

THE HELM LIFE JOURNAL



APRIL THROUGH JUNE 2024

MESSAGE FROM THE EXECUTIVE DIRECTOR

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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
Left: Getting in the spirit in Egyptian Belly Dancing Class
Right: Camaraderie and friendly competition at Puzzles & Pastries event

SPRING IS IN THE AIR



New Year's resolution.

I suppose it's not so much change as it is feeling alive and getting active. Spring literally puts a spring in my step. It's getting out of the house without having to deal with bitter cold, ice, snow, heavy winter jackets, gloves, scarves and boots and warming up the car. It's emerging from hibernation and being with others regularly.

NOTE:

In this Journal, we reorganized the pages that list our many programs. We hope this makes it easier to find the activities in which you want to participate.

Ongoing programs – exercise classes, support groups, card games, bocce, to name a few – are grouped together in the first few pages of the programming section. All events, presentations, workshops and gatherings are grouped into the month in which they start. We also listed the Wayne County Community College District continuing education classes on a separate page.

Did you know Wayne County residents 60 and older are eligible to take a plethora of enrichment classes for free at WCCCD? See page 18 for more information about those classes here at The Helm and at the community college campuses.

Let us know your thoughts about this new format.

When I think of spring, I think rebirth and change. We're coming out of our winter hideouts, flowers are blooming, and hopefully there is more sunshine. I don't know about you, but I often feel this time of year motivates me to change more than any

Did you know social connections are more important to health and longevity than exercise, taking blood pressure medication or even quitting smoking? (Although we would encourage everyone to exercise, take their medications and quit smoking!) Your social connections, laughing and having others to count on is so important as we age.

At The Helm, we know a lot about social interaction and connections. Everything we do here relates to social well-being. While an exercise class helps you physically, you're taking part in that class with others. Whether you chat about the weather, bemoan the difficulty of certain exercises or simply sit quietly among others, you are being social. Taking a PAATS bus to The Helm and interacting with other passengers and the bus driver is being social.

Fostering social connections is not just about enhancing emotional well-being; it's a cornerstone of physical health and YOUR overall quality of life.

In this issue of *The Helm Life Journal*, you will find ongoing classes, returning activities and several new presentations, workshops and events to keep you healthy and interacting with others. Take advantage of it all. Stay connected!

As an aside: I would like to thank all of our members for making my first year here at The Helm so enjoyable! I have really enjoyed meeting everyone and working with our fantastic staff to continue to be, what I feel, is the BEST senior center around. I may be biased. I am excited about our future in the community and my role in ensuring that happens. Thank you for helping me, offering smiles and encouragement and providing feedback. I appreciate all of it.

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

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 also offer activities. 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)

Bird Walk

Saturday, April 13, 7:30 a.m.

Friday, May 3, 7 a.m.

Spring Tea & Tour

Sunday, April 14, 11 a.m. and 2 p.m.

Botany & Brews (Friends of Ford House Exclusive)

Wednesday, May 8, 6 p.m.

Eleanor's Birthday Tea & Tour

Sunday, June 2, 11 a.m. and 2 p.m.

Outdoor Summer Concert: Gabriel Brass Band

Friday, June 28, 8 p.m.

Buy tickets to these events at FordHouse.com.

GROSSE POINTE CHAMBER OF COMMERCE

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

Grosse Pointe Restaurant Week

May 13 through 19

Mayors' Prayer Breakfast

Thursday, May 2, 7:30 to 9 a.m.

Legacy on the Lake

Thursday, June 20, 6 to 10 p.m.

More event and ticket information available on the Chamber's website.

THE FAMILY CENTER

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

Community Book Discussion

"14 Talks by Age 14"

Wednesday, April 24, 7 to 8 p.m.

8th Annual Mental Health Fair and Suicide

Prevention Walk

Saturday, May 11, 10:30 a.m. to 12:30 p.m.

Grosse Pointe South High School

NEIGHBORHOOD CLUB

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

Winifred S. Malchie Party Bridge Benefit and Lunch

Thursday, May 2, Noon

Neighborhood Club Thrift Shop

Tuesday through Saturday, 10 a.m. to 4 p.m.

GROSSE POINTE PUBLIC SCHOOLS

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

South Choir "Broadway" Performance,

Friday, May 31, and Saturday, June 1, 7 to 9:30 p.m.

Visit the school website, calendar, performing arts, for more instrumental and vocal performances.

GROSSE POINTE PUBLIC LIBRARY

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

Prissy Portraits

May 6, 13 and 20, 10 to 11:30 a.m.

Ewald Branch

Jazz with RJ Spangler

June 5, 5 to 6 p.m.

Central Library

GROSSE POINTE THEATRE

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

NEWSIES

May 3 - 12

VISIT THESE OTHER WEBSITES FOR MORE HAPPENINGS IN OUR COMMUNITY

THE WAR MEMORIAL

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

GROSSE POINTE HISTORICAL SOCIETY

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

CITY OF GROSSE POINTE

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

GROSSE POINTE FARMS

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

GROSSE POINTE PARK

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

GROSSE POINTE SHORES

[GPSHORESMI.GOV](http://gpshoresmi.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)

A FLOURISH HERE, A SLANT THERE

THE REVELATIONS OF HANDWRITING

Handwriting analysis, also known as graphology, has long been used for employment selection, document authentication and criminal investigations. Ruth Holmes is a professional handwriting and document examiner from Bloomfield Hills. For decades, she has used her skills advising various companies, banks, schools, attorneys and law enforcement. She has served as an expert witness for the Oakland County Prosecutor and Sheriff's Office.

"Handwriting analysis can identify personality characteristics, what qualities someone would bring to a job and identify who wrote a document," Holmes said. "Handwriting is about space, form and movement. Does someone write large, write margin to margin, leave space between words? Does their writing slant right, left or is it more upright?"

In her interactive, PowerPoint lecture, "Handwriting: Landscape of the Mind," 1 to 2:30 p.m. Tuesday, April 9, at The Helm, Holmes will share how to identify the highlights of your handwriting and those of the names in the news and well-known celebrities.

Holmes is a certified document examiner (CDE) by the National Association of Document Examiners. She advises individual, legal, and corporate clients by studying handwriting samples and preparing personality profiles of the writers which become

one of the tools in personnel selection, team building, management assignments and jury selection.

"I don't tell people who to hire, but I can share what traits a person has based on their handwriting to aid in the decision making," she said. For example, Holmes said a "super salesman usually, but not always, has large, forward moving handwriting."

