

THE HELM LIFE JOURNAL



OCTOBER THROUGH DECEMBER 2024

MESSAGE FROM THE EXECUTIVE DIRECTOR

Fall at The Helm
Page 4

HOW THE HELM CULTURE SERIES CAME TO BE

Forward thinking and a grant bring program to life
Page 6

TAKE A TAG OFF THE HOLIDAY GIVING TREE

Page 7

THE HELM DIFFERENCE

Page 11 - 14

SEE WHAT'S HAPPENING AT THE HELM

Lots of holiday-focused programs!
Pages 8 -10, 15 - 21

TRIBUTES & HONORS

Page 23



Brought to you by
The Helm at the Boll Life Center

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.

158 RIDGE ROAD, GROSSE POINTE FARMS, MI 48236

PHONE

313.882.9600

EMAIL

info@helmlife.org

WEBSITE

Helmlife.org

EXECUTIVE DIRECTOR

Krista Siddall
313.649.2101
ksiddall@helmlife.org

INFORMATION & ASSISTANCE

Chris Brown
313.649.2108
cbrown@helmlife.org

RECEPTION

313.882.9600

Linda Tocco
ltocco@helmlife.org

DEVELOPMENT DIRECTOR

Liz Johnson
313.649.2104
mejohanson@helmlife.org

Tony Altovilla
Medicare Specialist
313.649.2110
taltovilla@helmlife.org

Barbara Scates
bscates@helmlife.org

Bella Cecchini
bceccchini@helmlife.org

FINANCE & OPERATIONS DIRECTOR

Lynda Altovilla
313.649.2102
laltovilla@helmlife.org

PROGRAMMING
Margaret Cooper
313.649.2109
mcooper@helmlife.org

FACILITIES MANAGEMENT

Artur Pengu
313.649.2122
apengu@helmlife.org

VOLUNTEER SERVICES DIRECTOR

Heidi Uhlig-Johnstone
313.649.2107
huhlig@helmlife.org

Jackie Thomas
313.649.2103
jkthomas@helmlife.org

PAATS BUS TRANSPORTATION

Lori Jones
313.394-9712
Call between 7:30 a.m. & 2 p.m.

CASE COORDINATION

Allie Short, LMSW
313.649.2106
ashort@helmlife.org

MARKETING/COMMUNICATIONS

Karen Fontanive
313.649.2113
kfontanive@helmlife.org

MEALS ON WHEELS

Joan Ebner
313.649.2105
jebner@helmlife.org

ADMINISTRATIVE ASSISTANT

Holly Hazel
313.649.2100
hhazel@helmlife.org

**FREE NOTARY PUBLIC SERVICE
CALL LYNDA AT 313.649.2102 TO
ARRANGE AN APPOINTMENT.**

ADVISORY COUNCIL

Sue Acton
Peter Ahee
David Balle, M.D.
Pat Beard
Suzy Berschback
Jenny Boettcher
Bruce Bradley
Lawrence Burns
Bob Bury

Gary Colett
Jim Creighton
Jennifer Cueter
Walt Cytacki
John E. DeWald
Ann Disser
Ted Everingham
Charles Gabel
Steve Grob
MA Hastings
Donna Hoban

Robert D. Ihrle
Marianne Langlois
Richard Levin
Robert Lubera
Joe Lucido
Kris Mestdagh
John Minnis
Ken Mokray
Ann Nicholson
Beline Obeid
Cathy O'Malley

Robert Rader
Shane Reeside
Dale Scrace
Mary L. Shafer
Diane Strickler
David Stephens
Jason Tinsley
John Vitale
Mary Wilson
Mark Wollenweber
Patricia Wyrod

BOARD OF DIRECTORS

President

Cheryl Wesen, M.D.

Vice President

Carol Klenow

Treasurer

Richard Widgren

Secretary

Michele Kemler

DIRECTORS

Doug Blatt
Jana Brownell
David DeBrunner
Judith Diebolt
Lisa Mower Gandelot
Kevin Grady, M.D.
Michele Jackson
Richard Lueders
Gary Marowske
Daniel Megler, M.D.
JT Mestdagh
Fred Minturn
Jodie Rappe, M.D.
Pamela Stanton
Randall Tallerico
Jaime Rae Turnbull
Lisa Vallee-Smith
Jeff Vaughn
David Zmyslowski

PRESIDENT EMERITUS

Prudence Cole-Klimisch

EXECUTIVE DIRECTOR

Krista D. Siddall

We thank our sponsors for their continuing support of The Helm publications.
For information about advertising, please call 313.882.9600.

04 | FROM THE EXECUTIVE DIRECTOR

06 | THE HELM CULTURAL EXPLORATION SERIES

8 ONGOING ACTIVITIES

16 OCTOBER

18 NOVEMBER

20 DECEMBER

7 | HOLIDAY GIVING TREE

17 | FLU CLINIC

23 | SENIOR EXPO

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!

- Active Fit.....9
- Alzheimer’s Caregivers Support Group ... 15
- AARP Smart Driver Tek.....16
- Ask the Physical Therapist..... 15
- Awesome Abs.....9
- Ballroom Dancing.....10
- Bingo & Treats.....8
- Blood Pressure Screening 15
- Body Alignment.....9
- Chair Yoga.....9
- Christmas Extravaganza Excursion..... 20
- Conversational French.....10
- Cooking with the Platinum Chef.....18
- Dinner with a Doc.....18
- Electronic Device Tutoring 10
- Enhance Fitness9
- Evening Ping-Pong Group8
- Evening Movies..... 17, 19, 21

- Flu Clinic..... 17
- FIELD TRIPS**
- Michigan Central 18
- Ford House Holiday Tour and Lunch 21
- Games in Our House.....10
- Grief Work Support Group..... 15
- Guided Meditation.....10
- Halloween Bingo.....8
- Halloween Cake Decorating 16
- Health For Her at The Helm 17 & 19
- HELM HELPING HANDS**
- Knitting for Charity 8
- No-Sew Craft Making for Charity 8
- Holiday Karaoke Party..... 20
- Low Vision Support Group 15
- Lunch at The Helm..... 16, 19 & 20
- Lunch and Learn 16
- Mahjong Club8
- Mapping Out the Future..... 19

- Medicare Counseling 15
- Movies Matinees 17, 18, 20
- Out-to-Lunch Bunch..... 18
- Parkinson’s Support Group..... 15
- Pinochle Club 8
- PREMIER WORLD DISCOVERY PRESENTS**
- Music Cities & French River Cruise* 16 & 20
- Preparing for the Unexpected..... 16, 21
- Rosa’s Fitness Combo 10
- SHARE for Dementia 15
- Strength and Balance.....10
- Tai Chi.....9 & 10
- Texas Hold ’em Poker8
- Thanksgiving Luncheon..... 19
- The Gems Girlfriend Get-Together8
- The Helm Culture Series..... 17
- Veterans Day at The War Memorial 18
- Wise Guys Conversation Group.....8
- Yoga.....9

ON THE COVER

Left: The Wise Guys Group took a tour to Stahls Auto Museum.

