

April through June 2022

THE HELM LIFE JOURNAL

A SENSE OF NORMALCY

Mandates eased and a full house bring a sense of normalcy to activities.

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THE BOCCE COURT IS OPEN!

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

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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!

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NOTE:

The Helm will be closed Friday, April 15, 2022, in observance of Good Friday and Monday, May 30, 2022, for Memorial Day.

Cover photo by Renee Landuyt,
Grosse Pointe News



Spring has come, and with it a sense of normalcy



It's hard to believe spring is here already — especially since I'm beginning to write this letter on yet another snow day at The Helm. But, just like the saying, hope springs eternal, I am truly optimistic we are in for a fantastic few months.

First, the mask mandates have been eased at The Helm. Those who are fully vaccinated and boosted may choose to not wear a mask; if not vaccinated, we ask that you please continue to wear a mask. I want to say this will be our policy forever, but every time I thought that was the case before, someone or something had other plans. Let's stay positive that this really is the last time. If you want to continue wearing a mask, please feel free to do so. Some of our staff have chosen to stay masked for a while as well. If you have young children who can't be vaccinated, live with or care for an immunocompromised person, or simply want to wait until the annual flu season is over or for whatever reason, if you still want to wear a mask, that is fine by us.

Second, there are some exciting new activities at The Helm. When don't I say that? Our programming department always has new, interesting and fun activities planned. They outdid themselves again this spring with interesting lectures and field trips and fun parties!

Don't miss out on the cocktail event with Tim Kiska and his *The Detroit History Podcast* about jazz in Detroit or the lecture by award-winning columnist and author Marney Rich Keenan about the decades-long still-unsolved Oakland County child murders. Join us for our tour and lunch series. One at National Shrine of the Little Flower Basilica in Royal Oak and the other at the Belle Isle Aquarium. We'll be having BBQs on the Lawn this summer beginning in June.

The BBQs were some of our most popular events last year, so don't wait until the last minute to register.

And another fun – and healthy – activity this year is a bocce league. We welcomed the Blatt Bocce Court, in honor of our Chair Emeritus Doug Blatt, courtesy of the Grosse Pointe Chamber Foundation, to our front lawn late last summer and can't wait to use it regularly this year.

Lastly, I have good news to report on our basement remodeling. It has been taking a while, as have most construction projects the last year, but we expect it to be complete and operational late spring. (We're keeping our fingers crossed it will be earlier!) There is so much more we would like to offer here and the additional room in the basement gives us that opportunity.



The renovated basement will include a new classroom, restroom, workshop, storage areas and an open sitting area. Pictured above is framing for the new classroom.

Enjoy your spring – and I hope to see you frequently throughout the coming months!

A handwritten signature in black ink that reads "Peggy".

Peggy Hayes
Executive Director



The Blatt Bocce Court is open and ready for play

Something popped up on The Helm front lawn last year: the Blatt Bocce Court. Donated by the Grosse Pointe Chamber Foundation in honor of Doug Blatt, former chairman of The Helm, the court gives us just one more activity to add to our never-ending ongoing list of fun!

Anyone can use the bocce court and bocce is a game for any age. During our open hours, you can bring a friend or two, child or grandchild and borrow our bocce set to play. Better yet, join The Helm bocce league beginning in May! (Start practicing as soon as the weather allows.) You'll have built-in teammates and opponents! It's a simple game to learn and doesn't take a whole lot of physical prowess to master, but it provides lots of fun and numerous social, mental and physical benefits.



Part of the front lawn at The Helm has been turned into a bocce court. Guests are welcome to play Monday through Friday, 10 a.m. to 4 p.m. If you want a regular weekly game, join the bocce league starting in May. See page 14 for more information.

Benefits of Bocce

Social Activity

A bocce game consists of two teams of one, two or four players so it encourages being together with friends. Social engagement has been linked to increased quality of life and a longer lifespan.

Strategic Planning

Bocce is more than just throwing the ball down the court. It's a game of finesse, not physical strength. Bocce requires you to consider velocity, distance and, because ours is an enclosed court, the trajectory "off the boards." Engaging your brain while exercising helps stave off dementia and keeps you sharp.

Improved Coordination

Hand-eye coordination is a major component of bocce. "Mastering" bocce requires knowing when to release the ball, where to release it on the path and with the suitable amount of force.

Relieves Stress

Spending time outdoors with friends and light

physical activity help lower stress levels. Stress causes a number of health issues and ages our brains. Exercise, combined with social activity, lowers stress levels and keeps us younger and more alert!

