

THE HELM LIFE JOURNAL



APRIL THROUGH JUNE 2023

REASSURANCE PROGRAM

A friendly call can make a difference
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HOW THE HELM HELPS

So many services you may not even know about
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APRIL IS NATIONAL VOLUNTEER MONTH

Everyone is thankful for all of our volunteers
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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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NOW AT THE HELM

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 be closed Friday, April 7, and Monday, May 29, 2023.

EXECUTIVE DIRECTOR SEARCH

As I write this letter, the interviewing process for a new Executive Director is well underway. A committee of current board members and staff of The Helm have interviewed many candidates and narrowed it down to a handful. These candidates are meeting with several board members who are then providing input to the hiring committee. We could be announcing the new director before this publication reaches you. But, as of “press time,” we do not have a director in place.

I was happy to be asked to step in as Interim Executive Director. I fulfilled this same role before Peggy Hayes was hired. As a former board member, I am familiar and knowledgeable with how The Helm operates and its staff and am honored to help during the transition.

On behalf of The Helm, I want to again thank and acknowledge Peggy for her five years of service.

So many people who have long been involved with The Helm commented how much the organization grew under her leadership. We expanded programs and services to a broader range of older adults and increased the use of our building – inside and out – adding classrooms in our lower level and using our beautiful grounds for bocce, lawn games and other social activities.

And, there is so much more we can do. We look forward to our next executive director continuing this momentum and the growth of The Helm over the next several years.



Catherine O'Malley
Interim Executive Director



GIVE THE GIFT OF MEMBERSHIP



A MEMBERSHIP FOR	A GIFT FROM
Name _____	Name _____
Address _____ _____	Phone Number _____
Phone Number _____	Payment method <input type="checkbox"/> Cash <input type="checkbox"/> Check <input type="checkbox"/> Credit Card (If paying by credit card, please complete the following)
Email _____	Address _____ _____
Return completed form with payment to The Helm at the Boll Life Center, 158 Ridge Road, Grosse Pointe Farms, MI 48236	Card Number _____
	CVC _____ Exp. Date _____

NEWS YOU CAN USE

PAATS HELPS KEEP YOU ON THE GO

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

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

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

There is a per-trip charge for PAATS. Rates vary depending on where you are going.

ZONE 1 - \$1.00 EACH WAY

Within Harper Woods and the Grosse Pointes

ZONE 2 - \$2.00 EACH WAY

8 Mile Road to 11 Mile Road
Kelly Road to Gratiot Avenue

ZONE 3 - \$3.00 EACH WAY

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

DON'T FORGET SHOP THE GRATIOT LOOP. IT'S FREE!

Every Friday, PAATS provides Shop the Gratiot Loop service at no charge. Yes, this service is free! Riders are 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.

For more information or to schedule a ride, call 313.394.9712.

LUNCH CHANGES

March 30, 2023, will be the last day of lunch service at The Helm.

The purpose for our lunch program always has been to bring people together for fun, friendship and good food at an affordable price. Prior to the pandemic, lunch was served buffet-style Monday – Friday for \$5 per lunch. During the pandemic, we pivoted to carry-out lunches to ensure members continued to receive nutritious meals safely, but it was always our intent to return to our mission of gathering people together for fun and friendship and a good affordable meal.

Even though we have been fully open for almost a year, very few guests are opting to “lunch in” and we are unable to provide what we believe to be an affordable lunch based on today's food costs.

While we reassess our lunch program, we will continue to include meals with various social gatherings like the Mother's Day Luncheon, summer barbecues and field trips. Additionally, we occasionally will incorporate lunches into our programming including lunch-and-learn lectures and a new monthly lunch group. Come learn about the impact of Hudson's Department Store in the Detroit community at our **Mother's Day Luncheon** (page 11) and join the monthly **Out-to- Lunch Bunch** beginning in April (page 11). Be sure to register early for the **Courtyard Cookout** (page 12). The barbecue events sell out quickly!

THE HELM BEGINS REASSURANCE CALL PROGRAM

The Helm has formalized a **Friendly Reassurance Program** to help combat social isolation among older adults.

It's well documented and researched that as we age, many of us are alone more often than when we were younger, leaving us **vulnerable to social isolation and loneliness**. The **Centers for Disease Control and Prevention** notes that nearly **one-fourth of adults aged 65 and older are socially isolated because they are more likely to be living alone, have experienced loss of family or friends, have chronic illnesses or have hearing loss**.

According to the National Academies of Sciences, Engineering and Medicine, social isolation presents a major risk for premature mortality – nearly the same as other risk factors such as high blood pressure, smoking and obesity. **Social isolation is associated with about a 50 percent increased risk of dementia. Poor social relationships are associated with a 29 percent increased risk of heart disease and a 32 percent increased risk of stroke.**

“Through The Helm’s **Friendly Reassurance Program** we want to decrease feelings of loneliness, while increasing community support and companionship,” explains Allie Short, Case Coordinator at The Helm. “We want to complement the work that several of the local public safety departments have with their wellness check programs by providing not only a check-in call, but a direct connection to a Helm staff member who can connect them with resources and services they may need.”

Added Short, “When The Helm was closed those few months during the early part of the Covid-19 pandemic, staff made calls to members just to say hi and ask if there was anything we could do for them. They appreciated the

calls and we thought it was time to formalize a program for those we don’t see as often in person or who are homebound.”

The Helm Friendly Reassurance Program is available to those 60 and older in the Harper Woods and Grosse Pointe communities who want more connection.

The Helm will match a recipient and a volunteer for monthly interaction. The recipient and volunteer will work together to schedule a monthly date and time for a phone call.

