

# THE HELM LIFE JOURNAL

JULY THROUGH SEPTEMBER 2022



## RESTART AND REFRESH

We've begun to embrace our new normal and refresh our building and programs.

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## MAKE SURE YOUR HOME IS SAFE

A few annual checks and tweaks can set your mind at ease.

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## PROTECT YOURSELF FROM SCAMS

Scams are big money, costing many people hundreds, even thousands, of dollars. Learn how to identify and avoid scams.

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The Helm at the Boll Life Center

LIFE'S A JOURNEY.  
FIND YOUR WAY.



# LIFE'S A JOURNEY. FIND YOUR WAY.

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

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The Helm will be closed Monday, July 4, 2022  
and Monday, September 5, 2022



# RESTART. REFRESH. IT'S TIME.



Hopefully you've noticed something a little different about this *The Helm Life Journal*. We've made a few changes and refreshed our colors to make this publication and our other communications a bit brighter, cheerier,

more welcoming and easier to use.

Life has changed since The Helm was formed (as Services for Older Citizens) in 1978. Americans are living longer and remaining more active throughout their lives. People who are still enjoying their jobs and don't want to retire at 65 (or 67!) don't have to. Others have worked hard to retire early, create a certain lifestyle and pursue other interests.

And, I don't know about you, but I don't like being referred to as a senior citizen! (Weren't senior citizens my grandparents?) Just because we've lived longer, have a few more wrinkles and maybe a few more aches and pains, doesn't mean we aren't active – physically and intellectually. That was the point when we changed our name to The Helm. While we are older, we aren't relegating ourselves to the rocker on the porch. We are at The Helm and charting this portion of life in the direction we want.

## FRESHENING UP

Which brings me back to the "refresh." First, we've updated our motto: *Life's a journey. Find your way.* While The Helm is a beautiful place, it's what we offer that helps you find your way in life. Whether it is here in our building for a class to rekindle

or develop an interest or hobby or to a resource outside it, we can help lead you there.

Normally, a refresh wouldn't be necessary after a mere four years, but we've spent more than two of those years dealing with a pandemic and I think we all want a fresh start. As far as this journal is concerned, you'll notice a little brighter color palette, a bit more modern typeface and clearly defined color-coded programming pages to make it easier to find what interests you.

Under the orange banner are Fun & Friendship activities; green are Learn & Grow; blue are Health & Well-Being; and Services & Support are listed within the pages with the yellow banner. The remainder of the booklet contains informative articles about topics and people important to you and The Helm.

You also will notice our "new look" reflected in our advertising and other communications pieces. We want more people to take notice and understand what we are: a place for everything related to aging. Everyone ages and whether you are "ready" to partake of classes and programs, it's important to know we're here, what we are and what we offer – if not for yourself, then for your friends and relatives.

## MORE POST PANDEMIC CHANGES

Resiliency and adaptability were key during these last two-plus years. The Helm never closed during the pandemic. A limited staff was always on hand providing essential services like Meals on Wheels, medical loan closet supplies, and information and assistance. Since we couldn't offer lunch inside our building, we created a carry-out program that helped ensure older adults had



access to nutritious meals with the least amount of exposure to COVID. And when we were able to reopen our doors, we created programs that utilized our building's splendid outdoors. Many of these outdoor events have become some of our most popular and we continue to build on them.

However, after much thought, we discontinued the carry-out lunch program as of July 5. Restaurants and grocery stores have adapted, and access to healthy, nutritious food is more readily available. With our doors open, we can return our lunch program to what it was intended to be: a delicious, healthy meal (Chef Brian's creations are stellar!) enjoyed with the kinship of others. You may dine inside or, weather permitting, outside on one of our two beautifully maintained patios.

## BACK TO NORMAL

While life may never return to what it was pre-pandemic, it certainly feels more normal and more exciting than ever. We are offering programs we never have offered before – pinocchio club, cake decorating, Lunch with a Doc – with even more new and unique activities on the horizon. There are field trips and special lectures. Our social events – happy hours, barbecues, special parties – consistently sell out. Just peruse everything inside these pages. There is sure to be something for you!

Peggy Hayes

## REMODELING PROGRESS

Our communications materials aren't the only things getting a freshening up around here.

Our building upgrades continue. All walls have been painted on the first, second and third floors. Doors were added to the living room to help with noise abatement. There has been a delay in both carpet and vinyl flooring for the first and second floors, but installation is expected to take place this summer.

Progress is being made on our basement remodeling. Lights, electrical wiring, most of the plumbing and all of the walls are in. There have been hiccups along the way, exacerbated by supply chain issues, but things are moving along. The target date for completion is late summer/early fall and, hopefully, activities can be scheduled in the new rooms before the end of 2022!



The addition of living room doors is one of many renovations around the building. It looks like they were always here!