Light Cardio

While you won't burn as many calories playing bocce as you would in a game of tennis, bocce requires you to walk up and down the court after every round. You'll complete a number of steps every match!

Flexibility

Bending and extending are part of bocce. You have to bend to pick up the ball and extend your arms to throw it. Flexing and moving joints helps maintain mobility as we age.

Mindfulness

Bocce forces you to concentrate and focus on the moment, the weight of the ball and the target down court. This helps melt away the worries of the day!

For more information about the benefits of bocce, visit HealthFitnessRevolution.com

Mental acuity, not lady luck, makes for a winning hand

Oftentimes, the word poker conjures images of rooms in Las Vegas with people sitting at green felt covered tables with stacks of playing chips in front of them (and maybe a drink and cigar!). Competitive Poker at The Helm is considerably different. People still gather around tables with a green felt cloth laid out, but no gambling is involved. Players accumulate points trying to reach the top of the leader board.

But it's the activity of poker that's most important. Regular poker playing helps you:

Perfect your math skills. In poker you quickly learn to determine the odds of the game in your head. The cards you see on the table, plus the cards in your hand, help you calculate the probability that the card you need is still available.

Improve decision-making skills. Poker teaches you to analyze possible outcomes and then make decisions based on that, not a gut feeling. As you play more, the analysis and decision making come more quickly. Analyzing any situation is a great skill to have in life.

Control your emotions and read those of others. Poker teaches you to control your emotions. You can't give away what's in your hand and you have to watch others closely to see their "tells" — useful tools in everyday life.

Boost memory skills and keep the mind active. This isn't memorizing cards, but the skill of remembering the value of poker hands, the various strategies you may have studied

in the past, as well as betting patterns of opponents.

Overall, poker keeps your mind active — one of the keys to aging better.

Even more ways to challenge your brain

The Helm has numerous games to help keep your mind active and challenged. (And don't forget about the PingPong and the outdoor games as well.) If you have suggestions for additional games, let us know. If you'd like to bring in friends to play a game, give us a call. We will do everything we can to accommodate your group. There are so many simple activities to stay social and mentally engaged!

Come play with us!

Mah Jongg Club
Wednesdays 1 - 4 p.m.

Euchre Club
Mondays & Thursdays 1 - 4 p.m.

Bridge Club
Wednesdays 12:30 - 4 p.m.

save the dates

Fore The Helm Golf Outing
Monday, June 20, 2022
Lochmoor Club

26th Annual Gala
Thursday, October 13, 2022
Grosse Pointe Yacht Club

PAATS provides invaluable service to the community

If you haven't seen the transit shuttles in The Helm parking lot, surely you have seen them on the road. These small buses provide an invaluable service to so many within the Harper Woods and Grosse Pointe communities.

The Pointe Area Assisted Transportation Services (PAATS) buses, funded through the Grosse Pointe and Harper Woods municipalities, operate out of the The Helm building. Those 60 and above and adults with a disability and unable to drive themselves are eligible to ride the PAATS buses. They provide a much-needed service taking people to medical appointments, the hair salon, grocery shopping or even to The Helm.

It is a curb-to-curb service with limited door-to-door assistance from the drivers. All buses are handicap accessible and equipped with a motorized lift for those in a wheelchair or unable to navigate steps.

"It's the best thing and the reason I'm still living in Grosse Pointe," said Grosse Pointe Woods resident Nancy Hinz. "They take me to the doctor, here (The Helm), shopping, drive me to stores in the neighborhood. The drivers are so nice and helpful. I've been doing this 13 years, otherwise I'd be in the house. Oh, and I get picked up and dropped off in a timely manner. It's a wonderful service."

There is a per-trip charge for PAATS. Rates vary depending on where you are going. Since the pandemic, however, PAATS fares have been waived and will continue to be through May 31, 2022.

There currently are seven PAATS drivers, with need for more. Driver positions are part-time, usually two to three days, eight to 24 hours, per week. Drivers are paid hourly. It is ideal for a retiree looking to stay active or someone who would like to supplement their income.

Kirk Stevenson is the most recent addition to the

PAATS driver corps having joined in July 2021. He retired at a young age and was looking for something to occupy some time during the week.

"I enjoy giving back and helping. I enjoy meeting the passengers and hearing their stories," Kirk said. "You have to have the right attitude. You can't take any chances, because you have souls on board. While you are paid, it is definitely a job that pays you in a different way."