Right: Cake decorating is one of the more popular classes at The Helm. Decorate a Halloween-themed cake this semester.

The Helm will be closed 1 p.m. Wednesday, November 27, through Friday, November 29, and 1 p.m. Monday, December 23, through Wednesday, Jan. 1, 2025.



SO MUCH HAPPENING THIS FALL



As you receive this Journal, we're in full swing preparing for the fall season, just weeks away from our biggest annual fundraiser and the upcoming holiday season. This year is particularly significant as we gear up for a historic first at The Helm: a senior services millage. Over the

past two years, we've thoroughly researched the benefits of this initiative, identified how the funds could be utilized, met with city officials to advocate for its inclusion on the ballot, and most importantly, educated the public on the critical need for senior services with the growth of this population on our doorstep.

The Helm has long been one of this community's best-kept secrets. Although awareness has grown over the years, many still view us as just a place for "old people," without understanding the vital services we provide to older adults. These services include essentials like Meals on Wheels, transportation, and wellness checks for those who have no other means to access them. We provide much-needed resources for seniors that they can only get at The Helm. We also connect individuals with other service providers and offer activities that help people maintain their health, wellness and dignity as they age.

On page 12 is a list of our essential services — some of which you might not even know we offer. We encourage you to help spread the word. For more detailed information on the senior services millage, please visit our website where you'll likely find answers to your questions. If you have any additional questions, don't hesitate to reach out to me. We are eager to share our story so our community fully understands the importance of supporting every generation, making Harper Woods and the Grosse Pointes a great place to grow older, as well as grow up.

As always, there are new activities to look forward to at The Helm, and the fourth quarter of 2024 is no

exception. We're excited to introduce a new event: Health for Her at The Helm, featuring local doctors discussing topics of special interest to women, including menopause, skin and hair health, sleep, osteoporosis, breast health and more. Additionally, we're launching a new weekly gathering for women called The Gems. Inspired by the success of our Wise Guys group, this new group will provide a space for women to enjoy coffee or tea and discuss life's happenings.

This quarter, our cultural focus is on Latin heritage, with a presentation on Latin culture that includes discussions on current issues, food tastings, and a musical performance. We'll also be showing three Latin-themed films. (Read more about our cultural exploration initiative on pages 6 and 17.)

There are many other new programs, presentations, and gatherings planned as well. And don't forget about our regular fall programming: the Flu Clinic and Medicare Open Enrollment.

Take your time exploring the pages ahead. We're sure you'll find information and programs of interest, and we look forward to seeing you soon at The Helm!

A handwritten signature in cursive script that reads "Krista Siddall".

Krista Siddall
Executive Director

Thank You

A special shoutout to our landlord, Henry Ford Health, for all they do to provide a welcoming and safe space for members, guests and staff of The Helm. The most recent example is changing the lights in our parking lot to LED which is so much brighter and safer. While the lights go on when it gets dark for a storm, it'll be especially appreciated this winter when it gets dark at 4 p.m. We don't acknowledge all they do as often as we should. We are truly thankful.

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.

THE FORD HOUSE

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

Harvest Day

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

Little Goblins

Saturday, October 19, 11 a.m. to 3 p.m.

Murder Mystery Dinner

Friday, October 25, 7 p.m.

Home for the Holidays

November 30 - December 22, 5:30 to 8:30 p.m.

Holiday Tea and Tour

Sunday, December 15, 11 a.m. and 2 p.m.

Buy tickets to these events and view other happenings at FordHouse.com.

GROSSE POINTE CHAMBER OF COMMERCE

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

Santa Claus Parade: How the Grinch Stole the Santa Claus Parade

Friday, November 29, 10 a.m. All are welcome to this annual event along Kercheval from Lewiston to Cadieux.

Dr. Seuss' How the Grinch Stole Christmas The Musical - a community outing

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

GROSSE POINTE PUBLIC LIBRARY

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

Day of the Dead Craft

November 1, 4 - 5 p.m., Ewald Branch

1000 Hours Year End Solstice Celebration

December 19, 4:30 - 5:30 p.m., Ewald Branch

Register for these and other activities on the library's website.

GROSSE POINTE THEATRE

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

Purdon Studio Theatre

Rabbit Hole

October 18 - 27, Grosse Pointe Congregational Church

Over the River and Through the Woods

November 15 - 24, Grosse Pointe South High School

Visit the theatre's website for show times and to purchase tickets.

GROSSE POINTE PUBLIC SCHOOLS

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

District Wide "String Extravaganza"

at Grosse Pointe South, Tuesday, December 17, 7 to 8:30 p.m.

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

VISIT THESE OTHER WEBSITES FOR MORE ACTIVITIES 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)

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://greshoresmi.gov)

GROSSE POINTE WOODS

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

HARPER WOODS

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

DETROIT HISTORICAL SOCIETY

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

DETROIT INSTITUTE OF ARTS

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

DETROIT ZOO

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

MICHIGAN SCIENCE CENTER

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

HURON-CLINTON METROPARKS

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

BELLE ISLE CONSERVANCY

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

CHARLES H. WRIGHT MUSEUM OF AFRICAN

AMERICA HISTORY

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

MOTOWN MUSEUM

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

GRANT PROVIDES FOR CULTURAL EXPLORATION

Our programming staff is continually looking for new and interesting activities, presentations, workshops and classes. In 2024, they introduced The Helm Culture Series which caught the interest of members Ashok and Ingrid Sarnaik. So much so, they created an endowment fund to support cultural exploration programs here at The Helm, with the purpose of bringing people together to explore and celebrate our diversity and cultural differences.

