

THE HELM LIFE JOURNAL



JULY THROUGH SEPTEMBER 2024

MESSAGE FROM THE EXECUTIVE DIRECTOR

Summer opportunities
Page 4

LIFELONG LEARNING

Getting (and staying) healthy at any age
Page 6

SEE WHAT'S HAPPENING AT THE HELM

Even more evening programs!
Pages 8 - 19

LEGACY GIVING

The gift that keeps on giving
Page 22

TRIBUTES & HONORS

Page 23



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LIFE'S A JOURNEY.
FIND YOUR WAY.



LIFE'S A JOURNEY. FIND YOUR WAY.

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

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04 | FROM THE EXECUTIVE DIRECTOR

06 | IT'S NEVER TOO LATE TO GET HEALTHIER

8 ONGOING ACTIVITIES

16 AUGUST

12 JULY

18 SEPTEMBER

06 | HEALTHY AT ANY AGE

15 | REMINDERS

21 | IN THE COMMUNITY

NOW AT THE HELM

We are the go-to resource for older adults in the Grosse Pointes and Harper Woods. Everyone has different needs, interests and activity levels. We have something for everyone!

A Matter of Balance.....	18
Active Fit.....	9
Alzheimer's Caregivers Support Group ...	11
Ask the Physical Therapist.....	11
Awesome Abs.....	9
Ballroom Dancing.....	10
Bingo & Treats.....	8
Blood Pressure Screening	11
Body Alignment.....	9
Bocce League.....	8
Cake Decorating.....	12
Chair Yoga.....	9
Conversational French.....	10
Cooking with the Platinum Chef.....	17
Corewell Health Cooking Demo.....	19
Courtyard Cookout.....	16
Crafting with Linda.....	19
Electronic Device Tutoring	10
Enhance Fitness	9
Evening Bocce Group	12
Evening Ping-Pong Group	12
Evening Movies.....	12, 16, 19

FRESH PRODUCE AT THE HELM

Full Circle	10, 12, 17
Eastern Market.....	10, 12, 17

FIELD TRIPS

Plymouth Art in the Park	13
MGM Grand Detroit Casino.....	16
Senior Day at the Detroit Zoo.....	18
Games in Our House.....	8
Grief Work Support Group.....	11
Guided Meditation.....	10
Handmade Greeting Cards	12
Handwriting Analysis in Forensics	18

HELM HELPING HANDS

Knitting for Charity	8
No-Sew Craft Making for Charity	8
Keeping Yourself Safe	17
Learn the Hustle.....	12
Low Vision Support Group	11
Mahjong Club	8
Medicare Counseling	11
Movies Matinees	13, 16, 18
New to Medicare	14

Online Security Behavior & Practices	18
Opioid Education.....	17, 19
Out-to-Lunch Bunch	13, 17, 19
Parkinson's Support Group.....	11
Pinochle Club	8

PREMIER WORLD DISCOVERY PRESENTS

<i>Music Cities & French River Cruise</i> 13 & 17	
Restorative Evening Yoga.....	16
Rosa's Fitness Combo	10
SHARE for Dementia	11
Sip & Learn Wine Tasting.....	19
Strength and Balance.....	10
Tai Chi	9
Tashmoo: Park and Steamer.....	13
Texas Hold 'em Poker	8
The Gifts of Grief	17
Treasure or Trinket?	12

VISIT, LUNCH AND LEARN

American House St. Clair Shores.....	14
Cranberry Park St. Clair Shores	16
American House Grosse Pointe	18
Wise Guys Conversation Group.....	8
Yoga.....	9

ON THE COVER

Left: Getting creative during spring banner making class.

Right: Hula Hooping for Health with the added benefit of being out in the fresh air.

The Helm will be closed Thursday, July 4, Friday, July 5, and Monday, September 2.

SUMMER IS HERE WITH NEW OPPORTUNITIES



As we approach longer days and the vibrant season of summer, I wanted to take a moment to express my warmest greetings to each and every one of you! With the sun shining brightly and the air filled with the smell of flowers blooming, I am so happy to see each of your

smiling faces every day here at The Helm.

This summer is much different from the last one for me personally. Last year, I was truly adjusting to my new role and trying very hard to learn the nuances of my role, plan strategically for The Helm's future, build relationships with the staff and meet our members every day. This year, I can say with confidence that I am comfortable in my role, love the staff here and am so happy to be a part of this wonderful place every day.

From leisurely strolls in our yard to engaging workshops to exciting fitness or wellness classes and everything in between, this summer is set to be one filled with laughter, learning and cherished moments spent together at The Helm. I am looking forward to our annual summer BBQs and meeting new friends as well as seeing our "regulars." Whether you are a seasoned regular or joining us for the first time this summer, I encourage you to dive into the array of new opportunities awaiting you!

Our dedicated staff of experts is committed to ensuring your comfort, growth and enjoyment throughout the season. We are here to support your journey, inspire you, and help you create memories that will last a lifetime. Please spend some time going through the whole Journal and taking it all in. We have many new offerings, exciting day adventures and evidence-based wellness programs sure to give you a challenge. Please share your experience with us at The Helm with your families, friends and neighbors.

So, let's embrace the sunshine, soak in the joy of our lakeshore community, and make this summer one to remember. Together, we can make every moment count

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

Krista Siddall
Executive Director

NEW AT THE HELM



This sculpture was added to the front lawn in April. It is on loan from the Moross Greenway. Above, left to right are artist Jim Wolnosky, The Helm Executive Director Krista Siddall, and Moross Greenway Project Art Committee Chair Roger Garrent.

When you are at The Helm, we hope you take time to enjoy our outside areas. Our yard is beautiful and we continually work to make the grounds even more attractive, inviting and environmentally friendly.

If you haven't noticed it yet, please view the sculpture on the front lawn. We were fortunate to receive a major sculpture, a temporary donation from Moross Greenway, installed on the front lawn. This piece, *Straighten Up and Fly Right*, will be here for several months. Be sure to take time to enjoy it.

Continued on page 5

Continued from page 4

Additionally, we're installing a butterfly garden and adding other whimsical touches to our gardens and making our main entrance off the parking lot more inviting. We're specifically looking at ideas to enhance the "stump" left from tree removal last summer.

Maintaining the grounds is a group effort. Volunteers from the Grosse Pointe Herb Society, Deeplands Garden Club, master gardeners and other volunteers give regular attention cleaning, planting, trimming and weeding the gardens and raised planter boxes.

