

THE HELM LIFE JOURNAL



JANUARY THROUGH MARCH 2024

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FIND YOUR WAY.



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

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ON THE COVER

Lower middle: Playing cards keeps your mind and spirit active. Right, Superman, aka volunteer Bob Chevalier, helped deliver Meals on Wheels on Halloween.

LOOKING FORWARD TO 2024



Happy New Year! As we welcome 2024 with open hearts and a spirit of optimism, I find myself excited to the possibilities of the New Year. I also find myself reflecting on the incredible journey of last year. This last year was filled with a new role, a new team and many

changes for The Helm and for me. The year had its share of challenges and triumphs. However, it was filled with more joy, more unwavering support and more new friends than ever before.

As we embark on a new year, let us embrace the opportunities it brings and continue to strive to help our community be a place where our seniors want to stay to grow older. We can change the lives of our seniors by consistently providing resources, wellness programs, support programs and all the essential services The Helm provides. Your efforts, whether big or small, to support our seniors make a difference. We each have a role in contributing to the vitality of our community.

In the coming months, we have many exciting plans and initiatives that will further enrich the experiences

of our seniors. Whether it's learning more about elder law, hypertension, or the lifestyles of "Super Agers," taking watercolor painting classes, glazing a Pewabic tile, singing karaoke at the St. Patrick's Day Lunch, trying a new fitness class, creating your own routine in the Fitness Center or taking Belly Dancing lessons, I am sure you will find an offering to fit your needs.

Your involvement and enthusiasm are crucial to the success of these endeavors. I look forward to seeing the positive impact we can create together.

During these winter months, please remain vigilant in supporting one another. A simple phone call, a check-in on an elderly neighbor, or a quick friendly visit can make a significant difference in someone's life. Fostering that sense of connection is what sets our fantastic community apart.

Thank you for being the heart of The Helm. I am confident 2024 will be a year filled with growth, resilience and countless moments of joy!

Here is to a year filled with possibilities, community strength and continued compassion.

A handwritten signature in black ink that reads "Krista Siddall". The signature is fluid and cursive.

Krista Siddall
Executive Director

INCLEMENT WEATHER POLICY

The Helm and PAATS offices will close for inclement weather when the Grosse Pointe Public Schools close. PAATS buses will not run, Meals on Wheels will not be delivered and all programming and activities at The Helm will be canceled.

Check local news listings for school closures, and our website, helmlife.org, and Facebook and Instagram pages for the most up-to-date information or call us at 313.882.9600 before heading out.

The Helm is a designated community warming center. As long as staff members are able to safely make their way in, the building will be open for those needing to warm up and charge devices.



FROM OUR MEMBERS AND GUESTS

What was your favorite winter activity growing up?

Making snow forts, snowmen, skiing (downhill and cross country) and skating. It was all fun!

- Marguerite

Shoveling snow. I made lots of money for Christmas!

- Kimberly

Tobogganing with my five siblings. It was just plain fun to fly down a hill on a toboggan.

- Mary Anne

Making pizza and baking cookies with my mom and then eating everything and watching favorite holiday shows with my family. It was comforting and just so cozy to be together. Fun!

- Mariella

Cross country skiing. I loved being outside.

- Ann Marie

Snow shoveling our neighbors' driveways. During the darkness of a black sky with white flurries coming down. It was very peaceful - before snowblowers.

- Margaret

Making snowmen and angels - playing with friends just because I loved snow!

- Debbie

Ice skating on the pond in Palmer Park.

- Lois

Playing in the woods and playing with my dog.

- Pam

Playing in the snow, ice skating. It was fun!

- Don

A community winter festival and carnival. I enjoyed the spin to win booth and the games of chance.

- Willie

Ice skating and tobogganing. I enjoyed being outside. I dressed warmly and it was so much fun!

- Joanne

Drinking hot cocoa while sledding with my sister. We loved sledding, but hated climbing the hill!

- Linda

Crocheting and sewing. I loved with my hands creating things.

- Mary
(Crochet instructor at The Helm)

Ice skating. It was fun and I enjoyed interacting with family and friends.

- Sarah

WINTER FUN

Don't hibernate in winter. There are so many things to do even when it's cold outside. Be careful of the road and sidewalk conditions!

- Cross country skiing
- Walking - use a hiking pole if necessary
- Bird watching - from your living room or at a local park
- Puzzles & Board Games
- Knitting/Sewing/Crafting
- Baking
- Reading by the fireplace (join a book club!)
- Indoor sports like tennis, golf dome, swimming, yoga, pickleball, or join a gym.
- Come to The Helm!

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 and visit their websites for more information.

THE FORD HOUSE

[FORDHOUSE.COM](http://fordhouse.com)

Valentine's Day Event

Wednesday, February 14

Coffee with Collections

Thursday, February 29

(Members Exclusive Event)

Easter Bunny Photos

Friday, March 22, and Saturday, March 23

Buy tickets to these events at FordHouse.com.

GROSSE POINTE CHAMBER OF COMMERCE

[GROSSEPOINTECHAMBER.COM](http://grossepointechamber.com)

Young Professionals Dinner and a Show

(For those 18 - 40 years old.)

