

THE HELM LIFE JOURNAL

JULY THROUGH SEPTEMBER 2023



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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 OLDER ADULTS IN THE GROSSE POINTES & HARPER WOODS SINCE 1978.

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HOLIDAY CLOSED DATES
The Helm will be closed Tuesday, July 4, and Monday, September 4, 2023.

MEMBERSHIP AT THE HELM COSTS \$60 ANNUALLY AND ENTITLES YOU TO REDUCED FEES ON CERTAIN PROGRAMS AND EXCLUSIVE USE OF CERTAIN AMENITIES.



FIRST IMPRESSIONS; FUTURE GOALS



As I write this, my first Letter from the Executive Director, I'm beginning my eighth week at The Helm. I've already learned there is no such thing as a lull here. Since I began the first week in April, we have had 180 sessions of exercise classes, bingo and

card games, knitting and blanket making, lifelong learning programs, support group meetings and Medicare sessions. We have delivered 3,291 total Meals on Wheels to 196 clients, loaned 140 pieces of medical equipment, made 158 support and reassurance calls, provided 2,986 PAATS buses and medical escort rides and 35 chore assistance and home safety visits. Our Fore The Helm Golf Outing is coming up Monday, June 26, and planning is well underway for the Take The Helm Annual Gala Thursday, October 12.

My impression after eight weeks: A lot is done here...and there is never enough time in the day!

I have met so many wonderful people who support The Helm. First, all our members and guests. I have enjoyed getting to meet many of you! We enjoy having you here and helping make your life's journey as fulfilling as possible. Our programming department works hard to bring you old favorites and introduce you to new activities and ideas. And, by your attendance, it seems you truly appreciate it. Ongoing and returning favorites are too numerous to list here, but think card games, bocce, Full Circle and Eastern Market produce stands, exercise classes (yoga on Thursdays now, too!), Walk With Ease, guided meditation, cooking demo and sign language – as well as a bevy of new workshops and classes about DNA testing, arthritis and managing stress, to name a few. There are new movie matinees, Out-to-Lunch Bunch locations and field trip destinations. Take time to look through the programming on pages 10 to 19 and I am sure you will find something of interest.

Second, our nearly 400 volunteers who help with everything from sorting greeting cards, books and puzzles, helping at the front desk and during social gatherings, delivering Meals on Wheels and providing chore assistance and rides to medical appointments. And, that's just a handful of what our volunteers do. The Helm could not do everything it does without this dedicated group. A GIANT thank you!

Third, I am so impressed with The Helm Board of Directors and Advisory Board members. They do so much to support The Helm from participating in classes and activities to volunteering for the aforementioned activities as well as with our fundraising efforts. They believe in and are true ambassadors of The Helm and its mission.

Lastly, The Helm is fortunate to have such a hardworking and dedicated staff. Besides scheduling and setting up for all our programs, staff members are responsible for Meals on Wheels, wellness calls, medical loan closet transactions, transportation arrangements, Medicare counseling, fundraising and all those support activities like finance, building maintenance and coordinating and scheduling our volunteer corps. Our staff truly cares about each and every one of our members and their passion shines through in their daily work. A special shoutout to our front office staff who direct members and guests where they need to be. They are welcoming and professional amid the bustling (and sometimes boisterous!) lobby area.

Even in my short time here, I've come to learn we are probably the area's best kept secret. How could that be with all that we do? We are on a quest to continue to offer as many programs and services as we can, to reach new people who would benefit from our programs and services and to continue to spread the word about all the good that comes from The Helm. Enjoy the journey.

Krista Siddall
Executive Director

GET TO KNOW KRISTA SIDDALL

Executive Director Krista Siddall brings 24 years of nonprofit and for-profit experience to The Helm. Most recently, she served as director of operations and programming for Kids' Health Connections in Detroit serving Wayne, Oakland and Macomb counties. Before that she was program manager for Fit Kids 360 which followed several years in marketing, public relations and programming positions for various entities. She was a 2018 recipient of the Spirit of Detroit Award given by Detroit City Council in recognition of exceptional achievement, outstanding leadership and dedication to improving the quality of life for the city of Detroit and its residents.

Born and raised in Frankenmuth, Krista earned a Bachelor of Arts dual degree in Public Relations and English/Journalism from Western Michigan University. Additionally, she has completed Master of Arts classes in Organizational Communication and is completing a Master of Business Administration degree.

She has two daughters: Autumn who is a management trainee at Pepsi Co. in Washington and Abby who is studying video production and film at Savannah College of Art and Design. Krista lives in the City of Grosse Pointe.



Krista is making it a priority to meet as many members and guests as possible. Here she is with centenarian Jean Gilbert. "One of my favorite parts of my job is walking around the building meeting our members and guests. I especially like seeing the same people again and again," Krista said.