If you are interested in learning more about this program, contact Short at ashort@helmlife.org or 313.649.2106.

TECHNOLOGY CAN COMBAT LONELINESS Texting, FaceTime, Social Media help you stay in touch

While there are expensive technological tools to combat loneliness – virtual reality headsets, Artificial Intelligence companions or Robo puppies – a smartphone, tablet or computer can do the trick! Why not

- Reach out to the younger people in our life with a phone call. Sometimes older adults think their children and grandchildren are too busy and they don’t want to bother them, but it’s more about timing. Call after work/school hours or on the weekends. Better yet,

- Ask your child or grandchild to call you occasionally. Let them know a good time to do so. While families may not gather for Sunday afternoon dinners at Grandma and Grandpa’s, a phone call lets everyone still stay in touch.

- Turn that phone call into a FaceTime call. It’s the next best thing to being there in person!

- Text. “How are you? Text

back when you have time,” lets someone know you are thinking of them and encourages a response. Sending a photo via text also is a great way to keep in touch. Maybe it’s a photo of what you see out the window, what you’re cooking or what you’re reading. Photos are a great way to personalize messages.

- Learn to use social media. It’s easy to learn the basics of Facebook, Instagram, TikTok and SnapChat. You can occupy time scrolling, but these apps also let you share posts and messages.

If you need to learn how to text, FaceTime or use social media, volunteers are available every other Friday afternoon at The Helm (see page 16). Or sign up for Introduction to Social Media (see page 17). Or sign up for class and private sessions!

Don’t wait for others to reach out. Start the communication process and it will become routine.

HOW THE HELM HELPS

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

The Helm offers a number of services that assist with issues related to aging – either for yourself, family member or friend. Our knowledgeable, professional and friendly staff is here to help you. Don't hesitate to call.

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

CASE COORDINATION is for those older adults who need extra attention. It takes great patience and understanding to learn what another person wants, needs and feels. Case Coordination asks the questions to make those discoveries and suggest supportive services and provides ongoing personal contact to make any necessary adjustments.

FRIENDLY REASSURANCE PROGRAM matches a volunteer with an older adult for monthly calls. More than just making sure calls are answered, the volunteer and recipient take time to talk about overall well-being, and help alleviate feelings of loneliness or social isolation.

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

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

MEDICAL ESCORT SERVICE is available to qualified participants unable to take the PAATS bus for transportation. This service is for medical and dental appointments only and for those who are able to get in and out of a car with only minor assistance. Drivers are volunteers, so requests must be made at least 10 days in advance of the appointment.

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

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

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

SUPPORT GROUPS provide a safe space for caregivers, family and friends of persons with certain conditions to gather and share feelings, experiences and resources. Groups meeting at The Helm vary. Please call to find out which support groups are available. (See page 19 for current groups and meetings.)

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

POINTE AREA ASSISTED TRANSPORTATION SERVICE (PAATS) is available to residents of Harper Woods or the Grosse Pointes 60 and above or adults with a disability to take to appointments, including trips to The Helm for activities. Fares vary. (See story on page 5.)

Visit helmlife.org/services-support for more information.

CHEERS TO VOLUNTEERS

Volunteers are the lifeblood of The Helm. Our volunteers run the gamut from the Board of Directors and Advisory Council Board, to those who serve lunch, help with office work and checking in guests, to serving and cleaning up after parties, performing home safety chores, providing rides to medical appointments, the list is nearly endless. We are so appreciative of everything our volunteers do, there is no better time to say thank you than in conjunction with National Volunteer appreciation Week April 16 - 22. But don't just take our word. Read what those who benefit from our volunteers have to say!

Anthony A.
John A.
Marilyn A.
Dwight A.
Kate A.
Deanna A.
Meredith A.
Michael B.
David B.
Peggy B.
Polly B.
Lois B.
Larry B.
Gene B.
Priscilla B.
Julie B.
Kim B.
Trevor B.

Kathleen C.
Richard C.
Margaret C.
Ella C.
Willie C.
Heather C.
Bob C.
Prudence C.
Stormi C.
Gary C.
Tish C.
Peter C.
Sheri C.
Jim C.
Mary Lou C.
George C.

Darlene F.
Jeannie F.
Mary Kaye F.
Rosanne F.

"My very sincere opinion is, it's a grand thing. First of all, they have to use their expensive gasoline and I really do appreciate the service - and the meals are better than the frozen ones from the store."

— Geraldine, about Meals on Wheels volunteers

Liz H.
Sheila H.
Richard H.
Hazel H.
M.A. H.
Dan H.
Norman H.
Nancy H.
Rita H.
John H.
Larry J.
Parker J.
Tim J.
Jack K.
Jim K.
Mark K.
Jerry K.
Dan K.
Michele K.
Adele K.
Heather K.
Carol K.
Dennis K.
Susan K.
Jim K.
Mary K.
Derrick K.
Karen K.
Karen K.
Francis L.
Samantha L.
Bernadette L.
Marianne L.

"It was wonderful to have them. It's just those little safety things - working smoke and carbon monoxide detectors, new lightbulbs. Since I live in a condominium complex, it's not just my safety, but others' too. I told a friend who said she couldn't get up there to change a lightbulb to call them. Call them. They will come!"
— Martha, about the Home Safety and Security Check volunteers

Sally B.
Audrey B.
Mary B.
Bernie B.
Doug B.
Tracy B.
Paul B.
Cheryl B.
Bob B.
Evan B.
Jana B.
Jane B.
Mary Ann B.
Emiliya C.
Maria C.
Beth C.
Jim C.