Remodeling a 90+-year-old house has challenges and is costly. Thank you to Harper Woods and all of the Grosse Pointes for designating their Community Development Block Grant for program year 2021 to these improvements. **It is an investment in our community, for our community.**

## PRICE ADJUSTMENTS

As you review the classes and activities in this guide, please note the new pricing:

- Lunch costs \$8 for members and \$12 for nonmembers.
- Exercise classes cost \$7 for members and \$10 for nonmembers.
- Ongoing social activities like card games and mah jongg remain free to members and are \$6 for nonmembers.
- Bingo is still \$2 for one card and refreshments for members; but is now \$5 for one card and refreshments for nonmembers. Additional cards remain 25 cents each.
- Movies are \$3 for the movie and snacks for members and \$5 for nonmembers.
- Membership remains \$60 annually through 2022.

# FREE (REALLY!) HOME SAFETY AND SECURITY PROGRAM

For the last several years, The Helm has offered a free Home Safety and Security Program to help keep older adults safe in their own homes, helping to prevent falls and accidents. Any homeowner 60 and older living in Harper Woods or any of the Grosse Pointes is eligible.

The Home Safety and Security Program tackles routine maintenance homeowners need to deal with to ensure a safe home environment. Volunteers from The Helm will come to your home to check on smoke and carbon monoxide detectors. If they exist, the volunteers will check they are operational and change batteries if necessary. If these items don't exist, they will install them in proper locations in the home.

Volunteers inspect and, if necessary, replace interior and first story exterior light bulbs. They will install LED night lights as needed. They will inspect and replace the furnace filter and, if needed, repair or replace the house number to make sure the address is easily identifiable from the street. Lastly, they will



Gary checks that the smoke detector is operational.

give you a kitchen fire extinguisher.

Harper Woods resident Richard learned about the free program from a flyer he received from The Helm. "It sounded unbelievable that people would want to come and check the smoke detectors and this and that," he said. But that's exactly what happened one recent day. Two volunteers from The Helm, Gary and Rick, gave Richard's house the thorough review. "They added smoke detectors, carbon monoxide detectors and night lights and gave me a fire extinguisher for the kitchen," Richard said. The furnace filter and house address passed muster and didn't need repair or replacement.

The Helm vets its volunteers and requires background and reference checks before anyone is allowed to volunteer. A background in home repair/maintenance or handiwork is helpful.

Rick has volunteered with this program since its implementation five years ago. "It's an interesting thing to do for people," he said. "Some have no idea

Continued on page 7

## HOME CHORE PROGRAM

Maintaining a home as you get older often becomes more difficult. Those once simple tasks of changing a light bulb, tightening a screw on a handrail or raking out the flower beds may be more difficult as we age.

The Helm can help! The Helm has several volunteers who can assist with minor home repairs and leaf clean up in the spring and fall. It is free of charge, but dependent on volunteer availability and skill level.

Call The Helm at 313-882-9600 to discuss your needs. A volunteer with the requisite skills will be scheduled to assist. While the program is free, the homeowner is responsible for the cost of any replacement parts or yard waste bags.

Continued from page 6

what they should have and check on, so it helps make them more aware. And when we're done, they are so very, very grateful, which then makes me feel good I helped."

Some homeowners have been hesitant to use the program thinking there's a catch – that it can't really be free. But it is. The program is available due to a grant received in 2017. There are still funds available and the program will continue until the funds are used up.

It's simple to qualify for the program. You just need to be 60 or older and a homeowner in Harper Woods or any of the Grosse Pointes. Call 313-882-9600 today to arrange a FREE home safety check!

If you are interested in volunteering for either the Home Safety & Security Program or the Home Chore Program, contact Heidi Uhlig-Johnstone at [huhlig@helmlife.org](mailto:huhlig@helmlife.org) or 313-629-2107.



Volunteers Rick, left, and Gary, right, explain to participant Richard how to use the "aerosol-type" fire extinguisher in case of a kitchen fire.

## Save The Date

### SENIOR EXPO IS BACK!

Assumption Cultural Center  
21800 Marter Road, St. Clair Shores



10



06



2022

This free event provides information on health, wellness, recreation and community resources available for older adults and their families. Local TV and radio broadcaster Charlie Langton will be the keynote speaker.

## SAVE THE DATE



## TAKE THE HELM

### 26TH ANNUAL GALA

THURSDAY, OCTOBER 13, 2022  
GROSSE POINTE YACHT CLUB



# IDENTIFYING AND AVOIDING SCAMS

We've all gotten them. Those phone calls that threaten utility shutoff or credit card suspension or even arrest for unpaid taxes. Most of the time we hang up. Other times they just seem so real that we listen a little longer or push a button for more information – and that's where trouble starts.

"It's so easy to confuse someone on the phone," explains Grosse Pointe Farms Director of Public Safety John Hutchins. "It catches them off guard and before you know it, they just spit out the information."

These scams have become prevalent and sophisticated, and, unfortunately, older adults tend to be more susceptible to these scamming tactics. According to Hutchins, larcenies from the elderly was the largest crime in the Grosse Pointes in 2021.

