12:30 - 4:00 p.m.

Member: Free Nonmember: \$5 day pass

We are offering a room for players who know how to play bridge to join with friends. Groups must bring their own playing and score cards.

## MAH JONGG CLUB

Wednesdays, 1:00 - 4:00 p.m.

Member: Free Nonmember: \$5 day pass

If you know how to play the American version of this ancient game, come join the fun!

## BINGO AND TREATS

Thursdays, 10:00 - 11:00 a.m.

Member: \$2 (one 25¢ card and refreshments)

Nonmember:

\$5 day pass plus \$2 (one 25¢ card and refreshments)

## HAPPY HOUR

Welcome in the New Year

Wednesday, January 12, 4:00 - 5:30 p.m.

Member: \$18 Nonmember: \$22

Start the year with a happy hour at The Helm. Let's get together for some light hors d'oeuvres and wine. This is a fun way to connect with friends, meet new members and engage in conversations, all in our casual environment. Join us in the spirit of friendship and camaraderie. Hope to see you there! Cheers!

## MEET THE MAYORS BREAKFAST

Thursday, January 27, 9:00 - 10:00 a.m.

Free to members and nonmembers

Start your day with a delicious sitdown breakfast prepared by our own Chef Brian and an opportunity to informally chat with mayors from the Grosse Pointes and Harper Woods.

## L'AMOUR - VALENTINE'S DAY PARTY

Monday, February 14, 11:30 a.m. - 1:30 p.m.

Member: \$12 Nonmember: \$18

Come celebrate the joy of love with friends at our Valentine Party. Join us for a delicious, freshly prepared gourmet lunch; live entertainment and an afternoon of fun with your friends at The Helm. As an extra treat, Andreas Browne (Student of Fred Astaire Studio) will conduct dance lessons following the lunch.



## LUNCH IS SERVED

Cost: \$7 member \$10 nonmember

11:30 a.m. to 12:15 p.m.

To reserve lunch, email [lunch@helmlife.org](mailto:lunch@helmlife.org) or call 313-882-9600 no later than 10:00 a.m. the morning of and indicate whether you are dining in or picking up a carry out. The week's lunch menu can be found on our website, [helmlife.org](http://helmlife.org), by 8 p.m. Sunday evening.

Lunch is served/available for pick up Monday through Friday, 11:30 a.m. to 12:15 p.m.



REGISTRATION IS REQUIRED FOR EVERY PROGRAM. REGISTER ONLINE AT HELMLIFE.ORG

## LUNCH AT THE CONTINENTAL

Thursday, January 20, 11:15 a.m. - 3:00 p.m.



Member: Free (responsible for cost of your own lunch)

Nonmember: \$5 (responsible for cost of your own lunch)

Experience a delicious lunch with an extraordinary view of Lake St. Clair, at the Edsel Ford House in St. Clair Shores. Arrive at The Helm by 11:15 a.m. for the bus ride to the estate. After lunch, the bus will bring you back to The Helm.

## DETROIT INSTITUTE OF ARTS

Tuesday, February 8, 12:15 - 4:00 p.m.



Member: \$5 Nonmember: \$10

The bus departs The Helm at 12:30p.m. for a visit to the DIA. You will have two hours for a self-guided tour of the museum. Museum restaurants will be open. The bus leaves the DIA at 3:00 p.m. to return to The Helm. **Note:** Masks are required for all visitors to the museum regardless of vaccination status.

## MOVIES

Showtime: 12:30 p.m. Member: \$2 for snacks/movie

Nonmember: \$3 for snacks/movie

Friday, January 14

### "RED JOAN" (2019)

Loosely inspired by a true story, this dramatized biopic shifts between two eras as it recounts the tale of Joan Stanley, a longtime British spy for the KGB who sees her peaceful suburban retirement abruptly shattered when she's arrested for treason.



Friday, January 28

### "REAR WINDOW" (1954)

As his broken leg heals, a wheelchair-bound man becomes absorbed with the parade of life outside his window and soon fixates on a mysterious man whose behavior convinces him a murder has taken place. James Stewart, Grace Kelly and Raymond Burr co-star in this Alfred Hitchcock-helmed classic.



Friday, February 11

### "BETTY WHITE: FIRST LADY OF TELEVISION" (2018)

This documentary on actress and television producer Betty White traces her decades-long career as a woman breaking new ground in entertainment.



