

THE HELM LIFE JOURNAL



OCTOBER THROUGH DECEMBER 2022

BUSY END TO THE YEAR

There are so many activities scheduled as we finish out the year.

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IT'S HOLIDAY GIFT BASKET TIME!

This annual tradition brings joy to so many homebound seniors.

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PODCAST? WHAT'S WITH ALL THESE "PODS"?

Listening to radio has changed dramatically in the 21st century. Learn what a podcast is and join us for The Detroit History Podcast on the Road.

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MEDICARE OPEN ENROLLMENT

Time for a check of your Medicare options.

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SEE WHAT'S HAPPENING AT THE HELM

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TRIBUTES & HONORS

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

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HOLIDAY CLOSED DATES

The Helm will close at 1 p.m. Wednesday, November 23. Additionally,
we will be closed Thursday, November 24; Friday, November 25;
Friday, December 23; Monday, December 26; and Friday,
December 30, 2022.

LIFE'S A JOURNEY.
FIND YOUR WAY.

ENDING THE YEAR WITH MORE ACTIVITIES THAN EVER!



It is unbelievable that the last quarter of 2022 is here. And, we are ending the year with a flurry of activities.

There are our annual events like the Halloween party (with prizes for the best costumes), Veterans

Day celebration, Thanksgiving party and Christmas Holiday party – and some fun tie-ins to those events, including a Haunted Whitney podcast presentation, a presentation on Detroit's Military History, a field trip to The Parade Company and a holiday cookie contest.

We are excited to offer the Aging Mastery Program – AMP – again. AMP is an innovative approach to guide individuals through the last third of your life. It is a fun and engaging education and behavior change incentive program designed to help participants make the most of the gift of longevity, taking small steps to improve health, financial well-being, social connectedness and overall quality of life. Participants in prior classes all mentioned learning something new that helped them improve the quality of this stage of life.

A couple of new programs we are especially hyped about include the Wise Guys Conversation Group to help support men's mental health by making connections and sharing information, and Reiki, an ancient healing method for reducing physical pain and enhancing physical, emotional and mental well-being.

I'm always saying how excited I am about our programs, but it's true. Our programming

coordinators, Margaret and Jackie, always seem to outdo themselves! There are new field trips, movies, presentations, exercise classes, social activities and even a train trip to the Grand Canyon in 2023! You'll just have to read this *Journal* cover to cover to uncover all the wonderful things coming your way!

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

Peggy Hayes

IN MEMORY OF JOHN BOLL

We were saddened to learn of the passing of John Boll, August 24, 2022. Not only does The Helm at the Boll Life Center bear his name, but John was a treasured, generous friend of The Helm. John believed strongly in our mission. We will honor him by continuing to be an essential resource to older adults so they can enjoy the gift of longevity, living healthier and meaningful lives as they age.

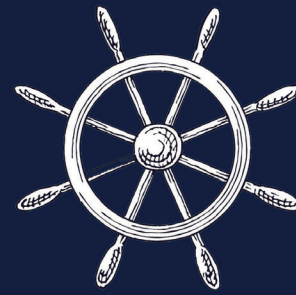
John's life story is inspirational. His philanthropy touched so many throughout southeastern Michigan. His legacy lives on in everything he created and supported. Our thoughts and prayers are with his wife, Marlene, children and grandchildren. The Helm will always be their home.



John celebrating his 90th birthday at The Helm in 2019.

TAKE THE HELM GALA

There is still time to purchase a ticket to the Take The Helm Gala Thursday, October 13, at the Grosse Pointe Yacht Club. The evening includes a cocktail hour with hors d'oeuvres, dinner, and silent and live auctions for fantastic items and experiences. If you can't join us in person, you can register to view silent auction items and bid online. Finally, be sure to get a raffle ticket or two...the prizes this year are phenomenal including a \$7,500 cuff bracelet courtesy of LaLonde Jewelers, \$1,000 cash, \$500 cash, and \$500 in gift cards to exciting area restaurants. Pick up raffle tickets at The Helm reception desk. The Gala is our major annual fundraiser and accounts for 40 percent of our operating budget. Visit helmgala.cbo.io or scan the QR code at right for more information.



TAKE THE HELM

26TH ANNUAL GALA

THURSDAY,
OCTOBER 13, 2022

IT'S NOT YOUR CHILDHOOD RADIO ANYMORE

What is that saying: Everything old is new again? While it's traditionally applied to fashion – bell bottoms, high-waisted jeans and ever fluctuating hemlines – it's radio we're talking about here.

Debuting in 2004 and growing in popularity ever since, podcasting is the 21st century's take on pre-television days gathering around a radio listening to *The Lone Ranger* or Orson Welles or maybe better defined as the streaming age's answer to radio. According to *Webster's New World Dictionary*, a podcast is nonmusical content streamed to listeners via mobile or desktop apps covering everything from news and politics to cooking to relationships.

Simply put, a podcast is an audio program you listen to when you want. Podcasts are spoken word, audio episodes focused on a particular topic or theme, like baseball or true crime stories. You can subscribe to podcasts with an app on your phone, tablet or computer or listen through services like YouTube. The point is to listen at your leisure – in your home, in a car, on a plane – to exactly what you are interested in.

