

# THE HELM LIFE JOURNAL

JANUARY THROUGH MARCH 2023



## LOOKING FORWARD: 2023

Starting the new year with a sense of normalcy — and oodles of activities!

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## GALA 2022

Your support made it all possible!

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## YEAR IN REVIEW

So much new and so much fun in 2022!

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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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Everyone has different needs, interests and activity levels. We have something for everyone!

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### HOLIDAY CLOSED DATES

The Helm will be closed Monday, January 2, 2023.

LIFE'S A JOURNEY.  
FIND YOUR WAY.

# A NEW YEAR; A NEW NORMAL



I don't know about you, but I know I can truly say I'm looking forward to 2023. For the first time in nearly three years, I'm not letting covid (intentionally lower case) be front of mind – and it feels great!

The following pages are filled with events and activities “like the good old days.” While summer seemed to be the time we resumed a full schedule of programming, I felt like I was holding my breath and I couldn't totally relax. I think for me, a turning point was our Annual Gala. It was our most successful ever (more on that later in this letter), and it felt normal. We were a full house at the Grosse Pointe Yacht Club and people seemed much more carefree than last year.

That feeling is all around The Helm. We ended 2022 strongly. Every day at The Helm is jam-packed with activities and people. Classes are full and people enjoy being together; they especially enjoy interacting with each other again. (Our parties are always full!) We've learned so many lessons the last few years. We weathered the crisis and don't take it lightly, but it seems like the worst is past and now it's time to focus on moving forward. We've learned to adjust and adapt. When we couldn't meet in person, we video conferenced. When we couldn't exercise in person, we posted videos or links to our instructors giving virtual classes. When we couldn't deliver fresh meals five days a week to our Meals on Wheels clients, we delivered five frozen meals. If guests want to wear a mask, we understand. We know if we think things through, there are options. We know how to pivot.

We are riding this momentum into 2023. In this issue, you are going to find Valentine's Day and St. Patrick's Day parties and related activities. We've got three new field trips (one each month); a trip to the Grand Canyon and a trip to Cape Cod. We'll have our twice monthly movie matinees with a new spin for the winter months (see page 15) and a place to play canasta. All of our exercise classes are back, Guided Meditation

and Reiki, too. Walk With Ease has returned as well. And, of course, you always can learn something new at The Helm: watercolor painting, crafting, crocheting, American sign language and CPR and AED training. Seriously, you could spend every day at The Helm – and we hope you do!

Another special activity that's coming in February is our Grandparents/Grandkids Workshop. Participants overwhelmingly enjoyed our inaugural workshop in 2019. We're so glad it's back. This time, Gary Abud Jr. will explore the physics of sailing. You and your “little person” will engineer a wind-powered sail cart to race against others. What a great way to spend time with your grandchild and learn something new!

Take the time to read through these pages and see everything The Helm has to offer. No reason to be bored or binge-watching programs all winter. We've got something to keep you having fun, staying healthy and learning something new!

Back to our 2022 Take The Helm Gala. It was a rousing success! (See article on page 7.) A team of board members, volunteers and staff worked diligently on the event for months, but the truth of the matter is we simply would not have been successful without the support of you ... our members and the community! The community, including individuals and local businesses, stepped up significantly through sponsorships, ticket purchases, participation in our silent and live auctions, and our raffle. No matter how hard we worked, it wouldn't have mattered without your support.

We are so grateful that the six communities we serve always support our work and our mission “to inspire and enable residents of the Grosse Pointes and Harper Woods to enjoy the gift of longevity, living healthy and meaningful lives, as they age.”

Thank you from the bottom of our hearts!

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

Peggy Hayes



# YEAR IN REVIEW

Scenes at The Helm in 2022

Just a handful of photos from the many gatherings, exercise classes, farmers markets, author presentations and guest lectures, field trips and enrichment classes held last year. There's so much to do at The Helm!