The grounds of The Helm are here for all to enjoy. We encourage you to rest, relax and unwind in the beautiful surroundings. We welcome anyone who enjoys gardening and volunteering to get involved in helping keep the gardens a destination for the community. If you're interested in volunteering, contact Volunteer Services Director Heidi Uhlig-Johnstone at 313.649.2107.



Volunteers removed leaves, branches, weeds and other debris from underneath the trees by the parking lot. What a difference their efforts make!



A volunteer cleaning up the ground around the arborvitae on the Ridge Road side of the building.

BENEFITS OF GARDENING FOR SENIORS

Gardening offers myriad benefits for seniors, enhancing physical health through gentle exercise, improving flexibility and promoting joint mobility. According to a study by the National Institute of Health, gardening provides older adults psychological, physical and social benefits. Exposure to nature is a natural stress reliever.

It can help:

- reduce anxiety,
- lower blood pressure and
- slow the heart rate.

Gardens require continuous care, which means regular physical activity for the gardener. Gardening can improve or restore dexterity, strength and flexibility. Experts caution to know your limits and not overdo it.

Belonging to a gardening group:

- cultivates a sense of community
- fosters social connections and
- combats feelings of loneliness or isolation.

And, of course, being outdoors guarantees taking in that all important vitamin D – even on overcast days.

The Helm will host speakers throughout the summer to share their gardening expertise and inspire others to embrace the benefits of gardening. More information will be available soon at helmlife.org.

IT'S NEVER TOO LATE TO GET HEALTHIER

At The Helm, we know it is never too late to improve overall well-being. We see it day in and day out and try to share those stories with the community as inspiration to continue to work toward staying healthy and active.

From Wheelchair to Chair Yoga

In March 2023, Dan McCrary was diagnosed with Guillain Barre syndrome, a rare neurological disorder, that progressed quickly and resulted in total paralysis. After months of physical and occupational therapy, Dan regained some use of his body, but still couldn't stand on his own and used a wheelchair.



Dan McCrary in Enhance Fitness

Eight months later, in December 2023, he and his caregiver wandered into The Helm, not exactly sure what it was, but hoping it was someplace he could hang out. He learned exactly how much more than a hangout The Helm is!

Program Coordinator

Jackie Thomas, showed Dan around and, determined to regain more strength, he joined Chair Yoga. "It has been so good for me. I put it above everything else," Dan said. How good has chair yoga been for Dan? As of April 2024, he no longer uses any aid – wheelchair, walker or cane – to walk. While he continues outpatient physical and occupational therapy, he makes it a point to come to chair yoga two to three times a week.

"While I have chronic Guillain Barre Syndrome, I am getting much better. I don't need infusions anymore," he said. "The Helm has helped so much. I come early to class to socialize with classmates. We all click and are working to be our best."

Dan's story is not unlike many other stories of seniors prioritizing their health and looking for evidenced based health programs to garner the

results they are looking for. Many seniors have health and wellness goals and are looking for a partner in that journey.

Guiding Boats, Guiding Life

Eighty-one year old Rick Scott wanted to stay active in retirement. He earned a 100-Ton Master Captain's License from the U.S. Coast Guard and has spent the last 15 years delivering boats around the Great Lakes and between Lake St. Clair up and down the Atlantic Coast to Florida and the Bahamas.

Licensed captains must recertify every five years and need to pass a number of medical/physical tests including being able to balance on one foot for 10 seconds. Rick knew he could not do this and with his exam coming up in March 2024, turned to The Helm. He knew of The Helm because his wife, Irene, participated in classes and activities. So, in December 2023, Rick and Irene enrolled in Enhance Fitness and Strength and Balance classes. Rick told the instructors what he needed to achieve. All instructors incorporated exercises and activities in their classes to help with balance. In early March, Rick passed all of his captain's tests and renewed his license for five more years!

(And, he and Irene are still coming to classes at The Helm.)



Rick Scott

For Rick and his family the outcome was very important but the friends and support he received from

instructors and classmates was just as important. The Helm provided an opportunity to see a direct health outcome and his socialization and support furthered his health journey too.

Continued on page 7

Continued from page 6

Better Shape, Quicker Recovery

Martha Johns moved to Grosse Pointe from northwest Detroit eight years ago. The Helm made that transition easier. She takes full advantage of what The Helm offers with lifelong learning classes, social activities and exercise classes.

“I had to have a knee replacement and my surgeon said to me – and so did the physical therapist I worked with – that having done all the exercises here made a big difference in my recovery. But even more so, I’ve made a lot of friends and enjoy the breakfast and lunch outings, field trips and other social activities. For me, all the fun and all the things I’ve done here, that’s been very important to my health.”

All of these participants have goals and ideas of what they would like their retirement and life to look like. The evidence-based programs at The Helm have helped many along that journey.



Martha Johns

“All of the programs we offer at The Helm have some impact on our seniors,” Executive Director Krista Siddall said. “Whether it is socialization, increased wellness or a direct health outcome, our seniors are living longer and more intentionally. I am so happy The Helm is able to help in that journey!”

A safe space for help and understanding

Support groups are a crucial resource for individuals seeking help and understanding. These groups provide a safe space for people facing similar challenges to come together, share experiences and offer support. They provide a sense of community and belonging, reduce feelings of isolation, provide encouragement and as the name says: Support.

The Helm offers space to several local community support groups. The latest joining the fold is the **Low Vision Support Group** for visually impaired seniors.

“Participants in this group have partial to total vision loss from a condition that can’t be fixed and may progress,” Ashley Livshiz, Henry Ford Health support group coordinator said. “You build a community with others who share a lived experience. Members learn from each other about ways they have managed challenges due to their vision loss.”

Added Livshiz, “In this particular group, we also bring in speakers and provide other resources. It’s a support group, but an educational one too.”

The Low Vision Support Group begins meeting at The Helm, 10 – 11:30 a.m. Monday, September 16, and every third Monday of the month after.

Other support groups meeting at The Helm include: **Grief Work Support Group** – “People can talk about their deepest fears and losses,” Facilitator Frank Wilberding said. “Healing and compassion are what come from the group itself.”

Alzheimer’s Caregiver Support Group – “Support groups are important because people need to understand they’re really, truly not alone,” Carolyn Van Dorn, facilitator, said. “There are others on this journey and you can learn from them.”

Young Onset Parkinson’s Support Group – “We bring people together in a common bond. That’s how we feel stronger together,” explained Angela Ferrera, facilitator of this group.

Wise Guys Conversation Group – While not an official support group, the Wise Guys Conversation Group provides a social outlet for older men – a group well known for keeping feelings bottled up. “It’s as open a forum as you can get. It’s just a bunch of men sitting around a table having a conversation,” participant Don McGlone said. “While you may not think so, just chatting helps relieve inner pressures.”