Most podcasts are published episode by episode online and subscribers listen to each episode when it's released. In this way, it's similar to episodic television and streaming programs. Some podcasts are free; there is a charge for others.

According to demandsage.com, there are more than 2.4 million podcasts with over 66 million episodes between them (and nearly 400 million listeners globally). There are podcast search engines – Listen Notes, Pod Hunt, Podchaser, for example – to help find podcasts of interest.

And, even though this medium is nearly 20 years old, it can seem daunting for those unfamiliar with it. So, before asking your child, grandchild, neighbor or colleague for assistance, come listen to Tim Kiska's The Detroit History Podcast about The Whitney. Tim takes his podcast on the road to The Helm. He'll play his podcast episode and intersperse it with insights from his research about the topic. This is Tim's second podcast on the road here at The Helm. His earlier one about Detroit Jazz History was a sold out event. Don't wait to register!

This is a Happy Hour event and includes light hors d'oeuvres, wine and beer. There is a charge for this event. See page 13 for more information.



IT TRULY IS FUN TO GIVE!

One of the most popular programs at The Helm is our holiday gift package assembly and delivery.

For more than 11 years, The Helm has collected donated non-perishable food items which volunteers assemble in gift bags and deliver to homebound seniors in the Grosse Pointes and Harper Woods. These seniors appreciate a friendly visit, smiling face and a gift of surprises they can use and enjoy at the holidays.

Collection of items is beginning. Following is a list of needed items. Please make sure all food items are not opened and not expired.

- ★ Canned Chicken or Tuna (pull-top can or pouch)
- ★ Canned Vegetables (pull-top)
- ★ Low-sodium Soup (pull-top) Due to dietary concerns, please avoid "cream of" soups.
- ★ Mac and Cheese cups
- ★ Cereal (mini/small boxes or cups)
- ★ Fruit/Applesauce Cups (low sugar/no added sugar) No pouches
- ★ Juice Boxes (low in sugar) No pouches
- ★ Coffee, Tea Bags, Cocoa (individual packets/no Keurig pods)
- ★ Soft Granola Bars



Each year the Great Room is transformed into a mini warehouse with like items stationed together. Volunteers move from table to table packing the bags of goodies.

- ★ Small Packages of Cookies, Crackers and Snacks (homemade items cannot be accepted)
- ★ Dried Fruit or Raisins (individual boxes)
- ★ Chocolate Candy and Hard Candy (sugar free encouraged)
- ★ Packages of Cough Drops (sugar free encouraged)
- ★ Puzzle Books (large print encouraged)
- ★ 2023 Calendars
- ★ Shampoo (8-oz. sized bottles preferred)
- ★ Personal-size Hand Cream
- ★ Lip Balm
- ★ Toothbrushes and Toothpaste
- ★ Hand Soap (No larger than 7.5 fl oz)
- ★ Personal-size Hand Sanitizer
- ★ Bar Soap (unscented, if possible)
- ★ Pocket-size Facial Tissue Packets
- ★ Monetary donations to purchase above items

Please deliver items no later than Friday, December 9, to The Helm, 158 Ridge Road, Grosse Pointe Farms.

Volunteers are needed to assemble and deliver the gifts. Assembly takes place Tuesday, December 15, followed by delivery December 15 through 22. Contact The Helm Volunteer Director at 313-882-9600 to sign up to assemble or deliver.

DONATING ITEMS IS EASIER THAN EVER

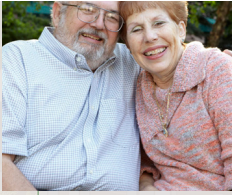
To make it easier to donate, we have created a wish list on Amazon. When you order through the link or QR code below, items will be delivered directly to The Helm.

If you are using a desktop, laptop or tablet, type the following link

<https://bit.ly/3AqBzmz>

in the search bar of your search engine. If you work from your smartphone, scan this QR code.





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Photo by
Bill Rapai, President
Grosse Pointe Audubon

NOT THOSE KIND OF WISE GUYS

The new Wise Guys Conversation Group, debuting at The Helm Monday, October 3, is not for mobsters or smart alecks. It's for men wise about their health – physical and mental.

Jokes and stereotypes aside, it seems women have more opportunities to talk with other women than men do with other men. Part of that is entrenched in our culture. Men were the breadwinners and taught from an early age to not show their feelings, that it was a sign of weakness. Talking – conversation – helps relieve stress, anxiety, anger and a whole host of other emotions, that often can lead to physical ailments.

The opportunity for men to get together and swap stories is the impetus behind the Wise Guys Conversation Group. There's no set topic each week and there's no "leader." The conversation group is for men to have a place to be comfortable talking with each other about whatever they want to talk about.

"I love the idea of conversation groups," Dr. Jennifer Kowalkowski, Behavioral Health Consultant at Beaumont Health said. "It's a form of therapy. You build these groups around interests or hobbies and people open up which leads to better mental and physical health."

Dr. Kowalkowski added that men tend to seek help when something becomes a physical issue. "Oftentimes, the underlying condition is overlooked because it's kind of hidden under the guise of physical symptoms. Any conversation helps us release feelings and alleviate tension."

Start a conversation at The Helm, where the coffee will be hot, the environment cozy and the company welcoming – and wise.

For more information about the Wise Guys Conversation Group, see page 12.