Hustle Lessons



Full Circle Farmers Market



Field Trip - Belle Isle Aquarium



Bocce League



Valentine's Day Party



Walk With Ease



Painting Class



Detroit History Podcast



Listening to music at BBQ on the Lawn



Wise Guys Conversation Group



Chair Yoga



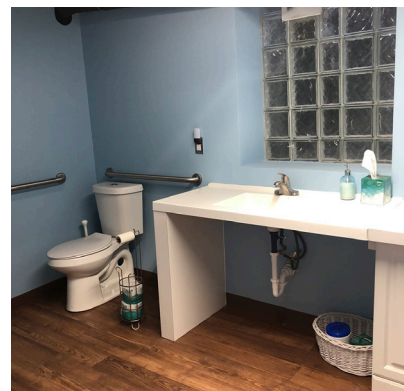
Meet the Author



# CONSTRUCTION UPDATES

## FLOORING AND PAINTING UPSTAIRS; A WHOLE NEW WORLD ON THE LOWER LEVEL

Yes, it's been a long time coming, but construction at The Helm is just about complete. We have new carpet and laminate on the first and second floors and fresh paint on the walls on those levels as well. The old basement – which we are calling the lower level because it is much too grand for a basement – has new flooring and new rooms. There is a technology room and a craft room, a bathroom and an office for our maintenance superintendent! Here's a sneak peak. You'll just have to stop by to see more!



From right to left: The basement at beginning of construction; the basement today with cleaning and organizing yet to be done; the new bathroom.

# VOLUNTEERS NEEDED

Did you know volunteering is good for your health? According to the Mayo Clinic, volunteering improves physical and mental health. Volunteers report feeling a sense of meaning and appreciation which can have a stress-reducing effect. Volunteering provides a sense of purpose. The work volunteers provide is essential to everyday activities – think Meals on Wheels, Medical Escort Driver, Home Safety & Security checkups – which gives volunteers a sense of purpose. Volunteering increases social interaction and helps build a support system based on common interests. Volunteers nurture new and existing relationships with both those whom they help and other volunteers.

All volunteers at The Helm must complete an application and undergo a routine background check before volunteering. On the application, you can let us know specific positions in which you are interested or just let us know what your interests are and we will match you with a “job.”

“Sometimes volunteers have specific jobs they’d like to do and others just aren’t sure,” Heidi Uhlig-Johnstone, Volunteer Services Director explained. “Either way it works out. There are so many ways to volunteer and we’ll work around your schedule to meet your needs.”

Added Uhlig-Johnstone, “We truly rely on and appreciate all of our volunteers. There is no way we could provide all of the services we do without our wonderful volunteers.”

## Seeking Volunteers

Volunteering is  
rewarding and good  
for your health! Start  
off the New Year  
helping at The Helm.

### Get Involved:

- Technology Instructor
- Medical Escort Driver
- Meals on Wheels Driver
- Special Events Support
- Field Trip Assistant
- Friendly Reassurance Volunteer
- Spring/Fall Cleanup
- Home Safety & Security Assistant



Interested in  
volunteering?  
Call 313.882.9600



[helmlife.org](http://helmlife.org)

# THE HELM 26TH ANNUAL GALA

It was a beautiful night for Take The Helm, our 26th annual gala. After an all-virtual event in 2020, and a socially distanced event in 2021, we were back full sail in 2022.

And it felt great. Guests gathered at the Grosse Pointe Yacht Club for an evening of food, drink and merriment, all while raising money for The Helm. Guests viewed and bid on silent auction items in the Binnacle Room overlooking the water, and moved to the main ballroom for dinner, dessert, the presentation and live auction.



Gala Honoree  
Dr. David S. Balle

Grosse Pointe Farms resident Dr. David S. Balle was recognized for his philanthropy and commitment to the community. Some of the organizations most important to him include Grosse Pointe Chamber Foundation, City of Grosse Pointe Farms Foundation, Grosse Pointe Foundation for Public Education, Grosse Pointe Historical Society, Covenant House and the Detroit Symphony Orchestra. He is on the medical staff of Beaumont

Hospital Grosse Pointe, and also is a member of several professional organizations, including the American Academy of Dermatology, American Society for Dermatologic Surgery and the American Society for Cosmetic Dermatology & Aesthetic Surgery.

After heartwarming and entertaining speeches, the live auction began. Guests had the opportunity to bid on items and experiences from the unique to the exciting to the enviable: an exclusive dinner and concert with Andrea Bocelli at his mansion in Forte Dei Marmi, Italy; jewelry and private dining; and a yachting excursion.