If you are interested in becoming a PAATS driver, contact laltovilla@paatsbuses.org for more information and to apply. The help wanted ad at the bottom of this page gives more details.

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. Rides must be scheduled 48 hours in advance. Call 313-394-9712 to arrange a ride and confirm your destination is within PAATS service boundaries.



**POINTE AREA ASSISTED
TRANSPORTATION SERVICES**

DRIVERS NEEDED

APPLY TODAY



To serve seniors and the disabled in the Grosse Pointes and Harper Woods



Chauffeur License with a passenger endorsement required



Part-time position - 2 to 3 days a week



For more details and to apply, email
laltovilla@paatsbuses.org

CHEERS TO VOLUNTEERS

Volunteers are the lifeblood of The Helm – as they are for nearly every nonprofit organization. Our volunteers run the gamut from the Board of Trustees and Advisory Council Board, to those who serve lunch, help with office work and checking in guests, to packing and serving lunches, helping and cleaning up for parties, performing home safety chores, rides to medical

appointments, the list is nearly endless. We are so appreciative of everything our volunteers do, there is no better time to say thank you than in conjunction with National Volunteer Appreciation Week April 17 -23.

So, THANK YOU to all of our volunteers for EVERYTHING you do for The Helm!

John A.	Judy D.	Donald G.	David L.	Elle O.	Joan S.
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Allie D.					

We truly are fortunate to have kind, caring and dedicated volunteers who believe in and support our mission. Each and every day you will find a least three volunteers in the building and numerous others helping deliver items to people or people to places! If you are interested in volunteering, visit our website, helmlife.org, and click on the **Volunteer** tab at the top of the page for more information. While our volunteers mean so much to us, volunteering has its benefits too. Here is what some of our volunteers have to say.

"God has blessed me much in my life and volunteering to help others and my community is a way to honor God and follow the teachings of Jesus. What is amazing about volunteering is that you get back so much more than you give. I love making a difference in someone's life." - Prudence Cole-Klimisch

In addition to being chair of The Helm Board of Trustees, Prudence serves on the board of the Grosse Pointe Public Library and in leadership development at a number of area churches.

**YOU
MAKE IT
MEANINGFUL**

**National
Volunteer Week
April 17 - 23**

"I am still active and able to do things, so I can help drive others who can't and deliver meals to those who can't get out to get their own meals. I've met some really interesting people and I truly enjoy it."

- Jerry Keith

Jerry has been volunteering for The Helm since 1998, beginning as a Meals on Wheels driver. While he still delivers Meals on Wheels, he also serves as a medical escort driver.



Frank K. volunteers by tickling the ivories and entertaining guests within The Helm.

"I retired and figured it was a good time to volunteer. I'm able to give back to the community and it helps me by getting me out of the house."

- Carol Meza

Carol is one of the newest volunteers at The Helm. She began volunteering in April 2021.

"People here are great. Not only does it keep me busy, but I meet some truly lovely people. I talk The Helm up all the time."

- Mary Jo Forte

Mary Jo has been volunteering at The Helm since 2014. After retiring in 2007, she wanted to keep busy and began volunteering at The Detroit Institute of Arts and helping a local blind couple. When Mary Jo's mom got sick, she discovered The Helm and all it offers. That led her to lend her finance background to The Helm volunteering in the finance department.



Willie C. and Karen K. prepare lunches for carry-out and dine-in service.

"After I retired I wanted to give back to the community in which I have lived for 70 years. It gives me something to do, but The Helm helps so much in our community."

- Toni DeLaura

At 95, Toni is one of the most "mature" volunteers at The Helm.

*You make a living by what you get.
You make a life by what you give."*

— Winston Churchill

Everything The Helm can do for you

We love to tout the many activities, classes and workshops we have at The Helm to keep guests social, healthy and mentally engaged. But there is another area of The Helm less familiar to the casual public: Services and Support.

The Helm offers a number of services that assist with issues related to aging – either for yourself, family member or friend. It is because of generous donations from our supporters we are able to provide these services free of charge.

Information & Assistance provides a starting point for everything aging related. Call us and we can help you get what you need or find a resource for you, including independent and assisted living, home caregivers, financial assistance and emergency relief. If we don't



have a program to help, we can provide a resource for you.