WISE GUYS



Social gatherings, cards, lectures, exercise, bocce and so much more are great ways for men to get together at The Helm. The Wise Guys Conversation Group is just one more way!



TRANSPORTATION MADE EASY WITH PAATS

Pointe Area Assisted Transportation Service (PAATS) offers many options for older adults in Harper Woods and the Grosse Pointes to get where they need to go.

If you are 60 years of age or older or a person with disability, you are eligible to take the PAATS bus.

APPOINTMENTS

Buses operate Monday through Friday, 7:30 a.m. to 3:30 p.m. It is a curb-to-curb service with elbow assist on and off the bus. Rates and areas of service 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

If you need to get to a doctor's appointment, hair appointment or do a little shopping, PAATS can help. Speaking of shopping

SHOP THE GRATIOT LOOP

Every Friday, PAATS provides Shop the Gratiot Loop service at no charge. **Yes, this service is free!** Riders will be picked up at their home and brought to their choice of five stores in the Gratiot shopping corridor:

- Walmart at 12 Mile and Gratiot;
- Meijer at 13 Mile and Little Mack;
- Kroger at 13 Mile and Little Mack;
- Target on Gratiot north of 14 Mile; and
- Macomb Mall at Masonic and Gratiot.

Passengers are picked up between 9 and 10 a.m. at their home, dropped off at their store choice, picked up about 1 p.m. and returned home. It's a convenient way to shop and get some exercise walking these large stores or the mall. It also helps with holiday shopping. Speaking of holiday shopping, Shop the

Gratiot Loop will run two days a week in November and December. See below for those holiday dates.

While using the PAATS bus for shopping is a major convenience, there are some guidelines for passenger and driver safety.

- All purchased items must be bagged.
- Each passenger is limited to one medium shopping cart or two standard shopping bags.
- All carts must be collapsible and not exceed 17"D x 15"W x 36"H when expanded.
- Shopping bags may not exceed 13.4" L x 10.2" W x 15" H. (This is the size of a standard brown paper grocery bag.)
- All purchased items must securely fit in your cart or bags; nothing may be on top or loose in your lap.
- Drivers are not permitted to lift or carry your purchases.
- If you use a walker or rollator that cannot be collapsed, please inform dispatch at the time of your reservation. Each bus can accommodate only two of these devices.

MORE INFORMATION

PAATS adheres to current state and federal transportation guidelines regarding masking and other health-related issues. All buses are sanitized daily.

MAKE A RESERVATION

Reservations must be made at least two days ahead of time. Call 313-394-9712 for more details and to arrange a ride.

SHOP THE GRATIOT LOOP HOLIDAY DATES

November 1, 4, 8, 11, 15, 18, 22 and 29
December 2, 6, 9, 13, 16, 20
(PAATS is closed November 25 and December 23)



MEDICARE OPEN ENROLLMENT

OPENS OCTOBER 15 AND RUNS THROUGH DECEMBER 7
SCHEDULE AN APPOINTMENT TODAY

It's that time of year again. Medicare Counseling for 2023 Open Enrollment is available at The Helm.

Make an appointment to review your Medicare Prescription Drug Part D plans. These one-on-one counseling sessions are free.

People see year-over-year savings by reviewing the Prescription Part D plans and premiums. The Helm Medicare counselors worked with 750 clients between 2021 and 2022 open enrollment periods. These



consultations resulted in \$223,605 in direct savings on medical and drug plans through this one-on-one counseling.

To schedule an appointment, contact Aurelie at asaigh@helmlife.org or 313-649-2110. Be sure to include your contact information and date of birth and Aurelie or one of our volunteers will reply within 48 hours.

FALL FOCUS

Fall is a good time of year to think about home safety and routine maintenance. The Helm has two free programs to help older adults in Harper Woods and the Grosse Pointes. See below for more details. For more information or to schedule an appointment, call 313-882-9600.



The Helm HOME CHORE PROGRAM



Volunteers are available through The Helm to help with minor home maintenance projects.
Call: 313-882-9600

CHORES

- Minor home repairs limited in scope to volunteer ability.
- Leaf clean up in the fall and spring

Note: Individuals may be responsible for the cost of replacement parts.

FREE HOME SAFETY PROGRAM

- Install home safety devices such as smoke alarms and carbon monoxide detectors
- Inspect and replace interior and first story exterior lights
- Provide kitchen fire extinguisher
- Install LED night lights as needed
- Repair or replace house number as needed
- Inspect and replace the furnace filter

ELIGIBILITY REQUIREMENTS

- Must be 60 years or older
- For Home Maintenance, you must own your own home.

OTHER RESOURCES

If we can't help, we'll provide of list of individuals and businesses who can, for a fee.



KEEP OUR FURRY COMPANIONS IN MIND THIS HOLIDAY SEASON



According to a study by the National Institutes of Health, pet owners are 36 percent less likely than non-pet owners to report feeling lonely. For elderly pet owners, especially those who live alone, pets can help reduce stress, lower blood pressure, increase social interaction and physical activity. For those who are homebound, pets are truly companions.



The Helm began Mutts 'n Meows in 2007 to collect pet food donations from the community and then distribute them to older adults in the Grosse Pointe and Harper Woods area. This helps older adults keep companion and service animals in their homes instead of having to give them up due to the inability to purchase or pick up and carry pet food.