The Sarnaiks, both retired physicians, believe in the Indian philosophy known as Vasudhaiva Kutumbakam, “The earth is one family.” “It is important that each of us remembers our bond with all of humanity, that we are all connected,” Dr. Ashok Sarnaik said.

The first event occurred earlier this year with an exploration of India. Dr. Lakshmi Saleem, another member of The Helm, discussed culture and diversity in India, including the various traditions, languages, religions and festivals in the country, as well as the practice of yoga and its beginnings. Participants also enjoyed a variety of Indian foods.

This quarter, the focus is Latin culture in the United States. Again, there will be a presentation, food and even a musical performance. See more information in the box at right.



These plaques, affixed to the bench, acknowledge the work of Physical Therapist Lynn Behrens Hanna.

It is because of the generosity of the Drs. Sarnaik The Helm is able to fund and provide these presentations free of charge. They also purchased a bench in honor of Lynn Behrens-Hanna, the fitness trainer at The Helm.

The Helm isn't the only recipient of the Sarnaiks' philanthropy. They have established endowments at The Children's Foundation (formerly Children's Hospital of Michigan foundation) for research residents and fellows and a scholarship fund for fourth grade students in Detroit Public Schools. Dr. Ashok Sarnaik served as a leader in critical care medicine at Children's Hospital of Michigan, including more than 30 years as the Chief of Critical Care Medicine. Dr. Ingrid Sarnaik also created an impressive legacy at CHM, serving as the Director of the Sickie Cell Center 35 years.

We are grateful to the Sarnaiks for creating the Drs. Sharada “Ingrid” and Ashok Sarnaik Vasudhaiva Kutumbakam Endowment Fund at The Helm to enable us to educate and inform our community about various cultures and explore and celebrate our differences and shared humanity.



Drs. Ashok and Sharada Sarnaik

FOURTH QUARTER CULTURE SERIES LATINOS IN THE UNITED STATES

Oswaldo Rivera, an expert on the Latin culture and the history of Latinos, will explain the racial and cultural influences of Spanish, other European nations, Native American and African cultures on Latinos in the United States. His presentation will include immigration, migration, settlement, bilingual education and economics in the Latino community. Sample traditional Latin American cuisine and enjoy a traditional musical performance.

Mr. Rivera was born in Puerto Rico and lived in Southwest Detroit most of his life. For close to five decades, he has been active in community advocacy and human services. He served as the executive director of Latino Family Services and as Dean of Students at Wayne County Community College. He was Director of Multicultural Affairs and an Assistant Professor at Madonna University. He also writes cultural history in the main Latino/a online newspaper, El Central. See page 17 for the date and time of this fascinating presentation and event.

Additionally, three of our eight movies this quarter are Latin-themed and reinforce the information shared by Mr. Rivera. Look for **LCS** next to the movie to indicate it is part of the Latin Culture Series.



THE HOLIDAY GIVING TREE IS BACK!

For nearly 15 years, The Helm has been collecting essential items for homebound seniors in the Grosse Pointes and Harper Woods. What started as a simple collection of nonperishable food items has blossomed into our holiday giving tree program. Take a tag from The Helm Holiday Giving Tree and purchase much-needed and desired gifts for a homebound senior. It might be a scarf, mittens, t-shirt, night shirt, towels, socks, candy or even a Kroger gift card.

Last year marked the debut of our Giving Tree program and it was a resounding success. “We had such positive responses from both recipients and givers last year,” Volunteer Services Director



Volunteers wrapped gifts and placed in gift bags for delivery to homebound seniors.

personal. And our recipients were overjoyed receiving what they truly needed and overwhelmed by the generosity of others.”

You can choose a tag beginning Monday, November 4. If you cannot get to The Helm but would like to support a homebound senior, pick a tag online at bit.ly/3MxVhDD or scan the QR code in the box at right. Return the new, unwrapped gift or gifts during normal business hours to The Helm, 158 Ridge Road, Grosse Pointe Farms, by Thursday, December 5. Include the recipient’s tag with your gift.

Heidi Uhlig-Johnstone said. “Even though we maintain the privacy of our recipients, givers enjoyed buying something specific for someone specific. It made it all a bit more

“Volunteers will be needed to buy any remaining items and stocking stuffer-type items, wrap the presents and deliver them,” Uhlig Johnstone said. “We had a terrific time wrapping last year. Our volunteers really had a sense of joy knowing how happy these gifts were going to make someone. Our homebound seniors appreciated being thought of and cared about. This program truly makes everyone involved feel happy.”

Gift wrapping takes place Wednesday, December 11, followed by delivery December 11 through December 20. To sign up to help with wrapping or delivery, contact Heidi Uhlig-Johnstone at 313.649.2107.



Last year’s Holiday Giving Tree in the Great Room at The Helm. Grab a tag and buy a gift. It’s that simple.

If you forget to take a gift tag while at The Helm, no worries. Just scan this QR code and go directly to The Helm Giving Tree page to select a recipient and purchase a gift. This page will “go live” November 4.





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.

PINOCHLE CLUB

Tuesdays, 1:30 - 3:30 pm

MEMBER: FREE FUTURE MEMBER: \$6

All are welcome! The focus is on the four-player, 48-card game (three players is doable) and we will match people according to their experience. If you’re new to the game, not to worry, we’re here to teach you.

EVENING PING-PONG GROUP

Tuesdays, 6 - 7:30 pm

MEMBERS: FREE FUTURE MEMBERS: \$3

Ping-Pong stimulates the brain, improves reaction time, increases hand-eye coordination and it’s fun! Come out for this low injury risk sport for fitness, flexibility and to improve reflexes. Register on your own or bring friends. Two tables are available.



Four friends enjoying evening Ping-Pong – so much so they asked us to take their photo!.

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

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.

THE GEMS

A GIRLFRIEND GET-TOGETHER

Wednesdays, 11 am - Noon

FREE TO MEMBERS AND FUTURE MEMBERS

Join other women in our welcoming Great Room for coffee or tea and conversation about life’s happenings, experiences and whatever else is on your mind. It’s a great way to share and learn with other women. Come on your own or bring a friend!



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.

HALLOWEEN BINGO

Guess what falls on Thursday this year? Halloween! On October 31, wear a costume (or not) and enjoy spooky prizes and special treats.