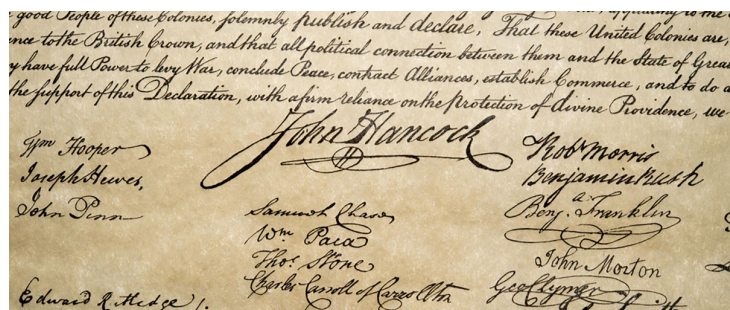


Professional handwriting and document examiner Ruth Holmes

Handwriting examination also is used to determine the authenticity of signatures on documents or identifying a writer – think forgery, fraud or bomb threats. Holmes is court-qualified as an expert witness in federal, state, and local courts. In addition, her skills also were utilized as a jury consultant in five trials for the defense team of Dr. Jack Kervorkian. She was an advisor on the film "You Do Not Know Jack" with Al Pacino.

Holmes has appeared on CBS News, Discovery, CNBC, BBC, Canada AM, Court TV and Dateline/NBC and confirmed the suicide note of Nirvana lead singer Kurt Cobain for Dateline/NBC. One of five murder trials in which she testified is now an episode called "Penmanship Personality" on HLN's Forensic Files.

Join us for this fascinating presentation – and learn more about yourself and others through handwriting.



History classes taught us John Hancock signed his name largely and prominently on the Declaration of Independence so it would be seen. What else does his signature reveal about his personality? Learn about traits handwriting reveals in "Handwriting: Landscape of the Mind," Tuesday, April 9.

HANDWRITING: LANDSCAPE OF THE MIND

1 - 2:30 P.M., TUESDAY, APRIL 9

MEMBERS: \$5 FUTURE MEMBERS: \$10

READ MORE ON PAGE 12. REGISTER AT HELMLIFE.ORG OR CALL 313.882.9600.

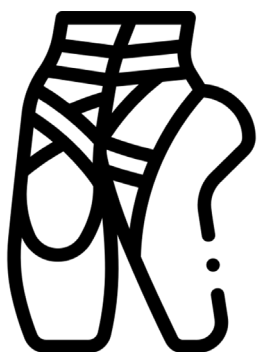
BALLET BEYOND THE STAGE

UNVEILING THE NUMEROUS HEALTH BENEFITS OF THIS TIMELESS ART



In a world where fitness trends come and go, ballet has stood the test of time as not just art, but also a powerhouse of health benefits, including for seniors. Come experience this yourself in the new six-week Golden & Graceful Ballet Class, 1 to 2 p.m. Thursdays, beginning May 2. (See page 14 for more information.)

One of the most remarkable benefits of ballet is its impact on physical health. Ballet requires a unique combination of strength, flexibility and balance, making it a full-body workout. It builds cardiovascular endurance and muscle strength, and the footwork and movements improve coordination and agility. The focus required enhances cognitive abilities and sharpens concentration. Some even find the rhythmic patterns of ballet provide a



meditative and stress-relieving experience, promoting mental clarity and emotional balance.

Carolyn Bradt, who teaches several wellness classes at The Helm, will lead the ballet class. Bradt started ballet at age four, performed in a dance

troupe through her 20s and has been teaching 15 years at local metro Detroit gyms.

“I have personally experienced numerous benefits from ballet including better balance, improved coordination and enhanced memory and thinking because you have to think on your feet. And because ballet is all about posture, one’s posture improves and, along with it, one’s confidence,” Bradt said.

Ballet is beneficial for people of all ages, abilities and genders. “We will be working on moves for strengthening and balance, which helps improve agility and coordination,” Bradt said. “This not only helps with everyday life as we get older, but so many adults remain active with other sports. Ballet techniques can help you have better control over your body which can translate to improved performance and endurance in other sports.”

No prior ballet experience is necessary to take the class. Added Bradt, “It’s never too late to learn ballet. This beginner’s class will be beneficial – but also truly enjoyable.”

PAATS NEWS

RELIABLE, COMFORTABLE, CONVENIENT AND HELPFUL AND FRIENDLY DRIVERS MAKE FOR FIRST RATE RIDING EXPERIENCE

PAATS is a simple convenient way to get to area appointments. Don’t take our word for it. This is what passengers have to say.

A new PAATS passenger gave the best compliment ever! She called to say how smoothly everything went and how nice the driver was. She said she was so comfortable she dozed off on the trip which is something she never does because she is nervous when other people drive.

“It’s the best thing and the reason I’m still living in Grosse Pointe,” one Grosse Pointe Woods resident

said. “They take me to the doctor, The Helm, shopping, stores in the neighborhood. The drivers are so nice and helpful. It’s a wonderful service.”

Earlier this year, the Pointe Area Assisted Transportation Service fares increased. Trips within Harper Woods and the Grosse Pointes are now \$2 each way; trips within the areas bounded by 8 Mile and 11 Mile roads and Kelly to Gratiot are now \$3 each way and trips to specific facilities like the St. John Surgery Center, Henry Ford Main Campus and the V.A. Hospital are now \$4 each way. Buses operate Monday through Friday, 7:30 a.m. to 3:30 p.m. It is a curb-to-curb service with elbow assist on and off the bus. Reservations must be made at least two days ahead of time. Call 313.394.9712 for more details and to arrange a ride.

IMPORTANT ANNOUNCEMENTS

FIELD TRIPS & OUT TO LUNCH BUNCH OUTINGS

► Transportation costs indicated in the Field Trips and Out to Lunch Bunch Outings are for the bus from The Helm to the location and back to The Helm. If you require PAATS transportation from your home to The Helm and back to your home after the event, you will need to arrange those rides separately through PAATS. Current PAATS rates will apply. Contact PAATS at 313.394.9712. ◀

OUT TO LUNCH BUNCH OUTINGS

► If you drive yourself to the restaurant, you must still sign up with The Helm to ensure proper accommodations at the restaurant. ◀


EXCITING FITNESS CENTER NEWS

Use of The Helm Fitness Center is growing! Hours have been expanded to 5 p.m. Monday, Wednesday and Friday and to 7:30 p.m. Tuesday and Thursday. Additionally, beginning May 6, Lynne Behrens-Hanna, assistant director of nursing for BrightStar Care and a certified fitness trainer, who has been at The Helm 10 to 11:30 a.m. Tuesdays, also will be available 5:15 to 6:15 p.m. Tuesday evenings. Lynne instructs members 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.


BrightStar Care[®]
HOME CARE | MEDICAL STAFFING
A Higher Standard

BREAKING NEWS

The Helm has evening programming!

Beginning in April, The Helm is reintroducing evening programming. The Fitness Center will be open Tuesday and Thursday evenings until 7:30 p.m. Throughout this Journal you will see evening programming. Look for this symbol. 