In addition to donations of dog and cat food, Mutts 'n Meows also collects and distributes other supplies such as new containers of kitty litter and unopened, unexpired treats.

Drop donations at The Helm Life Center, 158 Ridge Road, Grosse Pointe Farms.



MEET THE INSTRUCTOR

Andrea is a Registered Dietitian Nutritionist (RDN) with a passion for preventing disease through proper nutrition, particularly when it comes to preventing and managing diabetes.

Since completing her dietetic internship at the University of Michigan Hospital, Andrea has been working as a clinical dietitian at Beaumont Hospital right here in Grosse Pointe for the last 11 years.

A portrait of Andrea Hageman, a woman with long dark hair, smiling and holding a red apple in her left hand. She is wearing a dark floral patterned top and a necklace with a small pendant. The background is a blurred indoor setting with a window. The image is framed by teal and white geometric shapes.

**ANDREA
HAGEMAN**

HEALTHY COOKING FACILITATOR
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

WISE GUYS CONVERSATION GROUP

Mondays, 9 - 10 am

FREE TO MEMBERS AND FUTURE MEMBERS

Have a cup of coffee and kick back with new and longtime friends. Hang with the guys like it was before life's responsibilities "got in the way."

NEW!

PINGPONG

Monday - Friday, 2 - 4 pm

MEMBER: FREE FUTURE MEMBER: \$6 per hour

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 FUTURE MEMBER: \$6

Both experienced and beginning players welcome.

TEXAS HOLD 'EM POKER

Tuesdays, 10 am - 2 pm

MEMBER: FREE FUTURE MEMBER: \$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 FUTURE MEMBERS

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

Tuesdays, 1:30 - 3:30 pm

MEMBER: FREE FUTURE MEMBER: \$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

First and Third Wednesdays of each month

9:30 - 11:30 am

SPONSOR: Blanketed with Love

FREE TO MEMBERS AND FUTURE MEMBERS

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

NEW DAYS!

BRIDGE CLUB

Wednesdays, 12:30 - 4 pm

MEMBER: FREE FUTURE MEMBER: \$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 FUTURE MEMBER: \$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

FUTURE MEMBER: \$5 for one card and refreshments

Additional cards are 25 cents each.

BINGOCIZE

Wednesdays, October 5 - December 14

1 - 2 pm

FREE TO MEMBERS AND FUTURE MEMBERS

Bingocize combines exercise and health information with the familiar game of bingo! This is a great way to improve and/or maintain mobility and independence and a fun way to get moving and socializing.

NEW!



HAUNTED WHITNEY HAPPY HOUR

The Detroit History Podcast on the Road

Thursday, October 20, 4 - 6 pm

MEMBER: \$18 FUTURE MEMBER: \$22

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 to share a ghost story. The Whitney Restaurant, one of Detroit's finest establishments, reportedly has perpetual guests – spirits – that lurk about. Tim explains different incidents and the theories about who still inhabits the house. Even the biggest skeptics can't explain away these apparitions! Light hors d'oeuvres will be served. Wine and beer will be available.

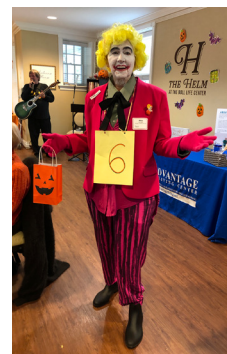
PREMIER WORLD DISCOVERY PRESENTS

"Great Trains and Grand Canyons"

Tuesday, October 25, 6 - 7 pm

NO COST TO ATTEND THIS PRESENTATION

Premier World Discovery tours is offering members and guests of The Helm a 6-day, 5-night trip to the Grand Canyon. This presentation explains the trip that includes roundtrip airfare to Phoenix, visits to Sedona, Grand Canyon, Jerome and sights in between, and hotel accommodations. The itinerary and costs will be explained at the presentation. Everything is arranged for you! What a great way to see a national treasure and beautiful part of the country with those you enjoy being around!



HALLOWEEN PARTY

Wednesday, October 26, 11:30 am - 1 pm

ENTERTAINMENT: Don Stidham

SPONSOR: Humana

MEMBER: \$20 FUTURE MEMBER: \$24

Come in costume or just as you are. Enjoy musical entertainment and lunch catered by Polish Village, followed by our annual costume contest with prizes for first, second and third best costumes!

VETERANS DAY CELEBRATION

Friday, November 11, 12:30 - 2 pm

SPONSORS: American House Grosse Pointe Cottage and the Louisa St. Clair Chapter, National Society Daughters of the American Revolution

ENTERTAINMENT: Grosse Pointe Men's Chorale

FREE TO MEMBERS AND FUTURE MEMBERS

We invite all veterans to join us on this special day to celebrate you! The Vietnam Veterans of America Chapter 154 Color Guard will perform their flag ceremony and DAR members will present each veteran a medal to honor their service. Following the ceremony, enjoy patriotic songs by the Grosse Pointe Men's Chorale and a luncheon prepared by American House Grosse Pointe Cottage. Indicate your branch of service and your guest's name when calling 313-882-9600 for a reservation. Why not join us at 11 a.m. for a presentation on Detroit's Military History? See page 17 for more details. You must register for each program.