MORE FUN FACTS ABOUT KRISTA

What is your favorite color? Yellow

What is your favorite food? Homemade pot stickers and chocolate cake

What is your favorite pastime activity? College football and women's soccer

Do you have any hobbies? Gardening, interior decorating, skiing, boating, hiking, swimming, painting, reading

Where is your favorite place you've traveled to? Turks and Caicos and Europe

Bucket list trips? Alaska, Italy and Greece

What accomplishment are you most proud of? Personally, I am most proud of both my daughters – both received sports and academic scholarships out of state. Super proud of the type of person they both exemplify. Professionally, Spirit of Detroit award and the impact of my work with children's and families' futures.

What's a fun fact about you? I have had seven dogs in my lifetime and they have all been rescues. I currently have a 17-year-old dachshund mix and a 7-year-old golden retriever!

What made you want to be The Helm Executive Director? I wanted to work in the community I moved to and impact outcomes for my neighbors and the residents of the community. This role has helped me meet many people. The overall work is very similar to

what I was doing, only the audience has changed.

What have you accomplished in eight weeks that you're most proud of? Learning a large amount of names and faces quickly – it was sink or swim with our members, boards, and staff.

What would you like to accomplish before the end of this year? To get to meet as many of our members and supporters as possible. I thrive creating relationships with the people around me. I'd also like to bring in additional dollars from grants for expanding programming hours of operation at The Helm. It's time to bring some evening classes back.

What would you like to accomplish over the next two to five years? I have a few! First, I want our staff to be happy and healthy leaders! They are amazing people with empathy, passion and many ideas to make life's journey the best it can be. Next, I'd like to secure funding for The Helm. The majority of our operational budget is from donations. Donations fluctuate year to year. It would be optimum to have a reliable source of income so we can continue to provide what we do now and expand it, both in terms of what we offer and to whom as our area's population continues to age. Another long-term goal is an Adult Day Care Program. We know there is a need for it, now we just have to determine what it takes – staffing, location, needed services – and how to pay for it.

GALA IS AROUND THE CORNER

The 27th Take The Helm Gala combines cocktails, hors d'oeuvres, a sit-down dinner, live and silent auctions and lots of socializing.

As in past auctions, there will be phenomenal, one-of-a-kind experiences, jewelry, services and day activities and weekend excursions. Some items only will be available at the event for the live auction.

While still in the early stages, we know a few of the auction items include a dinner for six in the Grosse Pointe Yacht Club Wine Cellar, a trip to Mexico, four tickets to the Jacques Pépin Foundation Gala in New York City, gift cards to local restaurants and a children's bike.

Visit helmlife.ejoinme.org/gala to become a sponsor, purchase tickets and register to bid on silent auction items. You do not have to purchase tickets to register to bid on silent auction items. Once registered, you will be notified when items are listed and bidding begins.

Helping older adults Take The Helm of their life's journey

For 45 years, The Helm has been helping older adults in the Grosse Pointes and Harper Woods enjoy the gift of longevity, living healthy and meaningful lives as they age.

From our humble beginnings of lunch, bingo and a lecture or two per week in 1978, we now:

- Conduct between 150 to 200 sessions of classes, lectures, workshops, and social activities monthly;
- Deliver Meals on Wheels to more than 100 clients each week;
- Respond to more than 130 calls for information about various resources and services each month;
- Loan medical equipment and provide personal

products and nutritional supplements to an average of 30 people per month;

- Make about 50 general well-being and wellness checks monthly; and
- Employ more than 100 volunteers each month to deliver Meals on Wheels and provide wellness and friendly reassurance calls, home safety and security and minor chore assistance, office support, tax preparation, Medicare counseling and support for other various programs and activities.

We are proud of the work we do. We know our services are essential to enable older adults to stay connected, valued and vital. And, we know we can't do it without your support. Proceeds from our annual Gala contribute more than 50 percent of The Helm's total operating budget. The importance of this fundraiser and your support of it, cannot be emphasized enough. Neither can our thanks.

TAKE THE HELM

27TH ANNUAL GALA

THURSDAY, OCTOBER 12, 2023
GROSSE POINTE YACHT CLUB

The evening includes cocktails, hors d'oeuvres, dinner and silent and live auctions.

Various sponsorship levels available.

All include tickets to the event.

Individual tickets also are available.

FOR TICKET INFORMATION AND SPONSORSHIP OPPORTUNITIES

Contact Liz Johnson
mejohanson@helmlife.org, 313.649.2104
or visit helmlife.ejoinme.org/gala
or scan the QR code



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STAYING INVOLVED, ACTIVE FOR A HEALTHIER YOU

Mrs. Smith is a 75-year-old widow who lives alone in a small apartment. She had always been a social butterfly, but after her husband passed away, she found herself becoming more and more isolated. She stopped going out with her friends, and she spent most of her time alone watching TV or reading.

One day, Mrs. Smith's daughter came to visit. She was worried about her mother's health and happiness, and she suggested Mrs. Smith join a senior activity center. Mrs. Smith was hesitant at first, but she eventually agreed to give it a try.

Mrs. Smith was surprised at how much she enjoyed going to the senior center. She made new friends, got involved in activities and started to feel more like herself again.

This story and various versions of it are common at The Helm. Being newly widowed, having relocated, dealing with limited mobility or having a smaller network of friends and family are just a few contributors to social isolation as we age. But socialization is an important part of a healthy lifestyle.



