

THE HELM LIFE JOURNAL

OCTOBER THROUGH DECEMBER 2023



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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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ON THE COVER

Volunteers work to repair storm damage to the bocce court. More than 100 people enjoyed a free lunch from the Detroit Area Agency on Aging Silver Cafe Food Truck Initiative.

IT'S ALL ABOUT COMMUNITY



As I sit here contemplating this letter, it is starting to get quiet at The Helm. The hustle and bustle of the front desk, members chatting and mulling around and staff members buzzing through the hallways have all quieted. Today my time is split, like it

is on many days, between emails, meetings, staff meetings, planning and collaborative partnerships. But today I am thinking about how incredible our “Community” is.

Over the last few weeks, I have truly fallen in love with our Community. Each day I am more impressed with the community as a collective and how both this collective and each individual continue to support The Helm. I must preface this by saying I grew up in a small town in Michigan, Frankenmuth, where everyone knew everyone and you were brought up to serve/help those in the community. Community was taken very seriously and when a church, school, family or business needed help, a call went out and families came.

During the storm a few weeks ago, The Helm lost a large tree on the corner of Ridge and Muir that many of you may have seen uprooted and on one of our employee’s cars. We had myriad branches down and another large tree fell on our bocce court. I went home to find damage at my own home to take care of as well. Understandably, in my new role, it was a bit overwhelming. However, I started in with phone calls and the response was phenomenal. People showed up immediately and continued to show up in the next few days. Our “landlord,” Henry Ford Health System, was outstanding to work with and unbelievably quick! We had multiple board members and members come by over the next few days to pick up branches, haul debris, patch our bocce court, and just provide assistance where needed. I went home for lunch the day after my tree fell and the city had

already taken the debris away from my front yard! It was amazing how quickly everyone was reaching out and helping.

The Helm was lucky to have power. A few years ago we received a generous grant to install a generator. We were able to pay it forward by opening The Helm as a cooling center. Members and nonmembers enjoyed fresh coffee, a respite from the heat and a place to charge their phones. We brought over American House residents to cool off, have a snack and watch good old Alfred Hitchcock in the afternoon. The Community was appreciative and our staff loved seeing everyone and providing assistance in a time of need. We were able to lend support just as others had done for us.

A week or so later I attended our last BBQ of the year and marveled at how many people were there to partake in the food, friendship, karaoke and good times. People were smiling, dancing, singing and enjoying the lovely weather. The grounds looked great, many hands had made light work for us with our issues, and we had really seen the best in people throughout this storm.

Trying circumstances often bring out the best in those around us. I was so impressed with the definition of “Community” being laid out over the last few weeks. I was hearing stories similar to ours all around town. How unbelievably blessed we all are to have that level of support and concern shown by others. Somehow the goofiness and laughter at the BBQ seemed even sweeter because of everyone pulling together to work past the recent challenges.

I am settling into my new role well. I love my job. I am ever so grateful for our members, my team and the innovations I see on the horizon for The Helm. I am so happy to be part of this Community.

Krista Siddall
Executive Director

IN THE COMMUNITY . . .

Speaking of community, while The Helm offers myriad ways to keep socially, physically and mentally active, we aren't open 24/7. But we are fortunate there are so many other resources in the community that offer activities, too. Check out these upcoming events from some of the other fantastic organizations in our community!

THE FAMILY CENTER

FAMILYCENTERHELPS.ORG

A Family First Approach to Prevention, Addiction & Recovery

Monday, October 2, 7 to 8 p.m.

The War Memorial

Q.P.R. Suicide Prevention Training

Thursday, October 26, 7 to 8 p.m.

Ewald Branch, Grosse Pointe Public Library

Men's Night Out

Wednesday, November 8, 7 to 8 p.m.

The War Memorial Ballroom

An expert panel discusses men's mental and physical health at this fun and informative event.

To register for these events email

MaryJo@FamilyCenterHelps.org

THE FORD HOUSE

FORDHOUSE.COM

Big Goblins

Friday, October 13, 7 p.m.

Ages 21+

Halloween fun isn't just for the kids! Take a nighttime tour of the house, then return to the Visitor Center to "Trick-or-Treat" for grown-up beverages and nibbles.

Little Goblins

Saturday, October 28, 11 a.m. to 3 p.m.

Bring your little goblins to Ford House for this annual day of Halloween entertainment filled with spooky yet kid-friendly fun. Trick-or-treating stops, photo ops and a haunt-free wagon ride. Costumes are welcome and encouraged.

HARVEST DAY

Saturday, October 7, Noon to 5 p.m.

Kickstart the fall season with donuts, market vendors, farm animals and more.

Buy tickets to these events at FordHouse.com.

GROSSE POINTE CHAMBER OF COMMERCE

GROSSEPOINTECHAMBER.COM

Santa Claus Parade: A Musical Christmas

Friday, November 24, 10 a.m.

Kercheval Road from Lewiston to Cadieux

Enjoy the sights and sounds of this annual event.

THE WAR MEMORIAL

WARMEMORIAL.ORG

Grosse Pointe Symphony Orchestra

Season tickets of four performances or tickets for individual performances.

GROSSE POINTE HISTORICAL SOCIETY

GPHISTORICAL.ORG

Legends of the Fall

Friday, October 6, 6 to 8 p.m.

Grosse Pointe History Center

Stories of Old Grosse Pointe and original songs by Jef Fisk with cider and donuts. Free admission, for all ages.

Halloween Costume Party

Saturday, October 28, 7 to 10 p.m.

Historic Provencal-Weir House

An opportunity for the adults to dress up for Halloween. Entertainment, adult refreshments, hors d'oeuvres.