Thursday, February 1

Annual Breakfast and Awards

Thursday, February 29

Grosse Pointe Restaurant Week

Sunday, March 3, through Saturday, March 9

THE WAR MEMORIAL

[WARMEMORIAL.ORG](http://warmemorial.org)

Chili Cookoff Fundraiser

Thursday, January 25, 5:30 to 8 p.m.

Jazz Brunch with Sean Dobbins, jazz drummer

Sunday, February 25

Classical Brunch with Chamber Soloists of Detroit

Sunday, March 10

For more information and to buy tickets visit warmemorial.org

NEIGHBORHOOD CLUB

[NEIGHBORHOODCLUB.NET](http://neighborhoodclub.net)

Strong Bones Series

Thursdays, 6 p.m.

Free to members; day pass required for nonmembers.

This series is designed to teach you safe and effective exercises to increase bone density.

GROSSE POINTE PUBLIC LIBRARY

[GROSSEPOINTELIBRARY.ORG](http://grossepointelibrary.org)

On Writing Well

March 8, 3 to 4 p.m.

Ewald Branch

Former Detroit Free Press editor and columnist

Oneita Jackson presents tips for crafting sentences to captivate readers' attention.

GROSSE POINTE PUBLIC SCHOOLS

[GPSCHOOLS.ORG](http://gpschools.org)

Parcells Musical Performance, January 11 & 12

South Choir "Winter Spectacular Concert,"

January 25

Brownell Musical Performance, February 8 & 9

North Drama Performance, March 7 - 9

GROSSE POINTE THEATRE

[GPT.ORG](http://gpt.org)

9 to 5

January 26 - February 4

VISIT THESE OTHER WEBSITES FOR MORE HAPPENINGS IN OUR COMMUNITY

THE FAMILY CENTER

[FAMILYCENTERHELPS.ORG](http://familycenterhelps.org)

GROSSE POINTE HISTORICAL SOCIETY

[GPHISTORICAL.ORG](http://gphistorical.org)

CITY OF GROSSE POINTE

[GROSSEPOINTECITY.ORG](http://grossepointecity.org)

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[GROSSEPOINTEFARMS.ORG](http://grossepointefarms.org)

GROSSE POINTE PARK

[GROSSEPOINTEPARK.ORG](http://grossepointepark.org)

GROSSE POINTE SHORES

[GPSHORESMI.GOV](http://greshoresmi.gov)

GROSSE POINTE WOODS

[GPWMI.US](http://gpwmi.us)

HARPER WOODS

[HARPERWOODSCITY.ORG](http://harperwoodscity.org)

BELLE ISLE CONSERVANCY

[BELLEISLECONSERVANCY.ORG](http://belleisleconservancy.org)

DETROIT INSTITUTE OF ARTS

[DIA.ORG](http://dia.org)

OUTDOOR ADVENTURE CENTER

[MICHIGAN.GOV/OAC](http://michigan.gov/oac)

TAKE THE HELM GALA

THAT'S A WRAP FOR 2023

It was a beautiful night for Take The Helm, our 27th annual gala. And, once again, we are overwhelmingly grateful for our donors and supporters.

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



Grosse Pointe Farms resident Dr. Kevin Grady, Regional President and CEO for East Region Ascension Michigan, was recognized for his commitment to The Helm and the community. Dr. Grady, a graduate of Grosse Pointe North High School, and his wife, Cathy, are parents to three Grosse Pointe South graduates.

Dr. Kevin Grady They are major supporters of the Grosse Pointe Public School System and created a scholarship for a graduating senior attending the University of Michigan.

Videos about The Helm were introduced throughout the evening. These videos highlight members and friends of The Helm explaining the



The auctioneer warming up the audience to bid on live auction items.

difference The Helm makes in their lives. You can view these videos on our website, HelmLife.org, in the individual sections under the *What We Do* tab.

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

Without the support of donors, we could not continue our good works. Thank you to all our guests, sponsors, donors and volunteers who made this event so successful!

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



Smiling faces everywhere you looked all through the night!



**IT'S NEVER
TOO EARLY TO
SAVE THE DATE**



TAKE THE HELM
28TH ANNUAL GALA
THURSDAY, OCTOBER 10, 2024
GROSSE POINTE YACHT CLUB



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Bill Matouk, Woods Wholesale Wine

RAFFLE

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Anonymous (2)

THANK YOU TO OUR VOLUNTEERS WHO HELPED THE DAY OF THE EVENT

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Cheryl Blatt Bradshaw

Mary Ann Bury

Tish Colett

Ann Disser

Pam Gray

Karin LaRose-Neil

Ryan Sandles

Brenda Taylor

Karen Watson



FUN & FRIENDSHIP

WHAT'S HAPPENING AT THE HELM

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

WISE GUYS CONVERSATION GROUP

Mondays, 9 - 10 am

FREE TO MEMBERS AND FUTURE MEMBERS

Have a cup of coffee and kick back with new and longtime friends. 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.

OUT-TO-BREAKFAST BUNCH

10 - 11:30 am

Monday, January 22 - Cracked Egg

Thursday, February 29 - The Original Pancake House

Wednesday, March 20 - Mack Avenue Grille

Once a month, join your friends from The Helm or come on your own and meet new friends for breakfast at a local restaurant. Guests are responsible for the cost of their own breakfast. Meet at The Helm at 10 a.m. 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 10:30 a.m.

NEW!