The live auction was followed by a new video about The Helm — it's playing on our website under the



Attendees enjoying the evening's festivities.

About Us tab — and a paddle call which raised even more funds.

## Our Annual Gala

accounts for nearly half of our operating budget. Every dollar raised enables The Helm to continue to provide vital services and programs to help older adults in the Grosse Pointes and Harper Woods enjoy the gift of longevity, living healthy and meaningful lives as they age.

Without the support of donors, we could not continue. Thank you to all our guests, sponsors, donors and volunteers who made this event — our 26th — the most successful ever!

Thank you to the many individuals and businesses listed on the following pages. It is only with their support the Gala can happen. We appreciate you supporting the many businesses that support The Helm.



The ballroom was full and the bidders were generous.



A mere sampling of the auction items and experiences available. Thank you to Gala Co-Chairs Doug Blatt and Dr. Cheryl Wesen and Gala Committee members Jana Brownell, Jenny Chope, Lisa Mower Gandelot, Alex Lucido, Bob Rader, Pamela Stanton and Mary Wilson.



The room decor was festive and beautiful thanks to our volunteer decor committee: Polly Begg, Tracy Blatt, Tish Colett, Beth Crane, Ann Disser, Karen Kolp and Karen Watson.





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Grosse Pointe News  
Grosse Pointe Magazine

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The League Shop  
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Charvat The Florist  
Ellen Kennary Doyle  
Jerry's Club Party Store  
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Salvatore Scallopini  
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fleurdetroit

#### **CENTER LINE**

Crest Automotive Group

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Brick and Stone Real Estate  
and Detroit House Company  
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Vertical Detroit  
Wolverine Packing Co.

#### **MADISON HEIGHTS**

PRP Wine

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Mike's on the Water

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Nemacolin

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Drs. Branka and Daniel Megler  
Roz Peters  
Michael Skinner  
Nancy and Richard Solak  
Jan and Dick Widgren  
Mrs. Ralph C. Wilson Jr.

**WE ARE EXTREMELY  
THANKFUL TO OUR  
VOLUNTEERS WHO  
HELPED THE DAY OF THE  
EVENT**

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\* Ryan Sandles

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\* Karin LaRose-Neil

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Samantha Lagocki

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\* Roz Peters

\*Denotes longtime volunteer

# INCLEMENT WEATHER POLICY

When the Grosse Pointe Public Schools are closed due to inclement weather, The Helm also will be closed. PAATS buses will not run and there will be no Meals on Wheels delivery. Guests are responsible for checking their local news sources to determine if the schools – and The Helm – are closed. Also, The Helm will post any closures on our website, [helmlife.org](http://helmlife.org), and social media sites, [facebook.com/thehelmlifecenter](https://facebook.com/thehelmlifecenter) and [instagram.com/thehelmlifecenter](https://instagram.com/thehelmlifecenter).

We also will update our telephone voicemail message to indicate we are closed. Please call us before heading out in inclement weather if you are unsure if we are open. Stay safe, stay warm.

## We're Closed Today

Due to inclement weather, The Helm is closed today. PAATS buses are not running.

WE HOPE TO SEE YOU SOON!

If the Grosse Pointe Public Schools are closed, The Helm will be. Check local news listings for school closures, our website, our social media, or call us at 313.882.9600.

## NEW FACES AT PAATS

Over the last few months, three new drivers have joined the Pointe Area Assisted Transportation Service (PAATS) team. Welcome to Alex, John and Wanda! They join our longtime drivers, Amy, Artur, Dan, Henry and Pat and dispatcher Lori (who also pitches in to drive!)

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

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



Alex



John



Wanda



Amy



Artur



Dan



Henry



Pat



Lori

# MEET THE INSTRUCTOR

Dubbed “the man of many hidden talents,” Andreas has been ballroom dancing since 1998 when he first started college. Through the years, Andreas perfected his techniques and skills dancing with international Latin-style champion, Yuliya S. Yuliya,

at the Fred Astaire Dance Studio in Bloomfield Hills. He is now a successful competitive dancer. Teaching ballroom dancing is Andreas’ way of sharing his passion with those who enjoy dancing just as much as he does.