EXERCISE AND WELL-BEING

YOGA

Mondays, 9 - 10 am

INSTRUCTOR: Carol Guither

Wednesdays, 9 - 10 am

INSTRUCTOR: Darlene Lovelace

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.

REMINDER:

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

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 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

Learn 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 which promotes balance, flexibility and optimal range of motion. Wear loose-fitting clothes and bring a water bottle and mat 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.



ONGOING PROGRAMMING

WHAT'S HAPPENING AT THE HELM

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

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, 11:45 am - 12:45 pm

INSTRUCTOR: Erika Page

Thursdays, 11:45 am - 12:45 pm

INSTRUCTOR: Erika Page

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.



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!

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.

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.



2024 SENIOR SERVICES MILLAGE

TUESDAY, NOVEMBER 5



When a community cares for its elders, it reinforces the future of every generation.

COMMUNITY GROWTH CALLS FOR COMMUNITY SUPPORT

THE CHANGING FACE OF OUR COMMUNITY

- **43% OF THE POPULATION IS AGE 50+**
- **BY 2025, THE NUMBER OF PEOPLE 65+ WILL OUTNUMBER THOSE 17 AND UNDER**
- **ONE-QUARTER OF ALL RESIDENTS WILL BE 65+ BY 2030**

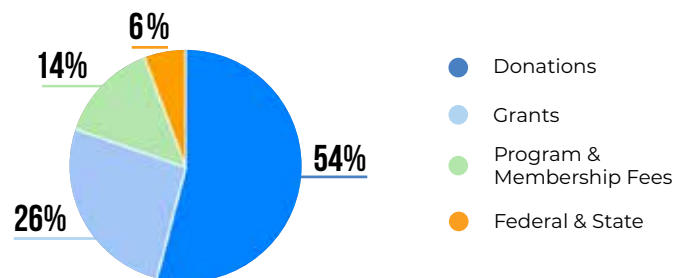
Since 1978, The Helm has been the only comprehensive senior community resource and wellness center serving the five Grosse Pointes and Harper Woods. Everything The Helm does enables residents to live healthy and meaningful lives as they age. We do this through essential services, classes and activities that encourage physical, mental and social well-being. From exercise classes and group activities to tax preparation and meals delivered straight to their doorstep, we're here to connect community members with what they need to age with purpose and dignity.

FUNDING FOR THE FORESEEABLE FUTURE

As the senior population increases, the demand for essential services has never been greater. More funding is needed to meet the needs of our aging population and their families. On November 5, voters in the Grosse Pointes and Harper Woods will be asked to consider a six-year, 0.35 millage for senior services. If passed, this would generate \$1.3 million to help fund current and future services for our growing senior population.

FUNDING YOUR FUTURE & THEIR PRESENT

Donations and grants account for more than 80% of the current revenue of The Helm. This is not a sustainable approach to meet the needs of an expanding population. While we will continue to raise private funds through philanthropic efforts, a millage would help ensure essential services for seniors for years to come.



FOR MORE INFORMATION
SCAN QR CODE



SECURING THE PRESENT AND FUTURE

On November 5, residents of the Grosse Pointes and Harper Woods will vote on a 6-year 0.35 millage proposal to fund necessary resources and support to promote and protect the health and well-being of senior citizens in the community. If the millage passes, it will ensure essential services for the growing senior population in our community and provide for additional services, like a much-needed adult day program in the community, more home visits and expansion of programs to other locations in our cities.

Essential Services in public health and senior services are critical components of a community's infrastructure designed to promote and protect the health and well-being of its elderly population. The Helm provides these services in our community.

Meals on Wheels

Nutritious meals are delivered to homebound seniors unable to safely prepare meals for themselves.

Senior Outreach and Assistance

- **Information and Assistance**
Resources for housing, safety issues, financial assistance and emergency relief.
- **Medicare Assistance Program**
Experts help with Medicare enrollment, reviewing plans and helping ensure the most appropriate and cost-effective coverage.
- **Medical Equipment Lending**
Medical equipment, hygiene products and nutrition supplements available at no cost.
- **Medical Escort Service**
Volunteer drivers provide transportation to and from medical and dental appointments.
- **Case Coordination**
Supportive services for those with multiple needs or requiring extra attention.
- **Home Chore Program**
Assistance with minor home maintenance and simple yard clean up.
- **Friendly Reassurance Program**
Volunteers regularly call older adults to make sure they are ok and reduce isolation and loneliness.
- **Transportation Assistance**
Transportation is a critical resource to maintain well-being for older adults. Pointe Area Assisted Transportation Service (PAATS) is a partner organization of The Helm and provides transportation to appointments for Harper Woods and the Grosse Pointe residents 60 and above. Fares vary.

Health and Wellness Education and Enrichment

Flu clinics, healthcare services, wellness classes, a fitness center and health education tailored to the specific needs of senior citizens. Education and enrichment helps in creating strong health outcomes and keeping minds and bodies active to inspire and enable older adults to live healthy and meaningful lives as they age.

IN 2023



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

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

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

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

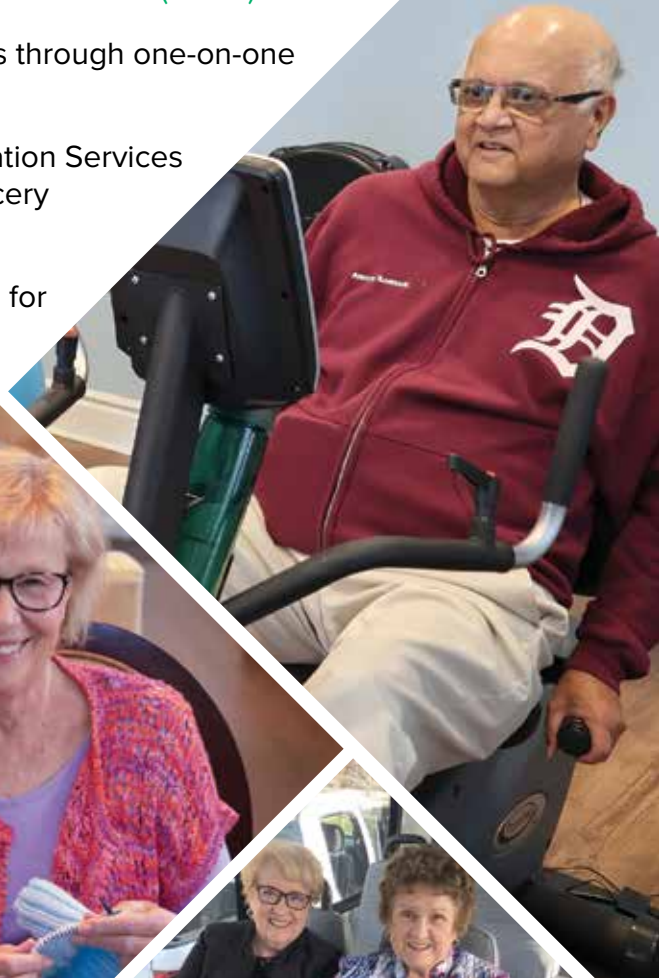
2,337 unique sessions of educational and exercise classes, presentations, workshops, health screenings, gatherings, movies, games, crafts and so much more, attended by nearly 1,300 individuals (↑13%)