Support groups are a vital resource in promoting well-being and resilience. View the support groups and meeting times at The Helm, see page 11.



ONGOING PROGRAMMING

WHAT'S HAPPENING AT THE HELM

REGISTRATION IS REQUIRED FOR EVERY PROGRAM. REGISTER AT HELMLIFE.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.

BOCCE LEAGUE

Tuesdays, 11:30 am - 1 pm

MEMBER: FREE FUTURE MEMBER: \$6

Both experienced and beginning players welcome. Register on your own or with friends. Not only is bocce fun, it’s good exercise!

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 staff is gracious and our home is welcoming. Best of all, there’s no need to remember whose house it’s at this week. It’s always at our house!

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.

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.

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.





EXERCISE AND WELL-BEING

YOGA

Mondays, 9 - 10 am

INSTRUCTOR: Carol Guither

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, promote strength, endurance, stability, mobility and flexibility, improve posture and relieve stress. Bring a yoga mat.

CHAIR YOGA

Mondays, 10:15 - 11:15 am

INSTRUCTOR: Carol Guither

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

This upbeat, fun class incorporates cardio, strength, flexibility and balance exercises for the more active adult.

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

INSTRUCTOR: Gwendolyn J. Scales

WCCCD Continuing Education Class (Classes follow college semester)

FREE TO MEMBERS AND FUTURE MEMBERS

This class focuses on 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. Wear loose-fitting clothes and bring a water bottle, mat and small hand towel to class

AWESOME ABS

Mondays, 2:30 - 4 pm

INSTRUCTORS: Gwendolyn J. Scales

WCCCD Continuing Education Class (Classes follow college semester)

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.

TAI CHI BEGINNER CLASS

Thursdays, 9 - 10 am

INSTRUCTOR: Susan Smith

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

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

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

For those with previous tai chi experience.



ONGOING PROGRAMMING

WHAT'S HAPPENING AT THE HELM

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

STRENGTH AND BALANCE

Tuesdays, 11:45 am - 12:45 pm

INSTRUCTOR: Erika Page

Thursdays, 11:45 am - 12:45 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, 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.

BALLROOM DANCING

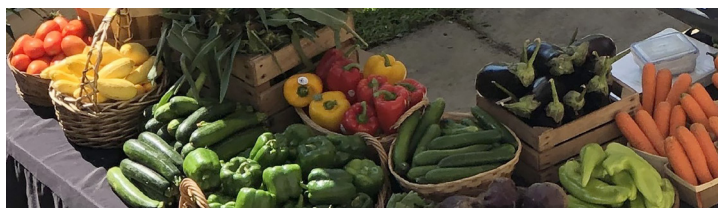
Tuesdays, 6 - 7:15 pm

INSTRUCTOR: Andreas Browne

WCCCD Continuing Education Class (Classes follow college semester)

FREE TO MEMBERS AND FUTURE MEMBERS

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



LIFELONG LEARNING

CONVERSATIONAL FRENCH

BEGINNER LEVEL

Tuesdays, 10:30 - 11:30 am

Fridays, Noon - 1:30 pm

INTERMEDIATE LEVEL

Tuesdays, 11:30 am - 1 pm

Fridays, 1:30 - 3:00 pm

INSTRUCTOR: Dr. Dib Saab

WCCCD Continuing Education Class (Classes follow college semester)

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 and patient volunteers.

Call 313.882.9600 to schedule an appointment.

FULL CIRCLE AND EASTERN MARKET PRESENT

Fresh Produce

AT THE HELM
FRESH
VEGETABLES
AND FRUIT

FULL CIRCLE, 11 AM - NOON
THURSDAYS, BEGINNING JULY 11

EASTERN MARKET AT THE HELM
11 AM TO 1 PM
TUESDAYS, JULY 2, 16, 30 AND
AUGUST 13 AND 27

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



SUPPORT

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 reserve respite care, 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 an appointment.

LOW VISION SUPPORT GROUP

Third Monday of each month

10 - 11:30 am

Beginning Monday, September 16

FACILITATOR: Henry Ford Health Detroit Institute of Ophthalmology

FREE TO MEMBERS AND FUTURE MEMBERS

The Detroit Institute of Ophthalmology Low Vision Support Group is now taking place at The Helm. The support group provides a comfortable environment to discuss the challenges of living fully with visual impairment. The group meets monthly to discuss their successes and challenges in daily life. Speakers on appropriate topics present occasionally as well. Many friendships have developed within the group. When possible, Detroit Institute of Ophthalmology can assist in providing transportation to the meetings. (Call Ashley at 313.936.1969 for more information). On occasion, the group takes day trips and attends parties. All of this is made possible by the fundraising of the Friends of Vision and grants.



SHARE FOR DEMENTIA

Mondays and Thursdays

By Appointment Only

CARE CONSULTANTS: Gray Jessiman and Deb Sloss

FREE TO MEMBERS AND FUTURE MEMBERS

This is a care planning, counseling assistance for persons living with early-stage dementia and their caregiver. 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.

REMINDER:

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



JULY

WHAT'S HAPPENING AT THE HELM

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

EVENING PING-PONG GROUP

Tuesdays, 6 - 7:30 pm

MEMBERS: \$5 FUTURE MEMBERS: \$7

On top of the many health benefits it has for you physically, did you know Ping-Pong also has many benefits for your brain? It has been listed as one of the games with the highest rate of brain stimulation, plus everyone can play and it's fun! Register on your own or bring friends. Two tables are available. We'll provide pizza; you bring your own beverage!



EVENING BOCCE GROUP

Thursdays, 6 - 7:30 pm

MEMBERS: \$5 FUTURE MEMBERS: \$7

Bocce is one of the most popular summer activities at The Helmand now you can join our new evening league. We'll provide pizza; you bring your own beverage! Both experienced and beginner players welcome for non-competitive (so we hear!) fun. Register on your own or with friends.



TREASURE OR TRINKET?

Wednesday, July 10, 10 am - 2 pm

FACILITATOR: DuMouchelles Appraiser

FREE TO MEMBERS AND FUTURE MEMBERS

Unsure if you have a personal treasure or a real one? Have an expert from DuMouchelles evaluate it. DuMouchelles has nearly 100 years experience assessing, appraising and auctioning fine art and antiques. Located in downtown Detroit, they specialize in jewelry, sterling silver, ceramics, glass, crystal and certain furniture. You may bring up to three items for evaluation.