“We are truly excited to be reintroducing evening programming at The Helm,” Executive Director Krista Siddall said. “We had just expanded to limited evening programs in mid-2019. It was gaining in popularity when 2020 hit and everything closed down for awhile. Thankfully, attendance at The Helm has increased rapidly the last year and it is an ideal time to start evening programming. We hope to see you on a Tuesday or Thursday evening!”

Siddall added, “We’re starting slowly. If there is something you’d like us to offer, let us know.”



ONGOING PROGRAMMING

WHAT'S HAPPENING AT THE HELM

REGISTRATION IS REQUIRED FOR EVERY PROGRAM. REGISTER AT HELM.LIFE.ORG

SOCIAL ACTIVITIES

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.

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.

**PERK
ALERT!**

See page 8 for
more Fitness Center
news!

The Fitness Center is now open
9 a.m. to 5 p.m.

Monday, Wednesday, Friday
and

9 a.m. to 7:30 p.m.
Tuesday and Thursday

GAME NIGHT AT THE HELM

Thursdays, 5 - 7 pm

MEMBER: FREE FUTURE MEMBER: \$6

Come play your favorite board game or card game at The Helm Thursday evenings. Come by yourself or with friends to play card games – bridge, euchre, pinochle – do a puzzle, or, weather permitting, play corn hole, croquet, or bocce on our front lawn. We have board games to choose from or bring your own – and have a fantastic Thursday evening. Feel free to bring your own beverage.

NEW!



GAMES IN OUR HOUSE

Various times

MEMBER: FREE FUTURE MEMBER: \$6 per hour

A few private groups – bridge, euchre and canasta – meet at The Helm. Why you might ask? Because the coffee is always on, our home is warm and welcoming. And there’s no question who’s hosting. We are!

Studies have shown socializing with others is one of the most important things you can do for your health – mental and physical. Interacting with others keeps the mind sharp, loneliness at bay, and gives you purpose.

Set a weekly or monthly get together with friends at The Helm. It guarantees you get out of the house and socialize! If you would like your group to meet here, let us know. If you’d like help organizing a group, we’re here to help.

EXERCISE AND WELL-BEING

YOGA

Mondays, 9 - 10 am

INSTRUCTOR: Carol Gauthier

Wednesdays, 9 - 10 am

INSTRUCTOR: Judy Sarvis

Fridays, 9 - 10 am

INSTRUCTOR: Jessica Kodanko

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

This hour-long journey is a great start to your day. Yoga moves, combined with breathing techniques, improve strength, endurance, stability, mobility, flexibility, and posture, and relieve stress. Bring a yoga mat.



ONGOING PROGRAMMING

WHAT'S HAPPENING AT THE HELM

REGISTRATION IS REQUIRED FOR EVERY PROGRAM. REGISTER AT HEMLIFE.ORG

CHAIR YOGA

Mondays, 10:15 - 11:15 am

INSTRUCTOR: Carol Gauthier

Wednesdays, 10:15 - 11:15 am

INSTRUCTOR: Judy Sarvis

Fridays, 10:15 - 11:15 am

INSTRUCTOR: Jessica Kodanko

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

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

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

Incorporate cardio, strength, flexibility and balance exercises into your daily routine.

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.

DID YOU KNOW . . .

The Helm opens its doors at 8:45 a.m. Monday through Friday? This gives members and guests plenty of time to settle in for 9 a.m. classes and events and our staff time to get "the house in order" before people arrive. If you arrive before doors open, please feel free to wait on the porch by the main entrance or on either of our patios. We appreciate your understanding in this matter.

TAI CHI BEGINNER CLASS

Thursdays, 9 - 10 am

INSTRUCTOR: Susan Smith

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

This ancient Chinese discipline is 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 clothing.

CONTINUING TAI CHI CLASS

Tuesdays, 9 - 10 am

INSTRUCTOR: Susan Smith

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

For those with previous tai chi experience.

STRENGTH AND BALANCE

Tuesdays, 11:30 am - 12:30 pm

INSTRUCTOR: Erika Page

Thursdays, 11:30 am - 12:30 pm

INSTRUCTOR: Carolyn Bradt

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

Improve hand-eye coordination, balance and movement, while building and maintaining core, arm and leg strength.

ROSA'S FITNESS COMBO CLASS

Thursdays, beginning May 2, 11:45 am - 12:45 pm

INSTRUCTOR: Rosa Hunter

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

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.

GUIDED MEDITATION

Thursdays, 1 - 2 pm

INSTRUCTOR: Jonathan Itchon

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

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.



SUPPORT

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.

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

FACILITATORS: Mary Jo Fresard, Sunrise Senior Living and Johanna MacKenzie, The Medical Team

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.

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. Activities on the second and fourth Wednesdays vary between blankets and creating stuffed fabric dolls for use with pediatric and other patients.



SPECIAL DELIVERY: Fabric dolls and blankets were delivered to Corewell Health for use with pediatric and other patients. Displaying some of the items are Corewell employees.



APRIL

WHAT'S HAPPENING AT THE HELM

REGISTRATION IS REQUIRED FOR EVERY PROGRAM. REGISTER AT HEMLIFE.ORG

GERI-FIT

Mondays and Wednesdays, April 1 - June 19
10:30 - 11:30 am

INSTRUCTOR: Shallene Moyer

FREE TO MEMBERS AND FUTURE MEMBERS

This 12-week evidence-based program helps build strength and improve balance, range of motion, gait and flexibility. Geri-Fit is the perfect follow-up class for those who have already attended *A Matter of Balance* workshops and are looking for additional challenge. Participants will work out with dumbbell weights during the class.

DRUMS ALIVE WITH ROSA

Thursdays in April, 11:45 am - 12:45 pm

INSTRUCTOR: Rosa Hunter

MEMBER: \$7 FUTURE MEMBER: \$10

Drums Alive fosters a healthy balance between the physical, mental, emotional and social – a fun and unique sensory program designed to give the mind and body instant feedback through continuous movement and rhythmic flow. The program is especially helpful for seniors with Parkinson's or Alzheimer's, who have had a stroke or other life-altering condition. It is a workout for your body and brain! All materials provided.

A MATTER OF BALANCE

Tuesday and Thursday, April 2 - 25, 1:15 - 3:15 pm

FREE TO MEMBERS AND FUTURE MEMBERS

INSTRUCTORS: Rosa Hunter and Shallene Moyer

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

INTRODUCTION TO CALLIGRAPHY

Friday, April 5, 10 am - 1 pm

INSTRUCTOR: Beth Johnson of Beth Johnson Creations

MEMBER: \$35 FUTURE MEMBER: \$40

Learn the art of beautiful writing using simple techniques. Beth Johnson will introduce helpful tips to create your letters and words. Beth has been teaching calligraphy more than 30 years and enjoys sharing her love of lettering with others. Supplies provided.