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

HELM HELPING HANDS

FREE TO MEMBERS AND FUTURE MEMBERS

KNITTING FOR CHARITY

Tuesdays, 1 - 3 pm

This long-standing group always welcomes new knitters, beginners or experienced. Knitted items benefit local residents touched by cancer. The need is great for scarves, small lap blankets, shawls, caps and more. Knitters can choose any project they like.

NO-SEW CRAFT MAKING FOR CHARITY

Wednesdays, 9:30 - 11:30 am

SPONSOR: Blanketed with Love

On the first and third Wednesdays of the month, create easy and fun fleece blankets for people in need. This activity is sponsored by Blanketed With Love. Activities on the second and fourth Wednesdays vary between blankets and creating stuffed fabric dolls for use with pediatric and other patients through Ascension-St. John Hospital.



PREMIER WORLD DISCOVERY PRESENTS
“ITALY’S AMALFI COAST” AND “SAN ANTONIO HOLIDAY”
Tuesday, January 23, 10 - 11 am
NO COST TO ATTEND THIS PRESENTATION

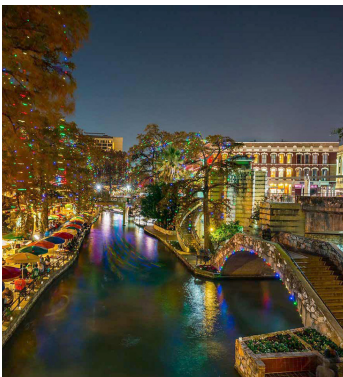
Two more exciting trip opportunities in 2024 from Premier World Discovery! The first trip is a visit to Italy’s Amalfi Coast, October 8 - 15. This eight-day tour offers breathtaking scenery, rich history and the opportunity to experience Italian culture. Visit Sorrento, Ravello, Amalfi, Positano and Pompeii with optional excursions to Naples and the Isle of Capri. You will spend six nights in the Sorrento area and a farewell evening in Rome. The tour is fully guided and includes motorcoach travel, luggage handling at the hotels, 10 meals, sightseeing and roundtrip airfare from Detroit Metropolitan Airport.

A San Antonio Holiday takes place December 4 - 8. This tour is a festive way to kick off your 2024 holiday season! Escape to colorful San Antonio where you will find a beautiful blend of Spanish and Texas heritage. Spend four nights right on the famous Riverwalk (Paseo Del Rio). Highlights include city tours of San Antonio and Austin, visits to the Alamo, Tower of the Americas, Lyndon B. Johnson Library and Museum, Fredericksburg and Texas Hill Country, a cruise on the Riverwalk and so much more! The highlight of this adventure is the Fiesta de las Luminarias featuring thousands of candles illuminating the Riverwalk after dark along with the millions of Christmas lights throughout the entire city. It’s a holiday wonderland!

Come learn about the fantastic itineraries for these two trips.



Italy’s Amalfi Coast



San Antonio Paseo Del Rio

PASTRIES AND PUZZLES

Wednesday, January 31, 11 am - 12:30 pm

SPONSOR: American House Lakeshore

MEMBER: \$5 FUTURE MEMBER: \$8



If you love pastries, a good jigsaw puzzle and some friendly competition, grab one or two of your friends and sign up for our first ever “Jigsaw Puzzle Tournament.” Teams of two, three or four will try to complete the greatest portion of a puzzle by the end of one hour. The team with the largest portion of the puzzle complete wins! Prizes for first, second and third place teams. If you don’t have a team but would like to participate, sign up and we will find a team for you!

VALENTINE’S DAY LUNCHEON

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

SPONSOR: Home Instead, Teri Jordan

MEMBER: \$20 FUTURE MEMBER: \$24

Join us on the sweetest day of the year, Valentine’s Day, to toast good friends, good food and good living! Let us brighten your day with music from the Hummingbirds, while you enjoy delicious savory crepes from The French Cow. As the French would say, “Joyeuse Saint-Valentin.”



ST. PATRICK’S DAY LUNCH & KARAOKE

Friday, March 15, 11:30 am - 1 pm

MEMBER: \$20 FUTURE MEMBER: \$24



Calling all leprechauns! Put on your green clothes and bring your lucky charms to the St. Patrick’s Day party. Join us for a traditional feast of corned beef and cabbage, then warm up your vocal cords for a fun karaoke sing-along. Don’t be shy, we had a great time at our last karaoke event so be ready to join in the fun. Hope to see you there! “May your troubles be less, and your blessings be more, and nothing but happiness come through your door.”



FUN & FRIENDSHIP

WHAT'S HAPPENING AT THE HELM

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

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

NYAD (2023)

Friday, January 12 PG-13 2 hours, 1 minute
Athlete Diana Nyad sets out at 60 years old to swim from Cuba to Florida across more than 100 miles of open ocean.

WOMAN IN GOLD (2015)

Friday, January 26 PG-13 1 hour, 49 minutes
Six decades after fleeing the Nazis in World War II, Maria Altman sets out to reclaim her family's stolen artwork with help from a young lawyer.



LOVE AT FIRST SIGHT (2023)

Friday, February 9 PG-13 1 hour, 31 minutes
Two strangers connect on a flight to London, only to be separated by a twist of fate. A reunion seems improbable, but love has a way of defying the odds.