HANDMADE GREETING CARDS

Wednesday, July 10

Noon - 3 pm

INSTRUCTOR: Patricia Schaden

MEMBER: \$25 FUTURE MEMBER: \$30

Create beautiful handmade greeting cards using stamps, paper and ink. Perfect for beginners, all design and prep work will be completed in advance so you can have fun crafting your own personal cards. Follow step-by-step instructions to assemble six cards (two each of three designs). All supplies provided. Register by July 1.



FRESH PRODUCE AT THE HELM

Full Circle Farms Market

Thursdays, 11 am - noon, beginning July 11

Eastern Market at The Helm

Tuesday, July 2, 16 and 30, 11 am - 1 pm

Fresh produce will be available to purchase in July and August. See more info on page 10 and additional dates on page 17.

CAKE DECORATING

9 am - Noon

Thursday, July 11, Friday, July 12 and Friday, July 19

INSTRUCTOR: Erica Clark

FREE TO MEMBERS AND FUTURE MEMBERS

Want to decorate cakes like a pro? These workshops will teach you simple tips from choosing the ideal number of layers and frosting to leveling and piping. You'll learn everything you need to know to create a beautiful cake. Supplies will be furnished.

THURSDAY NIGHT AT THE MOVIES

THE HOLDOVERS (2023)

(R - 2 hours and 13 minutes)

Thursday, July 11

Showtime: 5:30 pm

Movie and Snacks

MEMBER: \$3 FUTURE MEMBER: \$5

In this award-winning movie, a curmudgeonly instructor at a prep school is forced to remain on campus during Christmas break to babysit a handful of students with nowhere to go and forms an unlikely bond with a brainy but damaged troublemaker and the school's head cook, a woman who just lost a son in the Vietnam War.



LEARN THE HUSTLE

Thursdays, July 11 - August 1, 5:30 - 7:00 pm

INSTRUCTOR: Kevin Smith

WCCCD Continuing Education Class

FREE TO MEMBERS AND FUTURE MEMBERS

Relive the '70s, '80s, and line dancing! You'll learn easy-to-follow dance steps that promote physical, mental, and emotional wellness – and fun! All levels of experience welcome!





FIELD TRIP

PLYMOUTH ART IN THE PARK

Friday, July 12, 10 am - 3 pm

MEMBERS: \$8 FUTURE MEMBERS: \$10

A signature Michigan event, Art In The Park, now in its 44th year, features more than 400 artists from around the country offering paintings, sculpture, ceramics, jewelry, fiber, glass, woodwork, photography, folk art and much more. Entertainment and cuisine will complement the art exhibitors. Join us for Michigan's second largest art fair celebrating art, food and fun! You must ride the bus to attend this field trip. See page 15 for more information about registration and transportation for this event.

FRIDAY MOVIE MATINEE & SNACKS

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

TRUE SPIRIT (2023)

Friday, July 12 PG 1 hour, 49 minutes

With support from her coach and parents, a brave teen sets out to sail around the world in an incredible story of grit and pure determination.

IRISH WISH (2024)

Friday, July 26 PG 1 hour, 33 minutes

Maggie travels to Ireland to watch the man she secretly loves marry her best friend. While there, she makes a wish that all her dreams come true – for better or worse.

OUT TO LUNCH BUNCH

PAT O'BRIEN'S TAVERN

Thursday, July 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 p.m. All attendees must register to ensure proper accommodations at the restaurant. See page 15 for more information about registration, and transportation for this event.

TASHMOO: PARK AND STEAMER

Wednesday, July 17, 1 - 2 pm

FACILITATOR: Historian Arthur M. Woodford

FREE TO MEMBERS AND FUTURE MEMBERS

Historian Arthur M. Woodford tells a fascinating tale of *Tashmoo*, the amusement park and the steamer. The park, on Harsen's Island, was a 60-acre resort that included picnic grounds, a large dance pavilion, two baseball diamonds, a bicycle track, amusement rides and at the water's edge, a bathhouse and swimming beach. For nearly 50 years, *Tashmoo* was Detroit's most popular park destination. It lent its name to the steamer, considered the grandest excursion steamer of her day. For nearly 40-years, the *Tashmoo* gave everyone from Henry Ford to President Theodore Roosevelt a ride on the Detroit River. The steamer ran between Detroit and Port Huron and made several daily stops at Tashmoo Park. Woodford will share photos and stories of both Tashmoos in their heyday.



PREMIER WORLD DISCOVERY PRESENTS

"MUSIC CITIES - NEW ORLEANS, MEMPHIS AND NASHVILLE" AND "BURGUNDY AND PROVENCE RIVER CRUISE"

Tuesday, July 23, 11 am - Noon

NO COST TO ATTEND THIS PRESENTATION

Learn about the fantastic itineraries for these two trips. Enjoy **Music Cities** May 12 - 19, 2025. Fly from Detroit to New Orleans and spend three nights in the French Quarter before heading to Memphis for two nights. On day six, you'll take a motorcoach through central Tennessee stopping at the Delta Heritage Center and Tina Turner Museum before arriving in Nashville and taking in a performance at the Grand Ole Opry. You'll enjoy one more day and night in Nashville before heading home.

Your **River Cruise** trip begins with an overnight flight from Detroit October 28 to Lyon, France, where you'll board the Amadeus Provence for a 7-night cruise on the Rhone and Saone Rivers. You'll visit various historic and charming towns and enjoy the architecture, quaint shops, beautiful wine country scenery and even a wine tasting. A Paris excursion add-on option is available. Come learn about these trips, costs and everything that's included. We can't do them justice here!

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



JULY

WHAT'S HAPPENING AT THE HELM

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

VISIT, LUNCH AND LEARN

Thursday, July 25, Noon - 2:30 pm

LOCATION: American House St. Clair Shores

MEMBER: \$8 FUTURE MEMBER: \$10

Living in your own home for as long as possible is often one goal as we age. But sometimes that's not the best route for physical or mental well-being. Senior living housing offers a maintenance-free lifestyle so you can focus on what's important to you. You can visit with family and friends, enjoy prepared meals, participate in a wide range of activities all while knowing someone is close by. Each month this quarter we will tour a different local facility to see what they offer and the costs involved. Our tours end with lunch prepared by the onsite chef! See pages 16 and 18 for more visits!



NEW TO MEDICARE

Thursday, July 25, 7 pm

FACILITATOR: Medicare Volunteers and Tony Altovilla

FREE TO MEMBERS AND FUTURE MEMBERS

There's nothing simple about Medicare. But it's easier when you're informed. The Helm Medicare counselors can help you sort through the Medicare maze in this 90-minute program. You'll get a comprehensive overview of Medicare and learn how to sign up. This workshop is best taken three to six months before you turn 65. The program is free, but registration is required by calling 313.649.2110 or email taltovilla@helmlife.org.