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

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

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

183 received tax preparation assistance



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

FREQUENTLY ASKED QUESTIONS

What is the benefit of a millage?

A millage provides financial support to ensure our community has enough resources to continue helping seniors. When there is a lack of support programs, it impacts local governments through increased medical emergencies and police calls, and increases the financial and emotional burden on families.

What does the millage pay for?

The millage will provide a stable income source to fund essential senior services like Meals on Wheels, transportation, care coordination and help provide additional services like a much-needed adult day program in the community, more home visits and expanding programs to other locations in the community.

How much will this millage cost me?

A resident whose home has a taxable value of \$100,000 will pay \$35 annually. Depending on the community in which you live, the average cost is \$16 to \$107 annually.

With 45 years of success, why change things now?

A change is needed now because as our older population grows in number, the need for essential services increases. We have long known relying on donations is not the best business practice nor a reliable source of income. A senior services millage won't replace all income – we will continue to fundraise and seek grants – but it will provide a stable source of funds needed to ensure essential services for seniors.



FOR MORE INFORMATION, VISIT: [HELMLIFE.ORG/SENIOR-SERVICES-EDUCATION/](https://helmlife.org/senior-services-education/)

THE
HELM
AT THE BOLL LIFE CENTER



ONGOING PROGRAMMING

WHAT'S HAPPENING AT THE HELM



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



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

 **NEW!** Evening Sessions: Second and Fourth Tuesday of every month, 6 - 7:30 pm

FACILITATOR: Frank Wilberding, LMSW, CAADC, 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. **Be sure to check our website. Dates are subject to change.**

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 . . . ?" 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

FACILITATOR: Henry Ford Health Detroit Institute of Ophthalmology

FREE TO MEMBERS AND FUTURE MEMBERS

This 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

By Appointment Only

CARE CONSULTANTS: LaTonya Connally, Gray Jessiman and Deb Sloss

FREE TO MEMBERS AND FUTURE MEMBERS

This evidence-based care planning and counseling assistance program is 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. After five to six sessions, participants will have the tools needed to move forward confidently. Appointments are limited so schedule as soon as possible. Call 313.882.9600 to schedule.

REMINDER:

Registration is required for every program.

Register at helmlife.org or call 313.882.9600.



OCTOBER

WHAT'S HAPPENING AT THE HELM

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

LUNCH AT THE HELM

MENU: HEARTY CHICKEN NOODLE SOUP AND A CLASSIC CAESAR SALAD

Thursday, October 10, 11:30 am - 12:30 pm

MEMBER: \$14 FUTURE MEMBER: \$16

Gather with friends at The Helm for lunch. Nothing more, nothing less. Just an opportunity to get out of the house, have a delicious and nutritious meal and enjoy the company of others.

PREMIER WORLD DISCOVERY PRESENTS

"MUSIC CITIES - NEW ORLEANS, MEMPHIS AND NASHVILLE" AND

"BURGUNDY AND PROVENCE RIVER CRUISE"

Tuesday, October 15, 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. Day six, 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, 2025, 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. Learn about these trips, costs and everything that's included. We can't do them justice here!

LUNCH AND LEARN

SIMPLIFY YOUR MOVE - STRESS FREE DOWNSIZING

Tuesday, October 15, Noon - 1 pm

PRESENTERS: Representatives from Real T Simplistic, LLC

FREE TO MEMBERS AND FUTURE MEMBERS

Learn effective strategies for downsizing and simplifying your move. Presenters will cover practical organizing tips, discuss the process of moving into a smaller home or senior living community and share insights on planning a successful moving sale. Learn how to navigate the emotional aspects of leaving a longtime home and understand how enlisting a professional can ease the stress.

NEW!

AARP SMART DRIVER TEK

Wednesday, October 16, 10 - 11:30 am

INSTRUCTOR: Roger Doster

FREE TO MEMBERS AND FUTURE MEMBERS

This workshop keeps drivers in the know about the latest vehicle safety technologies and how to use them. Recognize how technology-lane departure systems, smart headlights, blind-spot detection systems and other features enhance driving safety and extend safe driving years. Attendees leave with a vehicle technology checklist to see which features exist in their current car and offers guidance when shopping for a car.

PREPARING FOR THE UNEXPECTED

Thursday, October 17, 6:30 - 7:30 pm

PARTNER: The Family Center

PRESENTERS: Attorney Maura McKeever, Community Educator Rachel Powell and Licensed Social Worker Frank Wilberding

FREE TO MEMBERS AND FUTURE MEMBERS

The Helm and The Family Center host this workshop about preparing for end of life and the situations or issues that could precede that eventuality. These can be uncomfortable topics to broach, but the more you know and have in place, the easier the transition. Compassionate, sensitive presenters will provide information about estate planning, end of life wishes and advanced directives, safeguarding your legacy, ensuring your wishes are honored should you be incapacitated and the value of having financial and legal decisions in place to grieve appropriately. Dessert and beverages will be served. See page 21 for more information.

NEW!



HALLOWEEN CAKE DECORATING

Friday, October 18

10 am - 1 pm

INSTRUCTOR: Erika Clark

WCCCD Continuing Education Class (Classes follow college semester)

FREE TO MEMBERS AND FUTURE MEMBERS

This workshop will teach you simple tips from frosting to leveling and piping. You will learn everything you need to know to create a beautiful Halloween-themed cake. All supplies are provided.