Friday, February 25

### "THE BRIDGE ON THE RIVER KWAI" (1957)

British POWs are ordered by their Japanese captors to construct a bridge of strategic importance and are happy to sabotage and delay the progress until their commanding officer orders them to continue the work unhindered to its completion, but are his actions tantamount to collaborating with the enemy?



Friday, March 11

### "QUEEN BEES" (2021)

While her house undergoes repairs, a fiercely independent woman reluctantly moves into a retirement community — temporarily. Once there, she encounters feisty widows, cutthroat bridge tournaments and bullying "mean girls" that have her yearning to go home. Somewhere between flower arranging and water aerobics she discovers it's never too late to make new friends or even find a new love.



Friday, March 25

### "MURDER ON THE ORIENT EXPRESS" (2017)

A train ride through Europe on the famed Orient Express becomes the setting for murder when an American passenger is slain — and almost everyone on board is a suspect.

# HEALTH & WELL-BEING

REGISTRATION IS REQUIRED FOR EVERY PROGRAM. REGISTER ONLINE AT HELMLIFE.ORG.

## EXERCISE CLASSES

The Helm exercise classes are for adults of all abilities. The atmosphere is fun, welcoming and non-competitive. Registration is required.

Member: \$6.00 per class

Nonmember: \$8.00 per class

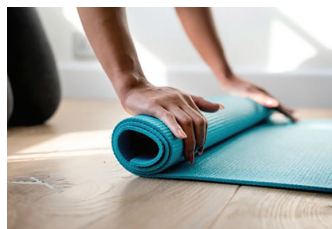
### YOGA

Mondays and Wednesdays,  
9:00 - 10:00 a.m.

Instructor: Judy Sarvis

Fridays, 9:00 - 10:00 a.m.

Instructor: Jessica Kodanko



### CHAIR YOGA

Mondays and Wednesdays, 10:15 - 11:15 a.m.

Instructor: Judy Sarvis

Mondays and Wednesdays, 11:30 a.m. - 12:30 p.m.

Instructor: Judy Sarvis

Fridays, 10:15 - 11:15 a.m.

Instructor: Jessica Kodanko

### ACTIVE FIT

Mondays and Wednesdays, 10:30 - 11:30 a.m.

Instructor: Stacey Panduren

This class incorporates cardio, strength, flexibility and balance for the more active adult.

### TAI CHI BEGINNER CLASS

Thursdays, 9:00 - 10:00 a.m.

Instructor: Susan Smith

### CONTINUING TAI CHI CLASS

For those with previous tai chi experience.

Tuesdays, 9:00 - 10:00 a.m.

Instructor: Susan Smith

### STRENGTH AND BALANCE

Tuesdays and Thursdays, 11:00 a.m. - Noon

Instructors: Carolyn Bradt and Erika Page

This class is designed to help with hand-eye coordination, balance and movement. Building and maintaining core, arm and leg strength helps our bodies age better. Bring your own resistance band, small ball and hand weights.

## ROSA'S FITNESS COMBO CLASS

Thursdays, 11:45 - 12:45 p.m.

Instructor: Rosa Hunter



This innovative class consists of a little Tai Chi, yoga, ball exercises, cardio and balance, as well as brain exercises, sign and foreign language, healthy tidbits and monthly quotes and affirmations.

## MORE EXERCISE CLASSES

### ENHANCE FITNESS®

Tuesdays, 10:30 - 11:30 a.m.

Thursdays, 10:30 - 11:30 a.m.

Instructor: Rosa Hunter

Free to members and nonmembers

This evidence-based exercise program designed for older adults, combines strength training, flexibility and cardiovascular conditioning. Simple yoga stretches, sign language and sing-a-longs are included, all designed to activate your brain cells! **Caregivers welcome.**

### BODY ALIGNMENT

Mondays, January 24 - May 2,

101 (Beginners) - 1:00 - 2:00 p.m.

102 (Intermediate) - 2:30 - 3:45 p.m.

Instructor: Gwendolyn J. Scales

WCCCD Continuing Education Class

Free to members and nonmembers

This class focuses on body mechanics and postural alignment to promote balance, flexibility and optimal range of motion. Wear loose-fitting clothing and bring a water bottle, mat and small hand towel.