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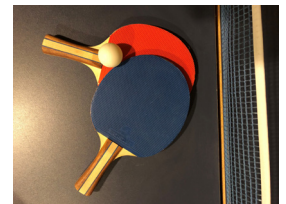
IT'S ALL ABOUT THE BALLS

So what's the big deal about hitting a little ball over a net on a table with paddles? Or rolling a bigger ball toward a smaller one on grass or clay? A LOT!

While both bocce and Ping-Pong are just plain fun, there are many health benefits to both games.

Relieves Stress and Improves Your Mood

These are easy sports to play purely for enjoyment. They can be cut-throat sports, but here at The Helm, they are meant for enjoyment. Gather with friends, socialize, get some exercise and decompress.



Enhances Mental Acuity and Decision Making

There is a lot of decision making in both sports. Where to hit or roll the ball; how hard or fast, with a little English or not. There is strategy – which means there is thinking.

Improves Coordination and Motor Control

Both games require excellent hand-eye coordination. Whether it's the precise release of the bocce ball or the quick reaction movements of Ping-Pong, it's all coordination and control.

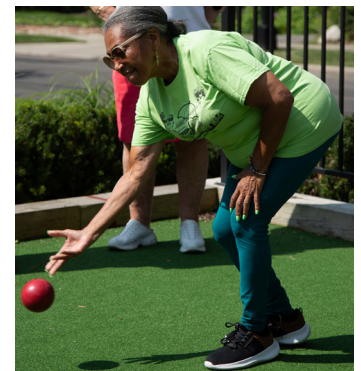
Enhances Balance and Flexibility

Both sports require bending, stretching and flexing to varying degrees -- all while staying upright!

Two new evening programs at The Helm are weekly Ping-Pong and Bocce events. We'll serve pizza; you bring a beverage.

Have fun, improve your cognitive abilities, improve your physical health – that's how we roll – or bounce!

See page 12 for more about these two new evening activities.



REMINDERS

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

► The cost of lunch is not included in the cost of the trip. You must pay for your lunch. ◀
► If you drive yourself to the restaurant, you must still sign up with The Helm to ensure proper accommodations at the restaurant. ◀

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.

CANCELLATION 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.

THE FITNESS ROOM IS OPEN

9 a.m. - 5 p.m.

Monday, Wednesday, Friday and

9 a.m. to 7:30 p.m.

Tuesday and Thursday

FITNESS TRAINER AVAILABLE

Tuesdays

10 - 11:30 a.m. and

5:15 to 6:15 p.m.

Lynne Behrens-Hanna is available for one-on-one assistance. Learn the safe and effective use of the equipment in our center. Lynne can help create a personalized exercise routine to best fit your needs and abilities.

Appointments are required.
Call 313.882.9600 to make an appointment.



REGISTRATION IS REQUIRED FOR EVERY PROGRAM.
REGISTER AT HELMLIFE.ORG OR CALL 313.882.9600.



AUGUST

WHAT'S HAPPENING AT THE HELM

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

VISIT, LUNCH AND LEARN

Thursday, August 1, Noon - 2:30 pm

LOCATION: Cranberry Park, St. Clair Shores

MEMBER: \$8 FUTURE MEMBER: \$10

Living in your own home for as long as possible is often one goal as we age. But sometimes that's not the best route for physical or mental well-being. Senior living housing offers a maintenance-free lifestyle so you can focus on what's important to you. You can visit with family and friends, enjoy prepared meals, participate in a wide range of activities all while knowing someone is close by. Each month this quarter we will tour a different local facility to see what they offer and the costs involved. Our tours end with lunch prepared by the onsite chef! See page 18 for the September visit!

RESTORATIVE EVENING YOGA

Thursday, 6:30 - 7:30 pm, begins August 1

INSTRUCTOR: Allie Short

MEMBER: \$7 FUTURE MEMBER: \$10

In this relaxing 60-minute class, students will be guided safely in and out of a series of specific Yin Yoga postures. Yin postures are generally held for a minimum of 3-plus minutes. By holding postures with stillness for longer amounts of time, students are able to gently stretch the deep connective tissues of their joints, ligaments, bones and fascia. A regular Yin Yoga practice will increase mobility, stability and flexibility while also creating a sense of peace and well being in students. Bring a yoga mat.



FIELD TRIP

MGM GRAND DETROIT CASINO

Wednesday, August 7, 11 am - 3 pm

MEMBER: \$8 FUTURE MEMBER: \$10

Who's up for a little action at the slots, video poker machines or table games? We'll take a bus to the MGM Grand Detroit casino for a couple of hours of fun and games. Enjoy the lights, sounds and restaurants at the casino. Save your pennies and quarters and bring along your lucky charm. We'll have time for some gambling and lunch and arrive back at The Helm around 3 p.m. The cost is for the bus only. Gambling and lunch will be at your own cost.

You must ride the bus to attend this field trip. See page 15 for more information about registration and transportation for this event.

FRIDAY MOVIE MATINEE & SNACKS

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

BOOK CLUB: THE NEXT CHAPTER (2023)

Friday, August 9 PG 1 hour, 48 minutes

Four best friends take their book club to Italy for the fun girls' trip they never had.

THE ZONE OF INTEREST (2024)

Friday, August 23 PG-13 1 hour, 45 minutes

Two-time Oscar winner. In 1943, the commandant of Auschwitz, Rudolf Hoss, and his wife, Hedwig, strive to build a dream life for their family in a house next to the concentration and extermination camp he helped create.

THURSDAY NIGHT AT THE MOVIES

ANATOMY OF A FALL (2023)

(R - 2 hours and 32 minutes)

Thursday, August 8



Showtime: 5:30 pm

Movie and Snacks

MEMBER: \$3 FUTURE MEMBER: \$5

Samuel is found dead in the snow outside the isolated chalet in the French Alps where he lived with his wife, Sandra, and visually impaired 11-year-old son, Daniel. A police investigation concludes the death is "suspicious." Sandra is indicted for the murder and Daniel is the only witness. This film was nominated for multiple awards and received numerous awards from various motion arts organizations.