James C.
Chris C.
Jo D.
Judy D.
Toni D.
Chris D.
Mike D.
Ann D.
Sandy D.
George D.
Deborah D.
Happy E.
Mark E.
Shelley E.
Beatrice E.

Mary Jo F.
Mary Ann F.
Lucas F.
Jailynn F.
Lisa G.
Richard G.
Britton G.
Robert G.
Rita G.
Patty G.
George G.
Anne G.
Donald G.
Kay G.
Lauren G.
Neal G.
Greg H.

"I honestly wish I could do these things myself, but I can't, so it is so great to have these volunteers. I am extremely appreciative of everyone from The Helm who helps. I call them my angels."

— Richard, about Meals on Wheels volunteers, Medical Escort drivers, home chore volunteers and home and safety volunteers

Mark L.
Karin L.
Alexandra L.
Jim L.
Mike L.
David L.
Martha L.
Robert L.
Joe L.
Don L.
Sarah L.
Aidan L.
David M.
Mike M.
Nancy M.
Paul M.
Carrie M.
Gary M.
Patty M.
Jack M.
Patty M.
Camilla M.
Oliver M.
Ross M.
Katy M.
Deanna M.
Bernadette M.
Daniel M.
JT M.
Carol M.
Fred M.
Elizabeth M.
Brian M.
Natalie M.
Matthew N.
Dan N.
Kathy N.

Rick N.
Kathy N.
Allison N.
Joanne N.
Ethan N.
Micki N.
Doris O.
Bruce O.
Chris O.
Anna O.
Ava O.
Leila O.
Jackie P.
Joan P.
Richard P.
Marty P.
Roz P.

"I 1,000 percent appreciate what The Helm is doing. I only have one nephew who can accommodate me, but he has to work, so I can't always get him. You can't always ask someone, but with The Helm, you can! I tell those volunteers they don't know what good they are doing for people."
— Betty, about Medical Escort Drivers

Walt P.
Kathy Q.
Donna R.
Judith R.
Jackie R.
Glory R.
Donna R.
Andrew R.
Marcia R.

MILEAGE REIMBURSEMENT

Did you know you may be eligible to be reimbursed for miles driven while volunteering?

In partnership with the Retired Senior Volunteer Program (RSVP), anyone 55 and older is eligible for mileage reimbursement of 58 cents per mile traveling to and from home to your volunteer site, up to \$49 per month. You must complete initial paperwork and submit a monthly time sheet to The Helm. That's it! For more information, call The Helm at 313.882.9600.

Fred S.
Sandy S.
Carol S.
Edwin S.
Barb S.
Ryan S.
Julie S.
Betsy S.
Patricia S.
Robert S.
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Carol S.
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Francesca T.
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Barbara T.
Leon T.
Fran T.
Carolyn V.
Jeff V.
Barbara W.
Deborah W.
Kathy W.
Karen W.
Jane W.
Mary Eileen W.
Ronald W.
Cheryl W.
Shirley W.
Dick W.
Frank W.
Craig W.
Mary Lynn W.
Landon W.
Stephen Z.
Yudan Z.
David Z.
Girl Scout Troop 71059
Community Campus





FUN & FRIENDSHIP

WHAT'S HAPPENING AT THE HELM

► **JOIN US! REGISTER ONLINE AT HEMLIFE.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. Talk about "guy things" while sharing experiences and information.

EUCHRE CLUB

Mondays and Thursdays, 1 - 4 pm

MEMBER: FREE FUTURE MEMBER: \$6

We have space for those who 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.

BOCCE LEAGUE

Tuesdays, beginning June 6

11:30 am - 1 pm

MEMBER: FREE FUTURE MEMBER: \$6 per hour

Bocce was one of the biggest hits of last summer! Both experienced and beginning players welcome. Register on your own or with friends.



IT'S
BACK

PINOCHLE CLUB

Tuesdays, 1:30 - 3:30 pm

MEMBER: FREE FUTURE MEMBER: \$6

All are 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.

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!

HELM HELPING HANDS

FREE TO MEMBERS AND FUTURE MEMBERS

KNITTING FOR CHARITY

Tuesdays, 1 - 3 pm

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.

NO-SEW FLEECE BLANKET MAKING

First and Third Wednesdays, 9:30 - 11:30 am

SPONSOR: Blanketed with Love

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

FABRIC DOLL MAKING

Second and Fourth Wednesdays, 9:30 - 11:30 am

This group works in conjunction with Ascension St. John Hospital to create stuffed fabric dolls for use with pediatric and other patients. Supplies provided by sponsor.

SUPPLIES NEEDED

Our charity partners rely on donations to support their efforts. Donations of yarn, fabric (fleece and cotton) and batting for use with the above projects are appreciated. Donations may be dropped off at The Helm 9 a.m. to 5 p.m. Monday through Friday. All patterns are welcome.



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.

SPRING SERENADE

Wednesday, April 5, 1 - 2 pm

SPONSOR: Mimi Koppang and Donna O'Neill,
Johnstone & Johnstone Realtors

Entertainment: Detroit Opera Theatre

MEMBER: \$10 FUTURE MEMBER: \$12

Welcome back Detroit Opera! An annual tradition loved by all, the Detroit Opera will return for our Spring Serenade. The performance will feature two vocalists and piano accompanist. Come and enjoy cookies, coffee, tea and another exceptional performance during a great afternoon at The Helm.

SEN. HERTEL'S COFFEE HOUR

Monday, April 17, 10 - 11 am

FREE TO MEMBERS AND FUTURE MEMBERS



Come to The Helm for pastries and coffee and meet Michigan Sen. Kevin Hertel. Whether you have questions about

legislation, need assistance navigating government, or simply want to share your thoughts, he would like to meet you.