NEW!

MONDAY MORNING SPEAKERS SERIES

Sen. Kevin Hertel's Coffee Hour

Monday, April 8, 9 - 10 am

FREE TO MEMBERS AND FUTURE MEMBERS

State Sen. Kevin Hertel will be at The Helm to share current legislative initiatives, answer questions about legislation and offer assistance navigating government programs. Something on your mind? Sen. Hertel is here to listen.

HANDWRITING: LANDSCAPE OF THE MIND

Tuesday, April 9, 1 - 2:30 pm

PRESENTER: Ruth Holmes, CDE

MEMBER: \$5 FUTURE MEMBER: \$10

Unique as fingerprints, handwriting is energy captured on paper. Handwriting analysis can be used by individuals, therapists, teachers and businesses to uncover an individual's talents and abilities. Documented with remarkable examples, this informative lecture explores what handwriting can reveal about the writer. You will have an opportunity to submit writing for analysis. Learn more about presenter Ruth Holmes and handwriting analysis on page 6.

NEW!

NEW!

LEARN EXCEL BASIC 1

6 - 7 pm

Tuesdays, April 9, 16, 23

INSTRUCTOR: Jim Creighton

FREE TO MEMBERS AND FUTURE MEMBERS

Want to learn Microsoft Excel as a homeowner, hobbyist, for work or as a small business owner? This intro class will get you started with the basics.



OUT TO LUNCH BUNCH

VILLAGE GRILLE

Thursday, April 18, Noon - 2 pm

Come on your own or with friends and enjoy a lunch out! Guests are responsible for the cost of their own lunch. Meet at The Helm at noon if you plan to ride the bus. The 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 pm. All attendees must register to ensure proper accommodations at the restaurant. See page 8 for more information about registration, costs and transportation for this event.

NEW!



SPRING SERENADE

Thursday, April 25, 11:30 am - 12:30 pm

MEMBER: \$10 FUTURE MEMBER: \$12

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

GETTING STARTED WITH EBAY

Thursday, April 25, 7 - 9 p.m.

INSTRUCTOR: David Maas

FREE TO MEMBERS AND FUTURE MEMBERS

Got spring cleaning on your mind and ready to declutter? Thinking of starting a small side business? Come and learn the ins and outs of being a seller on eBay.



DEMYSTIFY BALANCE AND POSTURE

Monday, April 29, 1 - 2 pm

INSTRUCTOR: Paul Clark

FREE TO MEMBERS AND FUTURE MEMBERS

In the United States each year, one in four adults age 65 and older report falling. Learn how posture, balance, body movement and strength training work together to minimize falls and understand ways to prevent them.

NEW!

LET'S GET ARTSY

DRAWING

Tuesday, April 30, 11 am - Noon

INSTRUCTOR: Linda Boyle, lsbdesign.com

MEMBER: \$25 FUTURE MEMBER: \$30

Join our beginning drawing class and unlock your artistic potential. The class will cover basic concepts such as value, shape and composition. Students will work from a still life composition. All skill levels welcome from beginner to seasoned artist. Supplies are provided.

CANCELTION POLICY

If you are unable to attend a class or activity at The Helm, please call to let us know. In addition to enabling us to call someone on a waitlist, it allows us to provide a refund for any paid classes. We cannot provide refunds with less than 24 hours notice.

FIELD TRIP

HOLY FAMILY CATHOLIC CHURCH TOUR AND LUNCH

Wednesday, April 24, 11 am - 2:30 pm

MEMBERS: \$5 FUTURE MEMBERS: \$7

Holy Family Church is a 17th century Baroque-style church, typical of churches built in Southern Italy and Sicily at the time. Saints and scenes of the Holy Family are painted on the ceiling and arched stained glass windows dating from the original construction begun in 1909. Five altars with sculptural depictions of the Virgin Mary represent Italian communities from which the original church members immigrated. Holy Family exists as the oldest surviving traditional Italian Roman Catholic congregation in Detroit. Enjoy lunch at Telly's in Grosse Pointe Woods after the tour.

You must ride the bus to attend this field trip. See page 8 for more information about registration, costs and transportation for this event.

FRIDAY MOVIE MATINEE & SNACKS

Showtime: 12:30 pm MEMBER: \$3 FUTURE MEMBER: \$5

A PERFECT PAIRING (2022)

Friday, April 12 PG-13 1 hour, 42 minutes

To win over a major client, a go-getter LA wine executive signs on to work at an Australian sheep farm, where she sparks with a rugged and mysterious local.

THE GUERNSEY LITERARY AND POTATO PEEL SOCIETY (2018)

Friday, April 26 Not Rated 2 hours, 4 minutes

In 1946, a London writer begins exchanging letters with residents on the island of Guernsey, which was German occupied during World War II. Feeling compelled to visit the island, she starts to get a picture of what life was like during the occupation.



Scenes from Valentine's Day



MAY

WHAT'S HAPPENING AT THE HELM

REGISTRATION IS REQUIRED FOR EVERY PROGRAM. REGISTER AT [HEMLIFE.ORG](https://helmlife.org)

GOLDEN AND GRACEFUL BALLET

Thursdays, May 2 - June 27, 1 - 2 pm

INSTRUCTOR: Carolyn Bradt

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

Specially designed for older learners, these classes will help improve your mobility, posture, coordination, and energy level. Learners of any ability are welcome. Ballet and dance are social activities making this class a great place to meet new friends. See page 7 for more information about the benefits of ballet.

COOKING WITH THE PLATINUM CHEF

Monday, May 6, 11 am - Noon

INSTRUCTOR: Rhoda St. Luce, Personal Chef & Clinical Nutritionist

MEMBER: \$20 FUTURE MEMBER: \$25

Create a diabetic-friendly decadent dessert right here in The Helm kitchen. Spend an hour learning a nutritious recipe and sampling delicious, sweet treats. Class is limited to 20 people so register soon.

HULA HOOPING FOR HEALTH

Tuesdays, May 7 - 28

5:30 - 6:30 p.m.

INSTRUCTOR: Rosa Hunter

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

Get groovy and a cardio workout! Burn calories, improve balance and flexibility, strengthen your abs and feel like a kid again. Weather permitting, this class will take place outside on our picturesque patio.

FRIDAY MOVIE MATINEE & SNACKS

Showtime: 12:30 pm MEMBER: \$3 FUTURE MEMBER: \$5

PAST LIVES (2023)

Friday, May 10 PG-13 1 hour, 46 minutes

Two deeply connected childhood friends are torn apart after one family emigrates from South Korea. Decades later, they are reunited for one fateful week, as they confront destiny, love and the choices that make a life.