"The first thing anyone needs to know is the IRS will not call you," said Hutchins. That's the first red flag. But, if someone asks for your Social Security number, that's the second since the IRS already has that information.

Hutchins advises to take your time and think about

Pop-ups on a computer screen warning of a problem often appear to be realistic.



what's being asked before answering. And, if you have any concerns, ask the person for a call-back phone number. Oftentimes, they'll hang up, but if they provide a number, it gives you a chance to check with others before responding.

Learn more about common and current scams 11 a.m. to noon, Tuesday, July 26. Grosse Pointe Farms Public Safety Detective Roger Wierszewski will be at The Helm to discuss financial fraud, earmarks of fraudulent schemes and things you can do to help avoid becoming a victim.

## TOP 9 FINANCIAL SCAMS TARGETING SENIORS

### GOVERNMENT IMPOSTORS

Government impersonators often "spoof" the actual phone numbers of the government agency or call from the same area code (202 for Washington, D.C., 517 for Lansing).

### GRANDCHILD IN NEED

"Hi Grandma, do you know who this is?" Because these scammers ask to be paid via gift cards or money transfer which don't always require identification to collect, the victim may have no way of seeing that money ever again.

### MEDICARE/HEALTH INSURANCE

Medicare scams often follow the latest trends in medical research, such as genetic testing fraud and COVID-19 vaccines.

### COMPUTER TECH SUPPORT

Computer technical support scams prey on a person's lack of knowledge about computers and cybersecurity. Older adults who fell for this scam lost an average of \$500 each to these scams in 2018 (most recent data available).

### SWEEPSTAKES & LOTTERY

There's no such thing as a free lunch.

### ROBOCALLS/PHONE

There are warranty expiration calls, car payment needed calls and even those that record your voice saying "yes" which enables them to use your voice signature to authorize unwanted charges.

### ROMANCE

Because they drag on for a long time, romance scammers can get a lot of money. In 2019 alone, the Federal Trade Commission found those 65 and up lost nearly \$84 million to romance scams.

### INTERNET AND EMAIL FRAUD

Older adults tend to be less familiar with technology than their children and grandchildren. That unfamiliarity leaves them especially susceptible to automated internet scams or pop-up browser windows.

### CHARITY

Charity scams rely on the goodwill of older adults to pocket money they claim they're raising for a good cause. An immediate request for payment with a gift card or money transfer is a red flag.

Source: National Council on Aging

## IMPROVE YOUR HEALTH WITH CARDS AND GAMES

Playing card games and Mah Jongg are popular pastimes at The Helm. Aside from the fun of competition and being with others, these games offer hidden life benefits.

Many card, table and board games rely on a group setting requiring participants to take turns, and focus on what other players are doing in order to play most effectively and win the game. When you do that, you are working on **patience and concentration**.

Watching what other players have used and reacting accordingly is a fun way to **boost memory** without even realizing it. The demands on memory-building skills aren't overwhelming – it's fun – but the benefits are undeniable.

As we age, fine motor skills can often diminish. Playing table games requires the use of various **fine motor skills** like grasping, holding and even laying cards down in an organized manner.

Playing any kind of card game has been shown time and time again to **reduce stress**, sometimes almost instantly. While playing cards is never a substitute for proper healthcare, the less stress the better. Breaking out a deck of cards is often a great idea when life is starting to feel overwhelming. Who knew there are actual health benefits to playing cards?

Friendly competition and conversation are often huge parts of any card game and both can leave a person in a great mood when the game is over – and especially beneficial to anyone who lives alone or has limited social interaction. The last couple of years taught us about the damage social isolation can cause and the **benefits of social interaction**.

Playing games that build skill, require interaction with others, and help improve memory are a great habit to form – just like physical exercise. See pages 12 and 13 for all the games at The Helm.

And don't forget the games on the lawn – and even the puzzle library – that share so many of these benefits!

## FRESH PRODUCE AT THE HELM THIS SUMMER

One of the best things about summer in Michigan is the availability of healthy, fresh produce! The Helm has two different options to help you eat delicious, fresh and healthy this summer.

First, Full Circle Foundation will once again be operating its Farmers Market 11 a.m. to noon every Thursday, beginning July 7 through late September.



Full Circle Farmers Market at The Helm.

Check out the beautiful, fresh and delicious organic and locally grown produce available for purchase. Garden flowers and herbs also are available. Bring your own bag.

Full Circle Foundation provides job skill training for individuals with special needs. The Farmers Market helps Full Circle participants gain job skills and provides for valuable personal interaction between The Helm members and Full Circle participants.

New this year, is Eastern Market at The Helm. From 11 a.m. to 1 p.m. Tuesday, August 9 and August 23, Eastern Market's Farm Stand will be selling fresh produce at The Helm. They accept cash, credit/debit, Double Up Bucks, Project Senior Fresh and WIC vouchers.

Project Senior Fresh is for those 60 and above with limited income (\$22,459 for an individual and \$30,451 for a couple). If you qualify, participants receive ten \$2 vouchers to use at participating farmers markets and roadside stands for any Michigan-grown, non-processed product, including honey, that is for sale.