Case Coordination is for those older adults who need extra

attention. It takes great patience and understanding to learn what another person wants, needs and feels. Case Coordination asks the questions to make those discoveries and suggest supportive services and provides ongoing personal contact to make any necessary adjustments.

Meals on Wheels is for residents of Harper Woods and the Grosse Pointes who are 60 and above, homebound and unable to safely prepare meals for themselves. This can include those with a temporary need – an illness or recent hospitalization.

Home Chore Program provides older adults assistance with simple spring yard clean up and fall leaf removal as well as minor home maintenance issues like changing light bulbs, smoke and carbon monoxide detectors or tightening loose door handles or hand railings.

Medical Escort Service is available to qualified participants unable to take the PAATS bus for transportation. This service is for medical and dental

appointments only and for those who are able to get in and out of a car with only minor assistance. Drivers are volunteers, so requests must be made at least 10 days in advance of the appointment.

Medicare Assistance is one of the most valuable of services at The Helm. Turning 65 and qualifying for Medicare can be one of the most daunting of times. The Helm has experts who can help you with enrollment, answer questions about or help with a problem with a claim, or just help you understand how to make the most of your benefits. Additionally, during Medicare Open Enrollment (October 15 - December 7), experts are available to meet with you to review and make changes to your Medicare coverage to get the most out of your plans.

Medical Equipment Lending or Medical Loan Closet has equipment and supplies to borrow at no charge. We rely on the generous donations from our community to keep the loan closet full. Our supplies change depending on need and donations received. If there is a specific item needed that we don't have, we will place you on a Need List should that item be donated. People of any age can borrow medical equipment such as crutches, wheelchairs, canes, knee walkers and bath benches, but preference will be given to those 60 and above. Other items available include incontinence briefs, bed pads, reachers, dressing sticks, pill boxes, nutritional supplements, procedure masks, latex gloves and wipes.



Mutts 'n' Meows is a donation based program that enables homebound older adults in Harper Woods and the Grosse Pointes to keep companion and service animals in their homes. The Helm accepts unopened bags of kitty litter and cat and dog food and treats.

Support Groups provide a safe space for caregivers, family and friends of persons with certain conditions to gather and share feelings, experiences and resources. Groups meeting at The Helm vary. Please call to find out which support groups are available.

Continued on page 11

Continued from page 10

Tax Preparation offers free, quality, confidential tax preparation service for those with simple tax returns. Provided in concert with AARP Tax-Aide, this service is available February through April at The Helm by appointment only. There are a limited number of appointments. The best time to reach out for this service is in January.

Pointe Area Assisted Transportation Services (PAATS) is available to residents of Harper Woods or the Grosse Pointes 60 and above or adults with a disability to take to appointments, including trips to The Helm for activities. Normally, there is a charge for rides, but currently fares are suspended through the end of May 2022. Visit helmlife.org/services-support for more information. (See related story on page 7.)

Surprise Mom or Dad with a gift of membership

With Mother's Day and Father's Day right around the corner, there's no need to wrack your brain thinking of a gift. Membership at The Helm is the perfect choice!

For \$60 a year, your loved one can enjoy all the social, exercise and lifelong learning programs available at The Helm. There are language, arts and technology classes; exercise classes for every fitness level; informative lectures and workshops; and so many social activities from cards, table and lawn games (bocce anyone?) to meals and movie matinees. There's even a book and puzzle lending library.

REMINDER:
Mother's Day
Sunday, May 8
Father's Day
Sunday, June 19

There truly is something for everyone here at The Helm!

If Mom and/or Dad are already members, you can renew their membership or pay for exercise classes or lunches. Even better, join them for a meal, party or exercise class!

You can apply for membership on our website, helmlife.org, by clicking on the Membership tab at the top of the page. Or simply complete the form below and return it to The Helm, 158 Ridge Road, Grosse Pointe Farms, MI 48236.

To purchase classes or lunches, call 313-882-9600.

Give the gift of membership

A membership for:

Name _____

Address _____

Telephone Number _____

Email (optional) _____

Return completed form with payment to
The Helm at the Boll Life Center,
158 Ridge Road, Grosse Pointe Farms, MI 48236

A gift from:

Name _____

Telephone Number _____

Payment method: ☐ Cash ☐ Check ☐ Credit Card
(If paying by credit card, please complete the following)

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MEET THE INSTRUCTOR!

MICHELLE BOGGESS-NUNLEY **Art Instructor** *at The Helm Life Center*

Michelle is a teaching artist in Metro Detroit, founder of On The Gogh Studio and an active member in the local arts community. She has displayed her work nationally and internationally, including at Art Expo New York and the Jackson Junge Gallery in Chicago.