OUT-TO-LUNCH BUNCH

Noon - 2 pm

Tuesday, April 25 - Gilbert's Lodge

Tuesday, May 23 - Waves Restaurant

Tuesday, June 27 - Mike's on the Water

Once a month join your friends from The Helm or come on your own and meet new friends for lunch at a local restaurant. Guests are responsible for the cost of their own lunch. Meet at The Helm at noon if you plan to ride the bus. Cost for the bus ride is \$5 for members; \$7 for future members. If you are driving on your own, meet at the restaurant at 12:30 p.m.

NEW!

MOTHER'S DAY SPEAKER AND LUNCHEON

Remembering Hudson's: Detroit's Legendary Department Store

Wednesday, May 10, 11 am - 1 pm

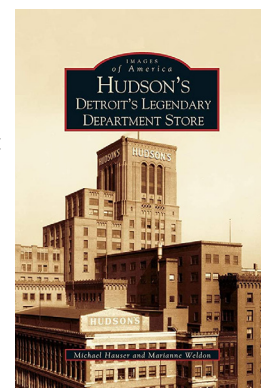
SPEAKER: Michael Houser, Detroit Retail History Author

SPONSOR: Humana

Entertainment: Pianist Frank Koscielski and Jeff Reynolds

MEMBER: \$20 FUTURE MEMBER: \$24

Learn how Hudson's grew with the city, the traditions and events it helped create, and how it gave back to the community. See historic photos, artifacts and video clips of Detroit's homegrown retailer that once dominated Woodward Avenue. The presentation is followed by a lunch of sweet and savory crepes prepared by French Chef Marie Wallace, owner of French Cow Crepe Shop. Marie has been providing delicious crepes to hungry patrons at Eastern Market every Saturday and has catered parties across the Grosse Pointes for several years.



PREMIER WORLD DISCOVERY PRESENTS

"Cape Cod and the Islands"

"Christmas Markets of Montreal and Quebec City"

Wednesday, June 7, 11 am - Noon

NO COST TO ATTEND THIS PRESENTATION

Premier World Discovery is on hand to discuss two trips. Up first is a 7-day, 6-night trip to Boston and Cape Cod July 15 - 22, 2023. The second trip is a 5-day, 4-night trip to the Christmas Markets of Montreal and Quebec City December 7 - 11, 2023. Both trips include round-trip airfare, hotel accommodations, motorcoach transportation for sightseeing and several meals. Come learn about the fantastic itineraries for both of these bucket-list trips!

COMING THIS SPRING

Tuesday, May 9

Thursday, July 20

Tuesday, September 5

In conjunction with the Detroit Area Agency on Aging's Silver Café initiative, a food truck will be at The Helm serving a healthy meal to those 60 and above. More information will be coming, but in the meantime, mark these dates on your calendar.



FUN & FRIENDSHIP

WHAT'S HAPPENING AT THE HELM

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

COURTYARD COOKOUT

Friday, June 23, 5 - 7 pm

SPONSOR: Humana

MEMBER: \$20 FUTURE MEMBER: \$24

Enjoy the out-of-doors with friends, fun, food and games on our beautiful lawn and patios! We'll provide the food, you bring your own beverage. If the weather doesn't cooperate, we'll just move the festivities inside, so it's a date no matter what! Michigan Sen. Kevin Hertel will visit during the cookout. You can ask questions, share thoughts or discuss legislation. Register quickly. Our barbecues fill up fast!

FIELD TRIPS

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.

MGM Grand Detroit Casino

Tuesday, April 11, 10 am - 2 pm

MEMBER: \$5 FUTURE MEMBER: \$7

Who's up for a little action at the slots, video poker machines or table games? We'll take a bus to the MGM Grand Detroit Casino for a couple of hours of fun and games. Enjoy the lights, sounds, restaurants and fun ambiance at the casino. Save your pennies and quarters and bring along your lucky charm. We'll have time for some gambling and lunch and arrive back at The Helm around 2 p.m. All guests must ride The Helm bus to and from the casino. The cost is for the bus ride only. Gambling and lunch will be at your own cost.

Solanus Casey Center

Lunch at Sinbad's

Wednesday, May 24, 10 am - 2 pm

MEMBER: \$20 FUTURE MEMBER: \$24

A docent-led tour of the Solanus Casey Center will review the extraordinary life of Blessed Solanus Casey. He faithfully served the people of Detroit by providing soup for the hungry, kind words for the troubled, and a healing touch for the ill. Fr. Solanus was instrumental in establishing the Capuchin ministry and Capuchin Soup Kitchen. You also will be able to visit beautiful St. Bonaventure Monastery chapel and the gift center. After the 60-minute tour, we will take a short bus ride to one of Detroit's favorite restaurants, Sinbad's on the Lake, for a delicious lunch. Lunch will be at your own cost. The bus will return to The Helm around 2 p.m. All guests must ride the bus to the Center and back to The Helm.

TIGER BASEBALL AT COMERICA PARK

Wednesday, June 14, Noon - 5:30 pm

MEMBER: \$42 FUTURE MEMBER: \$44

Take me out to the ball game! Watch the Detroit Tigers take on the Atlanta Braves. Our bus will drop you off right near the stadium doors for the 1:10 p.m. game and pick you up after the game to take you back to The Helm. If they don't win, it's a shame – but you still will have had fun with your friends from The Helm! Price includes the bus ride and the cost of the game ticket. You are responsible for the cost of your food and souvenirs.