If you would like more information about this program, see if you qualify and to register, visit [michigan.gov/mdhhs/adult-child-serv/adults-and-seniors/behavioral-and-physical-health-and-aging-services/special-programs](https://michigan.gov/mdhhs/adult-child-serv/adults-and-seniors/behavioral-and-physical-health-and-aging-services/special-programs).

These are two wonderful programs to look forward to this summer.





# MIKE'S ON THE WATER

24530 Jefferson, St. Clair Shores  
586-872-2630

**Thank you Grosse Pointe and  
Harper Woods residents for your  
support of 12 seasons on the water!**





# MEET THE INSTRUCTOR

Susan is a certified Academy Instructor and Ranking Judge for the International Yang Family Tai Chi Chuan Association. Her interest in Chinese culture goes back to her college years when she studied Chinese and lived in Taiwan.

Susan has been teaching tai chi more than 20 years and loves seeing the benefits of increased balance and lower body strength, and calmness of mind reflected in her students.



**SUSAN  
SMITH**

**TAI CHI INSTRUCTOR**  
AT THE HELM LIFE CENTER





## FUN & FRIENDSHIP

WHAT'S HAPPENING AT THE HELM

► **JOIN US! REGISTER ONLINE AT [HELM.ORG](https://helm.org) //** REGISTRATION IS REQUIRED FOR EVERY PROGRAM

### GAMES ON THE LAWN

Bocce/Corn Hole/Croquet

Monday - Friday, 10 am - 4 pm

**MEMBER: FREE NONMEMBER: \$6**

Bring a friend or two and enjoy some fun and friendly competition in the great outdoors. We'll provide the equipment, you just have fun!



### PINGPONG

Monday - Friday, 2 - 4 pm

**MEMBER: FREE NONMEMBER: \$6**

Bring a friend or two or turn up one end of the table and sharpen your skills.

### EUCHRE CLUB

Mondays and Thursdays, 1 - 4 pm

**MEMBER: FREE NONMEMBER: \$6**

Both experienced and beginning players welcome.



### BOCCE LEAGUE

Tuesdays and Thursdays, 11:30 am - 1 pm

**MEMBER: FREE NONMEMBER: \$6**

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

### TEXAS HOLD 'EM POKER

Tuesdays, 10 am - 2 pm

**MEMBER: FREE NONMEMBER: \$6**

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 - 3 pm

**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.



### PINOCHLE CLUB

**NEW!**

Tuesday, beginning July 12, 1:30 - 3:30 pm

**MEMBER: FREE NONMEMBER: \$6**

Come and join the fun! All skill levels welcome. We'll focus on the four-player, 48-card game (we can do three players, if necessary) and match up people according to their experience. If you're new to the game, not to worry, we're here to teach you!

### NO-SEW FLEECE BLANKET MAKING

Wednesdays, 9:30 - 11:30 am

**SPONSOR:** Blanketed with Love

**FREE TO MEMBERS AND NONMEMBERS**

Create easy and fun fleece blankets for people in need. Supplies provided by sponsor.



## BRIDGE CLUB

**Wednesdays, 12:30 - 4 pm**

**MEMBER: FREE NONMEMBER: \$6**

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 - 4 pm**

**MEMBER: FREE NONMEMBER: \$6**

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

## BINGO AND TREATS

**Thursdays, 10 - 11 am**

**MEMBER: \$2 for one card and refreshments**

**NONMEMBER: \$5 for one card and refreshments**

**Additional cards are 25 cents each.**



## TRIVIA CONTEST HAPPY HOUR

**Thursday, September 22, 4 - 6 pm**

**MEMBER: \$20 NONMEMBER: \$25**

We all store a lot of knowledge in our noggins! Now is the time to put it to good use. There will be friendly competition with prizes. Bring your own team or register as a single and we will place you on a team. Light hors d'oeuvres will be served. Wine and beer will be available.

## BREAKFAST IS SERVED!

**Thursday, July 21, 10 - 11 am**

**MEMBER: \$12 NONMEMBER: \$14**

Breakfast is the most important meal of the day so join us for a delicious breakfast prepared by Chef Brian. Enjoy a tasty breakfast, catch up with friends and get a great start to your day!

## BBQ ON THE LAWN

**Friday, August 12, 5 - 7 pm**

**SPONSOR: Marissa Gonczar - Humana**

**MEMBER: \$20 NONMEMBER: \$25**

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!



## FRESH PRODUCE AT THE HELM

## MARK YOUR CALENDARS

**FULL CIRCLE FARMERS MARKET**

**11 A.M. TO NOON**

**THURSDAYS, BEGINNING JULY 7**

**EASTERN MARKET**

**AT THE HELM**

**11 A.M. TO 1 P.M.**

**TUESDAYS, AUGUST 9 AND  
AUGUST 23**

Fresh produce will be available for purchase. Bring your own bag to take your purchases with you.