Tickets: \$25 single; \$45 couple

"Legends of Fall" Exhibit

October 1 - 31

Grosse Pointe History Center

A panel exhibit of legends and stories about Old Grosse Pointe. Werewolves and more!

Free admission, for all ages.

NEIGHBORHOOD CLUB

NEIGHBORHOODCLUB.NET

\$50 enrollment fee waived for adult and senior memberships in October.

Water Aerobics

Monday - Friday, 9 - 9:45 a.m. and

Saturdays, 8 to 8:45 a.m.

Various exercise classes suitable for all ages

GROSSE POINTE PUBLIC LIBRARY

GROSSEPOINTELIBRARY.ORG

Freedom to Wander: A Memoir with Pasta

December 7, 7 to 8 p.m.

Ewald Branch

Memoir discussion and pasta making demonstration.

GROSSE POINTE PUBLIC SCHOOLS

GPSCHOOLS.ORG

Grosse Pointe North Pops and Pastries, October 4

Grosse Pointe South Choir

Sounds of the Season, December 1 and 2

District Wide String Extravaganza Concert

December 19

GROSSE POINTE THEATRE

GPT.ORG

Anything Goes

November 10 - 19

LEAVING A LEGACY

You know when those lottery jackpots reach astronomical heights and people are asked what they would do with the money if they won? Responses usually begin with paying off debt, buying a house or car, helping a family member or taking a trip of a lifetime and usually end with giving money to charity. Whether or not you can financially support a charity during your lifetime – either by winning the lottery or your regular income – there is another way to significantly impact and leave a legacy at your favorite charitable organizations – donating to a charity through your living trust or will.

A charitable bequest – or any type of planned gift – has the potential to contribute to long-term sustainability for a nonprofit organization. In the case of a living

trust or will, you could designate a set amount or a percentage of the remainder of your estate. It isn't costing you on a daily or yearly basis, so you don't have to worry about spending that money if you need it. Planning a gift through your living trust or will may allow you to make a more significant gift than possible during your lifetime.

"It's a simple way to give without hindering your quality of life as you age," Jon Gandelot, estate planning attorney, said. "If you already have a living trust or will, it's as simple as contacting your attorney to make an amendment. If you don't have a living trust or will yet, it's something that can easily be included in your estate plan."

One donor who has chosen to give this way to The Helm said, "I don't know how long I will live or how much I will need for the remainder of my life. I want to make sure I have the means to provide for myself. I believe in what The Helm does and I want to support it. It's an excellent organization that helps so many people in our community."

The donor specifically mentioned the medical loan closet and the Meals on Wheels program. "It's wonderful that it isn't based on financial need, but is available to those who are unable to get out."

There are other types of planned giving that enable

"I gave to The Helm because you do impressive work. I would like to see The Helm help future generations."
The Helm Legacy Donor

HEROES OF THE HELM



When you make a substantial contribution to The Helm or notify of us of a planned gift, you will be recognized as a member of The Helm Legacy Society on the donor wall on the main floor of The Helm.

individuals to support causes they are passionate about. Beneficiary designations, charitable gift annuities and charitable remainder trusts are a few examples of planned giving vehicles that allow donors to align their financial goals with their philanthropic aspirations.

"While estate planning documents are an easy way to leave money to a favorite charity, other forms of planned giving may be more advantageous for the donor," Gandelot said. "Depending on your income level, directing your required minimum distribution from an IRA to a charity could provide tax benefits while helping your favorite charity."

Gandelot added, "You can create a charitable gift annuity or remainder trust or even name a charity the beneficiary of a life insurance policy. I've known people who have had policies for many years and have accumulated a good amount of wealth, who continue to maintain those life insurance policies, but designate the proceeds to charity. It's a simple way for someone to support a charity, leave a legacy and not impinge upon current quality of life. More importantly, things may be changed if circumstances change."

Recent trends indicate planned giving is on the rise, with a growing number of individuals recognizing the benefits of leaving a philanthropic legacy. The current generation of donors is increasingly conscious of the impact they can make beyond their lifetimes and is actively seeking ways to create a positive and enduring influence on society.

As our donor indicated, "I gave to The Helm because you do impressive work. I would like to see The Helm help future generations."

For more information about giving to The Helm, contact Liz Johnson at 313.649.2104.

HOLIDAY GIVING TREE

A new twist on a longtime tradition

For more than 12 years, The Helm has collected non-perishable food items which volunteers assemble in gift bags and deliver to homebound seniors in the Grosse Pointes and Harper Woods. This year, we're changing it up! During the Holiday Season, there will be a Giving Tree at The Helm with tags that have a person's needs and wants. It might be a scarf, mittens, t-shirt, night shirt, towels, socks, candy or a Kroger gift card.

Why the change? "We found there were increased dietary restrictions," Volunteer Services Director Heidi Uhlig-Johnstone explained. "While the gift bags were greatly appreciated by our homebound seniors, it became apparent it wasn't a one-shoe-fits-all situation. Some of the food – especially canned products – contained too much sugar or sodium. By having gift tags, we're able to give them something they want, need and are able to use."

You can choose a tag beginning November 1 through November 30. Return the new, unwrapped gift or gifts during normal business hours to The Helm, 158 Ridge Road, Grosse Pointe Farms, by Friday, December 8. If you cannot get to The Helm, but would like to support a homebound senior, pick a tag online at bit.ly/3PjQvf4.

"We will still need volunteers to buy gifts, wrap the presents and deliver them," Uhlig-Johnstone said. "It might take a bit more organization and coordination on our end, but we think it will be well worth it. Our homebound seniors will know they are thought of and cared about this holiday season."