MORE FUN AND GAMES



Monday - Friday 10 am - 4 pm

MEMBER: FREE FUTURE MEMBER: \$6 PER HOUR

From May through September, we have lawn games available. You can play bocce, corn hole or croquet. Ping pong – indoors or out – also is available. Call us to register and let us know you are coming and we'll set everything up for you.

FRIDAY MOVIE MATINEE & SNACKS

Showtime: 12:30 pm

MEMBER: \$3 FUTURE MEMBER: \$5

MRS. HARRIS GOES TO PARIS (2022)

Friday, April 14

In 1950s London, a widowed cleaning lady falls madly in love with a couture Dior dress, deciding she must have one of her own. After working to raise the funds to pursue her dream, she embarks on an adventure to Paris that will change not only her own outlook – but the very future of the House of Dior.

PG 1 hour, 55 minutes



THE MONUMENTS MEN (2014)

Friday, April 28



In a race against time, a crew of art historians and museum curators unite to recover renowned works of art stolen by Nazis before Hitler destroys them. Written, directed and starring George Clooney.

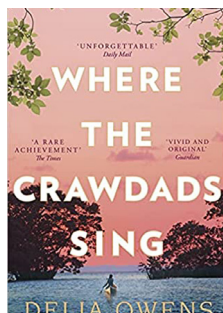
PG-13 1 hour, 58 minutes

WHERE THE CRAWDADS SING (2022)

Friday, May 12

Abandoned as a girl, Kya raised herself in the dangerous marshlands of North Carolina. For years, rumors of the marsh girl isolated Kya from her community. Drawn to two young men from town, she opens herself to a new and startling world. However, when one of them is found dead, Kya becomes the main suspect. As the case unfolds, the verdict as to what happened becomes increasingly unclear, threatening to reveal many secrets.

PG-13 2 hours, 5 minutes



THE FABELMANS (2022)

Friday, May 26

Director Steven Spielberg takes a fond look back at his Arizona childhood in this semi-autobiographical portrait, revisiting the characters, locations and events that would ultimately inspire many of the director's best-loved films.

PG-13 2 hours, 31 minutes



ELVIS (2022)

Friday, June 9

From his rise to fame to his unprecedented superstardom, rock 'n' roll icon Elvis Presley maintains a complicated relationship with his enigmatic manager, Colonel Tom Parker, over the course of 20 years. Central to Presley's journey and happiness is one of the most influential people in his life – Priscilla.

PG-13 2 hours, 39 minutes



TOP GUN: MAVERICK (2022)

Friday, June 23

After 30 years, Maverick is still pushing the envelope as a top naval aviator, but must confront ghosts of his past when he leads Top Gun's elite graduates on a mission that demands the ultimate sacrifice from those chosen to fly it.

PG-13 2 hours, 11 minutes



MOVIES @ THE HELM

Enjoy the movies on our large 75-inch monitor while sitting in our new comfy chairs!





HEALTH & WELL-BEING

WHAT'S HAPPENING AT THE HELM

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

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

MEMBER: \$7 per class 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

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 still 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 - 10 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.

MOBILE MAMMOGRAPHY SCREENING

Wednesday, April 5, 9 am - 4 pm

FREE TO MEMBERS AND FUTURE MEMBERS

Mobile Mammography Screening Center will be at The Helm. See page 18 for more information.



MORE EXERCISE CLASSES

ENHANCE® FITNESS

April 3 - June 28

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

INSTRUCTOR: Paul Clark

April 4 - June 29

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, through August 7

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

This class will focus on body mechanics and postural alignment. Alignment refers to how the head, shoulders, spine, hips, knees and ankles relate and line up with each other. Proper alignment of the body puts less stress on the spine and helps you have good posture. Good posture promotes balance, flexibility and optimal range of motion. Participants should be prepared for class with loose fitting clothes, a water bottle, a mat, and a small hand towel.

A MATTER OF BALANCE

Tuesdays and Thursdays, April 4-27,

1:15 - 3:15 pm

INSTRUCTORS: Rosa Hunter and Shallene Moyer

FREE TO MEMBERS AND FUTURE MEMBERS

This award-winning program emphasizes practical strategies to reduce fear of falling and increase activity levels. Participants learn to view falls and fear of falling as controllable, set realistic goals to increase activity, change their environment to reduce fall risk factors and exercise to increase strength and balance.

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.

COMING IN APRIL THE HELM FITNESS ROOM

Need a little more exercise or want to warm up or cool down after a class at The Helm? Come to our new fitness room. There are three PhysioStep incumbent bikes, light weights, bands, a rowing machine and more!

There is no charge to use the room, but you must be a member of The Helm. Availability is on a first come, first served basis and limited to 30 minutes per machine.

Call 313.882.9600 for more information and to get started on an even healthier you.





LEARN & GROW

WHAT'S HAPPENING AT THE HELM

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CONVERSATIONAL FRENCH

BEGINNER LEVEL

Tuesdays, May 16 - August 1, 10:30 - 11:30 am

Fridays, May 19 - August 4, Noon - 1:30 pm

INTERMEDIATE LEVEL

Tuesdays, May 16 - August 1, 11:30 am - 1 pm

Fridays, May 19 - August 4, 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 or texts, make FaceTime calls, 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.

CROCHETING FOR BEGINNERS

Wednesdays, through 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).



BALLROOM DANCING

Mondays, through May 1, 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.



AARP SMART DRIVER TEK

Monday, April 3, 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. Recognize how technology – lane departure systems, smart headlights, blind-spot detection systems and more – 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.