THE SECRET (2020)

Friday, May 24 PG-13 1 hour, 47 minutes

As she endures a storm of struggle, a widow meets an uplifting professor who hesitates to deliver a message that could change her life. Based on a best-selling book by Rhonda Byrne.

NEW!

FIELD TRIP

2024 JUNIOR LEAGUE DESIGNER SHOW HOUSE

Wednesday, May 8, 9:15 - 11:15 am

MEMBER: \$40 FUTURE MEMBER: \$45

Enjoy a more curated experience on this docent-led tour of the 25th and final Designer Show House. Built in 1929, notable features of this nearly 8,400 square foot Tudor at 315 Lakeland in Grosse Pointe include an intricately-carved main stairway, wood-paneled library, exquisite ceiling details and leaded glass windows and doors. See how the team of interior designers transformed the home into a showpiece of design. You will be able to tour the house, landscaped grounds and shop at the Garden Market.

You must ride the bus to attend this field trip. See page 8 for more information about registration, costs and transportation for this event.

PREMIER WORLD DISCOVERY PRESENTS

"ITALY'S AMALFI COAST" AND "SAN ANTONIO HOLIDAY"

Wednesday, May 15, 11 am - Noon

NO COST TO ATTEND THIS PRESENTATION

Learn about the fantastic itineraries for these two trips. Visit **Italy's Amalfi Coast**, October 8 - 15. This eight-day tour takes you to five cities with optional excursions to others. The fully-guided tour includes motorcoach travel, luggage handling at the hotels, 10 meals, sightseeing and roundtrip airfare from Detroit Metropolitan Airport.

Enjoy a **San Antonio Holiday** December 4 - 8. Spend four nights on the famous Riverwalk illuminated by thousands of candles after dark. Enjoy tours of San Antonio and Austin, visits to museums, a cruise on the San Antonio River and the millions of Christmas lights throughout the city.

SHARE FOR DEMENTIA

Mondays and Thursdays

By Appointment Only

CARE CONSULTANT: Gray Jessiman

FREE TO MEMBERS AND FUTURE MEMBERS

This is a care planning, counseling assistance for persons living with early-stage dementia and their families. It helps make what can be an overwhelming and stressful situation more manageable. Participants work with a SHARE counselor to identify sources of support and build a realistic plan of care for their family. Appointments are limited so schedule as soon as possible.

NEW!

MONDAY MORNING SPEAKERS SERIES

EFFECTIVE ESTATE PLANNING

Monday, May 13, 9 - 10 am

PRESENTERS: Lauren Gilpin and Asimina Olmeda, Senior Attorneys, Rickard & Associates, P.C.

FREE TO MEMBERS AND FUTURE MEMBERS

This presentation will cover the basics of estate planning, different estate planning tools, the upsides and downsides to the various tools, steps you can take now to build generational wealth and the importance of regularly reviewing your plan to make sure it fits your current needs.

FOCUS ON CULTURE

As part of our commitment to diversity and inclusivity, each quarter we will be focusing on a different culture with a variety of presentations, workshops, activities and movies. We begin with India.

CULTURE SERIES

INDIA: LIFE AND PHILOSOPHY

Wednesday, May 15, Noon - 1 pm

PRESENTER: Dr. Lakshmi Saleem

FREE TO MEMBERS AND FUTURE MEMBERS

Join Dr. Saleem for a first-hand look at the world of India. Learn about culture and diversity in India, the significance of the Red Bindi, traditional Indian dress, the more than 121 languages, religion, the Hindu Festival and South India Madurai, as well as yoga and its beginnings. You'll also share different Indian foods.

NEW!

MEDICAL HYPNOSIS FOR PAIN MANAGEMENT

Monday, May 20, 1 - 2 pm

PRESENTER: Cheryl Beshada, certified medical hypnotherapist, NLP Master Practitioner

FREE TO MEMBERS AND FUTURE MEMBERS

This informative presentation will provide you with some new tools to add to your healing process. Learn how hypnosis can be used to alleviate pain, decrease pain medications, and reduce stress related to a diagnosis. The use of hypnosis as pain management has been well documented in the medical community. Cheryl was a Hypnotherapist at the Valade Healing Arts Center in the Van Elslander Cancer Center at Ascension St. John Hospital and Medical Center.

NEW!

LEARN EXCEL BASIC 2

Tuesdays, May 21, 28 and June 4, 6 - 7 pm

INSTRUCTOR: Jim Creighton

FREE TO MEMBERS AND FUTURE MEMBERS

Continue to build on Excel Basic 1. Learn additional Excel features and data manipulation. Make your data work for you!



EVENING SPEAKERS SERIES

SEN. KEVIN HERTEL

Thursday, May 23, 6 - 7 pm

FREE TO MEMBERS AND FUTURE MEMBERS

State Sen. Kevin Hertel will be at The Helm to share current legislative initiatives, answer questions and listen to you.



LET'S GET ARTSY

DECORATIVE PAINTED BIRDHOUSE

Tuesday, May 28, 11 am - Noon

INSTRUCTOR: Linda Boyle, lsbdesign.com

MEMBER: \$25 FUTURE MEMBER: \$30

Use acrylic paints to bring a wood birdhouse to life! Experiment with different brush strokes, textures and patterns. All skill levels welcome from beginner to seasoned artist. Supplies are provided.

SPECIAL MOVIE SHOWING

EAT, PRAY, LOVE (2010) PG-13 2 hours, 13 minutes

Wednesday, May 29

Showtime: 12:30 pm

FREE TO MEMBERS AND FUTURE MEMBERS

Liz Gilbert was newly divorced and facing a turning point. Daring to step out of her comfort zone, she embarks on a quest of self-discovery that takes her to Italy, India and Bali.

OUT TO LUNCH BUNCH - LEO'S CONEY ISLAND

Thursday, May 16, Noon - 2 pm

Come on your own or with friends and enjoy a lunch out! Guests are responsible for the cost of their own lunch. Meet at The Helm at noon, if you plan to ride the bus. The 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 pm. All attendees must register to ensure proper accommodations at the restaurant. See page 8 for more information about registration, costs and transportation for this event.



JUNE

WHAT'S HAPPENING AT THE HELM

REGISTRATION IS REQUIRED FOR EVERY PROGRAM. REGISTER AT HEMLIFE.ORG

FRIDAY MOVIE MATINEE & SNACKS

Showtime: 12:30 pm **MEMBER: \$3 FUTURE MEMBER: \$5**
THE BOYS IN THE BOAT (2023)

Friday, June 7 PG-13 2 hours, 4 minutes

During the height of the Great Depression, members of the rowing team at the University of Washington get thrust into the spotlight as they compete for the gold at the 1936 Olympics in Berlin.