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

THE HELM CULTURAL EXPLORATION SERIES

LATINOS IN AMERICA

Thursday, October 24, 12:30 - 2 pm

PRESENTER: Osvaldo Rivera, Professor, Author, Consultant

FREE TO MEMBERS AND FUTURE MEMBERS

This interactive presentation will provide a cultural and geographical overview of the history of Latinos in the United States. Learn about Spanish, European, Native American and African influences on the Latin community. Explore the settlement of Latinos in the U.S., development of leadership within the community, and the current social and political issues impacting this community. Enjoy traditional foods and a musical performance. See page 6 for more information.

HEALTH FOR HER AT THE HELM

Tuesday, October 22

6 - 7:30 pm

NO COST TO ATTEND THIS PRESENTATION

In conjunction with The Family Center, we are excited to launch this program which will tackle medical topics of special interest to women of any age. Join us for wine, snacks and frank discussions with local medical experts on issues including menopause (peri-to-post), osteoporosis, breast health, skin and hair changes (and ways to keep looking your best!), heart health, urinary tract and pelvic floor concerns and medical marijuana. Our first session deals with sleep or the lack of it. Are you getting enough ZZZs? We'll have sleep experts here to give you the latest news on treatments for insomnia and strategies to help you get that elusive good night's sleep. Look for more sessions yet this year and throughout 2025.

NEW!



THURSDAY NIGHT AT THE MOVIES

THE FALL GUY (2024)

(PG-13 - 2 hours, 8 minutes)

Thursday, October 24

Showtime: 5:30 pm

Movie and Snacks

MEMBER: \$3 FUTURE MEMBER: \$5

A stuntman must track down a missing movie star, solve a conspiracy, and win back the love of his life while still doing his day job in this action-packed thrill ride. What could possibly go wrong? Starring Ryan Gosling and Emily Blunt.



FRIDAY MOVIE MATINEE & SNACKS

Showtime: Noon **MEMBER: \$3 FUTURE MEMBER: \$5**

A MILLION MILES AWAY (2023) **LCS**

Friday, October 11 **PG 2 hours, 1 minute**

This biopic tells the story of Jose Hernandez and his path from farm worker to becoming an engineer and an astronaut. A tale of perseverance, community and sacrifice to accomplish the seemingly impossible dream.

A HAUNTING IN VENICE (2023)

Friday, October 25 **PG-13 1 hour, 44 minutes**

In this mystery set after World War II, Hercule Poirot is retired and living in Venice Italy. When he reluctantly attends a seance at a haunted palazzo, he soon gets thrust into a sinister world of shadows and secrets, when one of the guests is murdered.

FLU CLINIC

Friday, October 11

9 am - 3 pm

FREE TO MEMBERS AND FUTURE MEMBERS



It's that time again for The Helm Annual Flu Clinic. Getting a flu shot protects you and prevents you from spreading the flu to others. The U.S. Department of Health and Human Services statistics show 90% of flu-related deaths and more than half of flu-related hospitalizations occur in people 65 and older.

The clinic is here at The Helm. Professionals from Henry Ford Medical Center - Grosse Pointe will be onsite to administer the shots. Flu shots are covered by Medicare. Bring your Medicare card, driver's license or Michigan ID, along with your supplemental health insurance card if you have one. If you do not have Medicare, there will be a charge which your insurance may or may not cover

Appointments are required. Call 313.882.9600 to schedule an appointment.



NOVEMBER

WHAT'S HAPPENING AT THE HELM

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

COOKING WITH THE PLATINUM CHEF

SUPERMARKET HAUL: COST AND HEALTH CONSCIOUS GROCERIES
Monday, November 4, 1 - 2 pm

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

MEMBER: FREE FUTURE MEMBER: \$5

Chef Rhoda will share a secret or two: The top 10 most cost-effective items you should purchase at the supermarket and how to swap out the typically-bought brands for a more sustainable and healthy choice. Register early; space is limited. There will be samples for tasting and a lucky participant will be chosen to go home with the chef's approved items.

VETERANS DAY BREAKFAST AT THE WAR MEMORIAL

Monday, November 11, 8 - 11 am

PARTNER: The War Memorial

VETERAN: FREE ONE GUEST OF VETERAN: \$15

Celebrate Veterans Day at The War Memorial. Commemorate your service and sacrifice with breakfast and a ceremony at The War Memorial. The Vietnam Veterans of America, Chapter 154 Color Guard, will perform a flag ceremony and the Grosse Pointe Men's Choir will entertain with patriotic songs honoring each branch of service. Veterans are free. Each veteran may bring one guest. There is a \$15 charge for the guest. The Louisa St. Clair Chapter, National Society Daughters of the American Revolution is a sponsor of this event. **Register with The War Memorial at 313.881.7511.**



OUT TO LUNCH BUNCH

WAVES (ST. CLAIR SHORES)

Thursday, November 7, 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 \$6 for members; \$8 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.

DINNER WITH A DOC

Tuesday, November 12 6:30 - 8:30 pm

PRESENTER: Dr. Robert Deeb, Senior Staff Surgeon, Henry Ford Medical Group

MEMBER: \$35 FUTURE MEMBER: \$45

Dinner with a Doc is back at The Helm!

Dr. Deeb is director of the Division of Facial Plastic and Reconstructive Surgery in the Henry Ford Medical Group. He specializes in cosmetic and reconstructive surgery of the face, head and neck. His presentation will include information about surgery for the aging face, including facelifts, neck lifts, brow lifts and nose surgery, as well as non-surgical cosmetic procedures such as Botox and filler injections. Dr. Deeb also will discuss skin cancer treatments, scar revision therapies and some of his humanitarian mission work worldwide. This event includes a gourmet dinner and beverages.



FRIDAY MOVIE MATINEE & SNACKS

Showtime: Noon MEMBER: \$3 FUTURE MEMBER: \$5

FIND ME FALLING (2024)

Friday, November 8 TV-14 1 hour, 33 minutes

On a dreamy Mediterranean island, a rock star hiding out in a cliffside home gets a second chance at love in this sweet rom-com starring Harry Connick Jr.

UNDER THE SAME MOON (2007) LCS

Friday, November 22 PG-13 1 hour, 49 minutes

After his grandmother dies, a young Mexican boy illegally travels across the border to search for his undocumented mother living and working in the United States.