### WALK WITH EASE

Tuesdays and Thursdays

February 8 - March 17, 1:00 - 2:00 p.m.

Instructor: Carolyn Bradt



Free to members and nonmembers

No matter if you need relief from arthritis pain or just want to be active, the Arthritis Foundation's six-week Walk With Ease program teaches you how to safely incorporate physical activity into your everyday life. See related article on page 9.

**Participants must register for the entire series.**

REGISTRATION IS REQUIRED FOR EVERY PROGRAM. REGISTER ONLINE AT HELMLIFE.ORG.

## BEAUMONT COOKING DEMONSTRATION

### Bone Health

Wednesday, March 30, 12:30 - 1:30 p.m.

**Facilitators:** Andrea Hageman, Registered Dietitian, and Chef Dan Kellogg

Free to members and nonmembers

This presentation will explain how to maintain optimal bone health and choose foods to help keep your bones healthy. Recipes and free samples of the food prepared will be shared.

## STRATEGIES FOR CAREGIVERS

Thursday, January 13, 2:00 - 3:00 p.m.

**Facilitator:** Kathy Housey, AFAA Certified Group Fitness and Certified Yoga Instructor

**Sponsor:** Oasis Senior Advisors

Free to members and nonmembers

This presentation provides caregivers the means to feel good about their interactions with their loved one



as they practice patience and relaxation. The distinction between different types of dementia is stressed, as well as the warning signs. Strategies are

offered for physical, emotional and verbal interaction. Some fascinating brain apps are identified alongside the importance of music, TV shows and movies. And you'll learn about valuable websites and other resources to help with caregiving issues for both the giver and the recipient.

## MINDFULNESS AND MEDITATION

Tuesdays, January 18 and 25, February 8 and 15 and March 8, 15, 22 and 29

11:45 a.m. - 12:45 p.m.

**Instructor:** Dr. Lakshmi Saleem

Member: \$6 Nonmember: \$8

Meditation is taking time for oneself to relax, reflect, restore and rejuvenate!

## GUIDED MEDITATION

Thursdays, beginning January 20

1:00 - 2:00 p.m.

**Instructor:** Jonathan Itchon

Member: \$6  
Nonmember: \$8

This weekly guided meditation class offers you the tools to still the mind, quiet the emotions and live with less stress and more joy. Open to all levels, this seated meditation practice is simple, effective and improves health in body, mind and spirit. Come and experience the benefits of a consistent meditation practice to help you live your life to the fullest.



## THE BENEFITS OF SLEEP

Thursday, Thursday, March 24, 1:00 - 2:00 p.m.

**Facilitator:** Kathy Housey, AFAA Certified Group Fitness and Certified Yoga Instructor

**Sponsor:** Oasis Senior Advisors

Free to members and nonmembers

Sleep does more than you think. It cleans and rewires your brain! This presentation discusses the important link between deep relaxation and quality sleep on attaining, maintaining and recovering optimum brain health. Practical strategies for improving nightly sleep are discussed including identifying your personal sleep inclinations. A seven-minute guided relaxation session is shared at the end of the program.





# LEARN & GROW

REGISTRATION IS REQUIRED FOR EVERY PROGRAM. REGISTER ONLINE AT HELMLIFE.ORG

## ONE-ON-ONE TECHNOLOGY INSTRUCTION

First and third Fridays of each month,  
Noon - 3:30 p.m.

Free to members and nonmembers

Need help with your laptop, tablet, smart phone or e-reader? Want to learn how to browse the internet, send emails, use Zoom, set up a Facebook page or register online for classes at The Helm? Would you like to learn how to use Microsoft Word and Excel? If so, knowledgeable, kind and patient volunteers are available to help you. **You must make a reservation. Walk-ins will not be accepted.**



## MAH JONGG LESSONS

Monday, January 10, 17 and 24  
11:00 a.m. - 1:00 p.m.

Instructor: Donna Carloni

Member: Free Nonmember: \$5

Learn the American version of this ancient game developed in China. Very simply, it is like rummy in which players collect sets of numbers, but that is where the similarity ends since math, probability, strategy, skill and luck factor in. Your brain will get an invigorating workout.