PURPOSEFUL RETIREMENT WORKSHOP

Tuesdays, April 11, 18 and 25, 1 - 2:45 pm

INSTRUCTOR: Dr. Bob Inskeep and Dick Rappleye

MEMBER: \$15 FUTURE MEMBER: \$20 (cost for all three sessions)

The concept of retirement has undergone significant change in recent decades. It is now considered a major new chapter of active living – a significant chapter in life that deserves serious thought and planning – just as was done with education, career and family. This workshop series is for those nearing retirement to get in touch with what could bring meaning and purpose to their retirement years, as well as those who have been retired for a number of years still searching for something more. The series strives to set participants on a course to explore those things they would like to “be, do and have.” Planning for retirement helps make it as fulfilling as possible.

FINANCIAL PLANNING FOR SENIORS

Wednesday, April 12, 1 - 2 pm

FACILITATOR: Don Andrysiak, Financial Consultant

FREE TO MEMBERS AND FUTURE MEMBERS

Don Andrysiak, Investment Advisor from Economic Financial Services will be at The Helm to share information on key finance areas for seniors, including minimum required distribution strategies from IRA's; gifting and transferring wealth to the next generation; being prepared for a potential long-term care/nursing home stay; estate planning basics – power of attorney, patient advocacy, wills and trusts; elder care and Medicaid planning; investment basics, different Investment products and fee categories. Andrysiak has 23 years of experience as a financial advisor helping clients with financial planning services, portfolio management, pension consulting services and educational workshops.

BRAINSTORMING

Tuesday, May 9, 11 am - Noon

INSTRUCTOR: Lori Stanley

SPONSOR: Allegria Village Senior Living Community

FREE TO MEMBERS AND FUTURE MEMBERS

Shake up your brain with fun, new activities that stimulate and invigorate your thinking. This interactive presentation, created at Wayne State University, teaches brain basics while challenging you to replace old routines with fresh pursuits. With effort, we can create new brain cells. Make them matter. Build healthy habits for a happy brain at BrainStorm.



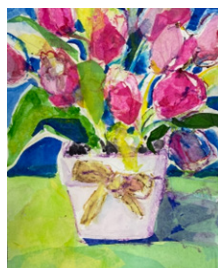
WATERCOLOR PAINTING

Tuesdays, May 9 and June 13, 2:30 - 4 pm

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, or both classes. Best of all, you take your art with you.



INTRODUCTION TO SOCIAL MEDIA

Wednesdays, May 17 - August 2, 10:30 am - 12:30 pm

INSTRUCTOR: Dr. Janisse Green

WCCCD CONTINUING EDUCATION CLASS

FREE TO MEMBERS AND FUTURE MEMBERS

Everyday people are logging into social media sites such as Facebook, Twitter, LinkedIn and Pinterest. Pinning, tweeting, watching amateur videos, blogging and updating your status is just as common as turning on the television. This course gives you an overview of the major social media sites and provides some examples of how individuals and businesses are using social media to connect and learn.

FOOD AS MEDICINE

Wednesdays, May 17 - August 2, 1 - 3:30 pm

INSTRUCTOR: Dr. Willa Carson

WCCCD CONTINUING EDUCATION CLASS

FREE TO MEMBERS AND FUTURE MEMBERS

Many traditional systems of healing that have been practiced throughout history have taught that food is medicine and a healthy diet is a powerful tool for protecting one's health. Participants will learn what medicinal foods act like natural protectors against disease and help slow the effects of aging.

TRAVELS WITH RUFUS

Wednesday, May 17, 1 - 2 pm

FACILITATOR: Rufus McGaugh

FREE TO MEMBERS AND FUTURE MEMBERS

Rufus McGaugh is back to share his exciting travels. He has visited 252 countries and will share some of his fascinating adventures from the Alps to the Azores, Tajikistan to Timbuktu. Rufus, retired after teaching 45 years at Brownell Middle School, will regale with his real-life stories and photos from his travels.

SUMMER FUN CAKE DECORATING

Friday, May 19, 9 am - 1 pm

INSTRUCTOR: Erica Clark

WCCCD CONTINUING EDUCATION CLASS

FREE TO MEMBERS AND FUTURE MEMBERS

Take your cake to the next level for summer-themed celebrations and gatherings. This beginner's course will explore techniques to make it easy to create something deliciously stunning.



LEARN & GROW

WHAT'S HAPPENING AT THE HELM

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HUSTLE

Fridays, May 19 - August 4, 10 am - Noon

INSTRUCTOR: Kevin Smith

WCCCD CONTINUING EDUCATION CLASS

FREE TO MEMBERS AND FUTURE MEMBERS

Participants will learn the steps of the Hustle. It's easy, fun, and everyone is doing it.



about how to prevent becoming a victim, and remain safe in your home and around your community. You also can meet the newest K9 Officer, Rocco. Donna and Mimi will discuss how you can maintain your independence in your own home and will provide resources for safety home assessments and offer basic and quick safety items that can be implemented immediately to protect you. Shallene Moyer will discuss the risk factors for falling and the steps you can take to reduce these risks.

CARFIT

Tuesday, June 6, 11:30 am - 2:30 pm

INSTRUCTOR: Shallene Moyer, BSN, RN, HNB-BC

FREE TO MEMBERS AND FUTURE MEMBERS

AARP CarFit is an educational program whose aim is to promote continued safe driving and mobility among older drivers by focusing attention on the "fit" between the driver and their specific vehicle. Trained CarFit Technicians and Occupational Therapists provide safety information and raise awareness of resources, such as adaptive devices that can help drivers become more comfortable and confident behind the wheel. No information is provided to the Michigan Secretary of State, law enforcement or health care providers, and everyone leaves the appointment with a list of required actions. Drivers leave empowered with suggestions, resources and options to enhance their driving experience. Call The Helm at 313.882.9600 for a 15-minute appointment time.