A portrait of Andreas Browne, a Black man with a short beard and mustache, smiling. He is wearing a red blazer over a blue and white striped shirt. The background is a warm, indoor setting with a window and a wreath.

**ANDREAS  
BROWNE**

**BALLROOM DANCING INSTRUCTOR**  
AT THE HELM LIFE CENTER





## FUN & FRIENDSHIP

WHAT'S HAPPENING AT THE HELM

► **JOIN US! REGISTER ONLINE AT [HEMLIFE.ORG](https://helmlife.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."

### CANASTA CLUB

**Mondays, Noon - 4 pm**

**MEMBER: FREE FUTURE MEMBER: \$6**

If you know how to play Canasta, bring your friends and come play in our comfortable environment. Players must bring their own materials.

### 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**

If you know how to play euchre, grab your friends and play at our house.

### 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 always is 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.

### BRIDGE CLUB

**Mondays and 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.

### MAHJONG 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, through March 1**

**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.

## VALENTINE'S DAY FESTIVITIES

**Lunch and Dancing with  
Andreas**

**Tuesday, February 14,  
11:30 am - 1 pm**

**MEMBER: \$20 FUTURE MEMBER: \$24**

Amour! Roses are red, violets are blue, we love a good party and you will too! Join us for lunch and merriment at The Helm Valentine's Day Party. As a special treat, Andreas Browne will demonstrate ballroom dancing, salsa and a few other dance steps after lunch. Bring your dancing shoes! And, while you're here, why not plan to stay for a special movie matinee. (See below.)



## Special Movie Presentation

**Tuesday, February 14, 1:30 pm**

**AN AFFAIR TO REMEMBER (1957)**

**Rating: None Run Time: 1 hour, 54 minutes**

**FREE TO MEMBERS AND FUTURE MEMBERS**

Although each is already engaged to another, Nickie (Cary Grant) and Terry (Deborah Kerr) meet on an ocean liner and fall deeply in love. Tempting fate, they agree to meet at the Empire State Building in six months if they still feel the same way. But a tragic accident prevents their rendezvous and the lovers' future takes an uncertain turn. This classic love story was nominated for four Academy Awards, including Best Music.

## PREMIER WORLD DISCOVERY PRESENTS

**"Cape Cod and the Islands"**

**Tuesday, March 7, 1 - 2 pm**

**NO COST TO ATTEND THIS PRESENTATION**

Premier World Discovery is offering members and guests of The Helm a 7-day, 6-night trip to Boston and Cape Cod July 15 - 22, 2023. This presentation explains the trip that includes roundtrip airfare to Boston, where you'll stay one night and tour the city and Plymouth, before heading to Cape Cod which becomes the base for day trips to Martha's Vineyard, Provincetown, Newport, Rhode Island and Nantucket before heading to Boston and your flight back to Detroit with wonderful memories of your Cape Cod & the Islands Tour. The itinerary and costs will be explained at the presentation. Everything is arranged for you! What a great way to see this beautiful part of the country with those you enjoy being around!

There is still room on the Great Trains & Grand Canyons trip April 16 - 21, 2023. For more information, call Premier World Discovery at 877-953-8687.



## ST. PATRICK'S DAY LUNCH AND TRIVIA COMPETITION

**Friday, March 17, 11:30 am - 1 pm**

**MEMBER: \$20 FUTURE MEMBER: \$24**

Calling all leprechauns! Put on your green clothes and bring your lucky charms to The Helm's St. Patrick's Day party. Join us for a traditional feast of corned beef and cabbage, celebrate the Irish and enjoy a fun game of trivia following lunch.

► **JOIN US! REGISTER ONLINE AT [HELMLIFE.ORG](https://helmlife.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.  
All arrival times back to The Helm are approximate.

### Lunch at 5101 - Henry Ford Culinary School Wednesday, January 25, 11:30 am - 2:00 pm

**MEMBER: \$20**

**FUTURE MEMBER: \$25**

**Registration and payment due by January 13, 2023**

Enjoy a delicious lunch skillfully prepared and served by Henry Ford Culinary students. The menu draws its inspiration from local farms and markets, focusing on exceptional ingredients at the peak of their season. The restaurant provides a realistic environment to practice the crafts of cooking, baking and guest services. Come and participate in the education of the next generation of Detroit's great chefs. Bon Appetit!