► **JOIN US! REGISTER ONLINE AT [HELM.ORG](https://helm.org) //** REGISTRATION IS REQUIRED FOR EVERY PROGRAM

## TOUR & LUNCH SERIES

Attendees are responsible for the cost of their lunch.

Attendees must ride the bus to attend these tours.

### The Mall at Partridge Creek

**Wednesday, July 27, 9:30 am - 2:30 pm**

**MEMBER: \$20 NONMEMBER: \$25**

Take our bus to the beautiful Partridge Creek open-air mall in Clinton Township, home to 80 stores and restaurants anchored by the 14-screen MJR Digital Cinema. Enjoy an afternoon of shopping at the wide variety of stores, have lunch at one of the many restaurants, or even take in a movie!. You will have plenty of time to explore before the bus brings you back to The Helm.

### Detroit Historical Museum

**Thursday, August 25, 9:30 am - 2:30 pm**

**MEMBER: \$28 NONMEMBER: \$33**

Take a self-guided tour through the Detroit Historical Museum's permanent exhibitions that explain the more than 300 years of the city's rich history. Included are the Gallery of Innovation, Allesee Gallery of Culture, Motor City Music, Legends Plaza, Detroit: The Arsenal of Democracy, Streets of Old Detroit, Doorway to Freedom, America's Motor City and Frontiers to Factories: Detroiters at Work, 1701-1901. After the museum, the bus will take you to Canfield Street so you can shop at Shinola, City Bird, Nest Housewares and BonBonBon or grab a snack or lunch at Jolly Pumpkin or Avalon Bakery before the bus brings you back to The Helm around 2:30 pm.

### Detroit Institute of Arts

**Wednesday, September 14, 10:30 am - 2:30 pm**

**MEMBER: \$20 NONMEMBER: \$25**

With more than 65,000 works, the DIA's collection is considered among the top six in the United States. The museum's 658,000 square feet includes more than 100 galleries and it's all just a short trip away. The bus departs The Helm at 10:30 a.m. Tour at your leisure. Museum restaurants will be open. The bus leaves the DIA at 2 p.m. to return to The Helm.

## FRIDAY MOVIE MATINEE & SNACKS

**Showtime: 12:30 pm**

**MEMBER: \$3 NONMEMBER: \$5**

### *WEST SIDE STORY* (2021)

**Friday, July 8**

Inspired by *Romeo and Juliet*, this Steven Spielberg-directed movie takes place in 1957 New York City. Love at first sight strikes when young Tony spots Maria at a high school dance. Their burgeoning romance helps to fuel the fire between the warring Jets and Sharks street gangs.

### *HIGH SOCIETY* (1956)

**Friday, July 22**

In this Cole Porter reworking of *The Philadelphia Story*, a jazz musician tries to win back his socialite ex-wife — who's engaged to a respectable but bland gentleman — while two gossip-rag reporters gum up the works.

### *BELFAST* (2021)

**Friday, August 12**

In 1960s Belfast, Buddy's family lives in a largely Protestant district. One day his community and everything he thought he understood about life is suddenly turned upside down. Buddy's family must decide to stay or leave the only place they have ever called home. Through it all, his passionate parents and quick-witted grandparents keep the joy alive through music and the magic of movies.

### *CHOCOLAT* (2000)

**Friday, August 26**

A single mother and her young daughter move into a peaceful French village and open a chocolate shop. At first, the shop's rich, sensuous desserts scandalize the town, but the villagers soon learn to savor the sweetness.

### *DREAM HORSE* (2021)

**Friday, September 9**

Experience the inspiring true story of Dream Alliance, an unlikely racehorse bred by small-town bartender Jan Vokes. With little money and no experience, Jan convinces her neighbors to chip in their meager earnings to raise Dream and compete against the racing elites, becoming a beacon of hope in their struggling community as he rises through the ranks.

### *THE BEST YEARS OF OUR LIVES* (1946)

**Friday, September 23**

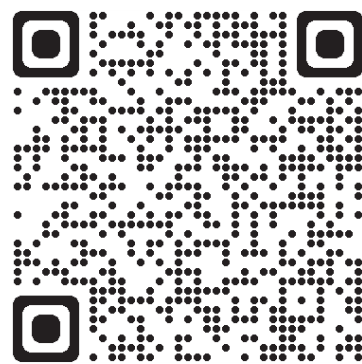
Winning seven Academy Awards, including Best Picture, this classic drama follows three World War II veterans as they return to small-town America and try to come to terms with their experiences.



# Join The Helm

For \$60 a year – only \$5 a month! – you can enjoy discounted pricing on activities and events at The Helm.

Go to [helmlife.org](http://helmlife.org) and click on the membership tab or scan the QR code here to signup online; or stop by The Helm to complete a membership form.



Join today and start enjoying all the benefits of membership!