Michelle is committed to making art available to everyone because it “brings communities together and gets people involved. It brightens moods, helps us connect and does incredible things for our health.”

FUN & FRIENDSHIP

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

GAMES ON THE LAWN

Bocce/Corn Hole/Croquet

Monday through Friday, 10:00 a.m. - 4:00 p.m.

Member: Free Nonmember: \$5 per hour

Bring a friend or two and enjoy some fun and friendly competition in the great outdoors.



PINGPONG

Monday through Friday, 2:00 - 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.

BOCCE LEAGUE

Tuesdays and Thursdays

11:30 a.m. - 1:00 p.m., beginning May 17

Member: Free Nonmember: \$5 day pass

Both experienced and beginning players welcome. Register on your own or with friends. Not only is bocce fun, but it is good for you. See article on page 5.



EUCHRE CLUB

Mondays and Thursdays, 1:00 - 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 objective 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 card and refreshments)

Nonmember:

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

(Additional cards are 25 cents each)

MEET THE MAYORS

Wednesday, April 13, 9:00 - 10:00 a.m.

Sponsor: Teri Jordan - The Orchards

Free to members and nonmembers

Start your day with coffee, fruit and pastries and an opportunity to informally chat with mayors from the Grosse Pointes and Harper Woods.

JOIN US FOR COFFEE AND PASTRIES AND

MEET THE MAYORS

WEDNESDAY APRIL 13
9 - 10 A.M.

Sponsored by:
Teri Jordan
THE ORCHARDS

Mayors from Harper Woods and the Grosse Pointes will be here. Have informal discussions on ways to keep our communities strong and vibrant.

THIS EVENT IS FREE. REGISTRATION IS REQUIRED AT HEMLIFE.ORG

REGISTRATION IS REQUIRED FOR EVERY PROGRAM. REGISTER ONLINE AT [HEMLIFE.ORG](https://helmlife.org)

A SPRING SERENADE AND LUNCHEON

Wednesday, May 4, 11:30 a.m. - 1:30 p.m.

Member: \$12 Nonmember: \$18

We are excited to welcome back the Michigan Opera Theatre! Join us for a truly exceptional performance by three of its talented artists. Their repertoire will include a wide variety of musical genres from Broadway numbers to songs from the Great American Songbook . . . and the playlist will include at least one or two numbers from the Grand Opera. Also, enjoy a special luncheon of tea and finger sandwiches. This event is one of The Helm members' favorites! Sign up soon!

HAPPY HOUR

The Detroit History Podcast (on the Road)

Wednesday, May 18, 4:00 - 6:00 p.m.

Member: \$18 Nonmember: \$22

Let's get together for some jazz music, light hors d'oeuvres, wine and beer. Connect with friends, meet

new members, engage in conversations and learn some fascinating history! Longtime Detroit newsman, journalism professor and author Tim Kiska brings his The Detroit History Podcast to The Helm with a review of the history of jazz in Detroit. From the Graystone Ballroom to Miles Davis' rhythm section, and onward, Detroit has had a greater impact on America's native art form, jazz, than you might expect.

BBQ ON THE LAWN

Friday, June 24, 5:00 - 7:00 p.m.

Sponsor: Dino Ricci, your Grosse Pointe Real Estate Expert

Entertainment: Vintage Band

Member: \$12 Nonmember: \$18

Enjoy the out of doors with friends, fun, food and games on our beautiful lawn and patios! We'll provide the food, you bring your own beverage. (If the weather doesn't cooperate, we'll just move the festivities inside, so it's a date no matter what!) Register quickly. Our barbecues fill up fast!

The sign of experience.

As a lifelong Grosse Pointe resident I have more than 2 decades of assisting my neighbors buy and sell their homes.

Call me today to discuss your next move.

313.460.2225 | dino@dinosells.com



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EXPERIENCE + TRUST

Proud sponsor of the BBQ on the Lawn at The Helm.



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

TOUR & LUNCH SERIES

National Shrine of the Little Flower Basilica

Wednesday, April 27, 10:00 a.m. - 2:30 p.m.

Member: \$20 Nonmember: \$25

(Guests are responsible for the cost of their lunch)

Guests must ride the bus to attend this tour.