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

THANKSGIVING PARTY

Thursday, November 17, 11:30 am - 1 pm

ENTERTAINMENT: Frank K.

MEMBER: \$20 FUTURE MEMBER: \$24

Chef Brian prepares a traditional Thanksgiving meal of turkey, gravy, stuffing, mashed potatoes, sweet potatoes, vegetable, cranberry sauce, roll and pumpkin pie topped with whipped cream. Whew! Live entertainment is the perfect accompaniment to this delicious meal.

HOLIDAY COOKIE/DESSERT COMPETITION

Tuesday, December 6, 11:30 am - 12:30 pm

MEMBER: \$6 FUTURE MEMBER: \$8

Grab a cup of coffee, tea or hot chocolate and enjoy the treats provided by bakers of The Helm. You'll vote for your favorite with prizes awarded to the top finishers. Anyone is eligible to enter, and, if you enter as a baker, you get in free to the event! All you have to do is bake two dozen cookies or a comparably-sized dessert. Call Margaret at 313-649-2109 to enter.



HOLIDAY PARTY

Wednesday, December 14, 11:30 am - 1 pm

ENTERTAINMENT: Vintage

MEMBER: \$20 FUTURE MEMBER: \$24

Join your friends at The Helm to celebrate the holidays at our annual luncheon. Marchiori Catering will provide a delicious Italian lunch. Vintage provides music for listening pleasure. Special holiday dessert included!

TOUR & LUNCH SERIES

Attendees are responsible for the cost of their lunch. Attendees must ride the bus to attend these tours.

The Parade Company Studio Tour

Tuesday, October 11, 9:30 am - 12:30 pm

MEMBER: \$20 FUTURE MEMBER: \$25

Registration and payment due by September 27, 2022

Take our bus to Detroit's most enchanting hidden attraction: The Parade Company Studio! This one-hour walking tour gives you a behind-the-scenes look at America's Thanksgiving Parade®. Learn more about the Parade's fascinating history, explore the 200,000 square-foot storyland of floats, and marvel at the world's largest collection of papier-mâché heads that resemble local icons and famous characters. The bus brings you back to The Helm after the tour.

Meadowbrook Theatre

"A Christmas Carol" by Charles Dickens

Wednesday, November 30, 12:30 - 5 pm

MEMBER: \$45 FUTURE MEMBER: \$50

Registration and payment due by October 24, 2022

A Christmas Carol by Charles Dickens - Adaptation and Original Staging By Charles Nolte. Enjoy the magic of this holiday classic adaptation which has captivated audiences for 40 years. *A Christmas Carol* recounts the story of Ebenezer Scrooge, an elderly miser who is visited by the ghost of his former business partner Jacob Marley and the spirits of Christmas Past, Present and Yet to Come. After their visits, Scrooge is transformed into a kinder, gentler man.

Detroit Symphony Orchestra

"Home for the Holidays"

Friday, December 16, 9:30 am - 1:30 pm

MEMBER: \$55 FUTURE MEMBER: \$60

Registration and payment due by November 2, 2022

Take our bus to the beautiful Orchestra Hall, one of the finest music venues in the world. Thrill to the spectacle of the season and share Detroit's favorite holiday musical tradition with friends. Michelle Merrill returns to lead the DSO in a sparkling celebration with carols and classics....and yes, Virginia there will be a Santa Claus.



FRIDAY MOVIE MATINEE & SNACKS

Showtime: 12:30 pm *Movie run times vary*

MEMBER: \$3 NONMEMBER: \$5

HONEST THIEF (2020)

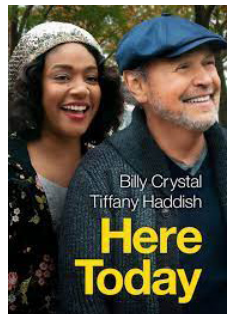
Friday, October 7

Meticulous thief Tom Carter has stolen \$9 million from small-town banks while keeping his identity a secret. But after he falls in love with the bubbly Annie, Tom decides to come clean about his criminal past, only to be double-crossed by two ruthless FBI agents.



HERE TODAY (2021)

Friday, October 21



Veteran comedy writer forms an unlikely yet hilarious and touching friendship with a New York lounge singer. Their friendship gets off to a rocky start (seafood allergy, hospital visit, EpiPen). Before long, each finds in the other a sort of soulmate, forging a deep bond that kicks the generation gap aside and redefines the meaning of friendship, love and trust.

MILITARY WIVES (2020)

Friday, November 4

Faced with their loved ones' absences serving in Afghanistan, a group of women come together to form a military wives' choir, helping each other through some of life's most difficult moments, and quickly finding themselves on an international stage.



BLITHE SPIRIT (2021)

Friday, November 18

Desperate to overcome writer's block, novelist Charles Condomine hires a medium to conduct a séance. But when she inadvertently conjures the spirit of Charles' dead first wife, it doesn't sit well with his current spouse.



12 MIGHTY ORPHANS (2021)

Friday, December 2



Witness the true story of the Mighty Mites, the football team of a Fort Worth orphanage who, during the Great Depression, went from playing without shoes – or even a football – to playing for the Texas state championship. Recognizing that his scrawny players could not beat the other teams with brawn, Coach Rusty Russell developed innovative strategies that would come to define modern football.