PENDING FIELD TRIP

MICHIGAN CENTRAL TOUR & LUNCH

One of the most popular attractions in Detroit this summer is the renovated Michigan Central. Currently, visitors take a self-guided tour, but Michigan Central administration is in the process of hiring a tour guide service. Once they do and guided tours begin – which should be soon – we'll schedule a Field Trip. As soon as we do, we'll let you know via our website, social media and inhouse flyers.





LUNCH AT THE HELM

NEW!

MENU: RUSTIC SOUTHERN CHILI AND BAKED POTATO WITH SOUR CREAM, DICED TOMATOES AND SHREDDED CHEESE

Thursday, November 14, 11:30 am - 12:30 pm

MEMBER: \$14 FUTURE MEMBER: \$16

Gather with friends at The Helm for lunch. Nothing more, nothing less. Just an opportunity to get out of the house, have a delicious and nutritious meal and enjoy the company of others.

MAPPING OUT THE FUTURE

NEW!



Thursday, November 14

6:30 - 7:30 pm

PRESENTERS: Richard Levin, CEO of Riverview Health and Lori-Ann Rikard, Attorney and Founder of Rikard and Associates

FREE TO MEMBERS AND FUTURE MEMBERS

Richard Levin will lead an insightful and interactive session covering those difficult questions, emotional discussions, and stressful decisions a family can face when considering care for a loved one. Lori-Ann Rikard will discuss aspects of being prepared for a potential long-term care or nursing home stay. She also will share basic information on estate planning and eldercare. Wine, cheese and crackers will be served.

THURSDAY NIGHT AT THE MOVIES



THE LONG GAME (2023) LCS

(PG - 1 hour and 52 minutes)

Thursday, November 21



Showtime: 5:30 pm

Movie and Snacks

MEMBER: \$3 FUTURE MEMBER: \$5

In 1950s Texas, a veteran-turned-school superintendent assembled a team of caddies from a local country club to compete for a state championship.

THANKSGIVING LUNCHEON

Wednesday, November 20, 11:30 am - 1 pm

Catered by: Fresh Farms Market

MEMBER: \$22 FUTURE MEMBER: \$26

Yes, it's that time again – Thanksgiving Luncheon. If you've been before, you know this is a great time to gather with friends and enjoy a delicious traditional Thanksgiving meal. Come hungry! There will be live entertainment, too. Eat, drink and be merry!

REGISTRATION UPDATE

As The Helm grows and we add new programs, it is imperative you register for classes. As big as our house is, space is limited. We hold classes and activities in rooms based on expected enrollment. If enrollment is lower or higher than expected, we may change rooms. Once we set up a room for a specific class or activity, it is difficult to move or rearrange settings. While we don't want to turn anyone away if a class is full, we must. If we schedule a room based on 10 people and five additional unregistered people arrive, we may or may not be able to accommodate them. Don't miss out. Be sure to register for each and every class. Speaking of registration . . . we've improved the online registration process. It's easier than ever. You'll see flyers around the building with step-by-step instructions for registering online. We're also happy to work one-on-one with you to learn how to do it. No more waiting in line at the front desk; no more waiting on the phone. Register from home when you think of it.

REGISTER ONLINE!



No waiting for the doors to open



No waiting in line



No waiting on hold



Register from the comfort of anywhere!



Register anytime day or night



Register as soon as the Journal comes out



Best of all - Use your wallet funds!

Turn this card over to see how easy it is to register online!



DECEMBER

WHAT'S HAPPENING AT THE HELM

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

LUNCH AT THE HELM

MENU: CHICKEN POT PIE AND A CLASSIC CAESAR SALAD
Thursday, December 5, 11:30 am - 12:30 pm

MEMBER: \$14 FUTURE MEMBER: \$16

Gather with friends at The Helm for lunch. Nothing more, nothing less. Just an opportunity to get out of the house, have a delicious and nutritious meal and enjoy the company of others.



PREMIER WORLD DISCOVERY PRESENTS

"MUSIC CITIES - NEW ORLEANS, MEMPHIS AND NASHVILLE"

AND "BURGUNDY AND PROVENCE RIVER CRUISE"

Thursday, December 5, 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, 2025. See description on page 16 for more information.



HOLIDAY KARAOKE PARTY

Wednesday, December 18, Noon - 1:30 pm

MEMBER: \$22 FUTURE MEMBER: \$26

Come with your friends or on your own to celebrate the holidays at our annual luncheon. Andiamo Catering will provide a scrumptious Italian lunch. Then, get into the holiday spirit as you join in on the fun of singing karaoke holiday songs. Be sure to register early for this festive event.

FRIDAY MOVIE MATINEE & SNACKS

Showtime: Noon MEMBER: \$3 FUTURE MEMBER: \$5
OPERATION CHRISTMAS DROP (2020)

Friday, December 13 PG 1 hour, 36 minutes

A by-the-book Congressional aide lands at a beachside Air Force base, where she clashes with a big-hearted captain over his airborne Christmas tradition. Based on a true story, the drop is the oldest ongoing Department of Defense mission, which remains in full operation, and the longest running humanitarian airlift in the world.

Christmas Extravaganza Excursion!

HOLIDAY CHURCH TOURS, LUNCH AND DESSERT

Thursday, December 12, 9:30 am - 4:45 pm

MEMBER: \$112 FUTURE MEMBER: \$120

PARTNER: Bianco Travel

Travel via deluxe motorcoach to **Historic Trinity Lutheran Church**, with 260+ creches from around the world, 90+ nutcrackers, a multitude of angels and numerous beautifully decorated Christmas trees including the 22-foot tree with 18,185 lights in the sanctuary. The hand-painted nativity in the sanctuary has adorned the church since the late 1800s.



After the church tour, enjoy lunch in Eastern Market at **Amore de Roma Cafe**, one of Detroit's oldest restaurants. Savor classic Italian cuisine served with old-school charm by tuxedoed waitstaff. Following lunch, you'll take a guided tour of **First Congregational Church of Detroit**, built at the peak of the Victorian era. Patterned after churches in Venice and Ravenna, it will be decked out in Christmas finery. Finish the day with dessert at **Shatila**, the acclaimed Middle Eastern bakery in Dearborn.

- Cost includes travel, tours, lunch and dessert.
- There is a lot of walking and steps. Wear comfortable shoes!
- No refunds after December 5.
- Call 313.882.9600 to reserve your spot.

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.



