

THE HELM LIFE JOURNAL



JANUARY THROUGH MARCH 2025

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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 POINTES & HARPER WOODS SINCE 1978.

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ON THE COVER

Left: Smiling faces were everywhere during the Thanksgiving Luncheon.
Right: Attendees were feted to music and dance performances at the Latin Cultural Exploration Series.

THE NEW YEAR IS HERE

STARTING OFF WITH SO MUCH PLANNED;
YET SO MUCH TO DO



Welcome 2025! As I write this letter, the final tallies are not yet in for 2024, but I can tell you we did more of **everything!** We had more people walk through our doors and participate in programs. We offered more programs than ever before.

We provided more Meals on Wheels than ever to more recipients than ever. We set a record for Medicare Open Enrollment consultations . . . and the list continues. On top of that, we had our most successful Annual Gala in terms of money raised and we were blessed to have five of our six communities demonstrate the value of seniors by passing the Senior Services Millage.

Before I tackle that subject, I want to be sure you read this *Journal* and see all the terrific programs in store. The Helm Cultural Exploration for the first half of 2025 is China and we begin with a couple of celebrations before we get to a full out presentation in the second quarter. (Stay tuned for that!) In February, *Her Heart* is the topic of *Health for Her at The Helm*. Local doctors will be on hand to discuss specific issues around heart health for women. We started this program last fall tackling a new subject each time. We're thankful to our partner, The Family Center, for its help with this important program. We have more Wayne County Community College District programs here this quarter than ever. *Digital Photography*, *Belly Fitness Workout*, *Social Media for Mature Learners*, *Tai Chi for Beginners* and *Upscale Jewelry Design for Beginners* join returning favorites *French*, *Body Alignment* and *Awesome Abs*. We have a few more evening programs, a special jazz and art presentation and many movies, lunches and field trips planned. Once again, there will be something you are going to want to do!

Now, I'd like to take time to address the Senior Services Millage. There is a tremendous amount of work yet to be done. The first step is for the

cities to create an interlocal agreement. Once that agreement is signed, an Active Adult Commission (AAC) will be formed. Each city will appoint a representative to the AAC. It is up to the cities as to how and whom to select. The Helm will reach a contractual agreement with the AAC for services. The cities will levy the millage, most likely in their summer taxes (August/September 2025). Money collected in the fall of 2025 will go to the AAC. The AAC will pay The Helm according to the contract. More than likely, we are a year away from this taking place.

While the cities and the commission do their initial work, we are creating lists of essential services and projected costs based on existing and anticipated population growth. We're also actively planning an adult day center and all that entails from location to equipment to staffing. Realistically, The Helm will not receive any millage money until early 2026 which means we will be fundraising just as much as ever! To be honest, fundraising always will be part of our activities.

There is a lot of work yet to be done, but we are definitely up for the challenge. We are excited to provide for our elders who have provided so much to our community throughout their lives. We will keep you updated with periodic communications and on our website, but please feel free to contact me if you have any questions.

In the meantime, grab a hot cocoa, flip through the *Journal*, find something you want to do, sign up, and I'll see you soon! Wishing you the happiest and healthiest of new years!

A handwritten signature in black ink that reads "Krista Siddall".

Krista Siddall
Executive Director

TAKE THE HELM GALA

THAT'S A WRAP FOR 2024

It was a beautiful night for Take The Helm, our 28th annual gala. And, once again, we are overwhelmingly grateful for our donors and supporters.

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

Grosse Pointe Farms resident Robert R. Lubera, estate and elder law attorney and former president of The Helm board of directors (then SOC), was recognized for his commitment to The Helm and the community. Read more about Mr. Lubera and his involvement with The Helm below.

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

Without the support of donors, we could not continue our good works. Thank you to the many guests, sponsors, donors, businesses and volunteers listed on the following pages. It is only with their support the Gala can happen. We appreciate you supporting the many businesses that support The Helm.



Gala goers raise their paddles high in preparation for bidding on the exciting live auction items.

TAKE THE HELM 2024 GALA HONOREE ROB LUBERA

Rob Lubera served on the board for seven years, including three years as president, during a critical period when the organization needed to find a new home. “We operated out of the Neighborhood Club, and they were always very good to us. But they were working to build a new facility and that was the catalyst for us to look for a new home too,” he recounted. The old Cottage Hospital nurses’ residence was suggested as a potential location. “Henry Ford Health was great to work with and provided a 30+ year lease, but the building had been unoccupied for a number of years. We launched a capital campaign, John and Marlene Boll were lead donors, and while it took 2.5 years, we finally had literally, a one-stop shop.”