**Note:** Students must attend all three sessions.

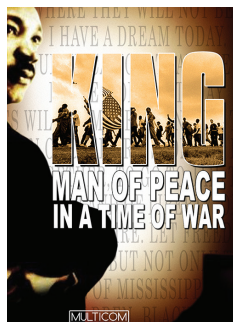
## A DAY OF REMEMBRANCE A Documentary Film

*King: Man of Peace in a  
Time of War*

Monday, January 17, Noon - 1:00 p.m.

Free to members and nonmembers

This documentary has exclusive interviews with Rev. Jesse Jackson and former Secretary of State Colin Powell, as well as rarely seen footage of an interview with Dr. King where he speaks about civil rights and the Vietnam War. This is a tribute to a man who remains an inspiration and a force for social change many years after his death.



## CONVERSATIONAL FRENCH

**BEGINNERS** (New Students Only)

Tuesdays, January 18 - April 26, 11:00 a.m. - Noon  
or Thursdays, January 20 - April 28, 11:00 a.m. to Noon

**INTERMEDIATE** (New Students Only)

Tuesdays, January 18 - April 26, Noon - 1:00 p.m.  
or Thursdays, January 20 - April 28, Noon - 1:00 p.m.

**BEGINNERS** (Returning Students)

Fridays, January 21 - April 29, Noon - 1:30 p.m.

**INTERMEDIATE** (Returning Students)

Fridays, January 21 - April 29, 1:30 - 3:30 p.m.

Instructor: Dr. Dib Saab

WCCCD Continuing Education Class

Free to members and nonmembers

Learn how to ask and respond appropriately to basic questions, read aloud using acceptable pronunciation, and create basic sentences using correct grammar.

## LEARN THE HUSTLE

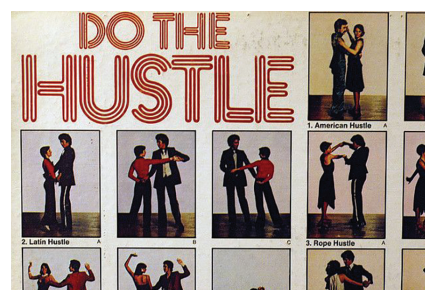
Tuesdays, January 18 - April 26  
9:30 - 10:30 a.m.

Instructor: Kevin Smith

Free to members and nonmembers

Remember the '70s, '80s and disco dancing? Well come and learn the Hustle! Similar to swing dancing, this popular dance is associated with good times, good friends and exciting dance moves.

This class will be all about fun and easy-to-follow dance steps that promote physical, mental and emotional wellness. This class is for anyone who loves to dance and engage in social activities. Whether you have experience, or are a beginner to the dance floor, you are sure to enjoy this class.



**Break the winter doldrums: Look through the photos on your phone and share your favorites with family and friends. Or, if you have old photos laying around, select a few and send them to others to brighten their day!**



REGISTRATION IS REQUIRED FOR EVERY PROGRAM. REGISTER ONLINE AT HELMLIFE.ORG

## CONVERSATIONAL SPANISH

Mondays and Wednesdays, January 24 - May 2,  
10:00 a.m. - Noon.

Instructor: Felix Gutierrez

WCCCD Continuing Education Class

**Free to members and nonmembers**

This is an introduction to practical Spanish conversations and culture. Students will discover how to say and comprehend many expressions used in everyday Spanish. Students should bring a notebook, pen, highlighter and a folder.

## PRACTICAL WORKS IN WATERCOLOR

Tuesdays, January 25 - April 26  
10:30 a.m. - Noon

Instructor: Lorna Braxton

WCCCD Continuing Education Class

**Free to members and nonmembers**

This class will show you the fundamentals of basic watercolor painting. You also will be introduced to mixing and blending colors on a palette. Please bring pencils and a white palette to the first workshop. Additional supplies will be furnished by the instructor. **No painting experience is necessary!**

## FIRESIDE CHAT WITH THE HOUSING EXPERTS

9:30 - 10:00 a.m.

Wednesday, February 9 - Senior Living Options

Wednesday, March 9 - Selling Your "Stuff"

Facilitators: Senior Real Estate Specialists

Donna O'Neill and Mimi Koppang

**Free to members and nonmembers**

Enjoy a treat and coffee or tea in our living room while you learn from two local real estate professionals. You may attend one or both presentations, but please register ahead of time.



*The Living Room at The Helm is a warm and inviting place. Enjoy coffee while you learn from local real estate specialists.*



## ON THE GOGH - Valentine Card Making

Wednesday, February 9, 11:00 a.m. - 12:30 p.m.