THE HILL (2020)

Friday, June 21 PG-13 2 hours, 6 minutes

The true story of Rickey Hill the son of a traveling pastor who overcomes physical obstacles to pursue his dream of playing baseball in the major leagues.

BOCCE LEAGUE (IT'S BACK!)

Tuesdays, beginning June 4, 11:30 am - 1 pm

FREE TO MEMBERS AND FUTURE MEMBERS

Bocce is one of the biggest hits for the summer months. Both experienced and beginner players welcome. Register on your own or with friends.

PREMIER WORLD DISCOVERY PRESENTS "ITALY'S AMALFI COAST" AND "SAN ANTONIO HOLIDAY"



Tuesday, June 4, 6 - 7 pm

NO COST TO ATTEND THIS PRESENTATION

Come learn about the fantastic itineraries for these two trips. See more on page 14.

MONDAY MORNING SPEAKERS SERIES

Travels with Peter Haley

Monday, June 17, 9 - 10 am

Presenter: Peter Haley

FREE TO MEMBERS AND FUTURE MEMBERS

This video adventure explores Baja California's Pacific side and the Sea of Cortez aboard the National Geographic ship, *The Sea Lion*, with opportunities to observe dolphins, sea lions and up to four species of whales. Encounter gray whale mothers and their newly born calves in Magdalena Bay; observe humpback whales off Gorda Banks and common dolphins accompanying the ship in the Sea of Cortez; swim with playful sea lions off Los Islotes; and enjoy marvelous hikes in the Sonoran Desert. Visit the quaint town of San Jose de Cabo. Your Baja experience awaits!

SPECIAL MOVIE SHOWING

THE HUNDRED-FOOT JOURNEY (2014)

Tuesday, June 18 PG 2 hours, 2 minutes

Showtime: 12:30 pm

FREE TO MEMBERS AND FUTURE MEMBERS

When a talented culinary novice is displaced from his native India, he and his family settle in a quaint French village and decide to open an Indian eatery. However, a proprietress of an acclaimed restaurant 100 feet away strongly objects. War erupts between the two until she realizes his impressive gifts and takes him under her wing.

JUNETEENTH BINGO

Thursday, June 20, 10 - 11:30 am

MEMBER: \$2 for one card and refreshments

FUTURE MEMBER: \$5 for one card and refreshments

Additional cards are 25 cents each.

Come to the Juneteenth Bingo Celebration and enjoy special drinks, snacks and music to honor this significant holiday.

ABOUT JUNETEENTH

Juneteenth, a portmanteau of the words June and nineteenth, marks the day when federal troops arrived in Galveston, Texas, in 1865 to take control of the state and ensure all enslaved people be freed. While the Emancipation Proclamation had taken effect January 1, 1863, it could not be implemented in places still under Confederate control. As a result, in the westernmost Confederate state of Texas, enslaved people would not be free until two and a half years later when some 2,000 Union troops arrived on June 19, 1865. Juneteenth honors the end to slavery in the United States and is considered the longest-running African American holiday. On June 17, 2021, it officially became a federal holiday.

REMINDER:

**Registration is required for every program.
Register at helmlife.org or call 313.882.9600.**



LET'S GET ARTSY!

PAPERFOLDING

Tuesday, June 25, 11 am - Noon

INSTRUCTOR: Linda Boyle, lsbdesign.com

MEMBER: \$25 FUTURE MEMBER: \$30

Introduction to the beauty and versatility of paper folding (origami) which dates back centuries to the invention of paper in China and the subsequent introduction to Japan. Create flowers, animals and objects with a single sheet of paper without cutting or gluing. All skill levels welcome from beginner to seasoned artist. Supplies provided.

COURTYARD COOKOUT

Friday, June 28, 5 - 7 pm

SPONSOR: Temrowski Eldercare

MEMBER: \$20 FUTURE MEMBER: \$24

Enjoy our annual June Courtyard Cookout with friends and great barbeque. We will have live entertainment and games on our beautiful lawn and patios. If the weather does not cooperate, we will move the festivities indoors.



EVENING SPEAKERS SERIES

ESTATE PLANNING FOR GEN X AND BEYOND

Tuesday, June 11, 6 - 7 pm

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

FREE TO MEMBERS AND FUTURE MEMBERS

Estate planning is for every adult to help secure your future and your children's. And it opens up conversations with parents as well. Knowledge is power and planning helps ease transitions between life's stages.



OUT TO LUNCH BUNCH

LITTLE TONY'S

Thursday, June 13, Noon - 2 pm

Come on your own or with friends and enjoy a lunch out! Guests are responsible for the cost of their own lunch. Meet at The Helm at noon, if you plan to ride the bus. The 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 pm. All attendees must register to ensure proper accommodations at the restaurant. See page 8 for more information about registration, costs and transportation for this event.

FIELD TRIPS

EDSEL & ELEANOR FORD HOUSE

BREAKFAST AND MINI "MAKING IT WORK" TOUR

Tuesday, June 18, 8:30 - 11 am

MEMBER: \$30 FUTURE MEMBER: \$35

Enjoy a breakfast of pastries, fruit, coffee, tea and water before touring the 'Making it Work' exhibit in the Visitor Center. Tour guides will chat about staff, the jobs they held, who lived on the estate and their relationships with the Ford Family. We'll then take a minibus tour around the estate to explain who lived where, what certain areas of the estate were for and a quick drive by the Main Residence.

You must ride The Helm bus to attend this field trip. See page 8 for more information about registration, costs and transportation for this event.

THE RUSTIC ROOT DESIGN CO. AND LUNCH

Wednesday, June 26, 11 am - 2 pm

MEMBER: \$35 FUTURE MEMBER: \$40

The Rustic Root Design Co. in St. Clair Shores is a designer's choice florist. Gather around the large plant bar and get creative with seasonal fresh flowers in a private workshop with owner Andrea Moran. Once you've completed your arrangement, we'll take photos and box up your unique floral creation to take home. You can continue to shop in this venue filled with lush house plants and items from women-owned local small businesses or walk Greater Mack Avenue and patronize the other unique stores: Circare gift shop, Anchored On The Shores, The Cheesecake Shoppe, Kristi's Hallmark and Party Adventure. Lunch at Shores Inn completes this outing.

You must ride the bus to attend this field trip. See page 8 for more information about registration, costs and transportation for this event.



SAVE THE DATE
6TH ANNUAL
FORE THE
HELM

Monday, June 24, 2024

Lochmoor Club
1018 Sunningdale Drive
Grosse Pointe Woods

Visit helmlife.org or scan to sponsor or register





WAYNE COUNTY COMMUNITY COLLEGE DISTRICT CLASSES

WHAT'S HAPPENING AT THE HELM

REGISTRATION IS REQUIRED FOR EVERY PROGRAM. REGISTER AT HEMLIFE.ORG

SUCH A DEAL

Wayne County residents age 60 and above are eligible to take many Wayne County Community College District continuing education courses for free. To make it more convenient for you, The Helm offers a number of these classes throughout the year. (See the current classes at The Helm in the column at right.)