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158 Ridge Road, Grosse Pointe Farms, MI 48236

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## LEARN & GROW

WHAT'S HAPPENING AT THE HELM

► **JOIN US! REGISTER ONLINE AT [HELM.ORG](https://helm.org) //** REGISTRATION IS REQUIRED FOR EVERY PROGRAM

### CONVERSATIONAL FRENCH

#### BEGINNER LEVEL

**Fridays, Noon - 1:30 pm**

**Current session ends Aug. 2; Fall session begins Aug. 26**

#### INTERMEDIATE LEVEL

**Tuesdays, 11 am - 1 p.m.**

**Current session ends July 26; Fall session begins Aug. 23**

**Fridays, 1:30 - 3:00 pm**

**Current session ends Aug. 2; Fall session begins Aug. 26**

**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.

### ONE-ON-ONE TECHNOLOGY

**First and Third Fridays of each month, Noon - 3 pm**

#### FREE TO MEMBERS AND NONMEMBERS

Need help with your laptop, tablet, smartphone 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. Call 313-882-9600 to schedule an appointment.

### CAKE DECORATING

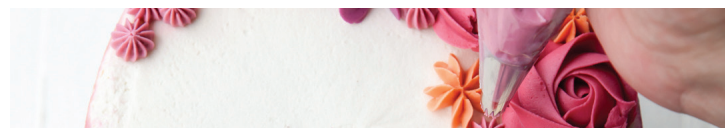
**Friday, July 8, 9 am - Noon**

**INSTRUCTOR:** Erika Clark

*WCCCD CONTINUING EDUCATION CLASS*

#### FREE TO MEMBERS AND NONMEMBERS

Create stunningly decorated cakes in no time once you learn simple techniques like dots, stars, leaves and rosettes. Learn the basics of working with bags and tips, about icing consistency, and combining these techniques together.



### MEET THE AUTHOR

#### JT Mestdagh

**Wednesday, July 13, 1 - 2:00 pm**

#### FREE TO MEMBERS AND NONMEMBERS

JT Mestdagh is a bestselling author, motivational speaker and inspiring podcast host. The High Point University graduate is the author of two books, the international bestseller *Untether: Inspiration for Living Free and Strong No Matter What the Challenge* and *No Bad Days: How to Find Joy in Any Circumstance*. When JT isn't fishing for sailfish in the Florida Keys or doing something else adventurous, he is running his foundation in Grosse Pointe.

#### Catherine Collison

**Tuesday, August 9, 11 am - Noon**

#### FREE TO MEMBERS AND NONMEMBERS

Calling All Animal Lovers: Meet the co-author of *Meet the Pets: Presidential Animals from A to Z*. Bring your children and/or grandchildren to learn about the amazing animals in and out of the White House that made headlines, often as much or more than the presidents themselves. From alligator to zebra, these critters captivated everyone. Cathy will read from the book and share how she and co-author Janis Campbell researched the animals and brought the book to life with artist Wendy Popko. Books will be available for purchase at the event.

### LUNCH WITH A DOC

**Thursday, July 14, 11:30 am - 12:30 pm**

**FACILITATOR:** John Putnam, DO, PT, DPT, FAAOMPT, Cert. DN, Cert. SMT, Founder/Owner and CEO of Back to You Rehab, PLLC

**MEMBER: \$10 NONMEMBER: \$15**

Learn how Dry Needling, an evidence-based treatment option can help ease the discomfort of painful joints, nerves and muscles. Strategically placed monofilament needles can unwind tight muscles, stimulate a healing response, and calm hypersensitive nerves. The technique has saved countless patients from surgery and enabled them to stop taking medication. Dr. Putnam is one of the most experienced dry needling practitioners in southeast Michigan. A delicious lunch prepared by Chef Brian is included.





## PROTECT YOURSELF FROM FINANCIAL FRAUD

**TUESDAY, JULY 26, 11 am - Noon**

**FACILITATOR:** GP Farms Public Safety Det. Roger Wierszewski

**FREE TO MEMBERS AND NONMEMBERS**

According to a 2021 poll, four in 10 people reported being victims of identity theft and older adults are more likely to fall prey to internet phishing and telephone scams. Learn strategies to recognize and avoid identity theft and phone scams.

## TRAVELS WITH PETER HALEY

**Wednesday, August 24, 1 - 2 pm**

**FACILITATOR:** Peter Haley

**FREE TO MEMBERS AND NONMEMBERS**

Local resident Peter Haley will take you on a journey to one of nature's greatest natural habitats – Arctic Svalbard, a haven for polar bears, walrus, arctic fox, Svalbard reindeer, myriad nesting birds, massive ice caps and glistening glaciers. Through video and lecture you will feel like you are aboard the National Geographic Explorer, hiking across pristine terrain, kayaking in still Arctic waters and taking in the wonder of the rich underwater world of the polar north.

## SMARTPHONE BASICS

**Wednesdays, September 7 - October 5, 3:30 - 5 pm**

**INSTRUCTOR:** Janisse Green

**FREE TO MEMBERS AND NONMEMBERS**

Learn how to set up, use and become proficient with your smartphone. Lessons include: texting and emailing; taking and storing photos and video; browsing the internet; voice dictation and note taking; and accessing utilities, such as a flashlight, e-book reader and calculator.