Take our bus to Royal Oak for a docent-led tour to uncover the history and architectural gems of the National Shrine of the Little Flower Basilica. Established in 1926, this Catholic church has a long and unique history. After the tour, we will have lunch at Sign of the Beefcarver – a Royal Oak tradition since 1957. Then the bus will bring you back to The Helm.

MONDAY-FRIDAY, LUNCH IN OR OUT

Cost: \$7 member \$10 nonmember

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

To reserve lunch, email lunch@helmlife.org or call 313-882-9600 by 10:00 a.m. the morning of and indicate if you are dining in or picking up a carry out. The week's lunch menu can be found on our website, helmlife.org, by 8 p.m. Sunday evening.

Belle Isle Aquarium

Thursday, June 30, 9:00 a.m. - 1:30 p.m.

Member: \$20 Nonmember: \$25

(Guests are responsible for the cost of their lunch)

Guests must ride the bus to attend this tour.

Enjoy a full afternoon of historical Detroit establishments. Meet at The Helm at 9:00 a.m. for a bus ride to Belle Isle Aquarium.

Experience the new habitats and creatures at the refurbished Belle Isle Aquarium, the oldest in the country. A guided tour will lead visitors on a journey through some of the most fascinating underwater environments. After the tour, you will board the bus for a ride around Belle Isle to enjoy the beautiful outdoor gardens and the many improvements to the island.

Then we're off to lunch at Sindbad's Restaurant, a 72-year-old Detroit institution on the Detroit River. Following lunch, the bus will bring you back to The Helm.

MOVIES

Showtime: 12:30 p.m. Member: \$2 for snacks/movie Nonmember: \$3 for snacks/movie

Friday, April 8

"OLD" (2021)

Filmmaker M. Night Shyamalan unveils a mysterious thriller about a family on a tropical holiday who discover the secluded beach where they are relaxing for a few hours is somehow causing them to age rapidly...reducing their entire lives into a single day.

Friday, April 22

"NORTH BY NORTHWEST" (1959)

This Hitchcock classic stars Cary Grant as an advertising executive who looks a little too much like someone else and is forced to go on the lam (helped along by Eva Marie Saint). Grant ends up in a fight for his life on Mount Rushmore – a true cliffhanger, if ever there was one.

Friday, May 6

"A DOG'S WAY HOME" (2019)

Based on the bestselling novel, this movie chronicles the heartwarming adventure of Bella, a devoted dog who embarks on an epic 400-mile journey home after she is separated from her beloved human.

Friday, May 20

"SOME LIKE IT HOT" (1959)

When musicians Jerry and Joe (Tony Curtis and Jack Lemmon) accidentally witness the St. Valentine's Day Massacre, they get out of town the only way they know how – dressed as women. Things heat up on the road when they meet a curvy blonde (Marilyn Monroe) who plays the ukulele.

Friday, June 3

"RESPECT" (2021)

Follow the rise of Aretha Franklin's career from a young child singing in her father's church's choir to superstardom in the true story of the journey to find her voice and become the Queen of Soul.

Friday, June 17

"VERTIGO" (1958)

Hitchcock's dark and compelling suspense film tells the story of a police detective (James Stewart) who has a crippling fear of heights – and an all-consuming obsession with a married woman. When he's asked to tail a friend's wife (Kim Novak), he is drawn into a vortex of deceit and murder.

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 - 3:00 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. **Reservation required. Call 313-882-9600 to make a reservation.**

MEET THE AUTHOR



The Snow Killings: Inside the Oakland County Child Killer Investigation

Wednesday, April 20, 1:00 - 2:00 p.m.

Author: Marney Rich Keenan, award-winning reporter and columnist

Free to members and nonmembers



The Snow Killings

Inside the Oakland County Child Killer Investigation

Marney Rich Keenan

Over 13 months in 1976-1977, four children were abducted in Oakland County, spawning panic across southeast Michigan and triggering the most extensive manhunt in U.S. history. Yet after less than two years, the task force created to find the Oakland County Child Killer was shut down and the case went cold for more than 30 years, until a chance discovery by one victim's family pointed to

the son of a wealthy General Motors executive. Veteran Detroit News reporter Marney Rich Keenan discusses the investigation of the still-unsolved murders – as seen through the eyes of the lead detective in the case and the family who cracked it open.

ART WORKSHOPS

Watercolor Painting Class

Tuesday, April 12, 11:30 a.m. - 1:00 p.m.