Facilitator: Michelle Boggess-Nunley, On the Gogh Studio

**Member: \$20 Nonmember: \$30**

In this step-by-step class, you will learn how to use watercolors to create effects and patch together various types of paper and textures to make beautiful, unique cards — made with love! All supplies are included.

## BEGINNING YOUR FAMILY GENEALOGY

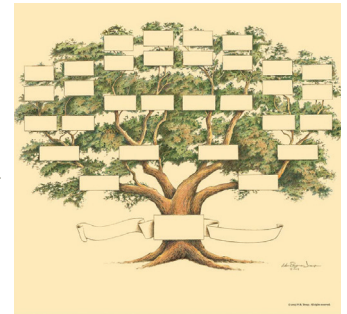
Wednesday, February 16  
12:30 - 1:30 p.m.

Instructor: Derek Blount, Member, Association of Professional Genealogists

**Member: Free**

**Nonmember: \$5**

Ever want to learn about your family's history, but don't know where to begin? Many records — church, civil, military, probate, land, emigration, work — are available online and you will learn how to search them out.



## THE DEMOGRAPHICS OF THE AGING POPULATION

Thursday, March 10, 12:30 - 1:30 p.m.

Facilitator: Thomas Jankowski, PhD,  
Wayne State University

**Member: Free Nonmember: \$5**

Dr. Jankowski received two-year grants to gather, integrate and publish a compilation of the available demographic, economic, health, and social data on older adults in Southeast Michigan. In this presentation, he shares his findings.



## CREATIVE WRITING

Wednesday, March 23, March 30 and April 6  
12:30 - 2:30 p.m.

Instructor: Nancy Solak, AWA Certified Affiliate

**Member: Free Nonmember: \$15**

Come prepared to write with pen/paper or computer in a safe and confidential environment. Using the Amherst Writers & Artists method, the facilitator will prepare prompts to which everyone writes responses, whether they be playful, serious, fictional or true. Writers will share their works in a supportive and encouraging environment to help hone their writing voice. **Note:** Students must attend all three sessions.

# SERVICES & SUPPORT

REGISTRATION IS REQUIRED FOR EVERY PROGRAM. REGISTER ONLINE AT HELMLIFE.ORG.

## ASK THE PHYSICAL THERAPIST

Second Thursday of every month, 9:15 - 10:00 a.m.

**Facilitator:** Jessica Malfa, PTA, David Gilboe & Associates

Free to members and nonmembers

Get answers to general questions about exercise and wellness.

## BLOOD PRESSURE SCREENING

Third Thursday of every month, 9:30 - 10:15 a.m.

**Sponsor:** Sunrise Senior Living

Free to members and nonmembers

Free screenings to help you monitor your health.

## GRIEF WORK

First and Third Thursday of every month, 2:00 - 4:00 p.m.

**Facilitator:** Frank Wilberding, LMSW, CAADS, Psychotherapist

Free to members and nonmembers

A safe and compassionate space to share experiences and work through the meaning of loss on the way to healing. Each session is limited to 10 participants.

## ALZHEIMER'S CAREGIVERS SUPPORT GROUP

Third Thursday of each month, 5:00 - 6:30 p.m.

**Facilitators:** Carolyn Van Dorn, Nursing Unlimited and Marian Battersby, Home Instead

Free to members and nonmembers

We offer a safe place for caregivers, family and friends of persons with dementia to meet and develop a support group. Sharing experiences helps you feel less alone, prepare for new situations and provides new ways to respond to developing or ongoing circumstances.

## MEDICARE COUNSELING WHEN YOU NEED IT

Free to members and nonmembers

The Helm offers one-on-one personalized assistance with your medicare questions. Call 313-649-2110 or email [asaigh@helmlife.org](mailto:asaigh@helmlife.org) to schedule your appointment. Additionally, The Helm conducts presentations for those ready to join Medicare (see page 17 for information about the next class) and provides guidance and counseling during open enrollment.

## Humans of The Helm

Katelyn Roberts, who is working on her bachelor's degree in social work at Wayne State University, joined The Helm in September 2021 as its Social Work intern. An internship is part of her degree program.

Katelyn's responsibilities at The Helm include learning about the multitude of resources available for older adults and to work with clients to direct them to the proper resources. As expected, it takes good listening skills to determine what is needed. Katelyn also assists with the Meals on Wheels program.