SAFETY AND INDEPENDENCE IN YOUR HOME

Monday, June 5, 1 - 2:30 pm

FACILITATORS: Grosse Pointe Farms Chief of Police John Hutchins, Fire Inspector Ray Krause and K-9 PSO Rosati with Rocco; Donna O'Neill and Mimi Koppang Johnstone & Johnstone Realtors; Shallene Moyer, BSN, RN, HNB-BC

FREE TO MEMBERS AND FUTURE MEMBERS

Are you or someone you care for concerned about safety in your home environment? Join us to hear a panel of experts from the Grosse Pointes share tips

MAMMOGRAMS SAVE LIVES

ANTHONY L. SOAVE FAMILY MOBILE MAMMOGRAPHY SCREENING CENTER

Wednesday, April 5, 9 am - 4 pm

FREE TO MEMBERS AND FUTURE MEMBERS

Ascension's Anthony L. Soave Family Mobile Mammography Screening Center will be at The Helm offering free mammogram screening for women 40 years of age and older without any prior breast issue.

Early detection of breast cancer with screening mammography means treatment can start earlier in the course of the disease. The Center uses 3D mammography, one of the most powerful diagnostic tools for early detection of breast cancer. You and your doctor will receive a report of the findings.



The screen is covered by all insurance companies. Women are eligible for the mammography screen if their last screening was at least one year and one day prior. Physician orders are required and an Ascension staff physician will provide one if needed. Financial counseling and assistance is available for uninsured or under-insured.

Call The Helm at 313.882.9600 for more details and to register.



SERVICES & SUPPORT

WHAT'S HAPPENING AT THE HELM



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PARKINSON'S CAREGIVERS SUPPORT GROUP

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

FACILITATOR: Angela Ferrera

FREE TO MEMBERS AND 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 to schedule your appointment.

NEW TO MEDICARE

Wednesday, April 26, 6:30 pm

FREE TO MEMBERS AND FUTURE MEMBERS

REGISTRATION REQUIRED

If you are about to turn 65, you're about to become eligible for Medicare. No doubt, you have questions about this complex, confusing program. Your mailbox is probably full of correspondence from different insurance companies urging you to sign up for their prescription drug, Medicare Advantage or Medicare Supplement plans. What's a person to do?

The Helm's Medicare counselors can help you sort through the Medicare maze. Every three

months, The Helm offers a 90-minute session – New to Medicare.

You'll get a comprehensive overview of Medicare, including:

- What is and isn't covered
- The costs involved
- The pros and cons of different optional plans
- How to sign up

Our next Medicare 101 program is Wednesday, April 26, at 6:30 p.m. Register by emailing asaigh@helmlife.org or calling 313.649.2110.

BE HERE. BE SEEN. BE KNOWN.

THE HELM: A TRUSTED
AND VALUED RESOURCE

In 2022, The Helm conducted more than 2,800 classes, health screenings, gatherings, movies, games, crafts and more. These are prime opportunities to reach your target audience. Consider sponsoring an activity at The Helm. We will make sure you get noticed.

Price listed is per event

Call 313.882.9600 for more information.

Ultimate - \$850

Package Benefits

- Opportunity to display your sign at the event
- Opportunity to present and remain at the event
- Opportunity to hand out logo items at the event
- A table for materials at the event
- Half page ad in *The Helm Life Journal*
- Name on program sponsor list in *The Helm Life Journal*
- Name on program sponsor wall plaque
- Name on program sponsor list on our website
- Name on program sponsor list on our social media
- Name on promotional materials (if reserved by production time)

Pinnacle - \$500

Package Benefits

- Opportunity to display your sign at the event
- Opportunity to hand out logo items
- A table for materials at the event
- Quarter page ad in *The Helm Life Journal*
- Name on program sponsor list in *The Helm Life Journal*
- Name on program sponsor wall plaque
- Name on program sponsor list on our website
- Name on program sponsor list on our social media
- Name on promotional materials (if reserved by production time)

Premier - \$200

Package Benefits

- Opportunity to display your sign at the event
- Opportunity to hand out logo items
- Name on program sponsor wall plaque
- Name on program sponsor list in *The Helm Life Journal*
- Name on program sponsor wall plaque
- Name on program sponsor list on our website
- Name on program sponsor list on our social media
- Name on promotional materials (if reserved by production time)

Our Largest Gatherings

Welcome to the New Year
Valentine's Day Party
St. Patrick's Day Party
Spring Serenade/DOT performance
Mother's Day Luncheon
Courtyard Cookout
Halloween Party
Veteran's Day Celebration
Thanksgiving Party
Holiday Party
Happy Hour Presentations

Our Smaller Events

Field Trips
Breakfast Events
Informative Lectures
Travel Presentations
Movie Matinees
Hands-on Workshops
Games and Social Activities
Cooking Competitions



EARLY 2023 AT THE HELM

SNAPSHOTS FROM JANUARY AND FEBRUARY ACTIVITIES



Clockwise from top left: Wise Guys Men's Group, American Sign Language, Valentine's Day Party, Doll Making, Chair Yoga

Bingo Prizes Needed

Everybody loves a prize! Especially our Bingo participants. We are in need of some prizes. If you are able to help, we truly appreciate it.