COURTYARD COOKOUT

Friday, August 9, 5 - 7 pm

SPONSOR: BrightStar Care

MEMBER: \$20 FUTURE MEMBER: \$24

Enjoy the out-of-doors with friends, fun, food and games on our beautiful lawn and patios. We'll provide the food and you bring your own beverages. If the weather doesn't cooperate, we'll just move the festivities inside, so it's a date no matter what! Enjoy the music of New Orleans and swing with Matthew Ball - The Boogie Woogie Kid! Ball plays swing dance era favorites, so be sure to have your dancing shoes on! Register quickly. Our barbeques fill up fast.





FRESH PRODUCE AT THE HELM

Full Circle Farms Market

Thursdays, 11 am - noon

Eastern Market at The Helm

Tuesday, August 13 and 27, 11 am - 1 pm

Fresh produce will be available to purchase in July and August. See more info on page 10 and additional dates on page 12.

THE GIFT OF GRIEF

Tuesday, August 13 6:30 pm

FACILITATOR: Frank Wilberding, LMSW, CAADS, Psychotherapist

FREE TO MEMBERS AND FUTURE MEMBERS

Grief hurts and there is no roadmap to navigate through it. Our cultural approach considers grief something to get over, but it is not a temporary condition.

Grief is individual and personal. Every path is unique. And if our love was abiding and strong, so is our grief, and that has no time limit. Frank, who leads the grief support group at The Helm, will help explain grief, ways to identify it and ways to live with it.

NEW!



OUT TO LUNCH BUNCH

BLUE GOOSE INN

Thursday, August 15, 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 15 for more information about registration and transportation for this event.

OPIOID EDUCATION

Wednesday, August 21, 1 - 2:30 pm

PRESENTER: Detroit Area Agency on Aging

FREE TO MEMBERS AND FUTURE MEMBERS

In the late 1990s, pharmaceutical companies reassured the medical community patients would not become addicted to opioid pain relievers and healthcare providers began to prescribe them at greater rates. This increased use led to misuse of both prescription and non-prescription opioids before it became clear these

medications could indeed be highly addictive.

Between 4 and 9 percent of adults age 65 or older use prescription opioid medications for pain relief. This discussion will focus on how to store and dispose of these drugs, resources for older adults, and other important information.

KEEPING YOURSELF SAFE

Tuesday, August 20, 6 - 7 pm

PRESENTER: John Hutchins, Grosse Pointe Farms Director of Public Safety

FREE TO MEMBERS AND FUTURE MEMBERS

Director Hutchins and the Public Safety team will discuss tactics to help prevent car and home break ins as well as other events happening in the Farms. They'll talk about home alarm systems and the importance of keeping them active. In addition to Director Hutchins' and the Public Safety team you'll also have a chance to meet Rocco from the K-9 unit who specializes in explosive detection and assists with large scale events in our community.

COOKING WITH THE PLATINUM CHEF

Thursday, August 22, 6 - 7 pm

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

MEMBER: \$20 FUTURE MEMBER: \$24

Spend an hour with Chef Rhoda right here in The Helm kitchen creating a yummy summer dessert: peach cobbler. Class is limited to 20 people, so register soon.

PREMIER WORLD DISCOVERY PRESENTS

"MUSIC CITIES - NEW ORLEANS, MEMPHIS AND NASHVILLE"

AND "BURGUNDY AND PROVENCE RIVER CRUISE"

Thursday, August 29, 6 - 7 pm

NO COST TO ATTEND THIS PRESENTATION

Learn about the fantastic itineraries for these two trips. Enjoy **Music Cities** May 12 - 19, 2025 and **Provence River Cruise** October 28 - November 5. See description on page 13 for more information.

REMINDER:

Registration is required for every program.

Register at helmlife.org or call 313.882.9600.



SEPTEMBER

WHAT'S HAPPENING AT THE HELM

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

A MATTER OF BALANCE

MEET YOU AT THE HARPER WOODS LIBRARY

Monday and Wednesday, September 4 - 30, 1 - 3 pm

FREE TO MEMBERS AND FUTURE MEMBERS

INSTRUCTORS: Rosa Hunter and Shallene Moyer

We are taking this award-winning program on the road to the Harper Woods Library. *A Matter of Balance* emphasizes strategies to reduce fear of falling and increase activity levels. Participants learn to view falls as controllable, set realistic goals to increase activity, change their environment to reduce fall risk factors and exercise to increase strength and balance.

ONLINE SECURITY BEHAVIOR AND PRACTICES

Thursday, September 5, 1 - 2:30 pm

PRESENTER: Jim Creighton

FREE TO MEMBERS AND FUTURE MEMBERS

Looking for ways to protect your online accounts and information? This presentation will provide practical steps you can take to reduce the risk to your online accounts and devices, including password managers, wifi connections and ways to recognize scam messages.

NEW!

FRIDAY MOVIE MATINEE & SNACKS

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

THE BEAUTIFUL GAME (2024)

Friday, September 6 PG-13 2 hours, 5 minutes

Advocates to end homelessness, organize an annual tournament for Homeless men to complete in a series of football matches known as The Homeless World Cup. This movie tells the story of the English team and their coach as they prepare for the global tournament.

SHIRLEY (2024)

Friday, September 20 PG-13 1 hour, 58 minutes

In 1972, the first Black congresswoman, Shirley Chisholm launched a trailblazing campaign to become president of the United States.

HANDWRITING ANALYSIS IN FORENSICS

Tuesday, September 10, 6 - 7:30 pm

INSTRUCTOR: Ruth Homes, Certified Document Examiner

MEMBER: \$10 FUTURE MEMBER: \$15

Handwriting examination is used to determine the authenticity of signatures on documents or identifying a writer – think forgery, fraud, bomb threats, suicide notes. Holmes is court-qualified as an expert witness in federal, state and local courts. She has worked for police departments, private investigators, attorneys, corporations, news media and individuals all over the world. She will share the type and results of her work in this fascinating presentation.



FIELD TRIP

SENIOR DAY AT THE DETROIT ZOO

Wednesday, September 11, 10 am - 3 pm

MEMBER: \$8 FUTURE MEMBER: \$10

In addition to the usual zoo fun, Senior Day, presented by Blue Cross Blue Shield of Michigan, includes live entertainment, informational tram tours around the zoo, a Bingo tent with prizes, special animal engagements and a senior resource area with senior-related programming.

You must ride The Helm bus to attend this field trip. Cost is for bus ride only. Participants are responsible for costs for food, beverages and souvenirs. See page 15 for more information about registration and transportation for this event.