"I appreciate the learning experiences and opportunities I am receiving at The Helm to help me become a proficient social worker. I learn so much when I am here," Katelyn said.

Katelyn is expected to receive her bachelor's degree in May and intends to continue work toward a Master of Social Work degree.

When she isn't studying or working at The Helm, Katelyn enjoys reading and being in nature. Learn more about your friends and fellow members! Read other Humans of The Helm profiles on our website and Facebook and Instagram pages.



**Katelyn Roberts**  
Social Work Intern

I enjoy interacting with clients and being able to help connect them with the resources they need.



[HTTPS://HEMLIFE.ORG](https://helmlife.org) (313) 882-9600 168 RIDGE ROAD, GROSSE POINTE FARMS, MI 48236



# Is it that time?

If you are about to turn 65, you're about to become eligible for Medicare. No doubt, you have questions about this complex, confusing program. Your mailbox is probably full of correspondence from different insurance companies urging you to sign up for their prescription drug, Medicare Advantage or Medicare Supplement plans. What's a person to do?

## NEW TO MEDICARE WORKSHOP

Thursday, March 10,  
7 - 8:30 p.m.

Free to members and  
nonmembers

Call 313-649-2110 or email  
asaigh@helmlife.org  
to register.

The Helm's Medicare counselors can help you sort through the Medicare maze. Every three months, The Helm offers a 90-minute session — **New to Medicare**. You'll get a comprehensive overview of Medicare, including:

- what is and isn't covered
- the costs involved
- the pros and cons of different optional plans
- how to sign up

Our upcoming **New to Medicare** Workshop is 7 p.m. Thursday, March 10. Call The Helm at 313-649-2110 or email asaigh@helmlife.org to reserve a space for this session. There is no charge, but space is limited and reservations are required.

The Helm also offers free, one-on-one appointments with our Medicare counselors to help you understand your options, choose the best plans for you and answer any specific questions you have. The best time to meet is during the three months before your 65th birthday. Call 313-649-2110 to get in touch with a Medicare counselor.

## Freshen the Fridge

30 minutes is all you need to clean out and wipe down your refrigerator. Toss anything that's past expiration — including last week's leftovers.

## PAATS Fares To Remain Free!

The Pointe Area Assisted Transportation Services (PAATS) board of directors voted to continue to suspend fees for all rides through April 30, 2022. All rides, including the popular Friday Shop the Gratiot Loop route, will remain free of charge through April.

PAATS riders must be a resident of Harper Woods or the Grosse Pointes and at least 60 years of age or a disabled adult. It is a curb-to-curb service. Passengers are picked up at their home, taken to their appointment, picked up and brought back to their home. All buses are sanitized before and after each pickup and at the end of every day. All riders and drivers must wear a mask while in the bus.

The PAATS service area is any location bounded by 11 Mile Road, Gratiot Avenue, Alter Road and Jefferson Avenue. Additionally, PAATS will take passengers to appointments at Ascension St. John Hospital Health Center and the Shores Professional Building on 12 Mile Road in St. Clair Shores, Henry Ford Main Campus, Detroit Medical Center, VA Medical Center, Detroit City County Building and The New Center.

## Tax Time

AARP Tax-Aide is providing 2021 tax preparation services.

The program offers free, quality, confidential tax preparation services to those with uncomplicated tax returns. While the service is available to taxpayers of all ages from middle to low income, special attention is given to those 60 years of age or older.

Due to COVID concerns, AARP is requiring preparation service be conducted with minimal physical contact. Taxpayers must be willing to package all relevant materials and drop them off at The Helm. A preparer will pick up the materials, prepare the return and return it to The Helm where the taxpayer will pick up their packet. The AARP tax aide will contact the taxpayer via phone with any questions.

This is a popular service at The Helm. Availability is limited and registration is required. Registrations will begin near the end of January. Once we know the date to begin registering, we will post it on our website, helmlife.org, and Facebook and Instagram pages.