THE MAN WHO INVENTED CHRISTMAS (2017)

Friday, December 16

In 1843 London, author Charles Dickens finds himself in financial trouble after writing three consecutive unsuccessful novels. Desperate for a hit, Dickens relies on real-life inspiration and his vivid imagination to bring Ebenezer Scrooge, Tiny Tim and other classic characters to life in *A Christmas Carol*.



IT'S A GREAT TIME TO . . .

As we gather with friends and family over the coming holidays, what a great time to share stories about your childhood holiday celebrations and traditions. It also is one of the best times to pull out or create a family tree so the younger generations can learn about their ancestors. If you are interested in learning more about your own ancestry, join us for the "They Came by Sail and Steam" presentation. See page 17 for more information.



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

Tuesdays, 10 - 11:30 am

Fridays, Noon - 1:30 pm

INTERMEDIATE LEVEL

Tuesdays, 11:30 am - 1 p.m.

Fridays, 1:30 - 3:00 pm

INSTRUCTOR: Dr. Dib Saab

WCCCD Continuing Education Class

FREE TO MEMBERS AND FUTURE MEMBERS

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 FUTURE MEMBERS

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.

DRAWING FOR SENIORS

Thursdays, September 15 - December 8

1:30 - 2:30 pm

INSTRUCTOR: Lorna Braxton

WCCCD CONTINUING EDUCATION CLASS

FREE TO MEMBERS AND FUTURE MEMBERS

This is a basic drawing and painting class designed to introduce participants to the skills required to accurately render what they see. It also is an opportunity for the more advanced artist to gain visual and creative practice that will enhance any artistic endeavors. Participants are responsible for their own supplies.



AGING MASTERY PROGRAM (AMP)

Mondays and Thursdays, October 3 - 17

10:30 am - 12:30 pm

MEMBER: \$55 FUTURE MEMBER: \$60

AMP is an approach to living that embraces the gift of longer lives. The program combines knowledge sharing with goal-setting, feedback routines, daily practices and peer support to help make meaningful and enduring life changes. The classes include expert speakers, group discussion and small rewards. Topics include: Financial Fitness; Advance Planning; Healthy Relationships; Fall Prevention; Community Engagement; Medication Management; Sleep, Healthy Eating and Hydration; Exercise and You; and Navigating Longer Lives. Participants receive a workbook to make it easy to incorporate tips and lessons learned.

EGYPTIAN BELLY DANCE

Friday, October 7, 11 am - 12:30 pm

INSTRUCTOR: Stephanie Care

WCCCD CONTINUING EDUCATION CLASS

FREE TO MEMBERS AND FUTURE MEMBERS

Tone, relieve tension and become more flexible. Participants will dance to the music and rhythm of the Middle East by learning various movements while strengthening individual muscle groups.



RELEASE YOUR INNER GLAM

Monday, October 10, Noon to 2 pm

INSTRUCTOR: Rashida Williams

WCCCD CONTINUING EDUCATION CLASS

FREE TO MEMBERS AND FUTURE MEMBERS

Take your glam to the next level! Learn how to properly apply foundation, highlight and contour your face and do day, evening and smokey eye looks. Instruction on lash application, eyebrow filling and lip color combinations will round out the course. Participants should bring their own makeup supplies to the class.



AARP SMART DRIVER TEK

Wednesday, October 19, 10:30 am - Noon

INSTRUCTOR: Roger Doster

FREE TO MEMBERS AND FUTURE MEMBERS

This workshop keeps drivers in the know about the latest vehicle safety technologies and how to use them. From lane departure systems and smart headlights to blind-spot detection systems and more, recognize how these technologies enhance driving safety and extend safe driving years. Attendees leave with a vehicle technology checklist, which will offer guidance on the desired technologies when shopping for a new car or what features may already be in their car.

SECRET (SERVICE) AGENT MAN

Wednesday, November 2, 1 - 2 pm

FACILITATOR: Radford Jones

FREE TO MEMBERS AND FUTURE MEMBERS

Former U.S. Secret Service agent Radford Jones will provide a brief history of the U.S. Secret Service and his experiences while protecting six presidents, including his time on the Kennedy White House Detail in 1963. He will discuss incidents and historical events that occurred during his assignments. Archived photographs will be shown during the presentation.



BEGINNING FLORAL DESIGN

Wednesday, November 9, 11 am - 1 pm

INSTRUCTOR: Jay Smith

WCCCD CONTINUING EDUCATION CLASS

FREE TO MEMBERS AND FUTURE MEMBERS

This popular course teaches the basics of floral design, care and maintenance of fresh cut flowers and green plants.

THEY CAME BY SAIL AND STEAM

Thursday, November 10, 1 - 2 pm

FACILITATOR: Derek Blount

FREE TO MEMBERS AND FUTURE MEMBERS

Genealogist Derek Blount returns to discuss the information you need to locate your ancestors' immigration and naturalization records. The program also includes Great Lakes travel and alternative records.

HOLIDAY CAKE DECORATING

Friday, November 11, 9 am - 1 pm

INSTRUCTOR: Erika Clark

WCCCD CONTINUING EDUCATION CLASS

FREE TO MEMBERS AND FUTURE MEMBERS

Create stunningly decorated holiday cakes! You will 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.