Coffee and catch up after yoga.

Being involved with others improves health and well-being. Older adults who maintain an active lifestyle have

- Reduced risk of depression and anxiety;
- Improved cognitive function;
- Increased physical activity (since many social activities often involve physical activity, such as walking or dancing);
- Reduced risk of chronic diseases; and,
- Increased life expectancy.

“When you are in school or working, you have lots of

friends, but when you retire and get older, your friend group gets smaller,” The Helm member Sue Jones said. “That’s what The Helm is great for. I started yoga class at The Helm to exercise and I found new friends. We have coffee after class, we text when we aren’t going to be at class. We care about each other.”

Another member mentioned while she attends fitness class at The Helm two days a week, she especially enjoys the new Out-to-Lunch Bunch group. “I’ve recently lost a number of close friends and family members, my husband is deceased and my children live out of town. Finding someone to go to lunch with is harder now. The Out-to-Lunch Bunch is perfect.” This member also signed up for the Premier World Discovery Presents trip to Cape Cod in July. “Even though I won’t know the other travelers necessarily, we’ll have something in common.”



Exercise can be fun! Just ask these Active Fit participants.

Being involved in social activities positively impacts health throughout our lifetime, but especially as older adults. Get involved, stay active and encourage others to do the same. Keep reading to see how The Helm can help.

WAYS TO STAY INVOLVED AT THE HELM

There are activities every day at The Helm: bocce in the summer, poker, pinochle, mahjong, and bingo. Do something for someone else by creating no-sew fleece blankets; knitting items for chemo patients; or

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stuffing fabric dolls for hospital patients. Every day of the week there are exercise classes that incorporate cardio, stretching, hand-eye coordination and balance. The fitness room is now open so give the treadmill, elliptical, PhysioStep or rowing machine a try.

Two Fridays a month, The Helm shows movie matinees and there are monthly field trips. You can take hustle dancing lessons or French or hone your technology skills.

Members and friends of The Helm also have the



opportunity for camaraderie, learning and travel through Premier Discovery Tours Presents guided tours to places beyond Michigan. A trip to the Grand Canyon was featured in April. Boston and Cape Cod happens in July and the Christmas Markets of Montreal and Quebec City is scheduled in December. Find more information about this program on page 11.

There is so much to do at The Helm. The July through September programs are listed on pages 10 through 19. Find something new or anything of interest and register soon.



Above left: Members and guests gathered for a delicious lunch of sweet and savory crepes and a fascinating lecture about J.L. Hudson's. Attendees reminisced seeing the memorabilia displayed on the table. Above right: Members and friends of The Helm in the Grand Canyon.

SIGNING UP FOR CLASSES

Whether you register online or by phone, please call to cancel if you cannot attend an activity

Reminder

If you sign up for a class or activity and are unable to attend, please let us know.

Call 313.882.9600.

If you don't show up the day of the event, we worry about you! And, with enough notice, we can contact someone on the waitlist.

We look forward to seeing you at The Helm. You can register for classes online or by giving us a call. If you sign up for an activity, workshop or class and something unexpected comes up and you can't attend, please give us a call to cancel. It gives us a chance to contact someone who may be on a waitlist, but most importantly, if you don't show up and we're expecting you, we worry. We really do.

UNVEILING THE POWER OF ARTIFICIAL INTELLIGENCE

REVOLUTIONIZING THE WORLD AS WE KNOW IT

There has been a lot in the news recently about Artificial Intelligence (AI) – the good and the bad. What is AI? Let's ask AI. The headline above and the following article were generated entirely by ChatGPT, an AI chatbot that, according to TechTarget.com, "uses natural language processing to create humanlike conversational dialogue. The language model can respond to questions and compose various written content, including articles, social media posts, essays, code and emails."

Given the prompt to write a 300-word news article explaining AI, ChatGPT generated the following.

In recent years, Artificial Intelligence (AI) has emerged as a groundbreaking technological advancement, transforming industries and revolutionizing the world as we know it. AI refers to the development of computer systems capable of performing tasks that typically require human intelligence, such as learning, problem-solving, and decision-making. This transformative technology has found its way into various sectors, ranging from healthcare and finance to transportation and entertainment.

At its core, AI relies on complex algorithms and data analysis to emulate human cognitive abilities. Machine Learning (ML), a subset of AI, empowers systems to learn from vast amounts of data and improve performance over time. Through training, AI systems can recognize patterns, make predictions, and adapt to changing circumstances, surpassing the capabilities of traditional programming.

AI has already demonstrated its immense potential in numerous areas. In healthcare, AI algorithms can diagnose diseases with unprecedented accuracy, aiding doctors in making critical decisions. Moreover, AI-driven robots are assisting surgeons in delicate procedures, enhancing precision and reducing human error.



ChatGPT

Generative Pre-trained Transformer (GPT), is an autoregressive language model that uses deep learning to produce human-like text. When given a prompt, it will generate text that continues the prompt.