Classes run on the college's semester, so the classes at The Helm that began in January and February are ending in April and May. (A new semester of classes will begin late summer/early fall and will be listed in the July through September *The Helm Life Journal*.) We encourage you to start at the beginning of the semester, but you may join them at any point, especially if you want to see if you would be interested in that class in the future.

Classes offered at The Helm vary semester to semester. Visit wcccd.edu for more free continuing education courses.

BODY ALIGNMENT

Mondays, 1 - 2 pm, ends April 29

AWESOME ABS

Mondays, 2:30 - 4 pm, ends April 29

EGYPTIAN BELLY DANCING

Wednesdays, 1 - 3 pm, ends May 1

BALLROOM DANCING

Tuesdays, 5 - 6:55 pm, ends April 30



CROCHETING FOR BEGINNERS

Wednesday, 10 am - Noon, Ends May 1

SIGN LANGUAGE

Tuesdays, ends April 30

BEGINNER LEVEL - 11 am - 1 pm

INTERMEDIATE LEVEL - 1 - 3 pm

CONVERSATIONAL FRENCH

BEGINNER LEVEL

Tuesdays, 10:30 - 11:30 am, ends April 30

Fridays, Noon - 1:30 pm, May 3

INTERMEDIATE LEVEL

Tuesdays, 11:30 am - 1 pm, ends April 30

Fridays, 1:30 - 3:00 pm, ends May 3

WELCOME NEW MEMBERS

Nancy A.
Patricia A.
Zelda A.
Alex B.
Gretchen B.
Joanne B.
Joanne B.
Martha B.
Sherryl B.
Elizabeth C.
Susan C.

Elaine D.
Loretta D.
Randi F.
Gina G.
Robert G.
Ann H.
Anne H.
Diane K.
Diane K.
Kathleen K.
Victoria K.

Marilyn L.
Clara M.
Daniel M.
Kimberly M.
Marianne M.
Marlyss N.
Phyllis O.
Margaret P.
Bunny R.
Georgina R.
Joseph R.

Loretta R.
Merle R.
Sally R.
Fred S.
George S.
Irene S.
Jan S.
Josephine S.
Lynn S.
Nancy S.

Rosemary S.
Richard S.
Sandy S.
Tom S.
Candice V.
Jennifer V.
Steven V.
Amanda W.
Beverly W.
Patricia W.

New members November 15, 2023 - February 15, 2024

THE GIFT THAT KEEPS ON GIVING

In the realm of philanthropy, there exists a powerful tool that not only allows individuals to leave a lasting legacy, but also provides vital support for organizations, like The Helm, committed to meaningful causes. This tool is known as planned giving.

For the giver, planned giving offers a multitude of advantages beyond the immediate act of donation. By carefully planning philanthropic endeavors, individuals can ensure their contributions have a lasting impact far into the future. Whether through bequests in wills, charitable trusts or gifts of appreciated assets, planned giving allows donors to align their charitable goals with their financial planning, maximizing tax benefits and potentially providing income for themselves or their loved ones.

Planned giving also offers donors the opportunity to establish a legacy that reflects their values and passions. By supporting causes they care about deeply, individuals can leave behind a meaningful imprint on the world, perpetuating their values for generations to come.

"I live by the motto, 'It's not what you have. It's what you give,'" Mike LeFevre, owner of Mike's on the Water restaurant in St. Clair Shores, said. An ardent supporter of numerous charitable organizations for many years, LeFevre explained why he decided to become a Legacy donor. "I was sick for a bit in 2022 and it made me think about future planning. I don't have any children, so where did I want to direct my leftover estate? To organizations and causes that are meaningful to me and make a difference in the community."

This donor chose several organizations within the community to support. Each one had significance. As for The Helm – "I see the great work it does – and I may need the services myself one day!"

Recipient organizations reap significant benefits from planned giving as well. The Helm has traditionally relied on its Annual Gala for the majority of funding – about 60 percent. This isn't a sustainable model for the future as giving from individuals and philanthropic foundations is declining. According to the 2023 "Giving USA" report, giving from individual donors fell to 64

percent -- the lowest share of overall giving since 1982. Unlike one-time donations, planned gifts provide a stable and predictable source of funding, enabling organizations to plan for the future confidently. A steady stream of support allows nonprofits to pursue long-term initiatives, invest in infrastructure, expand their reach and ultimately amplify their impact on the communities they serve.

"Planned giving is a wonderful opportunity for individuals of all ages and all financial means to make a profound impact on the organizations they support," Estate Planning Attorney Rob Lubera said. "Planned giving can occur at any time and it also allows those whose means limit their ability to give during their lives, to realize their legacies after they pass away."

As donors secure their legacies and organizations secure their futures, the ripple effects of planned giving continue to enrich lives and strengthen communities for years to come. If you are interested in leaving your legacy, contact Liz Johnson at mejohanson@helmlife.org or call 313.649.2104.

Another way Mike LeFevre supports local charitable organizations is through the recently added Snoopy Museum and banquet center at Mike's on the Water. The museum contains more than 15,000 Snoopy collectibles!



Mike LeFevre

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.

CHEERS TO VOLUNTEERS

NATIONAL VOLUNTEER APPRECIATION WEEK IS APRIL 21 - 27

As a nonprofit organization, The Helm has an overwhelming need for volunteers. In 2023, 350 active volunteers contributed more than 10,000 hours, a value to the community of more than \$325,000. No matter what inspires them to volunteer, each individual has unique gifts to share, provides a variety of skills and talents, offers valuable support and makes significant contributions to The Helm.

Look at everything volunteers do at The Helm:

- Meals on Wheels & Holiday Meals on Wheels – Coordinators, Drivers, Jumpers, Packers, and Substitutes
- Escort Transportation Drivers
- Front Desk Greeters
- Office Assistants – Those who help with computer entry, shredding, filing, making phone calls, mailings, etc.
- Activities Support – Facilitated or taught a class or activities, such as Bingo, financial and health and wellness presentations, or provided music
- Poker Volunteers
- Special Events Volunteer – Parties, Senior Expo, Flu Clinic, Annual Gala, Golf Tournament and barbecues.
- Bakers
- Create Holiday Cards
- Friendly Visitors and Callers
- Pickups and Deliveries – Bread, donations and medical loan items
- AARP Tax Preparers
- Medicare Assistance Program Counselors
- Technology Instructors
- Social Work Intern
- Holiday Gift Wrappers and Drivers
- Chore and Home Safety Volunteers
- Indoor and Outdoor General Maintenance Volunteers
- Fall and Spring Clean Up
- Board of Directors
- Advisory Board Members

Thank you to all of our wonderful volunteers for their dedication and commitment to The Helm!