## Somerset Collection

**Thursday, February 9, 10 am - 3 pm**

**MEMBER: \$20 FUTURE MEMBER: \$25**

Somerset Collection is an upscale luxury shopping mall with more than 180 stores including Macy's, Nordstrom, Shinola, Tiffany & Co., Williams Sonoma, Coach, and Apple Store. You'll have plenty of time to shop and enjoy lunch at one of several great restaurants: Brio Tuscan Grille, Capital Grille, PF Chang's, California Pizza Kitchen, Nordstrom Café or the food court's variety of offerings. The bus will return to The Helm around 3 p.m.

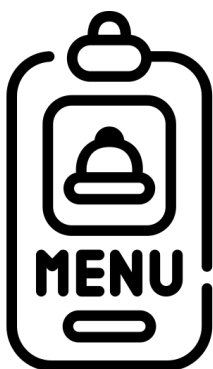
## Basilica Ste. Anne de Detroit

**Wednesday, March 22, 10 am - 2 pm**

**MEMBER: \$20 FUTURE MEMBER: \$25**

Ste. Anne is the second oldest continuously-operating Roman Catholic parish in the United States. It boasts soaring neo-Gothic architecture and the oldest stained glass windows in Detroit. The basilica is also the final resting place of Father Gabriel Richard, a man with an unparalleled legacy in the city and state. Join us for a 45 - 60-minute guided tour followed by lunch at a neighborhood restaurant.

# Lunch



## AT THE HELM

**Served Tuesday, Wednesday and Thursday**

Our welcoming home provides a lovely setting to eat and socialize with others. Bring a friend or join your friends at The Helm. Encore Catering chefs are providing the meals. Menus will be posted online by 5 p.m. Friday. Call or stop by to place your order for your meal for the day. There are a limited number of meals each day and orders must be placed by 10 a.m. Prices remain the same at \$8 for members and \$12 for future members. Additionally, in order to offer more variety, we occasionally will have a premium lunch – for example, shrimp, beef, salmon – that costs more. Premium lunches and associated costs will be indicated clearly on our menu. We look forward to having you join us for lunch. We have set a place at the table for you!



## WINTER AFTERNOON AT THE MOVIES

While it may be cold outside, we'll make it extra cozy inside for our movies this winter. In addition to popcorn, chips and candy, we'll be serving coffee, tea and hot chocolate – with all the toppings! It'll be so nice and snug in our house, you may just want to bring a blanket! While you add these matinees to your schedule, don't forget about our special Valentine's Day movie. (See page 13.)



### FRIDAY MOVIE MATINEE & SNACKS

**Showtime: 12:30 pm**

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

#### DEATH ON THE NILE (2022)

**Friday, January 13**

Based on Agatha Christie's novel, Belgian sleuth Hercule Poirot's spectacular Egyptian vacation aboard a river boat becomes a terrifying search for a murderer after a picture-perfect couple's honeymoon is cut tragically short.

**PG-13 2 hours, 7 minutes**



#### THE LIGHT BETWEEN OCEANS (2016)

**Friday, February 24**

Lighthouse keeper Tom Sherbourne and radiant, spirited Isabel live together in married bliss on a remote, rugged island off the coast of Australia. But their windswept world is turned upside down when Isabel learns that she's unable to bear a child. One day, a drifting lifeboat washes ashore with a crying baby in it. The dilemma the couple now face will echo far beyond the island, engulfing and irrevocably impacting their world – and that of a stranger – in a passionate story about love, hope and a fateful choice.

**PG-13 2 hours, 13 minutes**



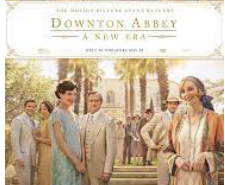
#### DOWNTON ABBEY: A NEW ERA (2022)



**Friday, January 27**

The Crawleys and their staff welcome a movie crew and their glamorous stars to Downton for the filming of a new silent movie, while other members of the family go on a grand adventure to a villa in the south of France to uncover a mystery about the Dowager Countess and her past.

