

If you have ever spent any time at The Helm, you have probably seen volunteer Ryan Sandles. With his always-present smile, kindness and manners, he is one of the most loved Humans of The Helm and has endeared himself to staff and guests alike!

Ryan has been volunteering at The Helm since 2014 after he and his mom, Kim, stopped by to meet with Volunteer Director Heidi Uhlig-Johnstone. Over the years, he has helped with computer work, shredding papers, sorting greeting cards and books, serving lunches and helping at the bocce court. He's even been known to dust a bookcase or banister, although, according to Ryan, "Dusting and sweeping are my least favorite jobs!"

(Of course, it's always done with a smile so you'd never know!)

Ryan enjoys volunteering at The Helm because, "I like everybody. I like all of the staff and I think I do a good job."

While Ryan volunteers for The Helm Thursday and Friday, he can be found here Monday through Wednesday, too, helping Chef Brian in the kitchen. "One day I asked Brian if he could use some help and he said yes." Ryan helps with food prep and kitchen cleaning duties.

"It is great to have Ryan as a volunteer at The Helm. He is just so genuine and is always willing to lend a hand to staff no matter what the task, which we all appreciate," Heidi said. "Ryan always takes time when he is at the Helm, either working or volunteering, to stop by each of our offices to say hello and ask how we are doing. It means so much to all of us."

If you aren't a regular at The Helm, but Ryan looks familiar, it could be from his former job at Kroger. Over the years, he worked at the Kroger on Harper in Harper Woods and the one in the Village.

Ryan grew up in Harper Woods and graduated from the Grosse Pointe Public School System and currently lives in the City of Grosse Pointe. He's a huge sports fan of all of the major Detroit sports teams – the Pistons are his favorite because basketball is his favorite sport. Throughout the year, Ryan participates in various sports including basketball and bowling and this fall will be trying floor hockey. He is a member of the Grosse Pointe/Harper Woods Special Olympics and, in 2018, Ryan's basketball team won the Special Olympics Michigan state championship. He also enjoys playing video games – especially, you guessed it, sports games – and traveling, and is looking forward to a trip to Disney World in November.