THURSDAY NIGHT AT THE MOVIES

A RAINY DAY IN NEW YORK (2020)

(PG-13 - 1 hour and 33 minutes)

Thursday, December 19

Showtime: 5:30 pm

Movie and Snacks

MEMBER: \$3 FUTURE MEMBER: \$5

Woody Allen assembled an all-star cast including Selena Gomez and Timothee Chalamet for a charming comedic tale set amidst the dizzying streets of The Big Apple.



FIELD TRIP

ESEL AND ELEANOR FORD HOUSE HOLIDAY TOUR AND LUNCH AT THE CONTINENTAL

Tuesday, December 17, 11:30 am - 3:30 pm

MEMBER: \$15 FUTURE MEMBER: \$18

Begin the day with lunch at The Continental and then embark on an extraordinary journey through the main residence of the Ford House estate decorated just as Eleanor would have done. This tour is held on the first floor of the home and does not require the use of stairs. The Ford House's expert guides will provide insights into the thoughtful planning and execution of every detail of the home. Don't miss the chance to explore this home where comfort and style harmoniously coexist. Cost for this tour covers the bus ride and your tour ticket. You are responsible for the cost of your lunch and any other purchases.



PREPARING FOR THE UNEXPECTED



Thursday, October 17, 6:30-7:30 pm
Free to the Community

Join The Helm and The Family Center for an evening designed to help you and your family be prepared for life's unexpected and inevitabilities.

MAURA MCKEEVER

Attorney, Trinity Estate Planning PLLC, explains essential legal tools to safeguard your legacy, ensure your wishes are honored, and provide you and your loved ones with peace of mind for the future.

RACHEL POWELL

Business Development Manager, VNA (Visiting Nurses Association), presents information regarding End of Life Wishes and Advanced Directives.

FRANK WILBERDING

LMSW, CAADC, Psychotherapist, shares how to recognize the individual process of grief and help those who are grieving.

Dessert and beverages will be served. Register in advance at helmlife.org, calling 313.882.9600 or emailing hello@familycenterhelps.org



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 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.

Call 313.882.9600 to register.

MEDICARE OPEN ENROLLMENT

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

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

People see year-over-year savings by reviewing the Prescription Part D plans and premiums. In 2023, The Helm Medicare counselors worked with 750 clients resulting in \$300,000 in direct savings on medical and drug plans through this one-on-one counseling.



To schedule an appointment, contact Tony Altovilla at taltovilla@helmlife.org or 313-649-2110.



HENRY
FORD
HEALTH

BrightStar Care
HOME CARE | MEDICAL STAFFING
A Higher Standard



Home care for simple to complex needs.

- Companion, personal & respite care
- Alzheimer's & dementia care
- 24/7 availability

586-279-3610

brightstarcare.com/grosse-pointesoutheast-macomb

©BrightStar Care Independently Owned and Operated

Worth Seeing.

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

Senior Eye Health

Advanced Cataract Solutions
Custom Choice Cataract Implants
Selective Laser Glaucoma Treatment
Macular Degeneration Care & Treatment

Comprehensive Eye Care

Complete Eye Exams
Extended-Wear Contact Lenses
Quality Optical Service

Advanced Technology Enhanced By Experience!

 **METROPOLITAN EYE CENTER**

586-774-0393

www.metropolitaneyecenter.com

21711 Greater Mack Ave, St. Clair Shores MI 48080



Photo by
Bill Rapal, President
Grosse Pointe Audubon

TRIBUTES & HONORS

IN MEMORY OF

JOHN BOLL

Linda Schaden

HARRY BURKEY

Janie Burkey

THE HON. JAMES A. CALLAHAN

Deborah Meade

Julien "Jay" Claus

Kathleen and Richard Carlson

JEAN GILBERT

Sarah and Don Ludlow

BILL LEONARD

Barbara Dimcheff

Joan and Rick Goodrich

Ann and Denny Hoag

Jeff Joliet

Judy and Chuck Mathews

Sue Miller

Nancy Smith

PATRICIA MESSINA

Cheryl Wesen

EDITH STANTON NEWBERRY

Elizabeth Kelley Evans

John S. Newberry, IV

CATHERINE PENTIS

Thomas Pentis

SWADESH RELAN

Krishna Relan

AGEE AND PHOEBE RUDOLPH

Pamela Waldrop

IN HONOR OF

GARY COLETT

Happy Echlin

Marcella A. Haberek

JOHN AND MARLENE BOLL

Nora Moroun

RICHARD LORD

John S. Newberry, IV

JIM MESTDAGH AND GARY MAROWSKIE

Joe Schaden

FRAN TWIDDY

Bliss Clark

STAFF AND VOLUNTEERS

Anonymous

SPONSORS & IN-KIND DONORS

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

IN-KIND DONORS

Einstein Bros. Bagels

Henry Ford Health

Josef's European Pastry Shop

Kroger Rewards

Landmark Health

Panera Bread

PROGRAM SPONSORS

BrightStar Care

Drs. Sharada "Ingrid" and Ashok Sarnaik

Vasudhaiva Kutumbakam Endowment Fund

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.

Donations received between May 25 and August 23, 2024. If there are any errors or omissions, please contact 313.649.2104 so we may make corrections.

WELCOME NEW MEMBERS

New members from May 25, through August 23, 2024

Leslie A.	Rosemary G.	Margaret O.
Alesia B.	Allan H.	Kathrine P.
Marianne B.	Gerald H.	Susan P.
Rick B.	Gail H.	George S.
Linda B.	Colleen H.	Susan S.
Trudy B.	Barbara H.	Diane S.
Fred B.	Kim K.	Janice S.
Gretchen B.	Richard L.	Roger V.
Christine C.	Elaine L.	Alan W.
Sandra D.	Elizabeth M.	Emma W.
Sharon D.	Lisa M.	Marsha W.
Carroll E.	Susan M.	Joan W.
Judy F.	Cameron M.	David W.
Charles G.		Stephen Z.

Senior Expo 2024

Experience
Senior Life Today!

FREE! 8:30 a.m. - 1:30 p.m.
Thursday, October 17
Assumption Cultural Center

**WDIV Anchor Devin Scillian
will give a keynote address
and perform with the band
Arizona Son**

FREE!
More than 50 exhibitors, lunch,
health and wellness screenings
and more!

No registration required. Just stop in!

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.

Listening to you, caring for you.®
ascension.org