Gift wrapping takes place Wednesday, December 13, followed by delivery December 13 through 20. Contact Heidi Uhlig-Johnstone at 313.649.2107 to sign up to wrap or deliver packages.



HOLIDAY GIFT GIVING AT ITS BEST

Are seniors as notoriously difficult to buy gifts for as we're led to believe? Just like everyone, needs and wants change throughout our lives. Dolls, Legos and ice skates give way to cell phones, tablets and laptops to household items and gift cards. As households fill up with everything accumulated over the years, utility becomes important. Will this item make my life easier? Will I use this item? And time. Spending time with friends and family truly becomes most important.

First, we asked members and guests of The Helm what was a favorite or memorable gift received sometime during their lifetime. Below are their responses.

"A very special gift I remember was my parents had an open house at Christmas and I enjoyed all the laughter, food and drinks. I looked forward to this every year."

"My wedding ring."

"My children gave me a surprise 80th birthday party."

"A car. My mom and dad bought me one when I was 16 because I needed it."

"Help from The Helm with Medicare enrollment. I am deeply grateful for the knowledge and patience to deal with this complicated issue."

"Ice skates at age 10. We just got one gift each as there were six of us and it was war time."

"A Christmas Carol." I was 12 years old. This was the first book I owned."

"My engagement ring. I married a wonderful man!"

"A gift card to Meijer's through The Helm. I was so surprised!"

"When I was five, I received a wonderful jewelry box with three ballerinas that danced to The Nutcracker when you opened the lid. It was so special because I was taking ballet and pictured myself as a prima ballerina."

"A record player I received when I was 14 years old."

"A bracelet given to me by all my girls which I wear all the time with fond memories."

"A Pandora bracelet from my children with birthstone pendants. It was the first gift they paid for by themselves with money from their first jobs."

Continued on page 9

Then, we asked members and guests what makes a great gift to receive now?

Being with friends.

The greatest gift is family visits and acts of service . . . helping with projects or tasks we can no longer do for ourselves. Just give your time and love!

A box of greeting cards and stamps.

When it (a gift) comes from the heart and is given with great thought, it's even better!

Prayers.

Places to go – a movie, play, sporting event, leisurely drive – accompanied by the gift giver.

Company of friends and family.

I'm happy with anything people pick out for me. I'm very happy with anything I receive. As long as it comes from the heart, any gift is valuable.

My husband and I look at our travels as gifts to each other and have fond memories of all we've done so far and look forward to creating more memories.

Fresh fruit and vegetables.

Gift cards to local restaurants.

I love gift cards for Starbucks and anything or place on Kercheval. I get to shop and choose what I like.

Gift cards to Kroger, Meijer, Walmart or Target. Any place that has food and groceries.

The Helm Case Coordinator and Social Worker Allie Short suggested time and supportive attention are great gifts. Allie speaks daily with homebound seniors and those who need extra assistance. "It may sound cheesy or cliché, but one of the best gifts we can give our older adult relatives and friends is our support, love and attention. One way to do this is by spending quality time with them, listening to their stories, how they feel, allowing them to vent or share their joys. Just be present with them as frequently as possible. You are sure to receive something in return."



Allie Short

The Helm Volunteer Services Director Heidi Uhlig-Johnstone, also a social worker, believes story telling, and preserving those stories, is one of the best gifts. One online resource she shared is StoryWorth, which provides a weekly question via email. You respond and at the end of the year, these "stories" are bound into a beautiful keepsake book.



Heidi Uhlig-Johnstone

But, you don't have to be as formal and you can do something similar on your own. Simply call or sit with your older adult friend or relative and ask a question. Listen intently. Take notes. Create your own "book."

Here are some other gift suggestions:

- Cozy fleece wrap shawl with large front pockets
- Acupressure/reflexology slippers
- Sofa armrest organizer
- My Life Story – So Far
- Back massager with heat
- LED Neck reading light
- Window bird feeder
- 2-in-1 Digital tape measure with LCD display
- Custom photo blanket
- Electric jar opener
- Electric can opener
- Stander handybar portable vehicle support grab bar



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.

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.

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.

MICHIGAN V MICHIGAN STATE BINGO AND LUNCH

Thursday, October 19, 10 am - Noon

MEMBER: \$10 for one card and lunch

FUTURE MEMBER: \$15 for one card and lunch

Join in the fun of our state rivalry and come play a special bingo with lots of prizes, including Michigan and Michigan State items. After bingo, enjoy a delicious



Polish Village lunch complete with kielbasa, pierogi, stuffed cabbage, vegetables, salad, bread and beverages, while you listen to Frank K. play piano. Whether you root for the maize and blue or the green and white, everyone will be a winner at this fun event!

**SPECIAL
EVENT!**

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.

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.



Louisa St. Clair Chapter,
National Society Daughters of
the American Revolution is
honored to partner with
The Helm in commemorating
Veterans Day 2023 by
recognizing the men and women
of our community who served
our Nation in war and peace.



VETERANS DAY BREAKFAST AND CELEBRATION

EVENT PRESENTED BY THE LOUISA ST. CLAIR CHAPTER, NATIONAL SOCIETY DAUGHTERS OF THE AMERICAN REVOLUTION

Thursday, November 9, 10 - 11:30 am

SPONSORS: American House Grosse Pointe Cottage,
The Medical Team

ENTERTAINMENT: Grosse Pointe Men's
Choir

FREE TO MEMBERS AND FUTURE MEMBERS

All veterans are invited to join us on this special morning to celebrate you! The Vietnam Veterans of America, Chapter 154 Color Guard, will perform their flag ceremony and the DAR members will present each veteran with a medal to honor their service. It is a solemn, yet uplifting event. One can't help feel grateful to these heroes who walk among us each day. Following the ceremony, Brian Abner Culinary will provide a tasty breakfast, and the Grosse Pointe Men's Choir will entertain with patriotic songs. Indicate your branch of service when you call to register at 313.882.9600.