Facilitator: Michelle Boggess-Nunley, On the Gogh Studio

Free to members and nonmembers

You will learn the fundamentals of watercolor painting, application, blending and various brush techniques with step-by-step instructions to create two unique paintings. Participants will learn how to layer colors for a unique landscape and then how to apply colors for vibrancy to create the wing of a butterfly.

Stained Glass Suncatchers

Wednesday, June 8, 11:30 a.m. - 1:00 p.m.

Facilitator: Michelle Boggess-Nunley, On the Gogh Studio

Member: \$20 Nonmember: \$30

Create a six-inch clear acrylic circle (also available as square, oval or heart-shaped) crafted to mimic the reflections and sparkle of real stained glass. You will use special transparent paint and a variety of techniques to create these whimsical summer displays sure to catch the sun – and eyes of anyone who sees them.



MANAGING SOMEONE ELSE'S MONEY



Tuesday, June 14, 1:00 - 2:00 p.m.

Wayne State University Speakers' Bureau

Free to members and nonmembers

This presentation covers important questions about managing someone else's money, particularly that of older adults. Its purpose is to spread awareness in the senior community about financial exploitation and provide information to family members or trusted friends on how to help older adults who may need help handling their finances.

New to Medicare

Turning 65 soon? Then it's the perfect time to take **New to Medicare**. In this workshop, you'll get a comprehensive overview of the complex (and often confusing!) Medicare program, including coverages; costs involved; pros and cons of different plans; and how to sign up.

The next workshop is 7 p.m. Tuesday, June 21. 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.

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 per class

Nonmember: \$8 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.

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, 11:30 a.m. - 12:30 p.m.

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

Instructor: Rosa Hunter

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

Instructor: Paul Clark

Free to members and nonmembers

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

A MATTER OF BALANCE

Tuesdays and Thursdays April 5 - 28, 1:15 - 3:15 p.m.

Instructor: Rosa Hunter and Judith Reasonover

Free to members and nonmembers

This award-winning program emphasizes practical strategies to reduce fear of falling and increase activity levels.

Participants learn to view falls and fear of falling as controllable, set realistic goals to increase activity, change their environment to reduce fall risk factors, and exercise to increase strength and balance.



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

GUIDED MEDITATION

Thursdays, 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.

CREATING CONFIDENT CAREGIVERS

Thursdays, April 21 - May 26, 1:00 - 3:00 p.m.

Facilitator: Carolyn Van Dorn, Nursing Unlimited

Free to members and nonmembers

This workshop is for those caring for someone with Alzheimer's disease, dementia or memory loss. It provides information and tools to manage and reduce stress and increase effective caregiving skills. Improve caregiver confidence, create a positive caregiving environment and manage behaviors caused by dementia and its effects on the brain.

Call Carolyn at 313-642-1122 to register for the workshop.

BE SAFE, BE SANE, BE SMART: Best Brain Strategies

Wednesday, June 29, 1:00 - 2:00 p.m.

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

Sponsor: Eastwood Home Care

Free to members and nonmembers

This lecture discusses the fact there is no pill for your brain to cure Alzheimer's and dementia and explains the three pillars of health and critical strategies for achieving and maintaining brain health throughout our lives. Walk away with sound, practical changes that can easily be incorporated into daily life.



WCCCD CONTINUING EDUCATION CLASSES

Free to members and nonmembers

For more information call 313-882-9600

BALLROOM DANCING

Mondays and Wednesdays, through April 27
6:00 - 6:45 p.m.

Instructor: Andreas Brown

BODY ALIGNMENT

Mondays, through May 2,

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

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

Instructor: Gwendolyn J. Scales

CONVERSATIONAL FRENCH

BEGINNERS

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

INTERMEDIATE

Tuesdays, through April 26, Noon - 1:00 p.m.

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

Instructor: Dr. Dib Saab

CONVERSATIONAL SPANISH

Mondays and Wednesdays, through May 2

10:00 a.m. - Noon

Instructor: Felix Gutierrez

LEARN THE HUSTLE

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

Instructor: Kevin Smith

PRACTICAL WORKS IN WATERCOLOR

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

Instructor: Lorna Braxton

SERVICES & SUPPORT

REGISTRATION IS REQUIRED FOR EVERY PROGRAM. REGISTER ONLINE AT HEMLIFE.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 questions about exercise and wellness.

BLOOD PRESSURE SCREENING

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

Facilitator: M. Theresa Andres, Sunrise Senior Living

Free to members and nonmembers

Free screenings to help you monitor your health.