OUR VOLUNTEERS

Alex W.	Daniel H.	Heather C.
Alexa H.	Daniel M.	Heather K.
Alexandra L.	Darlene F.	Herman H.
Andreas B.	Darlene L.	Hugh S.
Andrew M.	Dave H.	Huong R.
Anna O.	David B.	Jack K.
Anne B.	David L.	Jack M.
Anne G.	David M.	Jackie P.
Audrey B.	Deanna A.	Jacob M.
Ava H.	Deborah L.	Jaime Rae T.
Ava O.	Deborah W.	James C.
Barb S.	Dennis K.	James L.
Barbara H.	Diane D.	Jane W.
Barbara T.	Diane S.	Janey B.
Barbara Z.	Diane T.	Jeannie F.
Beatrice E.	Diane Z.	Jeff V.
Beline O.	Dick W.	Jenny C.
Bernadette L.	Don L.	Jerry K.
Bernie B.	Donald M.	Jim C.
Betsy B.	Donna B.	Jim K.
Bob R.	Donna O.	Jim R.
Brenda T.	Donna R.	Jo D.
Brian H.	Doris O.	Joan P.
Brisilda N.	Doug B.	Joanne N.
Bruce O.	Dwight A.	John A.
Cameron D.	Ellen A.	JT M.
Camilla M.	Ellen E.	Judy D.
Camille S.	Ellen S.	Judy I.
Carl M.	Emma O.	Julia B.
Carol K.	Ethan N.	Julie S.
Carol M.	Flynn M.	Kalliope T.
Carol S.	Fran L.	Karen W.
Carrie M.	Frances T.	Karin L.
Cheryl B.	Frederick N.	Kate A.
Cheryl S.	Gary C.	Kathleen C.
Cheryl W.	George C.	Kathy Q.
Chris C.	George D.	Kathy W.
Chris O.	George G.	Kay G.
Christine M.	George M.	Kaylee J.
Christine P.	Glory R.	Kim B.
Christopher B.	Gray J.	Kim D.
Conrad W.	Greg G.	Kimberly S.
Craig W.	Happy E.	Landon W.

See More Fantastic Volunteers on page 21



VOLUNTEER SPOTLIGHT



The week of April 21 through 27 is National Volunteer Week. Established in 1974, it is an annual celebration observed in many countries to recognize and show appreciation to volunteers everywhere.

Several volunteers at The Helm are middle school and high school students. They help by baking items for activities, performing various clerical tasks, assisting with holiday Meals on Wheels, special events like the Annual Gala and barbecues, and delivering materials like *The Helm Life Journal* to local businesses. In the summer, you'll often see one or two helping out on the bocce court!

Two student volunteers you'll see at The Helm each week are Alexandra and Julia. Alexandra was looking into volunteering and came across The Helm website. "I wanted to help senior citizens. Since then, my journey at The Helm has been amazing!" she said. "The Helm offers many types of volunteer opportunities, from office work to social events. I am always excited to volunteer

because the tasks are fun and I know what I'm doing is needed and appreciated."

Julia began volunteering at The Helm after casually chatting with Alexandra. "I was staying in town during spring break of my junior year and wanted to find something to do and help the community while doing it," Julia said. "Alexandra suggested The Helm. I have created many fun memories from doing all the various tasks given. My personal favorites are assisting the doll making and packing meals and mailings. I really enjoy volunteering at The Helm and I highly recommend others to do the same!"



Student volunteers Alexandra and Julia

More Fantastic Volunteers, from page 20

Larry B.	Marsha B.	Nancy H.	Richard C.	Sheri C.
Larry J.	Martha L.	Nancy M.	Richard P.	Shirley W.
LaTonya C.	Marty P.	Navya C.	Richard S.	Sishir C.
Laura R.	Mary Ann B.	Neal G.	Rick B.	Sophie I.
Lauren G.	Mary B.	Neil, Dan N.	Rita G.	Stan S.
Leila O.	Mary Eileen W.	Oliver M.	Rita H.	Stephen Z.
Leon T.	Mary Jo F.	Pam S.	Robert C.	Suchi R.
Leonard C.	Mary K.	Pamela R.	Robert G.	Sue W.
Linda S.	Mary Lou C.	Panayiota R.	Robert L.	Susan A.
Lisa G.	Mary Lynn W.	Parker J.	Robert S.	Susan K.
Logan O.	Mary Margaret B.	Patricia M.	Ronald W.	Suzanne O.
Lois B.	Mary S.	Patricia S.	Rosanne F.	Terence T.
Lucy P.	Massimo T.	Patricia T.	Rosemary H.	Theresa B.
Lynne B.	Matthew N.	Patty M.	Ross M.	Thomas O.
M.A. H.	Matthew O.	Paul B.	Roz P.	Thomas S.
Madelyn K.	McKayla B.	Paul M.	Ryan S.	Tish C.
Marcia R.	Michael M.	Peggy B.	Sally B.	Trevor B.
Marianne L.	Michele K.	Peter C.	Sandra D.	Trulyn D.
Marie M.	Mike L.	Priscilla B.	Sarah L.	Vicki S.
Mariella C.	Micki N.	Prudence C.	Sarah T.	Walter P.
Mark E.	Mimi T.	Quinn G.	Sharon S.	Wells W.
Mark K.	Mitzi G.	Randall T.	Sheila H.	William S.
		Richard B.	Shelley E.	Willie C.

THIS SECRET IS MEANT TO BE SHARED

NEW TO MEDICARE

Wednesday, April 24, 7 pm

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REGISTRATION REQUIRED

One of life's rights of passage is becoming eligible for Medicare. Whether you want to admit your age or not, if you are about to turn 65, you're about to become eligible for Medicare. Registration begins three months before the month you turn 65 and ends three months afterward. If you don't sign up during that seven-month window, you may have to pay higher Medicare premiums for the rest of your life.

You thought Medicare coverage was free? Not always. You thought if you're still working past age 65 and receiving benefits from your employer you don't have to sign up for Medicare? Not always.

There's nothing simple about Medicare. But it's

made much easier when you're informed. The Helm definitely can help with that.

The Helm Medicare counselors can help you sort through the Medicare maze in the 90-minute program, 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

If your mailbox begins filling up with correspondence from different insurance companies urging you to sign up for their prescription drug, Medicare Advantage or Medicare Supplement plans, don't be overwhelmed. It means it's Medicare enrollment time and time to head to The Helm!

Registration is required for this invaluable, priceless, FREE program. Register by calling 313.649.2110 or email taltovilla@helmlife.org.

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