MY BIG FAT GREEK WEDDING 2 (2016)

Friday, February 23 PG-13 1 hour, 34 minutes
As Toula and Ian try to liven up their marriage, an old family secret inspires the extended Portokalos clan to put on another wedding.

THE AGE OF ADALINE (2015)

Friday, March 8 PG-13 1 hour, 52 minutes
After a near fatal accident, Adaline has miraculously remained 29 years old for nearly eight decades. She never allowed herself to get close to anyone, lest they discover her secret. However, a chance encounter reawakens her passion for life and romance, and she must make a decision that changes her life forever.



MURDER MYSTERY 2 (2023)

Friday, March 22 PG-13 1 hour, 29 minutes
Adam Sandler and Jennifer Aniston star as married detectives struggling to get their private eye agency off the ground, as they find themselves at the center of an international abduction.

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.

TWELVE OAKS MALL

Thursday, February 22, 9:30 am - 2:30 pm

MEMBER: \$10 FUTURE MEMBER: \$15

Twelve Oaks Mall, located in Novi, has more than 180 stores for your shopping pleasure. The mall features anchor stores JCPenney, Macy's, and Nordstrom. and distinctive stores including the Apple Store, Chico's, Coach, Williams-Sonoma, Clarks, J.Jill, Pottery Barn and Vera Bradley. Grab something for lunch from a wide variety of restaurants including California Pizza Kitchen, Nordstrom Café & Bistro, Sedona Taphouse, The Cheesecake Factory and the Lifestyle Café Food Court.

DETROIT SYMPHONY ORCHESTRA

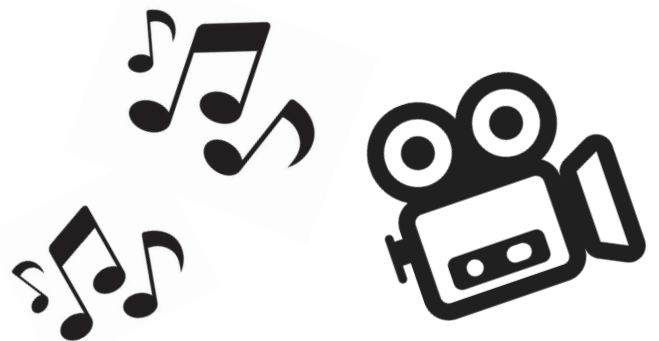
RED CARPET FILM SCORES

Friday, March 8, 9:30 am - 1:30 pm

MEMBER: \$50 FUTURE MEMBER: \$60

Lights, Camera, Action, Music!

Films depend on the depth of the orchestra to turn images on a screen into moments that stay with us forever. Experience some of the most memorable scores in cinema, by Academy Award-winning composers, through the unforgettable sound of the DSO.



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

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

MEMBER: \$7 per class **FUTURE MEMBER:** \$10 per class
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

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.

Did You Know . . .

The CDC recommends 150 minutes of moderate-intensity activity per week; at least two days a week of activities that strengthen muscles, plus activities to improve balance. You can meet all these recommendations with classes at The Helm!



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

MORE EXERCISE CLASSES

ENHANCE® FITNESS

Mondays and Wednesdays

11:45 am - 12:45 pm

INSTRUCTOR: Paul Clark

Tuesdays and Thursdays

10:30 - 11:30 am

INSTRUCTOR: Rosa Hunter

FREE TO MEMBERS AND FUTURE MEMBERS

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

Due to the popularity of these classes and room capacity, you must call 313.649.2109 to register. Online registration is not available.

BODY ALIGNMENT

Mondays, 1 - 2 pm, begins January 22

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, 2:30 - 4 pm, begins January 22

INSTRUCTORS: Gwendolyn J. Scales

WCCCD Continuing Education Class

FREE TO MEMBERS AND FUTURE MEMBERS

Exercise in this class will help 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.

EGYPTIAN BELLY DANCING

Wednesdays, 1 - 3 pm, begins January 17

INSTRUCTOR: Stephanie Carr

WCCCD Continuing Education Class

FREE TO MEMBERS AND FUTURE MEMBERS

Beginner students will dance to the music and rhythm of the Middle East by learning various movements while strengthening individual muscle groups. Dancing will help you firm and tone your muscles while relieving tension and increasing flexibility.



WALK WITH EASE

Thursdays, 1 - 2 pm, January 18 - March 28

INSTRUCTOR: Carolyn Bradt

FREE TO MEMBERS AND FUTURE MEMBERS

Learn how to incorporate physical activity into everyday life. The Walk with Ease series will help you reduce pain, increase balance and strength and improve overall health. Each session begins with a discussion about exercise followed by a 30-minute walk, including a warm-up and cool down. Suggested homework is two 30-minute walks between sessions. Come to The Helm's third floor this winter to learn and walk with friends in a warm, safe environment.

Note: Participants must be able to walk for 10 minutes at a time.



WOMEN'S WELLNESS GROUP

Thursdays, February 8 and 22 and March 7 and 21
9 - 9:50 am

FACILITOR: Gray Jessiman

NEW!

FREE TO MEMBERS AND FUTURE MEMBERS

Join this women's group to discuss topics around health and wellness. Gray Jessiman, current intern at The Helm, social work candidate from Wayne State University and nutrition educator, will facilitate this group to help women make choices that expand and empower them in their daily lives.