World War II veteran Jean Gilbert, 105, served in the Army Air Corps.

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FUN & FRIENDSHIP

WHAT'S HAPPENING AT THE HELM

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OUT-TO-LUNCH BUNCH

Noon - 2 pm

Tuesday, October 10 - Shores Inn

Tuesday, November 14 - The Continental at The Ford House

Tuesday, December 19 - Nautical Deli

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.

THANKSGIVING LUNCHEON

Thursday, November 16, 11:30 am - 1 pm

MEMBER: \$20 FUTURE MEMBER: \$24

Chef Brian prepares a traditional Thanksgiving meal of turkey, gravy, stuffing, mashed potatoes, sweet potatoes, vegetables, cranberry sauce, rolls and pumpkin pie topped with whipped cream. Whew! Come hungry and enjoy a delicious meal and live entertainment.



FRIDAY MOVIE MATINEE & SNACKS Showtime: 12:30 pm **MEMBER: \$3 FUTURE MEMBER: \$5**

WHITNEY HOUSTON: I WANNA DANCE WITH SOMEBODY (2022)

Friday, October 6 **PG-13 2 hours, 26 minutes**

This is the untold story of the complex and multifaceted woman behind the voice. From New Jersey choir girl to one of the best-selling and most awarded recording artists of all time, follow the inspirational and poignant journey through Houston's trailblazing life and career.

THE LOST HUSBAND (2020)

Friday, October 20 **PG-13 1 hour, 49 minutes**

After her husband's sudden death, Libby accepts an offer to work and live on her estranged aunt's goat farm in the Texas Hill Country. Beyond the animals and the strenuous work, there is a shaggy, gruff farm manager with a tragic home life, a feed-store clerk who claims she can contact her husband on "the other side," and the aunt she never really knew.

AUDREY (2020)

Friday, November 3 **Not Rated 1 hour, 40 minutes**

Filmmaker Helena Coan examines the remarkable life and career of actress, fashion icon and humanitarian Audrey Hepburn. The film tells Hepburn's life story from growing up during World War II, her ballet career in London, her journey to Hollywood stardom, and tenure as an ambassador of UNICEF before her death. Hepburn appears in footage and narrates the film. Interviews with family, friends, actors, designers and humanitarians are included.

RACE (2016)

Friday, November 17

PG-13 2 hours, 15 minutes

While Hitler saw the 1936 Berlin Olympics as an opportunity to demonstrate Aryan supremacy, one African-American man – Jesse Owens – shattered that dream with a display of athleticism that resulted in four gold medals. This film tells his amazing story.



WHITE CHRISTMAS (1954)

Friday, December 8 **Not Rated 2 hours**



Classic American musical starring Bing Crosby, Danny Kaye and Rosemary Clooney and featuring songs by Irving Berlin. Having left the Army following World War II, Bob Wallace and Phil Davis team up to become a top song-and-dance act. Davis plays matchmaker and introduces Wallace to a pair of beautiful sisters (Betty and Judy) who also have a song-and-dance act. When Betty and Judy travel to a Vermont lodge to perform

a Christmas show, Wallace and Davis follow. A series of romantic mix-ups ensue.



FIELD TRIPS

Attendees are responsible for the cost of their lunch, unless included in ticket price.

Attendees must ride the bus to attend these tours.

All arrival times back to The Helm are approximate.

Payment is due at registration. Certain events require registration by a certain date to confirm.

BLAKE'S ORCHARD AND CIDER MILL

Tuesday, October 24, 9 am - 2 pm

MEMBER: \$5 FUTURE MEMBER: \$7

Registration and payment due by Tuesday, October 10.

It isn't fall in Michigan without a trip to the cider mill! Established in 1946, Blake's Orchard & Cider Mill is well-known for its cider and donuts, but there's so much more. The day begins with a unique lunch at the Tasting Room, followed by shopping at the Cider Mill and Apple Barn. The Cider Mill has a bakery, sweet treats, merchandise and jarred goods. At the Apple Barn you can purchase some famous five-apple blend sweet apple cider and classic donuts to take home. If you haven't been to Blake's in a while, come and enjoy the revitalized and expanded facilities!

FORD ROUGE FACTORY TOUR

Tuesday, November 7, 10 am - 3 pm

MEMBER: \$25 FUTURE MEMBER: \$28

Registration and payment due by Friday, October 13.

Get an inside look at the most iconic moments of American manufacturing history and immerse yourself in modern manufacturing's most progressive concepts. Look back at the iconic vehicles manufactured at the Rouge complex and what's to come in automaking's electric future. Take a seat in the Legacy Theater to learn more about the history of Ford Motor Company. Feel the force of modern engineering in the multisensory Manufacturing Innovation Theater. Travel up to the observation deck for sweeping views of the historic Rouge Complex and step into the elevated plant walkway for a look at where the Ford F-150 truck is assembled. Start to finish, Ford Rouge Factory Tour offers awe-inspiring encounters with America's celebrated manufacturing past, present and future, plus a look into the sheer scale of a working auto factory. An iconic tour deserves an iconic lunch: Buddy's Pizza on Michigan Avenue. After lunch, it's back to The Helm.

LUNCH AND TOUR OF MEADOW BROOK HALL

Thursday, November 30, 11 am - 4 pm

MEMBER: \$70 FUTURE MEMBER: \$75

Registration and payment due by Thursday, November 16.