In the business world, AI is enhancing productivity and efficiency. Chatbots and virtual assistants are streamlining customer service, providing instant support and personalized recommendations. AI algorithms are also optimizing supply chains, analyzing market trends, and automating repetitive tasks, enabling companies to make data-driven decisions swiftly.

Transportation is another sector experiencing a significant AI impact. Autonomous vehicles are being developed to enhance road safety and reduce traffic congestion. AI-powered systems enable vehicles to perceive and respond to their surroundings, leading us closer to a future with self-driving cars.

However, AI is not without challenges. Ethical considerations surrounding privacy, bias, and job displacement have emerged as critical concerns. Ensuring transparency and fairness in AI algorithms, as well as investing in reskilling and upskilling programs, are crucial steps to mitigate these issues.

As AI continues to evolve and shape our world, it is vital to strike a balance between innovation and responsibility. Governments, researchers, and industries must collaborate to establish guidelines and regulations that promote the ethical and responsible deployment of AI technologies, safeguarding the interests of society at large.

Artificial Intelligence has the potential to revolutionize nearly every aspect of our lives. With its ability to augment human intelligence, enhance productivity, and solve complex problems, AI is poised to usher in a new era of innovation and progress. As the technology continues to advance, embracing its potential while addressing its challenges will be key to harnessing the transformative power of AI for the betterment of society.



AI is the theory and development of computer systems able to perform tasks that normally require human intelligence.



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.

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, 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.

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.

GAMES IN OUR HOUSE

Various meeting times

MEMBER: FREE FUTURE MEMBER: \$6 per hour

A few private groups – bridge, euchre and canasta – meet at The Helm. If you would like your group to meet here, let us know. For more information, see page 20.



What’s the significance of a jack of diamonds and queen of spades? Come to Pinochle Club and find out!

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.

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.



SILVER CAFE FOOD TRUCK

11 a.m. - 1 p.m.

Thursday, July 20

Tuesday, September 5

SPONSOR: Detroit Area Agency on Aging’s Silver Cafe Initiative

FREE TO MEMBERS AND FUTURE MEMBERS

Sponsored by the Detroit Area Agency on Aging’s Silver Cafe Initiative, a food truck will be at The Helm serving a healthy meal free to those 60 and older. You must sign up for this event by calling The Helm at 313.882.9600. The specific food truck and cuisine style is not yet available. More information will be shared on The Helm website, social media and inside the building.



OUT-TO-LUNCH BUNCH

Noon - 2 pm

Wednesday, July 26 - Watermark Bar & Grille

Wednesday, August 30 - Fishbones St. Clair Shores

Wednesday, September 27 - Charlie's Restaurant

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.

Even if you drive yourself, you must still sign up to ensure proper accommodations at the restaurant.



FRESH PRODUCE AT THE HELM

Full Circle Farmers Market

Thursdays, 11 am - Noon, beginning July 6

Eastern Market at The Helm

Tuesdays, August 8 and 22, 11 am - 1 pm

Fresh produce will be available to purchase. See reminder on page 13.

PREMIER WORLD DISCOVERY PRESENTS

"Christmas Markets of Montreal and Quebec City"

Wednesday, July 26, 1 - 2 pm

NO COST TO ATTEND THIS PRESENTATION

Premier World Discovery is on hand to discuss this 5-day, 4-night trip to the Christmas Markets of Montreal and Quebec City December 7 - 11, 2023. The trip includes round-trip airfare, hotel accommodations, motorcoach transportation for sightseeing and several meals. Come learn about the fantastic itinerary for this bucket-list trip!



COURTYARD COOKOUT AND KARAOKE

Friday, August 4, 5 - 7 pm

SPONSOR: Beline Obeid Realty and Grosse Pointe Moving & Storage

MEMBER: \$20 FUTURE MEMBER: \$24

We look forward to seeing you at one of our 'hottest' summer events. Join us for friends, fun, food and lots of laughs. This year's Courtyard Cookout will not only have delicious food and dessert, but karaoke, too. What could be more enjoyable than a nice evening dining on summer BBQ and listening to the unique entertainment? Register quickly, our cookouts fill up fast!

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. Special thanks to Grosse Pointe Rotary Club for providing support for fleece blanket and doll making supplies.

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

FRIDAY MOVIE MATINEE & SNACKS

Showtime: 12:30 pm

MEMBER: \$3 FUTURE MEMBER: \$5

JERRY & MARGE GO LARGE (2022)

Friday, July 14

When retiree Jerry Selbee discovers a mathematical loophole in the Massachusetts lottery, he and his wife Marge go on an exciting multi-million dollar winning spree with the goal to revive their small Michigan town. But when a selfish college student cheats the system, Jerry must find a way to make the game fair for all.

PG-13 1 hour, 36 minutes

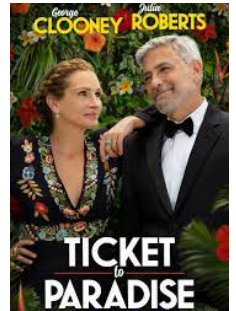


TICKET TO PARADISE (2022)

Friday, August 25

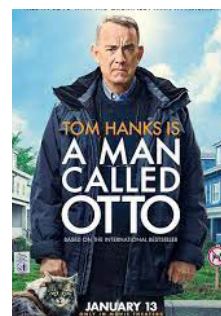
George Clooney and Julia Roberts team up as exes who find themselves on a shared mission: to stop their love struck daughter from making the same mistake they once made.