HYPERTENSION CONTROL - A SELF-MANAGEMENT PROGRAM

Fridays, beginning February 16, 10 - 11:30 am

PRESENTED BY: Corewell Health

FREE TO MEMBERS AND FUTURE MEMBERS

Hypertension Control - A Hypertension Self-Management Program is a free eight-week workshop that provides information, tips and tools to help you take control of your blood pressure. Participants learn about the basics of hypertension, stress management, the importance of nutrition, incorporating physical activity and more!

FITNESS CENTER TRAINER

The use of The Helm Fitness Center is growing! And with it, members wanting more personalized fitness routines. Enter Lynne Behrens-Hanna, assistant director of nursing for BrightStar Care. Lynne is a certified fitness trainer. Since October, she has been working with members to instruct them in the safe and effective use of the equipment in our center to improve strength, flexibility and cardiovascular health. She also is helping members create exercise routines that best fit their needs and abilities. Lynne is at The Helm Tuesdays from 10 to 11:30 a.m. No appointment is necessary. Use of the fitness center and assistance from Lynne is on a first-come first-served basis. You must be a member of The Helm to use the center. Thank you to BrightStar Care for sponsoring Lynne's time.



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To us, it's personal

Special Thanks

In addition to the many businesses and sponsors who provide financial support of various programs and activities at The Helm, the Grosse Pointe Rotary has provided volunteers as well as a grant for activities here. This past summer, Rotary volunteers painted a wall in our arts room and cleaned and painted the window wells of our building to increase the light in our lower level. The Rotary also provided a grant to buy supplies for our Helm Helping Hands group that creates various items for charity.



HEALTH & WELL-BEING

WHAT'S HAPPENING AT THE HELM

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

CONVERSATIONAL FRENCH

BEGINNER LEVEL

Tuesdays, 10:30 - 11:30 am, begins January 16

Fridays, Noon - 1:30 pm, begins January 19

INTERMEDIATE LEVEL

Tuesdays, 11:30 am - 1 pm, begins January 16

Fridays, 1:30 - 3:00 pm, begins January 19

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, begins January 16

INSTRUCTOR: April Stotts

WCCCD Continuing Education Class

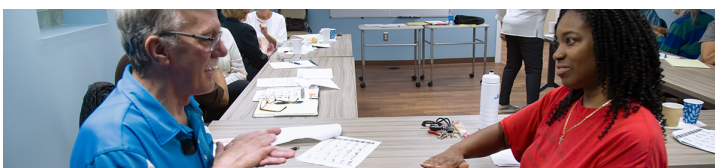
FREE TO MEMBERS AND FUTURE MEMBERS

BEGINNER LEVEL - 11 am - 1 pm

Participants will learn how to communicate with Deaf individuals through the use of sign language, in addition to gaining insight into the Deaf culture.

INTERMEDIATE LEVEL - 1 - 3 pm

Increase your sign language skills and understanding of the Deaf community. Conversationally relevant signs, finger spellings, grammatical principles, background, culture and linguistic information related to the hearing impaired are some of the many topics covered in the course.



CROCHETING FOR BEGINNERS

Wednesday, 10 am - Noon, begins January 17

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.

LUNCH AND LEARN

LIVE TO 100: SECRETS OF THE BLUE ZONES

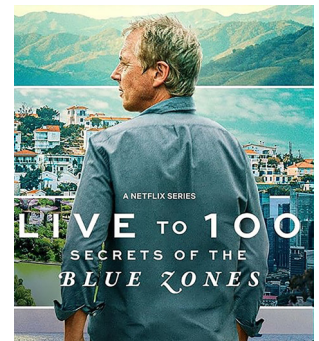
Wednesday, January 17, 12:30 - 2 pm

MEMBER: \$6 FUTURE MEMBER: \$8

Wednesday, February 7, 12:30 - 2 pm

MEMBER: \$6 FUTURE MEMBER: \$8

Enjoy lunch at The Helm while learning about places in the world where the population lives longer than normal life expectancy. In collaboration with National Geographic, Dan Buettner scoured the globe in pursuit of places where people live extraordinarily long and vibrant lives to uncover the contributing factors. We'll show this documentary in two sessions. The first session focuses on Okinawa, Japan; Sardinia and California. The second session highlights the Greek island of Ikaria, Costa Rica's Nicoya Peninsula and Singapore. You may register for either or both dates.



SKIN CARE AND HEALTHY HAIR

Wednesday, January 24, 12:30 - 1:30 pm

PRESENTER: German Treyger, D.O., St. Clair Dermatology

FREE TO MEMBERS AND FUTURE MEMBERS

Taking care of your skin is important at any age. You'll learn about the different types of skin cancer and what to look for; keeping your skin moisturized; and the importance of sunscreen. Dr. Treyger also will discuss hair loss as we age and various treatments to combat it. A light lunch will be served.



BOOK CLUB

Breaking the Age Code: How Your Beliefs About Aging Determine How Long and Well You Live

Monday, January 29, 1 - 2 pm

FACILITATOR: Ann Eatherly

FREE TO MEMBERS AND FUTURE MEMBERS

It's time to rethink aging and "Breaking the Age Code" shows us how to do just that. Author Becca Levy, PhD, Yale University Professor and expert on the psychology of successful aging, demonstrates in her book that many health problems formerly considered to be entirely due to the aging process are instead influenced by the negative age beliefs that dominate in the United States and other ageist countries. Read "Breaking the Age Code" to learn how age beliefs shape all aspects of our lives and come to the book club to share your reaction and hear others' opinions on this fascinating book. The book is available through Amazon and the Grosse Pointe Public Library.