Take a break from the bustle of holiday preparations to gather with friends and enjoy a Holiday Tea in Meadow Brook Hall's magnificent Christopher Wren Dining Room. A selection of teas will be served with a variety of tea sandwiches, quiche, unique savories and delectable desserts that will fill you with an old-world feeling of enchantment. Tickets include access to Holiday Walk, Meadow Brook's indoor holiday experience that features the historic mansion decorated in shimmering splendor, with more than 50 magnificent trees, including a 10-foot tall poinsettia tree created by 150 live plants, dazzling trimmings and lights galore!

ZEHNDER'S AND BRONNER'S

Monday, December 4, 9:30 am - 4 pm

MEMBER: \$10 FUTURE MEMBER: \$12

Registration and payment due by Monday, November 20.

This excursion begins with a delicious lunch at America's largest family restaurant, Zehnder's of Frankenmuth. Enjoy famous all-you-can-eat Family Style Chicken, dressing, mashed potatoes, cranberry relish and much more. Following lunch, experience the joy of shopping at Bronner's Christmas Wonderland, featuring shimmering lights, sparkling ornaments, and whimsical animated figures – a worldwide selection of more than 50,000 trims and gifts! The size of five and a half football fields, Bronner's provides a delightful shopping experience that delivers memories for years to come.

DETROIT SYMPHONY ORCHESTRA

HOME FOR THE HOLIDAYS

Friday, December 15, 9:30 am - 1:30 pm

MEMBER: \$45 FUTURE MEMBER: \$48

Registration and payment due by Friday, November 17.

It is one of the most wonderful times of the year! Gather friends and family for a celebration of the season featuring your Detroit Symphony Orchestra performing holiday favorites, with amazing vocalists, choirs and an appearance by Santa.



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

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

Thursdays, 10:15 - 11:15 am - ADDITIONAL DAY!

INSTRUCTOR: Carol Guthier

Fridays, 10:15 - 11:15 am

INSTRUCTOR: Jessica Kodanko

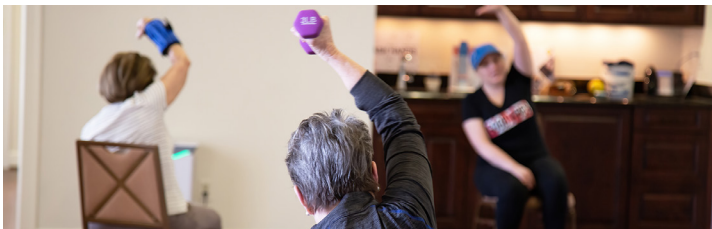
This yoga practice uses a chair to assist with positions and poses. You are able to warm up your body and safely perform yoga poses with more support and stability and still receive the benefits of traditional yoga. Chair yoga is suitable for all fitness levels.

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 languages, healthy tidbits and monthly quotes and affirmations.

Member 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, October 2 - December 20

11:45 am - 12:45 pm

INSTRUCTOR: Paul Clark

Tuesdays and Thursdays, October 3 - December 21

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 December 4

101 (Beginners) - 1 - 2 pm

INSTRUCTOR: Gwendolyn J. Scales

WCCCD Continuing Education Class

FREE TO MEMBERS AND FUTURE MEMBERS

This class focuses on body mechanics and postural alignment — how the head, shoulders, spine, hips, knees and ankles relate and line up with each other. Proper alignment 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.

AWESOME ABS

Mondays,

August 28 - December 4, 2:30 - 4 pm

INSTRUCTORS: Gwendolyn J. Scales

WCCCD Continuing Education Class

FREE TO MEMBERS AND FUTURE MEMBERS

Exercise in this class will help to tighten abdominal muscles, strengthen your core and help with balance. Wear loose-fitting clothes and bring a water bottle.

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.

BALLROOM DANCING

Fridays, October 6 - December 1, 5 - 6 pm

INSTRUCTOR: Andreas Browne

WCCCD Continuing Education Class

FREE TO MEMBERS AND FUTURE MEMBERS

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

NEW!

THE HELM WILL BE CLOSED DECEMBER 25 - JANUARY 1, ALLOWING OUR STAFF TIME TO SPEND WITH FRIENDS AND FAMILY AND REJUVENATE FOR THE NEW YEAR.

WE WILL REOPEN 9 A.M. TUESDAY, JANUARY 2, 2024.

HAPPY HOLIDAYS TO ALL!



LEARN & GROW

WHAT'S HAPPENING AT THE HELM

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

CONVERSATIONAL FRENCH

BEGINNER LEVEL

Tuesdays, 10:30 - 11:30 am, through December 5

Fridays, Noon - 1:30 pm, through December 8

INTERMEDIATE LEVEL

Tuesdays, 11:30 am - 1 pm, through December 5

Fridays, 1:30 - 3:00 pm, through December 8

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.

ELECTRONIC DEVICE TUTORING

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? Get one-on-one assistance from knowledgeable, kind and patient volunteers. Call 313.882.9600 to schedule an appointment.



SIGN LANGUAGE

Tuesdays, through 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.

CROCHETING FOR BEGINNERS

Wednesday, October 4 - November 29, 10 am - Noon

INSTRUCTOR: Mary Vandyke

WCCCD CONTINUING EDUCATION CLASS

FREE TO MEMBERS AND FUTURE MEMBERS

Come and learn to crochet beautiful potholders, placemats, Afghans, and more. Make flowers and read patterns. Participants are responsible for their supplies.

