

2023 YEAR IN REVIEW



Everyday at The Helm people gather to exercise, learn something new, play games or cards, stay connected. We are here providing essential services and resources for anything aging-related in our community to help make life's journey healthy, enjoyable and meaningful.

1,880 pieces of medical equipment, hygiene products and liquid nutritional supplements supplied to more than 440 people (↑23% from 2022)

5,000+ requests responded to about various aging-related topics including assistance with caregiving, transportation, elder law information, resources related to dementia, meal delivery services and friendly reassurance calls

25,919 meals delivered to homebound seniors through Meals on Wheels (↑26%)

2,337 unique sessions of educational and exercise classes, presentations, workshops, health screenings, gatherings, movies, games, crafts and so much more, attended by nearly 1,300 individuals (↑13%)

\$300,000 direct savings on medical and drug plans through one-on-one Medicare counseling with 748 seniors

16,660 rides on Pointe Area Assisted Transportation Services buses to medical appointments and grocery shopping (↑33%)

10,255 hours provided by 350 active volunteers for a value to the community of \$326,000

183 received tax preparation assistance

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