WATERCOLOR PAINTING

11 am - Noon

Tuesday, January 30 - Notecards

Tuesday, February 27 - Floral painting

Tuesday, March 26 - Landscape painting

INSTRUCTOR: Linda Boyle

MEMBER: \$25 per class FUTURE MEMBER: \$35 per class

Painting is a terrific way to tap into and release your creativity. There's no right or wrong way and what you create is beautiful and unique to you! Professional artist Linda Boyle will teach you various watercolor techniques and applications. Each class focuses on something different. You may register for one, two or all three classes.



ELDER LAW

Monday, February 5, 11 am - Noon

PRESENTER: Robert Lubera, Esq., Lubera and Parnell, P.L.C.

FREE TO MEMBERS AND FUTURE MEMBERS

Learn the key concepts of elder law to protect yourself and elderly loved ones. Learn about estate planning and wills, powers of attorney, health care directives, guardianship and conservatorship and protecting against financial exploitation. Knowledge is power and planning helps you transition easier through every stage of life.

PEWABIC TILE GLAZING WORKSHOP

Thursday, February 8, 11:30 am - 12:30 pm

MEMBER: \$60 FUTURE MEMBER: \$65

Channel your inner Mary Chase Perry Stratton and create your own piece of Detroit history. Pewabic Pottery is known for its iridescent glazes. The Pewabic Street Team brings the studio to The Helm! In this workshop, you will select a tile and glaze it using the same techniques as Pewabic production staff. The Street team will process the tiles through the kiln at its National Historic Landmark studio on East Jefferson and return the tiles to The Helm a few weeks after the class. Keep your tile for yourself or give it as a unique, one-of-a-kind gift.



VASCULAR HEALTH

Monday, February 12, 1 - 2 pm

PRESENTER: Tamer Boules, M.D., Senior Staff Physician and Vascular Surgeon, Henry Ford Health

FREE TO MEMBERS AND FUTURE MEMBERS

Every part of our body changes as we age, including veins and arteries. Keeping blood flowing and circulating throughout our bodies is just one important part of staying healthy. Vascular Surgeon Dr. Tamer Boules explains common age-related vascular changes and conditions, how to help maintain vascular health and ways to prevent or cope with potential vascular health changes including abdominal aneurysms, peripheral arterial disease, leg circulatory problems, strokes, mini strokes and more.



HEALTH & WELL-BEING

WHAT'S HAPPENING AT THE HELM

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

FAITH BASED EXPLORATION

THE ROOTS OF THE CHURCH: EXPLORING THE EARLY CHURCH FATHERS

Tuesday, February 20, 11 am - Noon

INSTRUCTORS: Fr. Andrew Smith, Associate Pastor, St. Paul on the Lake Catholic Church

FREE TO MEMBERS AND FUTURE MEMBERS

What did Christianity look like in the earliest days of the church? How do the roots laid down in those days impact our lives today? The early church fathers give us a glimpse of what early Christianity was like – what they believed, how they worshipped and how they lived. Explore the writings of early leaders like Ignatius of Antioch, Justin Martyr, Clement of Rome and Polycarp, and strive to understand the lessons they hold for us today.

10 WARNING SIGNS OF ALZHEIMER'S DISEASE

Tuesday, February 27, 11 am - Noon

INSTRUCTOR: Treena Horton, Alzheimer's Association - Michigan Chapter

FREE TO MEMBERS AND FUTURE MEMBERS

Alzheimer's and other dementias cause changes in memory, thinking and behavior that interfere with daily life. Join us for this informative and important presentation about the 10 common warning signs and what to watch for in yourself and others.

CRAFTING WITH LINDA

SPRING BANNER MAKING

Wednesday, February 28, 10 - 11:30 am

INSTRUCTOR: Linda Tocco

MEMBER: \$6 FUTURE MEMBER: \$8

Brighten your winter days and look forward to spring by creating a bright, spring floral banner as a harbinger for the coming season! We'll supply the banner and decorative materials including leaves, flowers and ribbons. You just need to bring your creativity and enjoy the company.

ADDICTION: UNDERSTANDING AND HELPING OTHERS

Wednesday, March 13, 11 am - Noon

Presenter: Brooke Wakeford, Preventionist, CARE of Southeastern Michigan

FREE TO MEMBERS AND FUTURE MEMBERS

Addiction affects families in many ways. This presentation

will teach you ways to identify what is considered a drug, review the stages of addiction, learn the impact addiction plays on the family and identify how to address substance abuse in your family.

TRAVELS WITH RUFUS

Wednesday, March 13, 1 - 2 pm

PRESENTER: Rufus McGaugh

FREE TO MEMBERS AND FUTURE MEMBERS

Rufus is a U.S. Marine Vietnam Veteran with a Purple Heart who has traveled to every country in the world. He will share some of his unique encounters, including his arrest in two communist countries, imprisonment in Zimbabwe, his stay at the "worst hotel in the world," sneaking into Laos and joyriding with a terrorist in Yemen, which is the central story of his second book. If you haven't had a chance to enjoy one of Rufus' presentations, you are in for a real treat.