**PG 2 hours, 5 minutes**



#### KING RICHARD (2021)

**Friday, March 10**

Based on the true story of Richard Williams, father of legendary tennis champions Venus and Serena Williams, who shows how family and perseverance can achieve the impossible and impact the world.

**PG-13 2 hours, 25 minutes**

#### MARRY ME (2022)

**Friday, February 10**

A betrayed pop star slated to marry her pop star fiancé on stage, instead marries a stranger from the audience – a high school math teacher. Against the odds, their sham relationship develops into something real...but can their love survive the limelight?

**PG-13 1 hours, 52 minutes**



#### SIX MINUTES TO MIDNIGHT (2021)

**Friday, March 24**

In the summer of 1939, influential families in Nazi Germany have sent their daughters to a finishing school in an English seaside town to learn the language and be ambassadors for a future looking National Socialist. A teacher there sees what is coming and is trying to raise the alarm. But the authorities believe he is the problem.

**PG-13 1 hours, 39 minutes**







# LEARN & GROW

WHAT'S HAPPENING AT THE HELM

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

## CONVERSATIONAL FRENCH

### BEGINNER LEVEL

Tuesdays, January 17 - May 2, 10:30 - 11:30 am

Fridays, January 20 - May 5, Noon - 1:30 pm

### INTERMEDIATE LEVEL

Tuesdays, January 17 - May 2, 11:30 am - 1 pm

Fridays, January 20 - May 5, 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.

## WATERCOLOR PAINTING

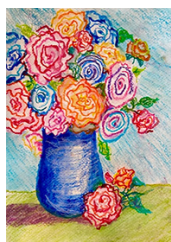
Second Tuesday of the Month, 2:30 - 4 pm

January 10, February 14 and March 14

**INSTRUCTOR:** Roselyn Rhodes

**Per Class Pricing: MEMBER: \$25 FUTURE MEMBER: \$35**

Each class will focus on different watercolor techniques using sea sponges, watercolor pencils, oil pastels, tissue paper, wax crayons, markers and more. Sign up for one, two or all three classes. Something to look forward to during the "dark days of winter"! Best of all, you take your art with you.



## CRAFTING WITH HOLLY

Second Wednesday of the Month, 9:30 - 10:30 am

January 11, February 8 and March 8

**INSTRUCTOR:** Holly Hazel

**Per Class Pricing: MEMBER: \$10 FUTURE MEMBER: \$15**

Have fun and relax with friends while making a unique craft each month. We provide the supplies. All skill levels are welcome. You can sign up for one, two or all three classes. Just another way to have fun and keep busy during the winter!

**January** - Colorful, collage luminaries

**February** - Printmaking on note cards

**March** - Beaded necklace

## BALLROOM DANCING

Tuesdays, January 17 - May 2, 4 - 5 pm

**INSTRUCTOR:** Andreas Browne

*WCCCD CONTINUING EDUCATION CLASS*

### FREE TO MEMBERS AND FUTURE MEMBERS

This program is designed to teach participants basic steps of ballroom dancing. Participants also will learn hand and foot coordination, posture, basic turns and spins.

## CROCHETING FOR BEGINNERS

Wednesdays, January 18 - May 3, 10 - 11:30 am

**INSTRUCTOR:** Mary Vandyke

*WCCCD CONTINUING EDUCATION CLASS*

### FREE TO MEMBERS AND FUTURE MEMBERS

Participants will learn to crochet potholders, place mats, afghans and more. Make flowers and read patterns. Participants are responsible for their own supplies. Bring an H crochet hook and Lily Sugar'n Cream Yarn (no black or navy).





## AMERICAN SIGN LANGUAGE - BEGINNERS

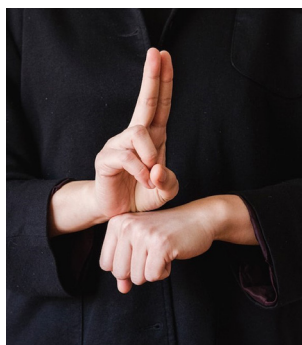
**Mondays, January 23 - February 20, 9:30 - 10:30 am**

**INSTRUCTOR:** April Stotts

*WCCCD CONTINUING EDUCATION CLASS*

**FREE TO MEMBERS AND FUTURE MEMBERS**

Participants will learn how to communicate with deaf individuals through the use of sign language. You'll also learn beginning vocabulary, grammar, finger spellings and gain insight into the deaf culture.