FAITH BASED EXPLORATION

FINDING GOD ON THE MARGINS: A STUDY OF THE BOOK OF RUTH

Wednesdays, October 11 - November 8, 11 am - Noon

INSTRUCTORS: Rev. Jeff Lincicome and Rev. Jasmine Smart, Pastors at Grosse Pointe Memorial Church

FREE TO MEMBERS AND FUTURE MEMBERS

The Old Testament book of Ruth is a story from the margins. At every turn, God's people encounter experiences and characters who challenge the status quo, and ultimately teach them about grace and God's provision. Revs. Lincicome and Smart lead this non-denominational study examining the impact this ancient story has on our Judeo-Christian faith, while teaching us what it looks like to embrace the margins.

Study Schedule:

October 11: Background and History

October 18: The Generosity of Ruth

October 25: The Generosity of Boaz

November 1: The Healing of Naomi

November 8: How Ruth Forms Us Today: The Genealogy

TRAVELS WITH PETER

SOUTH GEORGIA AND THE FALKLAND ISLANDS

Thursday, October 12, 11:30 am - 12:30 pm

PRESENTER: Peter Haley

FREE TO MEMBERS AND FUTURE MEMBERS

The Serengeti of the Southern Ocean. No other metaphor can describe the scale of the wildlife spectacle awaiting the explorer to South Georgia and the Falkland islands. Thirty-five million sea birds and marine mammals, thousands of king penguins, elephant seals, fur seals and albatrosses await visitors to these remote treasures of the planet. Peter's video tour also will take you to the gravesite of Ernest Shackleton at Grytviken, South Georgia, to learn about the most sensational survival story of humankind.



BEADED GIFTS

**Tuesday, October 17 and Friday, October 20,
10 am - 1 pm**

INSTRUCTOR: Kathleen Robinson Young

WCCCD CONTINUING EDUCATION CLASS

FREE TO MEMBERS AND FUTURE MEMBERS

Learn how to make one-of-a-kind handcrafted gifts from beads, crystals, semi-precious stones and other unique findings! Participants will learn to make holidays and other occasions special by creating bead-wrapped serving utensils, wine glasses and napkin rings.

PREMIER WORLD DISCOVERY PRESENTS

HISTORIC SAVANNAH AND CHARLESTON

Tuesday, October 17, 1 - 2 pm

NO COST TO ATTEND THIS PRESENTATION

Premier World Discovery is on hand to discuss a 7-day, 6-night trip to Historic Savannah and Charleston April 26 - May 2, 2024. The trip begins in Charleston where you'll enjoy this city's history and quintessential Southern charm. You'll visit Middleton Place, home to America's oldest landscaped garden, and enjoy a Charleston City Tour. In Savannah, you'll tour the Mercer-Williams House Museum and a city tour that takes you through the 20 original squares, all landscaped with oaks, azaleas, fountains and statues. The last leg of this trip takes you to St. Simons and Jekyll islands where you'll see salt marshes, sandy beaches and historic lighthouses. **The trip includes round-trip airfare, hotel accommodations, motorcoach transportation for sightseeing and several meals.** Come learn about the fantastic itinerary for this amazing trip!



The colorful streets of Savannah. Just one of the many highlights of the Historic Savannah and Charleston trip offered by Premier World Discovery.

AARP SMART DRIVER TEK

Wednesday, October 18, 10 - 11:30 am

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 other features enhance driving safety and extend safe driving years. Attendees leave with a vehicle technology checklist, which will offer guidance on desired technologies when shopping for a new car or what features may already be in their car.

LUNCH & STORYTELLING AROUND THE FIRE

NEW!

Thursday, October 26, Noon - 1:30 pm

MEMBERS: \$5 FUTURE MEMBERS: \$7

Whether you are a great storyteller or you love to listen to others share their life experiences and adventures, come enjoy an afternoon of lunch and storytelling around the fire in our cozy living room. This event will enhance confidence, inspire self-reflection and build connections between participants. A catered lunch will be served. Bring friends or come to meet new ones, while listening to amazing stories. If you choose to speak in front of the group, pick one of the three topics below and come prepared to share your story, for up to five minutes.

- What was the biggest risk you ever took?
- What is the next item on your bucket list?
- Who was the most famous person you've met?



Our living room is a comfortable, warm and relaxing environment for lunch and a story.



LEARN & GROW

WHAT'S HAPPENING AT THE HELM

CRAFTING WITH LINDA

FALL BANNER MAKING

Wednesday, November 1, 10 - 11:30 am

INSTRUCTOR: Linda Tocco

FREE TO MEMBERS AND FUTURE MEMBERS

Our Lead Receptionist Linda Tocco shares her artistic talents to help you create a fall banner for your home decor. Linda will work with you to design a colorful piece for your mantel, entryway, dining room or any other place of your choice! Leaves, flowers and other items are included to bring out vibrant fall colors. Supplies will be provided – bring your creativity and enjoy the company.

NEW!

of home utilizing the computer, FamilySearch and social media. Join Judy Muhn, President of the Oakland County Genealogical Society, vice president of the Michigan Genealogical Council and owner of Lineage Journeys for an informative presentation. Once you uncover your family history, it'll be time for a trip to the "homeland."

VISION BOARD PARTY WORKSHOP

Friday, November 10, 10 am - Noon

INSTRUCTOR: Julianne H. Phillips, Ph.D.

MEMBER: \$10 FUTURE MEMBER: \$12

Who doesn't love a party? You are cordially invited to design the next chapter of your life! Each guest will make a vision board: a powerful collage of images and positive affirmations to represent your goals and dreams. Dr. Phillips will teach you in four easy steps how to take a more active role in your life. Join us for a "party with a purpose." All supplies are included.

NEW!