PG-13 1 hour, 44 minutes



A MAN CALLED OTTO (2023)

Friday, September 8

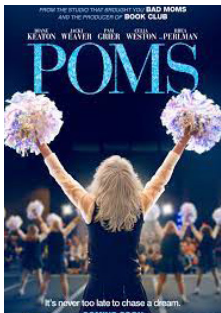


A grumpy widower forms an unlikely friendship with his new neighbors that turns his world around.

PG-13 2 hours, 6 minutes

POMS (2019)

Friday, July 28



In this uplifting comedy, life in a retirement community is anything but retiring for a group of young-at-heart senior ladies who decide to pull out the pom-poms and form a cheerleading squad.

PG-13 1 hour, 31 minutes

GLASS ONION: A KNIVES OUT MYSTERY (2022)

Friday, September 22

A Greek island owned by billionaire Miles Bron provides the setting for Southern detective Benoit Blanc's latest adventure, which unfolds as a group of the tech titan's friends gather for a murder mystery party, which quickly turns deadly.

PG-13 2 hours, 19 minutes



TILL (2022)

Friday, August 11

In this emotional true story, Mamie Till-Mobley relentlessly pursues justice for her 14-year-old son who, in 1955, was lynched while in Mississippi.

PG-13 2 hours, 11 minutes



MOVIES @ THE HELM

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



Did you know . . . Socialization may improve memory and longevity as it reduces stress and isolation? Join an activity or class at The Helm.

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.
Payment is due at registration.

VILLAGE OF ROCHESTER SHOPPING Wednesday, July 19, 9:30 am - 3 pm

MEMBER: \$20 FUTURE MEMBER: \$25

The Village of Rochester Hills offers 53 stores -- Von Maur, Talbots, Williams-Sonoma, Pottery Barn, Chico's, Soft Surroundings, Barnes and Noble, Sephora, to name just a few -- in an outdoor retail and lifestyle center. Enjoy the open air, explore the shops and savor a great lunch at one of the many restaurants: Kruse & Muer, P.F. Chang's, Mitchell's Fish Market, The Jagged Fork, Bravo, and more. Spend the day strolling the village, shopping the unique stores, dining and enjoying the lush hanging flower baskets and manicured landscape.



CRANBROOK HOUSE TOUR AND LUNCH Wednesday, August 9, 10 am - 3 pm

MEMBER: \$55 FUTURE MEMBER: \$60

Step back in time to a golden era of craftsmanship on a guided tour of Cranbrook House, home of George and Ellen Booth. In 1904, they purchased a run-down 174-acre farm in Bloomfield Hills, named it Cranbrook after the English town the Booth family hailed from, and began laying in roads, grading hillsides, creating lakes, erecting farm buildings and initiating a massive planting campaign to cover the barren rolling terrain. View their treasured Albert Kahn designed house with its handcrafted furniture, tapestries, tiles, stained glass and other works of art. After the tour, dine in the house's library on a buffet lunch including spring greens, chicken cherry salad, tuna salad, chopped turkey, chopped ham, rolls and dessert.

GREENFIELD VILLAGE

Wednesday, September 20, 10 am - 3 pm

MEMBER: \$35 FUTURE MEMBER: \$40

Experience firsthand the sights, sounds and sensations of America's fascinating formation, where over 80 acres brim with resourcefulness and ingenuity. Here, 300 years of American perseverance serve as a living reminder that anything is possible. Visit the seven Historic Districts where you will step foot in the lab where Thomas Edison had his lightbulb moment or the workshop where the Wright brothers taught us to reach for the sky. Take a ride in a real Model T, jump on a real steam-powered locomotive, and visit farm animals. You can also "pull" glass with world-class artisans, watch 1867 baseball, and enjoy lunch from an 1830s menu. Journey into America's past to discover inspiration for bringing innovation and imagination into your life today.



**FULL CIRCLE AND
EASTERN MARKET
PRESENT**

Fresh Produce

AT THE HELM

**FRESH
VEGETABLES
AND FRUIT**

**FULL CIRCLE, 11 AM - NOON
THURSDAYS. BEGINNING JULY 6**

**EASTERN MARKET, 11 AM TO 1 PM
TUESDAYS, AUG. 8 AND 22**

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



HEALTH & WELL-BEING

WHAT'S HAPPENING AT THE HELM

► **JOIN US! REGISTER ONLINE AT 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
Payment is due at registration.

YOGA

Mondays and Wednesdays, 9 - 10 am

INSTRUCTOR: Judy Sarvis

Thursdays, 9 - 10 am - ADDITIONAL DAY!

INSTRUCTOR: Carol Guthier

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

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, through July 13

Resumes September 7

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.

Members Perk Alert!