- | | |
|-------------------|--|
| Paper towel | Chocolate candy |
| Nail polish | Pastries |
| Shampoo | Lip Balm |
| Stamps | Puzzle books |
| Can food | Small package of cookies, crackers |
| Laundry detergent | Personal-sized hand cream/hand sanitizer |
| Nail files | |

Please drop off items at The Helm 9 a.m. to 5 p.m. Monday through Friday.

Welcome New Members

- | | | |
|-------------|--------------|-------------|
| Kathryn C. | Raymond W. | Thomas E. |
| Colin F. | Kathleen W. | Audrey T. |
| Diane K. | Mary B. | Nora K. |
| Beatrice G. | Patricia W. | Fred Z. |
| Deborah N. | Kathleen M. | Andrew B. |
| Angeline R. | Robert S. | John B. |
| Joy B. | Marie S. | Clarence J. |
| Leeonia B. | Kathleen A. | Nancy S. |
| Ruth M. | Eugene C. | Vera S. |
| Trudy B. | Nancy Z. | Beline O. |
| Diane M. | Elizabeth O. | Tony O. |

TRIBUTES & HONORS

IN MEMORY OF

FRANCES BARNARD

Julie Jett
Elaine and David Maylen
Annette Quenneville Stacey

JOHN A. BOLL

Jason Grobbel
Tamara Fischer and Charles Kellogg
Bob Starnes

JEANETTE BUCKLEY

Sarah and Don Ludlow

MERRY JO ELECKZO

Judith Howard
Associates in Pediatrics

FLORENCE C. GIRARDOT

Mary G. Gallant

GEORGE GRAYR

Anne Grayr

DEAN HART

Hazel Hart

ALICE LAITNER

Judy Armbruster
Lisa and Jon Gandelot

LYNN KILGUS

Martha and Anthony Cimmarrusti

CARTER MANN

Lisa and Jon Gandelot

HENRY AND ROBERTA MOY

Alfred and Miriam F. Tom Memorial Gift Fund

NUNZIO ORTISI

Josephine Ortisi

PATRICIA ANN PHELPS

Janet Wahl

JANE REINMAN

Mary Jo Lauscher

DAVE AND HELEN ROBERTS

Tom Roberts

PAUL SAIGH

Aurelie and Scot McColl

IN HONOR OF PEGGY HAYES

Lynda and Tony Altovilla
Lisa and Jon Gandelot
Brenda and Jim Taylor

AURELIE MCCOLL

Suzie Decker

SPONSORS & IN-KIND DONORS

Amazon Smile
Einstein Bros. Bagels
Josef's European Pastry Shop
Kroger Rewards
Panera Bread

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 December 1, 2022, and February 24, 2023. If there are any errors or omissions, please contact 313-649-2104 so we may make corrections.

SAVE OUR DATES



5TH ANNUAL FOR THE HELM

GOLF OUTING

SAVE THE DATE
Monday, June 26, 2023

Lochmoor Club
1018 Sunningdale Drive
Grosse Pointe Woods

For more information, contact Liz at mejohanson@helmlife.org or 313.649.2104



SAVE THE DATE



TAKE THE HELM
27TH ANNUAL GALA
THURSDAY, OCTOBER 12, 2023

For more information, contact Liz at mejohanson@helmlife.org or 313.649.2104

PROGRAM SPONSORS

AARP
Allegria Village Senior Living Community
Blanketed with Love
Humana
Mimi Koppang, Johnstone & Johnstone Realtors
Donna O'Neill, Johnstone & Johnstone Realtors
Temrowski ElderCare

Thank you to those companies and individuals who provide funding to help support programming at The Helm.

SPRING CLEANING TIME

Escape the winter doldrums with a few easy cleaning tips

TACKLE A LITTLE BIT AT A TIME

Sometimes cleaning can be overwhelming. Start slow. Clean out one drawer. Read through, sort and file one pile of papers. Dust the knickknacks on one shelf. Set a timer for one hour and see what gets done. Add another 30 minutes or call it a day and start again tomorrow. Every little bit helps.

GET RID OF CLUTTER

Is there some place in your home where you pile things up to get to later? Have a cupboard full of plastic containers and lids? Take some time to sort and discard.

REMEMBER THE MEDICINE CABINET

Check expiration dates on prescription and over-the-counter medications. Properly dispose of medications. Many communities have medication disposal boxes. Remember to replace whatever medications you may need. Also, review your first aid kit and dispose of expired ointments and salves.

GIVE THE KITCHEN A REFRESH

Toss out old, expired food items that have been pushed to the back of the refrigerator or cupboard.

FRESHEN UP THE DISHWASHER AND WASHING MACHINE

There are special cleaners for both types of machines. However, vinegar and baking soda can do the trick in a washing machine. Begin a hot water cycle and stop it to add vinegar and baking soda. Let it sit for 30 minutes or so, then finish the cycle and let it drain and dry.

DON'T FORGET THE DETECTORS

Check the batteries in smoke and carbon monoxide detectors. But take caution: If they are too high to reach without a ladder, ask someone for help or call The Helm to arrange a home safety and security check. A volunteer will come to your house to be sure detectors are in working order – as well as lightbulbs and other safety equipment.



Worth Seeing.

Metropolitan Eye Center is a center of excellence, serving patients in our community for three decades. We promise each individual patient the highest quality eye care.

Senior Eye Health

- Advanced Cataract Solutions
- Custom Choice Cataract Implants
- Selective Laser Glaucoma Treatment
- Macular Degeneration Care & Treatment

Comprehensive Eye Care

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- Quality Optical Service

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586-774-0393

www.metropolitaneyecenter.com

21711 Greater Mack Ave., St. Clair Shores MI 48080



Photo by
Bill Rapai, President
Grosse Pointe Audubon



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.®