FINDING YOUR ROOTS IN THE DIGITAL AGE

Thursday, November 2, 1 - 2 pm

INSTRUCTOR: Judy Muhn, ED.M., FSA Scot

FREE TO MEMBERS AND FUTURE MEMBERS

You can research your family genealogy from the comfort

NEW!

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

- Complete Eye Exams
- Extended-Wear Contact Lenses
- Quality Optical Service

Advanced Technology Enhanced By Experience!

 **METROPOLITAN EYE CENTER**

586-774-0393

www.metropolitaneyecenter.com

21711 Greater Mack Ave, St. Clair Shores MI 48080



*Photo by
Bill Rapai, President
Grosse Pointe Audubon*



NAVIGATING DIFFERENT INSURANCE OPTIONS

Wednesday, November 15, 1 - 2 pm

PRESENTER: Tom Mercer, Agent/Owner, Farm Bureau Insurance

FREE TO MEMBERS AND FUTURE MEMBERS

Selecting the right insurance for your home, auto and life can be confusing. Do you have what's best for you? Tom will discuss life insurance options, maximizing personal injury protection coverage for auto insurance and the importance of annual reviews for your home insurance.

NEW!

and adjust your driving to compensate for age-related physical changes. In addition, facts about the effects of medicines while driving will be discussed, as well as proper use of safety belts, air bags and anti-lock brakes.

- Guests must pay for materials and attend all three sessions to receive certificate of completion.
- Please bring payment for course materials to the first class (Checks made payable to AARP).
- Contact your insurance company to see if the certificate from this course will entitle you to insurance discounts.

WRONGFUL CONVICTIONS AND THE MICHIGAN INNOCENCE CLINIC

Thursday, December 7, 1 - 2 pm

INSTRUCTOR: Elizabeth Cole, Esq., Clinical Fellow, Michigan Innocence Clinic, University of Michigan Law School

FREE TO MEMBERS AND FUTURE MEMBERS

The emergence of innocence work into popular culture came on the coattails of DNA evidence being used in criminal cases in the late 1980s, and has expanded rapidly around the country and the world since then. In 2009, the Michigan Innocence Clinic was created to take on the challenge of looking at other ways to prove someone's innocence and so became the first exclusively non-DNA innocence clinic in the country. MIC is a nonprofit legal aid program that provides its services free of charge and is housed in the University of Michigan Law School. The Clinic has tackled issues such as shifted science, bad eyewitness identification, false confessions and statements and official misconduct. Fifteen years and 41 freed clients later, the MIC continues to try to free innocent people from their convictions throughout Michigan and educate on the ways in which wrongful convictions occur and how to prevent them.

NEW!

AARP SMART DRIVER COURSE

Three-day workshop

Monday, November 6, 9 am - Noon

Tuesday, November 7, 9 am - Noon

Wednesday, November 8, 10 am - Noon

INSTRUCTORS: Shallene Moyer, BSN, RN, HNB-BC, Trauma Injury and Violence Prevention Specialist, Ascension St. John

AARP MEMBER: \$20 NON AARP MEMBER: \$25

This course will refresh your driving knowledge and help you keep driving safely as you age. Learn about driving laws specific to Michigan, techniques for handling bike lanes and roundabouts, how to reduce distractions,

Shop the Gratiot Loop

Target

Kroger

Meijer

Walmart

**Need a ride?
Call PAATS.
313.394.9712**

The Holidays are fast approaching and PAATS can help with holiday shopping whether for food to entertain or gifts to give! Every Friday. For Free! Riders are picked up at their home between 9 and 10 a.m and brought to their choice of five stores in the Gratiot shopping corridor: Walmart, Meijer, Kroger, Target and Macomb Mall. Riders are picked up about 1 p.m. and returned home. What could be easier than that! Reservations must be made two days in advance and there are some guidelines for carts and packages. Call 313.394.9712 for more information and to make a reservation. Ask about the holiday Tuesday Shop the Gratiot Loop, too!



SERVICES & SUPPORT

WHAT'S HAPPENING AT THE HELM



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

PARKINSON'S 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 WORK SUPPORT GROUP

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 CAREGIVERS 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. Respite care during the meeting is provided by Sunrise Senior Living on Vernier. To make a reservation for respite service, contact Mary Jo at 313.642.2000.

MEDICARE COUNSELING WHEN YOU NEED IT

FREE TO MEMBERS AND FUTURE MEMBERS

One-on-one personalized assistance with your Medicare questions. Call 313.882.9600 or email info@helmlife.org to schedule your appointment.

MEDICARE OPEN ENROLLMENT

FREE TO MEMBERS AND FUTURE MEMBERS

See article on page 21.

FLU CLINIC

Friday, October 13

APPOINTMENTS ARE REQUIRED

Refreshments: Donuts and cider provided by Sunrise Senior Living on Vernier

Free blood pressure checks provided by The Medical Team

FREE TO MEMBERS AND FUTURE MEMBERS WITH MEDICARE

It's that time again! Henry Ford Medical Center – Grosse Pointe will administer flu shots at The Helm. High dose shots recommended for seniors will be available. Flu shots are covered by Medicare. Bring your Medicare card, driver's license or Michigan ID, along with your supplemental health insurance card if you have one. If you do not have Medicare, there will be a charge. Appointments are required. Please call 313.882.9600 to schedule your appointment.

FLU CLINIC

**FRIDAY
OCTOBER 13** | *Appointments
are required*

- Henry Ford Medical Center - Grosse Pointe will be administering flu shots at The Helm.
- High dose shots recommended for seniors will be available.
- Please call 313.882.9600 to schedule your appointment.

**REFRESHMENTS: DONUTS AND CIDER
PROVIDED BY SUNRISE SENIOR LIVING
ON VERNIER**



MEDICARE OPEN ENROLLMENT

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



It's that time of year again. Medicare Counseling for 2024 Open Enrollment is available at The Helm.