## AARP SMART DRIVER TEK

**Monday, February 6, 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.

## TRAVELS WITH PETER HALEY

**"Antarctica"**

**Wednesday, February 8, 1 - 2 pm**

**FACILITATOR:** Peter Haley

**FREE TO MEMBERS AND FUTURE MEMBERS**

In this presentation, local resident Peter Haley will take you "aboard" the National Geographic Explorer ship, crossing the Drake passage to Antarctica. The White Continent is a kingdom of ice and snow bewildering in its beauty – an untamed place where you will witness nature's eternal power. Sail past magnificent mountains, high glaciers and icebergs in search of wildlife. Experience the thrill of encountering gentoo, chinstrap, Adelie and emperor penguins, humpback and orca whales, and Weddell, crabeater and leopard seals.

## GRANDPARENT AND GRANDKIDS FUN WITH PHYSICS WORKSHOP



## THE PHYSICS OF SAILING

**Saturday, February 11, 11 am - Noon**

**INSTRUCTOR:** Gary Abud Jr.

**MEMBER: \$15 FUTURE MEMBER: \$20**

Calling all grandparents and grandkids! Come and join us for a fun, hands-on creative exploration of the physics of sailing with Gary Abud Jr., an award-winning science educator and author of ***Science with Scarlett***. What makes a sailboat move? Sail shape, wind speed or something more? Learn how wind powers sailboats to move on the water and get a chance to engineer a wind-powered sail cart to race against others. There will be a drawing for an autographed copy of ***Science with Scarlett***. Books will be available for purchase at the event and Gary will sign them after the presentation. Price includes one adult and one grandchild, plus all supplies.

## CPR AND AED TRAINING

**Monday, March 13, 1 - 2:30 pm**

**INSTRUCTOR:** Community First Responder

**MEMBER: \$35 FUTURE MEMBER: \$45**

Almost 70 percent of cardiac arrests occur at home and only 45 percent of cardiac arrest victims receive CPR from bystanders. Join us for a hands-on skill session, including information about how to act quickly in an emergency, how to perform CPR, as well as how to use an AED machine. This class is for anyone interested in providing basic emergency help until EMS arrives.



# HEALTH & WELL-BEING

WHAT'S HAPPENING AT THE HELM

▶ **JOIN US! REGISTER ONLINE AT [HEMLIFE.ORG](http://HEMLIFE.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

**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®FITNESS

**THIS SESSION RUNS JANUARY 2 - MARCH 30**

**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!

**Due to the popularity of these classes and room capacity, you must call 313-649-2109 to register. Online registration is not available.**

### BODY ALIGNMENT

**Mondays, January 23 - May 8**

**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.

### WALK WITH EASE

**Tuesdays and Thursdays, January 10 - March 9, 1 - 2 pm**

**INSTRUCTOR:** Carolyn Bradt

**FREE TO MEMBERS AND FUTURE MEMBERS**

If you need relief from arthritis pain or just want to be active, the Arthritis Foundation's Walk With Ease program teaches you how to safely incorporate physical activity into your everyday life. **Participants must be able to walk for 10 minutes at a time.**

### 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.**

### COOKING DEMONSTRATION

**"Healthy Meals for 1 or 2"**

**Wednesday, March 29, 12:30 - 1:30 pm**

**FACILITATORS:** Nancy Weis, Registered Dietitian and Chef Dan Kellogg

**FREE TO MEMBERS AND FUTURE MEMBERS**

Nancy Weis, Registered Dietitian, will discuss healthy eating for one or two people and Chef Dan Kellogg will demonstrate how to prepare easy meals in under 30 minutes. Samples will be available for tasting!



**MOBILE MAMMOGRAPHY  
AT THE HELM  
WEDNESDAY, APRIL 5, 2023**

The Ascension Mobile Mammography Screening Center will be at The Helm April 5, 2023. Contact us at 313-882-9600 for more information and to schedule an appointment.