VISIT, LUNCH AND LEARN

Thursday, September 12, Noon - 2:30 pm

LOCATION: American House, Grosse Pointe Farms

MEMBER: \$8 FUTURE MEMBER: \$10

Living in your own home for as long as possible is often one goal as we age. But sometimes that's not the best route for physical or mental well-being. Senior living housing offers a maintenance-free lifestyle so you can focus on what's important to you. You can visit with family and friends, enjoy prepared meals, participate in a wide range of activities all while knowing someone is close by. Each month this quarter we will tour a different local facility to see what they offer and the costs involved. Our tours end with lunch prepared by the onsite chef!

REMINDER:

Registration is required for every program.

Register at helmlife.org or call 313.882.9600.



THURSDAY NIGHT AT THE MOVIES MADE IN ITALY (2020)

(R - 1 hour and 33 minutes)

Thursday, September 12

Showtime: 5:30 pm

Movie and Snacks

MEMBER: \$3 FUTURE MEMBER: \$5

A widower artist and his estranged son try to mend their relationship as they work together to restore a dilapidated house in Italy. Liam Neeson stars with his real-life son, Micheal Richardson.



CRAFTING WITH LINDA

FALL WREATH MAKING

Wednesday, September 18, 10:30 am - Noon

INSTRUCTOR: Linda Tocco

MEMBER: \$10 FUTURE MEMBER: \$12

Ready or not autumn is on its way. Be ready with a fall wreath! Choose a foam or wire wreath or bring your own. We will provide ribbons, fall-colored florals, pumpkins and other seasonal decorations. No experience required. Let's have fun creating together!

OUT TO LUNCH BUNCH

PARK GRILL GROSSE POINTE

Thursday, September 19, 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 15 for more information about registration, costs and transportation for this event.

OPIOID EDUCATION

Tuesday, September 24, 1 - 2:30 pm

PRESENTER: Detroit Area Agency on Aging

FREE TO MEMBERS AND FUTURE MEMBERS

In the late 1990s, pharmaceutical companies reassured the medical community patients would not become addicted to opioid pain relievers and healthcare providers began to prescribe them at greater rates.

Increased prescription of opioid medications led to misuse of both prescription and non-prescription opioids before it became clear these medications could indeed be highly addictive.

Between 4 and 9 percent of adults age 65 or older use prescription opioid medications for pain relief. This discussion will focus on how to store and dispose of these drugs, resources for older adults, and other important information.

SIP AND LEARN

Tuesday, September 24, 6 - 7:30 pm



PRESENTER: Bill Matouk, Woods Wholesale Wine, Grosse Pointe Woods

MEMBER: \$15 FUTURE MEMBER: \$20

Do you know the difference between a merlot and a malbec? Can you discern the differences between Chardonnay and Pinot Grigio. Come learn the subtle and not so subtle differences between a variety of wines presented by Bill Matouk of Woods Wholesale Wines. Yes, there will be samples (it is a tasting afterall!) and accompaniments.

COREWELL HEALTH COOKING DEMONSTRATION

"FALL" INTO HEALTHY NUTRITION

Wednesday, September 25, 12:30 - 1:30 pm

FACILITATORS: Andrea Hageman, Registered Dietitian and Chef Dan Kellogg of Corewell Hospital Grosse Pointe

FREE TO MEMBERS AND FUTURE MEMBERS

Andrea will discuss the nutritional benefits of fruits and vegetables currently in season and Chef Dan will demonstrate recipes incorporating these fall gems! Samples will be available!



A previous Corewell Health Cooking Demonstration. Samples are always on hand!

Worth Seeing.

Metropolitan Eye Center is a center of excellence, serving patients in our community for three decades. We promise each individual patient the highest quality eye care.

Senior Eye Health

Advanced Cataract Solutions
Custom Choice Cataract Implants
Selective Laser Glaucoma Treatment
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Photo by
Bill Rapai, President
Grosse Pointe Audubon

WELCOME NEW MEMBERS

New members from February 24 through May 24, 2024

Bettina A.	John C.	Barbara H.	Elisabeth M.	Lotus P.
Daniel A.	Marjorie C.	Gerald H.	Heidi M.	Sharon P.
Janice A.	Michelle C.	Jan H.	Jack M.	Mary R.
Patricia A.	Twana C.	Jean H.	Janet M.	Patrice S.
Robert A.	Colleen D.	Jim H.	Joan M.	Susan S.
Alice B.	Cynthia D.	Mary H.	Kathy M.	Marie T.
Colleen B.	D.P.D.	Ray H.	Katie M.	Richard T.
Cynthia B.	Eileen D.	Sheryl H.	Meredith M.	Alexi V.
Ilene B.	Elaine D.	Kathleen K.	Ron M.	Jim V.
Martha B.	Ellen D.	Patricia K.	Trudy M.	Maureen V.
Rosemary B.	Loretta D.	Susan K.	Marlyss N.	Gretchen W.
Tom B.	Mary Lou D.	James L.	Milton O.	Jonathan W.
Beverly C.	William D.	Janice L.	Athena P.	Karen W.
Donna C.	Betty F.	Mary L.	Diana P.	Rebecca W.
Jeannine C.	Marcia F.	Theresa L.	Jean P.	Angela Z.
		Donna M.	Jo P.	Delle Jean Z.

IN THE COMMUNITY

Looking for things to do when The Helm isn't open? Check out these upcoming events from some of the other fantastic organizations in our community and visit their websites for more information. Since it's summer and school is out, it's a great time for a multi-generational adventure!

THE FORD HOUSE

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

Outdoor Summer Concerts

Killer Flamingos, Friday, July 19, 7 p.m.

Dave Hamilton Band, Friday, August 9, 7 p.m.

Michigan Philharmonic presents "Car-Tunes!"

Tuesday, August 23, 6:30 p.m.

Archeaeology Lecture:

What is a House Without its Yard

Saturday, August 3, 11 a.m.

Movie on the Meadow

Wednesday, August 14, grounds open at 6 p.m.; movie begins about 8 p.m.

Buy tickets to these events at FordHouse.com.

GROSSE POINTE CHAMBER OF COMMERCE

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

Grosse Pointe Art Festival

Saturday, August 3, 10 a.m. to 6 p.m. on the Hill

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

GROSSE POINTE PUBLIC SCHOOLS

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

That's Entertainment Live!

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)

Summer Reading

Through August 10

Participate and win prizes! For more information and to register, visit the library's website.