AARP SMART DRIVER TEK

Wednesday, March 20, 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.

COREWELL HEALTH COOKING DEMONSTRATION

FUN AND DELICIOUS "NO COOK" FOOD IDEAS FOR SENIORS

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

FACILITATORS: Nancy Weis, Registered Dietitian and Chef Dan Kellogg of Corewell Hospital Grosse Pointe

FREE TO MEMBERS AND FUTURE MEMBERS

Nancy Weis will discuss healthy and easy No Cook options for seniors and Chef Dan Kellogg will demonstrate how to prepare them. Samples will be available for tasting.



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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

Second and Fourth Wednesday in January and February, 7 - 8 pm

FACILITATOR: Frank Wilberding, LMSW, CAADS, Psychotherapist

FREE TO MEMBERS AND FUTURE MEMBERS

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.

ADDITIONAL SESSION

NEW!

Grief Work Support Group has added additional sessions in January and February. The group will be meeting from 7 to 8 pm, the second and fourth Wednesdays of the month. Sessions are limited to 10 participants so you must register to attend.

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. Email taltovilla@helmlife.org or call 313.649.2110 to schedule your appointment.

NEW TO MEDICARE

FREE TO MEMBERS AND FUTURE MEMBERS

Thursday, January 25, 7 pm

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

The next New to Medicare program is Thursday, January 25, at 7 p.m. Register by calling 313.649.2110 or emailing taltovilla@helmlife.org.

2023 TAX PREPARATION TIME

REGISTRATION OPENS SOON

AARP Tax-Aide is once again providing 2023 tax preparation services through The Helm.

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

As of this publication deadline, we do not know if tax preparation will be in person or if you will be required to package all relevant materials and drop them off at The Helm and pick them up once the return is completed. This latter method was adopted during the pandemic and has worked as efficiently as in-person meetings.

Tax preparation service is a popular service at The Helm. Availability is limited and registration is required. Registration begins near the end of January. Once we know the date to begin registering, we will post it in The Helm, on our website, helmlife.org, and on our Facebook and Instagram pages. We cannot take any reservations prior to this date.



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Photo by
Bill Rapai, President
Grosse Pointe Audubon

SEASONAL AFFECTIVE DISORDER AND SENIORS

SHEDDING LIGHT ON THE WINTER BLUES

As winter settles in and daylight hours dwindle, a silent but pervasive threat looms over older adults - Seasonal Affective Disorder or SAD. According to the American Psychiatric Association, SAD is a form of depression with a seasonal pattern. The condition typically worsens in the fall and winter months with a decrease in sunlight.

Seasonal Affective Disorder symptoms include persistent low mood, lethargy, social withdrawal and changes in sleep and appetite. But, each person is unique. "Individuals need to examine to what extent one's equilibrium has been disrupted to assess the seriousness of the matter," Steve Popkin, Licensed Master's Social Worker, Academy of Certified Social Workers and adjunct faculty member, Wayne State University School of Social Work, advised. "If one simply prefers blue skies to an overcast day, try and determine if this is just a passing mood or if something is seriously askew."

Popkin recommends if you or someone you know



Light therapy boxes are one option to treat Seasonal Affective Disorder.

mentions they are not feeling well, be it the "winter blues" or something else, it may be time to consult with a qualified health care professional.

Added Popkin, "Changes in behavior, be it avoiding social interaction for a person who is normally outgoing, for example – may be suggestive of a

depressed mood or other disturbance. If an old friend or acquaintance does not seem to 'be themselves,' share your concern with that person or their family member. You might be chastised for having the audacity to suggest another person is having a difficult time, but it's better than doing nothing if something is seriously wrong," Popkin said.

For seniors, who may already be dealing with physical health issues, the added burden of SAD can significantly impact their overall well-being. It can be harder on those who do not drive, do not drive at night and/or whose families aren't nearby. If you cannot get out to take part in activities or family gatherings, feelings of isolation and loneliness can increase.

The key is stay in contact. Don't isolate yourself. The Helm can help with that.

"Activities are year-round at The Helm," Executive Director Krista Siddall said. "No, we aren't on the bocce court in February, but there are so many activities in our house from card games, celebratory gatherings, exercise classes, the fitness room, lectures, painting classes. There are nearly 200 sessions of classes and activities each month."

Siddall added, "And, for those who think we're too far away, did you know The Helm is no further than 5.6 miles – or about a 15-minute drive – from any Harper Woods or Grosse Pointe residence?"

Winter weather can bring driving challenges. If you aren't comfortable driving when there's snow or ice on the roads or you can't drive, schedule a ride through PAATS. "It's only \$2 round trip to The Helm from anywhere within our service area," Siddall added. "Take a look at what activities are coming up and what days you'd like to attend and schedule that ride."

The Helm also can help with those who are homebound and can't get to The Helm. "While we always encourage family members, friends and neighbors to actively support their elderly loved ones, that isn't always possible for whatever reason," Siddall said. "The Helm has a friendly reassurance program where someone on staff or a volunteer will regularly call someone to be sure they are physically okay, as well as take time to chat and socialize." Regular check-ins, virtual visits, and even facilitating access to mental health professionals can make a significant difference in mitigating the impact of SAD.