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

People see year-over-year savings by reviewing the Prescription Part D plans and premiums. The Helm Medicare counselors worked with 750 clients between 2022 and 2023 open enrollment periods. These consultations resulted in \$268,643 in direct savings on medical and drug plans through this one-on-one counseling.

To schedule an appointment, call 313.882.9600 or email info@helmlife.org. Be sure to include your contact information and date of birth and one of our volunteers will reply within 48 hours.

Senior Expo 2023

Experience Senior Life Today!

Thursday, October 5, 8:30 a.m. – 1:30 pm

Assumption Cultural Center

St. Clair Shores/Grosse Pointe Woods

Keynote Speaker, 11:00am

Devin Scillian
WDIV Anchor

Performance by
Arizona Son
featuring
Devin Scillian

Sponsored by A.H. Peters



FREE!

Over 50 Exhibitors and Give-aways

Luncheon Sponsor: Henry Ford Health

Community Resource Information

Health and Wellness Screenings

Senior SUPER Tent



Senior Expo 2023 is a community service of the Senior Expo Committee and Assumption Cultural Center –(586)-779-6111

Your Safety Matters!

KEEP YOUR HOME SAFE

THE HELM OFFERS A **FREE** HOME MAINTENANCE, SAFETY AND SECURITY CHECKUP. BY MAKING A FEW CHANGES, WE CAN HELP PREVENT FALLS AND ACCIDENTS IN YOUR HOME.

- We can help with checking/changing batteries in smoke and carbon monoxide detectors. Install new monitors if necessary.
- Inspect interior and exterior (first story only) lights and replace with long-life LED bulbs, if needed.
- Inspect and replace the furnace filter, if needed.
- Repair or replace the house number sign if not sufficient for identifying the address quickly.
- Install kitchen type fire extinguisher, if needed.
- Clear minor debris from exterior air conditioning unit.

THE HELM MAINTENANCE, SAFETY AND SECURITY PROGRAM IS OFFERED TO HOMEOWNERS ONLY.

Schedule a **FREE** Home Maintenance and Security check up. Call 313.882.9600 today!

CHEERS TO VOLUNTEERS

It isn't just a bed of roses

Some of the best features of The Helm are the beautiful outdoor areas in which to sit and bask in the weather or take part in outdoor activities like bocce or cookouts. The Helm is fortunate to have dedicated volunteer gardeners who keep our grounds looking beautiful from spring through fall. Most volunteers are members of local gardening clubs and are familiar with the myriad shrubs, trees and flowering plants that thrive in our gardens.

“Work starts in March trimming back the roses and then it’s a bit of a break until late April when we clean up the beds and get them ready for mulch,” Volunteer Mary Lou Corrigan explains. “By Memorial Day, everything starts to blossom, so it all has to be in shape by then.”

But that doesn’t mean the work is over. “A few of us are here every week to weed, cut back roses and fertilize. Our work ends around the start of fall.”

Every side of the house has gardens to be enjoyed. When the Blatt Bocce Court was installed a few years ago on the front lawn, rose bushes and boxwood were added. There also is an azalea bush, hostas, arborvitae and a Kousa dogwood. “The azalea is beautiful. People always talk about that,” Mary Lou said.

The north side of the house is home to several herb gardens containing chives, lavender, sage, basil, mint, lemon grass, lemon balm, and so much more. These gardens are maintained by The Herb Society of America Grosse Pointe Unit.

“Everything is edible. We only use organic, natural methods. No chemicals,” Donna Batten, head of the herb garden committee at The Helm said. “We make changes every year replacing some plants and trying new things.

We try to plant herbs that take as little upkeep as possible, but someone is out here regularly to water and usually every

two weeks to pull weeds and do general maintenance.”

And, as with the other gardens, fall clean-ups and spring preparation are most important for ensuring a beautiful garden all summer long.

The backside of the building (facing Henry Ford Cottage) has roses that bloom nearly the entire season and raised wooden flower beds.



Above: A raised bed in early spring.

Right: Volunteers mulching the beds near the bocce court.

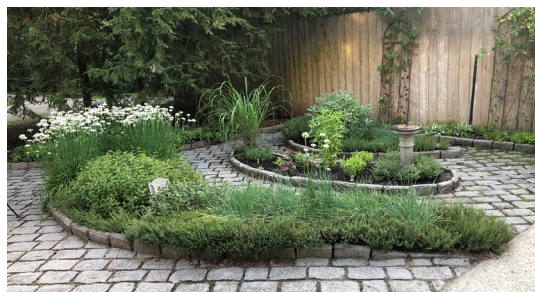


“The raised beds are different looking from the other gardens -- a little more wild. They contain native plants intended to attract butterflies, bees and birds,” Hope Hoffman, community outreach representative of the Grosse Pointe Garden Center said. “We wanted them to look different than the other gardens and encourage people to plant native plants in their own gardens.”

Something exciting is planned for the raised beds next spring. “We’ll be emptying the beds in October, then come spring, we’ll raise the soil level, replant some of the plants and add new ones,” Hoffman said. “We want these gardens to be certified butterfly way stations.”

Next time you are at The Helm, take a minute to walk around the building and see all the beauty outdoors!

Thank you to all of our garden volunteers Donna Batten, Richard Baumgarten, Prudence Cole-Klimisch, Gary Colett, Mary Lou Corrigan, Jim Creighton, Hope Hoffman, Carrie Marchand, Rick Neumann, Sharon Shrake and Diana Zhao for keeping The Helm grounds and gardens inviting and welcoming all year round.



The herb gardens

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