## ON THE GOGH - Watercolor Painting Class

**Tuesday, September 13, 11:30 am - 1:00 pm**

**INSTRUCTOR:** Michelle Boggess-Nunley, On the Gogh Studio

**MEMBER: \$20 NONMEMBER: \$25**

With step-by-step instructions, you will create a one-of-a-kind painting of a barn and sunflowers. While all students create the same scene, every painting is unique! All supplies are included – just bring yourself and your vision and take home something special that you created.

## DETROIT ABLOOM ACTIVITIES

**BACK BY POPULAR DEMAND**

**Activities at Detroit Abloom, 248 Manistique Street, Detroit**

### Flower Jewelry Workshop

**Thursday, July 14, 1 - 2 pm**

**MEMBER: \$10 NONMEMBER: \$15**

Create a wearable flower cuff with succulents, buds, leaves, dried flowers and other interesting natural bits from the garden at Detroit Abloom. Depending on your choice of plant material, the cuffs will last several weeks. Cost of the workshop includes one brass cuff.



### Fresh Cut Flower Bouquet Workshop

**Thursday, August 11, 1 - 2 pm**

**MEMBER: \$10 NONMEMBER: \$15**

Flowers change with and within the seasons. Join us for a bouquet making workshop where we will learn about different seasonal blooms and create a vase bouquet! You will learn the best way to harvest some of the common garden flowers to ensure continuing blooms. Participants receive a quart-sized mason jar, flowers and tips on making your bouquet last.

## ESSENTIAL PLANNING FOR THE FUTURE

**Wednesday, September 28, 5:30 - 6:30 pm**

**FACILITATOR:** Liz Johnson

**FREE TO MEMBERS AND NONMEMBERS**

Do you know what five legal documents you should have in place? Curious about the difference between a will and trust? Do you wonder what steps to take to manage your assets, plan for retirement, Medicare or how to support a loved one with these decisions? Financial planning professionals will be available to help you answer questions about what essential items you need to make educated plans for your future or your parents and advise on when these items should be reevaluated. This program is suitable for any adult.



# HEALTH & WELLBEING

WHAT'S HAPPENING AT THE HELM

▶ **JOIN US! REGISTER ONLINE AT [HELM.ORG](https://www.helmlife.org)** // REGISTRATION IS REQUIRED FOR EVERY PROGRAM

The Helm exercise classes are for adults of all abilities.  
The atmosphere is fun, welcoming and noncompetitive.

MEMBER: \$7 per class    NONMEMBER: \$10 per class

## YOGA

**Mondays and Wednesdays, 9 - 10 am**

**INSTRUCTOR:** Judy Sarvis

**Fridays, 9 - 10 am**

**INSTRUCTOR:** Jessica Kodanko

## CHAIR YOGA

**Mondays and Wednesdays, 10:15 - 11:15 am**

**Mondays and Wednesdays, 11:30 am - 12:30 pm**

**INSTRUCTOR:** Judy Sarvis

**Fridays, 10:15 - 11:15 am**

**INSTRUCTOR:** Jessica Kodanko

## ACTIVE FIT

**Mondays and Wednesdays, 10:30 - 11:30 am**

**INSTRUCTOR:** Stacey Panduren

Cardio, strength, flexibility and balance exercises for the more active adult.

## TAI CHI BEGINNER CLASS

**Thursdays, 9:00 - 10:00 am**

**Instructor:** Susan Smith

## CONTINUING TAI CHI CLASS

**Tuesdays, 9 - 10 am**

**INSTRUCTOR:** Susan Smith

For those with previous tai chi experience.

## STRENGTH AND BALANCE

**Tuesdays and Thursdays, 11:30 am - 12:30 pm**

**INSTRUCTORS:** Carolyn Bradt and Erika Page

Improve hand-eye coordination, balance and movement, while building and maintaining core, arm and leg strength.

## ROSA'S FITNESS COMBO CLASS

**Thursdays, 11:45 am - 12:45 pm**

**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<sup>®</sup> FITNESS

**CLASSES BEGIN AUGUST 1**

**Mondays and Wednesdays, 11:45 am - 12:45 pm**

**INSTRUCTOR:** Paul Clark

**Tuesdays and Thursdays, 10:30 - 11:30 am**

**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!

- You must register for both days with one instructor.
- You may not mix and match days.

## BODY ALIGNMENT

**Mondays**

**Current session ends Aug. 1; Fall session begins Aug. 22**

**101 (Beginners) - 1 - 2 pm**

**102 (Intermediate) - 2:30 - 3:45 pm**

**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.



## GUIDED MEDITATION

**Thursdays, 1 - 2 pm**

**INSTRUCTOR:** Jonathan Itchon

**MEMBER: \$7 NONMEMBER: \$10**

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. Experience the benefits of a consistent meditation practice.