MEDICARE COUNSELING WHEN YOU NEED IT

Free to members and nonmembers

One-on-one personalized assistance with your Medicare questions. Call 313-649-2110 or email asaigh@helmlife.org to schedule your appointment.

PARKINSON'S CAREGIVERS SUPPORT GROUP

Second Monday of each month, 5:30 - 7:00 p.m.

Facilitator: Angela Ferrera

Free to members and nonmembers

A compassionate, informative and interactive meeting for active individuals living with Parkinson's disease and their caregivers. Receive the encouragement and motivation needed to live well with Parkinson's disease.

GRIEF WORK SUPPORT GROUP

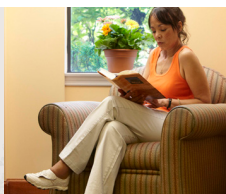
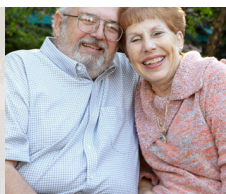
First and Third Thursday of every month

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.



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We remain committed to the health and wellbeing of our surrounding Eastside communities by offering services for every member of your family.

As we recover from the recent fire in the Pierson Clinic building, we're taking the opportunity to redesign and update our office spaces. Renovation work has begun and is expected to last until summer of 2023.

Your health is our number one concern. Therefore, services that were offered at Pierson Clinic continue to be offered at Henry Ford Medical Center – Cottage or other nearby Henry Ford facilities.

We look forward to bringing services back into the building and the added conveniences offered by the renovated space.



HENRY FORD MEDICAL CENTERS
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[HenryFord.com/CottagePierson](https://www.henryford.com/CottagePierson)

TRIBUTES & HONORS

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Donations received between December 1, 2021 and February 17, 2022. If there are any errors or omissions, please contact 313-649-2104 so that we may make corrections.

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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.

Monthly messages

Each month we send an email to guests and supporters. These emails keep you up to date on the latest happenings at The Helm and oftentimes contain news before it is on our website, in The Helm Life Journal or posted in our building.

If you haven't been receiving our emails,

- please be sure you have an email on file with The Helm. You can email info@helmlife.org and we will check that you do.
- check your "junk" file. Because we use a "mail service" the email might have gone into the "junk" file in your email account. If so, you can move it into your inbox and indicate that it is not junk mail and future mailings should go directly into your inbox.

Keep an eye out for our monthly emails so you have the most up to date information about What's Happening at The Helm!

Giving made easy

- If you are a Kroger shopper, you can connect your Kroger Rewards Card to The Helm. Login to [kroger.com](https://www.kroger.com) and scroll to the bottom of the page. Under Community, click on Kroger Community Rewards. You will be asked to log into your Kroger account. Once you are logged in, designate The Helm at the Boll Life Center as the recipient of a portion of your purchases. The money does not come out of your pocket, but is donated by Kroger out of its Community Rewards program.
- If you are an Amazon shopper, you can designate The Helm for a percentage of your purchases. Type <https://smile.amazon.com/ch/38-2254509> in the URL bar and begin shopping! The Helm will receive 0.5% of the purchase price of eligible products. Amazon makes the donation through its corporate giving program, so you aren't spending any extra money, but you are helping The Helm receive additional funds.

If you need help setting up either your Kroger or Amazon Smile account, please make an appointment with one of our one-on-one technology volunteers. They will be able to assist you. Call 313-882-9600 to register. The more you buy, the more The Helm receives!

Your support is truly appreciated

The Helm relies heavily on charitable contributions to make our work possible. There are a variety of ways to support The Helm with a charitable contribution including:

- Cash gifts
- Participation in AmazonSmile and/or Kroger Rewards (see page 22 for details)
- Stock gifts
- Grants from a donor advised fund
- Transferring ownership of a life insurance policy
- Qualified Charitable Distribution — a gift made to the charity of your choice while counting toward your Required Minimum Distribution (RMD)
- Making The Helm a beneficiary of:
 - An estate
 - A life insurance policy
 - An IRA

Charitable contributions are always appreciated. If you are interested in making a gift, contact Liz Johnson at mejohanson@helmlife.org or 313-649-2104. She is

happy to answer any questions you may have.

Some of these listed giving options may help offset your taxable income. Seeking advice from your plan administrator or financial planner is always recommended to decide what is best for your situation.



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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, or schedule other important health screenings with your doctor today at GetAscensionMichiganCare.com



**Ascension
St. John**