VISIT THESE OTHER WEBSITES FOR MORE HAPPENINGS IN THE AREA

THE FAMILY CENTER

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

NEIGHBORHOOD CLUB

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

THE WAR MEMORIAL

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

GROSSE POINTE HISTORICAL SOCIETY

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

GROSSE POINTE THEATRE

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

CHARLES H. WRIGHT MUSEUM OF AFRICAN AMERICA HISTORY

[THEWRIGHT.ORG](http://thewright.org)

DETROIT ABLOOM

[DETROITABLOOM.COM](http://detroitabloom.com)

DETROIT HISTORICAL SOCIETY

[DETROITHISTORICAL.ORG](http://detroithistorical.org)

DETROIT INSTITUTE OF ARTS

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

DETROIT ZOO

[DETROITZOO.ORG](http://detroitzoo.org)

HURON-CLINTON METROPARKS

[METROPARKS.COM](http://metroparks.com)

MICHIGAN SCIENCE CENTER

[MI-SCI.ORG](http://mi-sci.org)

MOTOWN MUSEUM

[MOTOWNMUSEUM.ORG](http://motownmuseum.org)

OUTDOOR ADVENTURE CENTER

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

ZEKELMAN HOLOCAUST CENTER

[HOLOCAUSTCENTER.ORG](http://holocaustcenter.org)

THE GIFT THAT KEEPS ON GIVING

The Helm relies on donations for more than 50 percent of its operating budget. There are various ways to give to The Helm and make a meaningful impact. Without the support of donors, The Helm could not provide all it does.

General Donations

General donations are those made to The Helm that help support general operations. General donations can be made in honor or memory of a loved one, for a service like use of equipment from the medical loan closet, or in appreciation of Medicare Counseling or Tax Preparation. There is also an opportunity to support general operations of The Helm through the annual Holiday Appeal. General donations enable The Helm to maintain all programming, staffing and facilities.

Planned Giving

There are many ways to make a tax-wise contribution. Often referred to as Planned Giving, these donations typically are those where The Helm is named a beneficiary in a will, life insurance policy or stock certificate or is the recipient of a Qualified Charitable Distribution which can count toward a Required Minimum Distribution from an IRA. These types of contributions may lower your taxable income, thus providing you with a tax benefit.

Events

Donations can be made to events such as the Fore The Helm Golf Outing or the Annual Gala. Because these donations include tickets to the events, only a portion of the donation is tax deductible. This is a fun way to support The Helm while enjoying the festivities and camaraderie.

Restricted Gifts

Gifts also can be restricted to a particular purpose, such as Meals on Wheels. The March for Meals for Meals on Wheels is an annual event raising funds for Meals on Wheels. Approximately half of the Meals on Wheels recipients in Harper Woods and the Grosse Pointes are funded through the local agency on aging; the remainder are purchased by The Helm. Donations to Meals on Wheels enable The Helm to provide Meals on Wheels to anyone in our area who is in need without having to go onto a waiting list.

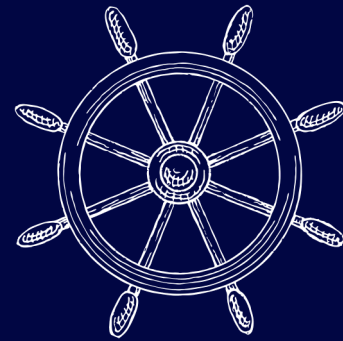
Endowment

The Helm has an endowment – a fund where the

principal is invested and only the earnings are used to support the operating budget. Growing this endowment will help The Helm become self-sustaining over time.

To make a donation to The Helm or for more information about ways to give, contact Liz Johnson at mejohanson@helmlife.org or 313.649.2104.

TAKE THE HELM



28TH ANNUAL GALA

THURSDAY, OCTOBER 10, 2024
GROSSE POINTE YACHT CLUB

This year's Gala Honoree is Robert R. Lubera, Esq., Past President of The Helm Board of Directors. Rob's practice includes estate planning and elder law. His interest in The Helm, then Services for Older Citizens, stems from his elder law practice. Many of his clients expressed interest in being able to remain in their homes – and sometimes that required services like minor home chores and repairs, transportation to medical and other appointments, Meals on Wheels and just wanting company. Rob served on the Board of Directors from 2007 through 2012 and as president of the board from 2010 through 2012. He and other board members, were instrumental in moving The Helm into a single building – the current location at 158 Ridge Road.

TRIBUTES & HONORS

IN MEMORY OF

RICHARD F. COLOMBO

Jodi Laquiere
Carol Semack

JAMES A. JOHNS

Cheryl L. Johns

DAVE KUHNA

Gail and Steve Makos

HERBERT O. MONTS

Rodd Monts

CARL "BOB" WESEN

Judy Flanz
Arlene and John Lewis

Donations received between February 24 and May 24, 2024. If there are any errors or omissions, please contact 313.649.2104 so we may make corrections.

SPONSORS & IN-KIND DONORS

We thank our sponsors for their continuing support of The Helm.

IN-KIND DONORS

Connor Park Florist
Einstein Bros. Bagels
Josef's European Pastry Shop
Kroger Rewards
Landmark Health
Panera Bread

PROGRAM SPONSORS

American House Lakeshore
Blanketed with Love
BrightStar Care
Home Instead Sunrise Senior Living
Temrowski Eldercare

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.

TOGETHER WE MAKE A DIFFERENCE

Each and every day The Helm staff and numerous volunteers work to ensure older adults in Harper Woods and the Grosse Pointes are enjoying their best lives. It could be as simple as a welcoming smile when they walk into our building to being able to borrow a walker or wheelchair to making a call to check on someone's well-being to providing a comfortable environment to play cards or exercise. While we know what we do makes a difference and people will stop to say thank you or write a note, sometimes we don't realize how much we truly affect someone else.

We learned how valued we are recently when we received an unexpected check of more than \$70,000 from someone's estate. The individual had never made any donation to The Helm, but was a Meals on Wheels client who regularly received meals for a number of years. Aside from understanding how appreciated this service is for a homebound senior, staff and the volunteers who delivered meals don't often give thought to how meaningful a kind word, friendly smile

and dependable service are. The client was so grateful to receive meals and the accompanying reassurance and pleasantries, that he made this generous gift to help ensure others will benefit from the same essential services that enriched his life.

This is a true testament to the friendly, kind and devoted staff and volunteers who make The Helm run.



A Meals on Wheels recipient receiving her lunch from one of our many dedicated volunteers.

You deserve more than healthcare.

You deserve compassionate care.

Personalized healthcare when you need it most

Your questions and concerns about your health matter. Ascension St. John care teams are here to empower you and your family by listening, respecting your experiences, and creating a care plan that works for you. You deserve to be seen and heard. That's why our doors are always open to provide health and healing, for the whole you — body, mind and spirit. To us, you are more than a patient. And together, we are a community.

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