# TRIBUTES & HONORS

## In Memory Of

**Donna Biegas**

*Barbara and Robert Dobson*

**Betty Davis**

*Fred Zosel*

**Dr. Max and Doris Garder**

*Mark Zmyslowski*

**Elinor Hamm**

*Penny Thomas and Jeff Brasie*

**Elizabeth R. Johnson**

*Carter Mann*

*Gwen Mann*

**Lawrence Kruger**

*Joan R. Brinich*

**Jack Liang**

*David and Susan Buckler*

**Gail Maxwell**

*Marilyn Markey*

**Victor Papakhian**

*Sosi Papakhian*

**Amy Andris Rohland**

*Anonymous*

**Barbara Saari**

*Philip Dondero*

**John Watson**

*Mr. and Mrs. Bruce Birgbauer*

## In Honor Of

**Doug Blatt**

*Mr. and Mrs. Bruce Birgbauer*

*Arlene and John Lewis*

*Laura and Charles Huebner*

**Gary Colett**

*Tula Economou*

*Carol Ghesquiere*

**Lisa Gandelot**

*Dr. and Mrs. Keith Bellovich*

**Liz and Ned Johnson**

*Denise Lowe*

**Peggy and Peter Kross**

*Darrene and Bill Baer*

**Micki Nowinski**

*Lynn and Tom McGann*

**Marty Peters**

*Martha Martin*

**Janet and Steve Smith**

*Joanne and Steve Kink*

## Sponsors & In-Kind Donors

Advantage Living Centers

Amazon Smile

Einstein Bros. Bagels

Full Circle Foundation

Grosse Pointe Lawn Sprinklers

Josef's European Pastry Shop

Kroger Rewards

Panera Bread

The Blake Company

Trader Joe's

Many other individuals have contributed to our success through donations to our Medical Equipment Loan Closet or other general donations. We simply could not provide all the services we do for the community without this generous support. We are genuinely appreciative of those who invest in and support our mission.

Donations received between July 23 and November 30, 2021. If there are any errors or omissions, please contact 313-649-2104 so that we may make corrections.

## Your support is truly appreciated

The Helm relies heavily on charitable contributions to make our work possible. Cash contributions are always appreciated, but if you are interested in learning about different ways to give, please contact Liz Johnson at 313-649-2104 or [mejohanson@helmlife.org](mailto:mejohanson@helmlife.org).

Alternative giving ideas include support from donor advised funds, gifts of stock, an IRA rollover contribution, charitable gift annuities or making The Helm a beneficiary of your life insurance policy, IRA or estate plans with a percentage or specific dollar amount. No amount is too small.

Seeking advice from your plan administrator or financial planner is always advised to determine what is best for your situation.

Did you know you can designate The Helm as recipient of charitable gifts through both Kroger and Amazon Smile?

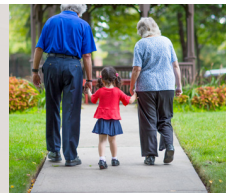
If you are a Kroger shopper, you can connect your Kroger Rewards Card to The Helm by going to [www.kroger.com](http://www.kroger.com). The money is not paid by you! It is donated by Kroger out of its Community Rewards program.

You also can designate The Helm for a percentage of your purchases through Amazon. The Helm will receive 0.5 percent of the purchase price of eligible products. Type <https://smile.amazon.com/ch/38-2254509> in the URL bar and begin shopping!

If you need help setting up either your Kroger or Amazon Smile account, make an appointment with one of our technology volunteers. Call 313-882-9600 to register.

The more you buy, the more The Helm receives!





ALLEGRIA  
VILLAGE



A VILLAGE  
BUILT ON

LOVE  
LAUGHTER  
& CARE

FIND OUT ABOUT OUR  
DIFFERENT PROGRAMS

INDEPENDENT LIVING

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Photo by  
**Bill Rapai, President**  
**Grosse Pointe Audubon**



# Health screenings shouldn't wait, even now

Don't delay the important  
care you need

Delaying screenings may impact your health. Heart, colon and lung screenings, as well as mammograms, can help your Ascension St. John care team get a clearer picture of your health and work with you to address any concerns.

Talk to your doctor about a plan that works for you. If you do have an in-person screening or need follow-up care, Ascension hospitals and facilities are following strict safety precautions so we're fully prepared for your safety while in our care. Ask if a virtual visit is available for your pre-screening or any follow-up appointments you may have.



Schedule a heart scan at [ascension.org/heartscan](https://ascension.org/heartscan), or schedule other important health screenings with your doctor today at [GetAscensionMichiganCare.com](https://GetAscensionMichiganCare.com)



**Ascension  
St. John**