**OUR FITNESS ROOM IS OPEN DAILY
9 a.m. to 4 p.m.**



Just drop in to use the
PhysioStep machines, elliptical,
treadmill, rowing machine,
light weights and bands.



Use of the machines is on a first come, first served basis. You do not need to register ahead of time, but you must check in when you arrive.



MORE EXERCISE CLASSES

ENHANCE® FITNESS

Mondays and Wednesdays, July 10 - September 27

11:45 am - 12:45 pm

INSTRUCTOR: Paul Clark

Tuesdays and Thursdays, July 6 - September 28

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

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, mat and small hand towel.

WALK WITH EASE in cooperation with Corewell Health

Informational Session Monday, July 10, 10 - 11 am

Mondays, July 17 - August 21, 10 - 11:30 am

INSTRUCTORS: Suzy Berschback and Reyna Diamond Trevino

FREE TO MEMBERS AND FUTURE MEMBERS

Learn how to safely incorporate physical activity into everyday life. Walk With Ease reduces pain, increases balance and strength, and improves overall health. Each session begins with a discussion about exercise

and arthritis, followed by a 30-minute walk including a warm-up and cool-down. Suggested homework is two 30-minute walks between sessions. These homework sessions are a great way to connect one-on-one with younger family members, helping them get off the couch and devices and build lifelong healthy habits.

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.

STRESS REDUCTION WORKSHOP

Tuesday, July 11, 1 - 2:30 pm

INSTRUCTOR: Jonathan Itchon

FREE TO MEMBERS AND FUTURE MEMBERS

Stress plays a role in all of our lives. Too often it leads to problems with health, sleep, memory, relationships, well-being, and just enjoying life. This workshop will provide knowledge and practical tools to reduce stress and its negative impact in your life! You will learn:

- Breathing exercises to restore balance and peace of mind;
- New empowering perspectives on stress, anxiety, and depression;
- A brief guided visualization to relax the body and mind.

BRAINSTORMING

Tuesday, July 25, 11 a.m. - 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 Brainstorming.



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

A MATTER OF BALANCE

Tuesdays and Thursdays, August 8 - 31

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.

ARTHRITIS OF THE HIP AND KNEE:

Diagnosis, Treatment and Misconceptions

Thursday, September 14, 1 - 2 pm

INSTRUCTOR: Dr. Michael Wagner, Orthopedic Surgeon

FREE TO MEMBERS AND FUTURE MEMBERS

Osteoarthritis and hip and knee joint pain is incredibly common. Getting a proper diagnosis of these issues is essential to starting proper treatment. Modern advances in surgical and nonsurgical options mean patients have real choices in treatments. Join us as Dr. Wagner discusses these issues and answers your questions regarding treatment options.

WOW! PAATS WILL TAKE ME THERE?



salon parks shopping



clubs/restaurants shop the Gratiot Loop



doctor/dentist -- visit friends/family - post office



THE HELM -- city hall area attractions --- coffee shop

Pointe Area Assisted Transportation Service is available to residents of Harper Woods and the Grosse Pointes 60 and older or adults with a disability to take to a variety of appointments for a nominal fee. Where on your life's journey do you need to go? The doctor, physical therapy, hair salon, lunch with a

friend, to visit or check on a friend or family member, for a picnic and sunshine at a park, visit a local attraction? If you need a ride, call PAATS. They can take you anywhere within the Grosse Pointes and Harper Woods as well as some neighboring communities. Call 313.394.9712 for more information.

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

CONVERSATIONAL FRENCH

BEGINNER LEVEL

Tuesdays, 10:30 - 11:30 am

Fridays, Noon - 1:30 pm

INTERMEDIATE LEVEL

Tuesdays, 11:30 am - 1 pm

Fridays, 1:30 - 3:00 pm

INSTRUCTOR: Dr. Dib Saab

WCCCD Continuing Education Class

FREE TO MEMBERS AND FUTURE MEMBERS

Learn how to ask and respond appropriately to basic questions, read aloud using acceptable pronunciation, and create basic sentences using correct grammar.

ONE-ON-ONE TECHNOLOGY

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

FREE TO MEMBERS AND FUTURE MEMBERS

Need help with your laptop, tablet, smartphone or e-reader? Knowledgeable, kind and patient volunteers are available to help you. Call 313.882.9600 to schedule an appointment.

HEARING HEALTH

Wednesday, August 9, 1 - 2 pm

PRESENTERS: Michele Ruatto, Au.D., Lakeshore Audiologist; Tracy Rudd, Au.D., Audiologist/ReSound Trainer; Susan Honoway, ReSound Representative

FREE TO MEMBERS AND FUTURE MEMBERS

Learn the causes, treatment and long-term effects of untreated hearing loss and the latest hearing aid technology. Participants are encouraged to ask questions about hearing, hearing loss and hearing aids.

Did you know . . . Wayne County Community College offers a number of classes free to adults 60 and older? For your convenience, we offer a number of those classes here at The Helm including Conversational French, Body Alignment and Sign Language. Check out the WCCCD course catalog and let us know what interests you!