► **JOIN US! REGISTER ONLINE AT [HELMLIFE.ORG](https://helmlife.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 am**

**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 am**

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

## TAX PREPARATION

AARP Tax-Aide is providing 2022 tax preparation services.

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

As of this publication deadline, we do not know if tax preparation will be in person or if you will be required to package all relevant materials and drop them off at The Helm and pick them up once the return is completed. This is a popular service at The Helm. Availability is limited and registration is required. Registration begins near the end of January. Once we know the date to begin registering, we will post it in The Helm, on our website, [helmlife.org](https://helmlife.org), and on our Facebook and Instagram pages.





# ALLEGRIA VILLAGE

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- Indoor Swimming Pool
- Fitness Center
- Pickleball Court
- Golf Simulator
- Dog Park
- Creative Arts Studio
- Comerica Bank
- In-House TV Studio
- Three Dining Venues
- Liquor License
- Bocce Ball Court
- 9-Hole Putting Green
- 250 Seat Chapel
- Convenience Store

### AFFORDABILITY...

- Monthly Leases
- Starting at \$1,500
- Utilities Included  
(excluding phone)

### PEACE OF MIND...

- Gated Community
- 24/7 Security & EMTs
- Maintenance Free
- Snow Removal
- Lawn Care

### 100+ CLUBS & CLASSES, INCLUDING...

- Travel
- Photography
- Golf League
- Water Aerobics
- Strength Training
- Bocce Ball
- Choir
- Tai Chi
- Yoga
- Zumba



Age 55+ Apartments \* Independent Living \* Assisted Living \* Memory Support \* Skilled Nursing \* Rehabilitation

Schedule a tour and see for yourself,  
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Photo by  
Bill Rapai, President  
Grosse Pointe Audubon



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For more information, visit **HomeInstead.com/408**

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## Collaborative Chronic Care Clinic

**Dr. Veena Panthangi and the team at the Ascension St. John Masonic Medical Collaborative Chronic Care Clinic provide all the care you need, in one convenient place.**

Services include:

- Visits with Dr. Panthangi, a patient navigator, a care manager, a behavioral health specialist, and pharmacist to help manage your medications.
- Assistance with hospital-to-home or hospital-to-facility transitions.
- Coaching in self-care, medication management, and help recognizing “red flags” for your specific condition.
- More personalized time with Dr. Panthangi and your care team to create a custom care plan based on your needs and goals.
- Our team will connect the dots for your care, so you don’t have to.

If you are age 65 or older; have a traditional Medicare or Medicare Advantage insurance plan; and have multiple or chronic health conditions, such as diabetes, COPD or CHF (*not limited to these conditions*), we can help you.

Dr. Panthangi is a board-certified geriatrician, who can help you access the personal care you need to avoid hospitalizations when possible, and focus on helping you live your healthiest life.

**Call today for your Collaborative Chronic Care Clinic appointment with Dr. Panthangi**



**Ascension  
Medical Group**

Ascension Michigan



**Veena Panthangi,  
MD**  
Geriatrician



**Ascension St. John  
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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 August 25 and November 30, 2022. If there are any errors or omissions, please contact 313-649-2104 so we may make corrections.

## COMING IN 2023



The Helm  
5th Annual



**MARCH FOR MEALS**  
for  
Meals on Wheels

More information  
and details  
coming soon.



**5TH ANNUAL FOR THE HELM**

**GOLF OUTING**

**SAVE THE DATE**  
Monday, June 26, 2023

Lochmoor Club  
1018 Sunningdale Drive  
Grosse Pointe Woods

**SAVE THE DATE**



**TAKE THE HELM**  
27<sup>TH</sup> ANNUAL GALA  
THURSDAY, OCTOBER 12, 2023





# You deserve compassionate care.

## Personalized healthcare when you need it most

Your questions and concerns about your health matter. Ascension St. John care teams are here to empower you and your family by listening, respecting your experiences, and creating a care plan that works for you. You deserve to be seen and heard. That's why our doors are always open to provide health and healing, for the whole you — body, mind and spirit. To us, you are more than a patient. And together, we are a community.



**Ascension  
St. John**

**Listening to you, caring for you.®**