HISTORY OF DETROIT'S MILITARY

Friday, November 11, 11 am - Noon

FACILITATOR: Robert E. Sullivan

FREE TO MEMBERS AND FUTURE MEMBERS

Did you know that the first major battle of the War of 1812 was in the Detroit/Windsor area? In this presentation, local historian Robert E. Sullivan will focus on early Detroit forts and Detroit's involvement in the War of 1812, the Underground Railroad, the Civil War, World War I and World War II.

Our annual Veterans Day Celebration follows this presentation. What better way to honor those who have fought for our freedoms. More information about the Veterans Day Celebration can be found on page 13. Register separately for each event.

MEET THE AUTHOR

Stefan Szymanski, PhD

Wednesday, December 7, 1 - 2 pm

FACILITATOR: Stefan Szymanski, PhD, University of Michigan
Stephen J. Galetti Professor of Sport Management

FREE TO MEMBERS AND FUTURE MEMBERS

Dr. Szymanski is the author of *City of Champions: A History of Triumph and Defeat in Detroit*. Driven by the conviction that sports not only mirror society but also have a special power to create both community and enduring narratives that help define a city's sense of self, *City of Champions* is a unique history that links iconic events in the history of Motown sports to the city's shifting fortunes. Dr. Szymanski also will discuss Detroit's long history of bidding (and losing) to host the Summer Olympics.



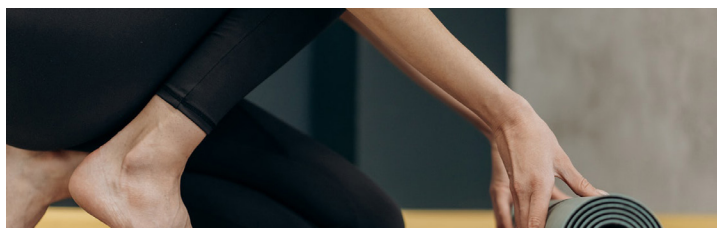
HEALTH & WELLBEING

WHAT'S HAPPENING AT THE HELM

► **JOIN US! REGISTER ONLINE AT [HELM.ORG](https://helm.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 FUTURE MEMBER: \$10 per class



YOGA

Mondays and Wednesdays, 9 - 10 am

INSTRUCTOR: Judy Sarvis

Fridays, 9 - 10 am

INSTRUCTOR: Jessica Kodanko

This hour-long journey is a great start to your day. Yoga moves, combined with breathing techniques, promote strength, endurance, stability, mobility and flexibility, improve posture and relieve stress. Bring a yoga mat.

CHAIR YOGA

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

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

INSTRUCTOR: Judy Sarvis

Tuesdays and Thursdays, 9 - 10 am

INSTRUCTOR: Jessica Smigels

Fridays, 10:15 - 11:15 am

INSTRUCTOR: Jessica Kodanko

This yoga practice uses a chair to assist with positions and poses. You are able to warm up your body and safely perform yoga poses with more support and stability and receive the benefits of traditional yoga. Chair yoga is suitable for all fitness levels.

ACTIVE FIT

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

INSTRUCTOR: Stacey Panduren

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

TAI CHI BEGINNER CLASS

Thursdays, 9:00 - 10:00 am

Instructor: Susan Smith

Tai chi is an ancient Chinese discipline designed to enhance body, mind and spirit, and leave you feeling refreshed through slow, methodical movements. You'll gain better muscle tone, improve joint flexibility and balance and increase circulation. Wear comfortable, loose-fitting clothing.

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

Starting Thursday, December 1, 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.

DRUMS ALIVE!

Thursdays, October 6 - November 17

11:45 am - 12:45 pm

INSTRUCTOR: Rosa Hunter

A fun and unique sensory program designed to give the mind and body instant feedback through continuous movement and rhythmic flow. It is a workout for your body and brain! All materials provided.





MORE EXERCISE CLASSES

ENHANCE® FITNESS

THIS SESSION RUNS OCTOBER 3 - DECEMBER 22

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 FUTURE MEMBERS

This evidence-based group exercise and falls prevention program helps older adults at all levels of fitness become more active, energized and empowered. Exercises focus on strength training, balance, flexibility and cardiovascular conditioning to keep your body and brain active!

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

BODY ALIGNMENT

Mondays

101 (Beginners) - 1:15 - 2:15 pm

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

INSTRUCTOR: Gwendolyn J. Scales

WCCCD Continuing Education Class

FREE TO MEMBERS AND FUTURE MEMBERS

Proper alignment of the body puts less stress on the spine and helps improve posture. 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 FUTURE MEMBER: \$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.

REIKI

**First and Third Tuesdays of the Month
1 - 2 pm**

INSTRUCTOR: Jonathan Itchon

MEMBER: \$7 FUTURE MEMBER: \$10

Reiki is a powerful, ancient healing method for reducing pain, inflammation and discomfort in the body. Its goal is to remove what blocks balance and natural flow in the body so you can be free to enjoy life more richly and feel more youthful. Whether your pain is physical, mental, emotional or spiritual, Reiki treatments can improve mind, body and spirit.

Note: Limited to five people per session.

NEW!

Senior Expo 2022

Experience Senior Life Today!

Thursday, October 6, 8:30a.m. - 1:30 p.m.