BEYOND YOUR DNA

Tuesdays, August 22 - September 5, 10 am - Noon

INSTRUCTOR: Conrad Welsing

WCCCD CONTINUING EDUCATION CLASS

FREE TO MEMBERS AND FUTURE MEMBERS

This class will explore the popular trend of DNA testing. There is so much to learn and explore! Join this easy-to-understand workshop if you have taken or are considering a DNA report and learn how to make the results even more worthwhile. The three sessions focus on: What are we getting into?; Heritage and Genetics; and Epigenetics (how behaviors and environment can modify how genes work).

SIGN LANGUAGE

Tuesdays, August 22 - December 5, 1 - 3 pm

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, in addition to gaining insight into the deaf culture.



COREWELL HEALTH COOKING DEMONSTRATION:

HEALTHY MEALS WITHOUT EXTRA SUGAR AND SALT

Wednesday, September 27, 12:30 - 1:30 pm

INSTRUCTORS: Corewell Health Registered Dietitian Andrea Hageman and Chef Dan Kellogg

FREE TO MEMBERS AND FUTURE MEMBERS

Learn how to cook with less salt and sugar. Andrea will discuss healthier options for seasoning food and Dan will demonstrate a few recipes. Copies of the recipes, as well as samples for tasting, are available!



THE ONE PLACE TO TURN WHEN YOU DON'T KNOW WHERE ELSE TO GO.

Aging purposefully and with dignity takes knowledge. The Helm has the information you need. From where to get help with chores, caregiving and nutrition needs to Medicare and health insurance to helping you find what best fits your needs, our experts can help keep you (or your loved one) on course to living your best life. Visit us online or in person and see all the ways The Helm is there on your journey of staying involved, independent and inspired.

VISIT: HELMLIFE.ORG

[313] 882-9600

- Chore assistance
- Meals on Wheels
- Medicare counseling
- Transportation assistance
- Caregiver referrals
- Medical loan closet
- Wellness checks

**LIFE'S A JOURNEY.
FIND YOUR WAY.**



The Helm
158 Ridge Road
Grosse Pointe Farm



SERVICES & SUPPORT

WHAT'S HAPPENING AT THE HELM



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

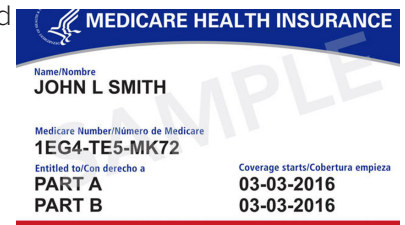
FREE TO MEMBERS AND FUTURE MEMBERS

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 struss@helmlife.org to schedule your appointment.



NEW TO MEDICARE

Wednesday, September 13, 7 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, September 13, at 7 p.m. Register by emailing struss@helmlife.org or calling 313.649.2110.

GAMES AT THE HELM

**Bring your
group to
The Helm**

COMFY, COZY & COFFEE

A FEW PRIVATE CARD AND GAME GROUPS PLAY AT OUR HOUSE WHERE THE TABLES ARE SET UP, COFFEE IS ON, AND EVERYTHING IS PUT BACK IN ITS PLACE WHEN YOU'RE DONE. IF YOU HAVE A GROUP THAT WOULD LIKE TO PLAY AT THE HELM, LET US KNOW. WE WILL WORK WITH YOU TO FIND A SPOT. THERE IS NO COST IF YOU ARE A MEMBER OF THE HELM. FUTURE MEMBERS PAY THE \$6 DAY FEE EACH TIME THEY PLAY.

GROUPS ALREADY MEETING AT THE HELM
BRIDGE, CANASTA, EUCHRE

Wish List

As a nonprofit, sometimes items we would like just don't fit into the budget. If you are able to donate an item (or money toward one) on our wish list, we are most appreciative.

Coffee
Sanitizing Wipes

Desktop computer for
low vision individuals

Handy volunteer to build
a Little Free Library

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
Nail polish
Shampoo
Stamps
Canned food
Laundry
detergent
Nail files

Chocolate candy
Pastries
Lip Balm
Puzzle books
Small package of
cookies, crackers
Personal-sized
hand cream/hand
sanitizer

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

Save The Date SENIOR EXPO

Assumption Cultural Center
21800 Marter Road, St. Clair Shores

10

05

2023

This free event provides information on health, wellness, recreation and community resources available for older adults and their families. A complimentary lunch will be provided, and there will be a keynote speaker.

CHEERS TO VOLUNTEERS

We say it over and over and yet we don't say it enough: Our volunteers are invaluable and incredible! Nearly 400 volunteers help The Helm with everything from office work and checking in guests, serving and cleaning up after parties, performing home safety chores, providing rides to medical appointments, tending the grounds around our building, delivering Meals on Wheels. Even our board and advisory board members are volunteers. (Their names are listed on the inside front cover of this publication.) Anything you think we could use help with, we do, and we have volunteers willing and able to help. It is amazing and we are truly grateful. Following are volunteers who helped the first five months of 2023. So many of our volunteers help us in a number of categories. To help keep this list shorter, we only listed each volunteer once in the main area they volunteer.