"Come to The Helm for activities or stay in contact with our staff and volunteers for your well-being," Siddall said. "Remember, while it may still be dark at night, we've been gaining daylight every day since winter solstice, December 21!"

Fun Facts about Winter Solstice

- The winter solstice is also known as the shortest day of the year.
- Because the sun is at its lowest arc across the sky, shadows from its light are at their longest. So, your noontime shadow on the solstice is the longest it will be all year!
- Full Solstice moons are rarer than blue ones. The last time a full moon fell on the day of winter solstice was 2010. The next will be 2094.

PLANNING A GATHERING? LOOK TO MIKE'S AND AID THE HELM

Grosse Pointe resident and local restaurateur, Mike LeFevre, owner of Mike's on the Water restaurant in St. Clair Shores, is a longtime supporter of The Helm and many other charitable organizations in the community. For many years, he has maintained giving boxes in the restaurant for a number of local charities. Patrons could donate to the charity of their choice.

Now Mike has taken it a step further. He recently added a Snoopy Museum and banquet center to the restaurant. He created the museum in tribute to his late sister, Susan, with whom he shared a close bond and fondness for all things Snoopy. The museum contains more than 15,000 Snoopy collectibles!

Mike is using his collection and enterprising spirit for good. When you book an event in the Snoopy banquet center, which holds 40 to 50 people, your room charge will benefit a local charity. A charity

has been designated for each month in 2024. May is the month for The Helm. So, if you have an event coming up in May and book it at Mike's on the Water banquet center, you'll enjoy the experience of this unique museum and make a difference at The Helm in the process.



Photo by John Minnis, *Grosse Pointe Magazine*

Mike LeFevre stands in front of just some of the many Snoopy collectibles on display in the new banquet facility at Mike's on the Water.

COMING IN MARCH

6th Annual MARCH FOR MEALS

benefiting The Helm Meals on Wheels

Join us once again in supporting homebound seniors in the Grosse Pointes and Harper Woods unable to safely prepare meals for themselves.

MORE INFORMATION COMING SOON!



The Helm 2023 March for Meals is in partnership with Grosse Pointe Memorial Church.

MARK YOUR CALENDARS

The month of March will feature The Helm March for Meals for Meals on Wheels.

Through November 2023, we served more than 20,000 meals to homebound Harper Woods and Grosse Pointe residents unable to safely prepare meals for themselves.

The need has grown steadily. Five meals are provided per week. In January 2023, we were serving about 90 clients. That number grew to 118 as of December 1.

While it varies month to month, the Detroit Area Agency on Aging provides funding for meals for about two-thirds of our clients. It is your donations that allow The Helm to provide meals to the remaining clients, so no one has to be on a waitlist and go without food.

Proper nutrition is vital throughout our lifetime and even more so as we age. Five balanced meals a week help provide a portion of that nutritional intake.

TRIBUTES & HONORS

IN MEMORY OF

DAVID PENDY

Donna Hamel
Patrick Kelly
Judy and Rick Rutan
Wendy Ouvry
Stephanie Washio

REV. PETER GROSCHNER

Sarah and Don Ludlow

WILLIAM AND ODIE PORCHIA

Girithia Porchia

IN HONOR OF

LYNNE BEHRENS-HANNA

Drs. Ashok and Ingrid Sarnaik

KATHY CLARK COLOMBO

Prudence Cole-Klimisch

JON GANDELLOT

Dr. Heather Annotoyrn Dickson and
Stanley B. Dickson Jr.

BOB SMYTHE

Carol Semack

Donations received between August 26 and November 30, 2023.
If there are any errors or omissions, please contact 313.649.2104 so
we may make corrections.

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Landmark Health
Panera Bread

Many other individuals have contributed to our success through donations to our Medical Equipment Loan Closet or other general donations. We simply could not provide all the services we do for the community without this generous support. We are genuinely appreciative of those who invest in and support our mission.

WELCOME NEW MEMBERS

Andrea A.	Krista D.	Susan K.	Diane S.
Richard A.	Janet D.	Victoria K.	George S.
Angela B.	Sandy F.	Suzanne L.	Glory S.
Joanne B.	Denise G.	Daniel M.	Josephine S.
Linda B.	Connie H.	Joe M.	Josiane S.
Patricia B.	James H.	John M.	Lynn S.
Linda C.	Larry H.	Michael M.	Mary Ann S.
Mary C.	Lorean H.	Michael M.	Nancy S.
Patricia C.	Lynne H.	Gerald P.	Peggy S.
Mike C.	Marge H.	Susan P.	Isabelle T.
Ronald C.	Peggy H.	Georgina R.	Amanda W.
Rosemary C.	Mary Jo J.	Martha R.	Barbara W.
Carol D.	Katherine K.	Antoinette S.	Gloria W.
Suzie D.	Lisa K.	Barbara S.	Mary W.
			Oni W.

PROGRAM SPONSORS

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

Did You Know . . .

When dealing with estate planning issues, an individual is more likely to take the advice of a professional easier than if the recommendation comes from their own child? Attorney Rob Lubera, who specializes in estate planning, will be at The Helm 11 a.m. to noon, Monday, February 5, for a presentation on Elder Law. He will outline various documents that give you and your loved ones the knowledge necessary to ease the financial transitions through every stage of life.

See page 17 for more information.

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