Assumption Cultural Center • 21800 Marter Road
St. Clair Shores / Grosse Pointe Woods

SENIOR EXPO SPECIAL GUEST CHARLIE LANGTON

Broadcaster
Lawyer
Life Coach



9:30 a.m.
Presentation

FREE!

- Over 50 Exhibitors & Give-aways
- Complimentary Luncheon and Raffle
- Community Resource Information
- Health and Wellness Screenings
- Senior SUPER Tent

Committee

THE HELM
AT THE BOLL LIFE CENTER

HARPER CHIROPRACTIC CENTER

CRANBERRY PARK
assisted living & memory care

Ascension

HOPE
Senior Home Care

Henry Ford
HEALTH SYSTEM

Assumption Cultural Center

THE HEARING LOSS
TREATMENT CENTER

Complimentary Luncheon: Marchiori Catering

Senior Expo 2022 is a community service of the Senior Expo Committee and
Assumption Cultural Center - (586) 779-6111

► **JOIN US! REGISTER ONLINE AT HELM.ORG //** REGISTRATION IS REQUIRED FOR EVERY PROGRAM

PARKINSON'S CAREGIVERS SUPPORT GROUP

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

FACILITATOR: Angela Ferrera

FREE TO MEMBERS AND FUTURE MEMBERS

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 FUTURE MEMBERS

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 FUTURE MEMBERS

"Should I see my doctor regarding . . . ?" "What exercises should I do for . . . ?" Ask the Therapist is here to answer general questions related to exercise and wellness.

BLOOD PRESSURE SCREENING

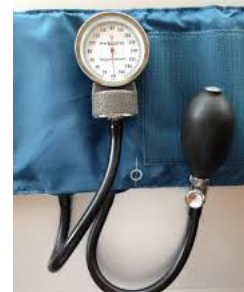
Third Thursday of every month

9:30 - 10:15 a.m

FACILITATOR: M. Theresa Andres,
Sunrise Senior Living

FREE TO MEMBERS AND FUTURE MEMBERS

High blood pressure is a silent killer that shows no symptoms but can cause serious health problems if left untreated. We offer free screening to help you monitor your health.



ALZHEIMER'S SUPPORT GROUP

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

FACILITATOR: Carolyn Van Dorn, Nursing Unlimited

FREE TO MEMBERS AND FUTURE MEMBERS

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 FUTURE MEMBERS

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

Don't let the flu bug you!

It's that time again.

Getting a flu shot protects you and prevents you from spreading the flu to others. The U.S. Department of Health and Human Services statistics show 90% of flu-related deaths and more than half of flu-related hospitalizations occur in people age 65 and older.

The Helm annual flu clinic will be 8 a.m. - 3 p.m. Friday, October 14, at our facility at 158 Ridge Road, Grosse Pointe Farms. Henry Ford Medical

Center-Cottage will administer the flu shots.

Appointments are required. Please call 313-882-9600 to schedule your appointment.

The flu shots are covered by Medicare. Bring your Medicare card, driver's license or Michigan ID, along with your supplemental health insurance card if you have one. If you do not have Medicare, there will be a charge.





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
Cottage & Pierson Clinic

HenryFord.com/CottagePierson

MEMBERSHIP HAS ITS BENEFITS

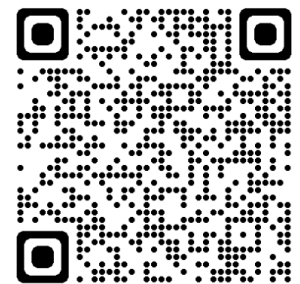
Membership at The Helm provides reduced rates on exercise classes, social activities, lunch and special lectures. You can stop by for coffee with a friend or to read the paper. You can borrow a book or a puzzle. We are a source and a resource for everything related to growing older in Harper Woods and the Grosse Pointes. Just look at everything in these pages that will happen over the next several months. All of this for just \$60 a year! Stop by or call us at 313-882-9600 for more information. (Membership makes a great gift too!)



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 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!



Life's a journey. Find your way.

313-882-9600 | 158 Ridge Road, Grosse Pointe Farms, MI 48236 | helmlife.org

TRIBUTES & HONORS

IN MEMORY OF MYRA BROWN

Debbie Liang

HARRY BURKEY

Alison Walczak

JOHN MARK CADEAU

Celestine and Yoom Nguyen

ALICE LAITNER

Suzie Decker

BARBARA MONAHAN

Debbie Liang

JANIS RACE

Sally Bernard

Bliss Caulkins Clark

Arlene Cobau

Martha Fordon

Marilyn Galsterer

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Rita Smythe

Rose Marie Stieber

Paula Sutherland

Fran Twiddy

Evelyn Vitale

Joan Warren

David Wessel

MARIANNA STERR

Minda Phillips

IN HONOR OF GARY COLETT

Happy Echlin

TISH AND GARY COLETT

Arlene and John Lewis

DR. BRIAN ENGEL

Fernando Borrego and

Daniel Dulworth

Barb and Scott Turnbull

LISA AND JON GANDELOT

Debbie and Keith Bellovich

SPONSORS & IN-KIND DONORS

Amazon Smile

Einstein Bros. Bagels

Humana

Josef's European Pastry Shop

Kroger Rewards

Panera Bread

Pointe Alarm

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 June 1 and August 25, 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.

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



**Ascension
St. John**