Office Volunteers

Aidan L.
Alexandra L.
Brandon S.
Carol M.
Carol S.
David M.
Deborah D.
Ella C.
Heather C.
Jailynn F.
Julia B.
Lauren G.
Leah M.
Mary Jo F.
Nancy H.
Patricia S.
Quinn G.
Ryan S.
Stormi C.
Thomas S.
Wells W.

Front Desk Greeter:

Barbara S.
Brenda T.
Joan P.

Baked Goods

Lois B.
Aiden B.
Ethan N.
Evan B.
Mick M.
Oliver M.
Trey G.

Outdoor Maintenance:

Carrie M.
Diane Z.
Jim C.
Mary Lou C.
Sharon S.

Bingo

Audrey B.
Deanna A.
Heather K.
Suchi S.

Technology

Jim K.
Marty P.
Parker J.
Paul M.
Rita G.

Special Events

Anne G.

Diane S.
Glory R.
Jeannie F.
Kathleen W.
Patricia S.
Rosanne F.
Willie C.

Fun & Friendship Activities

Bill S.
Don L.
Frank W.
Hugh S.
Joanne N.
Patty M.
Shirley W.
Pickups/Deliveries
Alexa H.
Brandon S.
Courtney H.
George G.
Kay G.
Mark E.
Sandy D.
Shelley E.

Escort Rides

Carol S.
Chris B.
Dick P.
Jack K.
Jim R.
John A.
Peter C.
Stan S.
Friendly Reassurance Program
Don M.
Donna R.
Patty M.
Meals on Wheels
Barbara T.
Bernadette T.
Bernie B.
Bob C.
Bob L.
Bruce O.
Catherine P.
Chris C.
Chris O.
Craig W.
David B.

David L.
Deborah D.
Dennis K.
Dwight A.
Fran L.
George D.
Happy E.
Jackie P.
Jerry K.
Jim C.
Jim C.
Julie B.
Julie S.
Kate A.
Katy M.
Kim B.
Larry B.
Larry J.
Leon T.
Marcia R.
Mary Eileen W.
Mary Lynn W.
Mary S.
Matt N.
Michael M.
Nancy M.
Neal G.
Peggy B.
Rich S.
Richard C.
Rob S.
Robert S.
Ron W.

Sally B.
Sheila H.
Sheri C.
Steve Z.
Susan K.
Trevor B.
Walt P.
Medicare Counseling Counselors

Deborah W.
Fran T.
Mary B.
Micki N.
Bob S.
AARP Tax Assistance
Bea E.
Christine M.
Dan H.
Deborah T.
Jo D.
Kathleen C.
Mark K.

Chore Program
Andrew M.
Bob G.
David L.
Gary C.
John H.
Rick N.



Above left and middle: Community Campus volunteers Jailynn and Aidan sorting donated COVID tests, and Lauren helping with computer work along with their instructor, Heather. At right: Jeannie, Sarah, Kathy who helped at the Mother's Day Luncheon.

TRIBUTES & HONORS

IN MEMORY OF

KENNETH ALBRECHT

*Sarah and Don Ludlow
Anne Gray*

GEORGE HAYES BAY

Rosemary Bay

HENRY HECK

Carol Sullivan and Family

IN HONOR OF

RICK COLOMBO

Prudence Cole- Klimisch

*Donations received between February 27 and May 25, 2023.
If there are any errors or omissions, please contact
313-649-2104 so we may make corrections.*

Are you looking for a gift for the person who has it all, or do you want to recognize someone in your life? Consider supporting The Helm with a tribute donation in honor or memory of that special someone. Contact Liz Johnson at mejohanson@helmlife.org or 313.649.2104 for guidance and assistance.

SPONSORS & IN-KIND DONORS

Allemon's Landscaping Center
Grosse Pointe Garden Center
Einstein Bros. Bagels
Friends of the Grosse Pointe Library
Josef's European Pastry Shop
Kroger Rewards
Panera Bread
Dave Polla, Guitarist
Village Market
Bill Matouk, Woods Wholesale Wine
Z's Pub

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.

Welcome New Members

Terri S.
Delores S.
Lynda G.
Gail A.
Elizabeth L.
Christopher B.
Ted Z.
Karen K.
Anne S.
Joyce S.
Dorothy J.
Patti M.
Margaret P.

Bill B.
Alexandra C.
Marianne M.
Carol S.
Donna K.
Julianne P.
Barbara M.
Eleanor G.
Elizabeth L.
Frank K.
Nancy S.
James J.
Jane G.

Susan S.
Marie S.
Theresa F.
Louise T.
Margaret H.
Blaise K.
Kathleen W.
Mary H.
Beth C.
Charles H.
Adele S.
Mary S.

Judith W.
James B.
Diane A.
Dorothy B.
Barbara T.
Annette W.
Suzy L.
Pam R.
George S.
Jacqueline A.
Peggy B.
Richard H.

PROGRAM SPONSORS

Allegria Village Senior
Living Community
Blanketed with Love
French Cow Crepe Shop
Grosse Pointe
Moving & Storage
Humana
Landmark Health

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

Worth Seeing.

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