## CREATING CONFIDENT CAREGIVERS<sup>®</sup>

**Thursday, July 14 - August 18, 1 - 3 pm**

**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.**

## A MATTER OF BALANCE<sup>®</sup>

**Tuesdays and Thursdays, August 2 - 25, 1:15 - 3:15 pm**

**INSTRUCTORS:** 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.



## ESSENTIAL OILS

**Friday, August 26, 1 - 3 pm**

**Instructor:** Tonya Trotter

*WCCCD Continuing Education Class*

**FREE TO MEMBERS AND NONMEMBERS**

Aromatherapy, or essential oil therapy, is a holistic healing treatment that uses natural plant extracts to promote health and well-being. In this class you'll gain a deeper understanding of how essential oils work and safety guidelines; make luxurious, all natural body care products; and use essential oils to build a healthy, natural lifestyle.

## BEAUMONT COOKING DEMONSTRATION Healthier Desserts: Tips and Recipes

**Tuesday, September 20, 12:30 - 1:30 pm**

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

**FREE TO MEMBERS AND NONMEMBERS**

Desserts CAN be made healthier! Learn how to save calories without sacrificing taste and still satisfy your sweet tooth. As always, recipes and samples will be shared!



## FOOD AND YOUR BRAIN

**Thursday, September 29, 1 - 2 pm**

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

**FREE TO MEMBERS AND NONMEMBERS**

This lecture reveals the important connection between the gut and the brain, and how we can use food as medicine. Simple dietary changes can affect both emotions and appearance, while offering important brain protection. "Leaky gut syndrome" is explained, and specific food strategies are offered, uncovering the preferred diet prescribed for Alzheimer's.



## SERVICES & SUPPORT

WHAT'S HAPPENING AT THE HELM



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### PARKINSON'S CAREGIVERS SUPPORT GROUP

**Second Monday of every month, 5:30 - 7 pm**

**FACILITATOR:** Angela Ferrera

#### FREE TO MEMBERS AND NONMEMBERS

A compassionate, informative and interactive meeting offering encouragement and motivation to active individuals living with Parkinson's disease and their caregivers.

### GRIEF SUPPORT

**First and Third Thursday of every month, 2-4 pm**

**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.

### ASK THE PHYSICAL THERAPIST

**Second Thursday of every month, 9:15 - 10 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.

### ALZHEIMER'S SUPPORT GROUP

**Third Thursday of every month, 5 - 6:30 pm**

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

#### 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 system.

### 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](mailto:asaigh@helmlife.org) to schedule your appointment.

## PAATS NEWS

Pointe Area Assisted Transportation Services (PAATS) buses resume collecting fees Tuesday, July 5, 2022, after two years of suspended fares.

PAATS buses operate Monday through Friday. Harper Woods and Grosse Pointe residents at least 60 years of age or disabled may schedule a ride for shopping or any type of appointment. Service is curb-to-curb.

#### The new fees are:

**\$1 each way within Harper Woods and the Grosse Pointes**

**\$2 each way within the area bounded by 8 Mile Road to 11 Mile Road and Kelly Road to Gratiot Avenue**

#### \$3 each way to

**St. John Surgery Center  
Henry Ford Main Campus  
Detroit Medical Center  
V.A. Hospital  
City County Building  
The New Center**

Fares remain free for the Friday Shop the Gratiot Loop services which takes riders to the Gratiot shopping corridor which includes Walmart, Meijer, Kroger, Macomb Mall and Target.

Call 313-394-9712 for more details and to arrange a ride.

PAATS is funded through the Grosse Pointes and Harper Woods Community Development Block

Grant Programs,  
Michigan  
Department of  
Transportation,  
and SMART.







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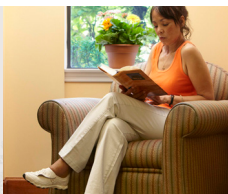
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Photo by  
**Bill Rapai, President**  
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*Many other individuals have contributed to our success through donations to our Medical Equipment Loan Closet or other general donations. We simply could not 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.*

*Donations received between February 18 and May 31, 2022. If there are any errors or omissions, please contact 313-649-2104 so we may make corrections.*

## WAYS TO GIVE

Charitable contributions are essential in making our work possible. Cash contributions are always appreciated; however, there are other ways to give, some of which may be a tax benefit to you.

Alternative giving methods include:

- gifts from donor advised funds
- stock transfer gifts
- Qualified Charitable Distribution from an IRA, or
- making The Helm a beneficiary of your life insurance policy, IRA or estate plans with a percentage or specific dollar amount.

If you have questions regarding these types of gifts or how to make them, please contact Liz Johnson at 313-649-2104 or [mejohanson@helmlife.org](mailto:mejohanson@helmlife.org).

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

Also, please consider designating The Helm as the beneficiary of your Kroger Rewards and Amazon Smile programs. The money we receive each year from these programs goes toward helping us in our mission to inspire and enable residents of Harper Woods and the Grosse Pointes live healthy and meaningful lives as they age.

*Thank You!*

# 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**