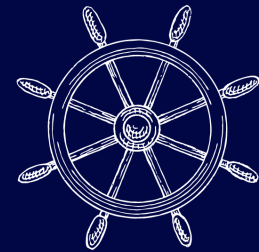
Mr. Lubera graduated from University Liggett School, earned his Juris Doctor from Michigan State University College of Law, and obtained a Master of Laws in Taxation from Wayne State University Law School. While law is his profession, art is his passion. He has combined the two by representing many artists or collectors. “Their art is an asset,” he said. “I help them decide what to do with their art after they pass — whether to donate it, auction it, or leave it to a museum or university.”



This year's Gala honoree and former Board President Rob Lubera is shown with his son, John, and wife, Mary at this year's Gala.

Though no longer on the board, Mr. Lubera remains a major supporter of The Helm. He has contributed countless hours through presentations and counsel, serves on the advisory council and development committee, and chairs the planned giving committee.

SAVE THE DATE
**TAKE THE
HELM**



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THURSDAY, OCTOBER 9, 2025
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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 GUESTS

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 GUEST: \$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 GUEST: \$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.

PING-PONG GROUP

Fridays, 2 - 4 pm

MEMBER: FREE GUEST: \$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.

MAHJONG CLUB

Wednesdays, 1 - 4 pm

MEMBER: FREE GUEST: \$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

GUEST: \$5 for one card and refreshments

Additional cards are 25 cents each.



HELM HELPING HANDS

FREE TO MEMBERS AND GUESTS

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.

GAMES IN OUR HOUSE

Various times

MEMBER: FREE GUEST: \$6

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.

ST. PATRICK’S DAY BINGO

Thursday, March 13

10 - 11 a.m.

Wear green and join us for Irish music, treats and St. Patrick’s Day themed-prizes. Regular Bingo pricing applies.





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 **GUEST:** \$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 **GUEST:** \$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 **GUEST:** \$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 GUESTS

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

Semester runs January 27 - May 5

INSTRUCTOR: Gwendolyn J. Scales

WCCCD Continuing Education Class

Participants must be 60 or older and a resident of Wayne County.

FREE TO MEMBERS AND GUESTS

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. Bring a water bottle and mat to class.

AWESOME ABS

Mondays, 2:30 - 4 pm

Semester runs January 27 - May 5

INSTRUCTOR: Gwendolyn J. Scales

WCCCD Continuing Education Class

Participants must be 60 or older and a resident of Wayne County.

FREE TO MEMBERS AND GUESTS

Exercise in this class will help tighten abdominal muscles, strengthen your core and help with balance. Bring a water bottle.

TAI CHI BEGINNER CLASS

Thursdays, 9 - 10 am

INSTRUCTOR: Susan Smith

MEMBER: \$7 per class **GUEST:** \$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.

Registration is required for every program at helmlife.org.



ONGOING PROGRAMMING

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

CONTINUING TAI CHI CLASS

Tuesdays, 9 - 10 am

INSTRUCTOR: Susan Smith

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

For those with previous tai chi experience.

STRENGTH AND BALANCE

Tuesdays and Thursdays, 11:45 am - 12:45 pm

INSTRUCTOR: Erika Page

MEMBER: \$7 per class GUEST: \$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 GUEST: \$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 GUEST: \$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.

LIFELONG LEARNING

ELECTRONIC DEVICE TUTORING

First and Third Fridays of each month, Noon - 3 pm

FREE TO MEMBERS AND GUESTS

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.

CONVERSATIONAL FRENCH

BEGINNER LEVEL

Tuesdays, 10:30 - 11:30 am

Semester runs January 21 - May 6

Fridays, Noon - 1:30 pm

Semester runs January 24 - May 9

INTERMEDIATE LEVEL

Tuesdays, 11:30 am - 1 pm

Semester runs January 21 - May 6

Fridays, 1:30 - 3:00 pm

Semester runs January 24 - May 9

INSTRUCTOR: Dr. Dib Saab

WCCCD Continuing Education Class

Participants must be 60 or older and a resident of Wayne County.

FREE TO MEMBERS AND GUESTS

Learn how to ask and respond appropriately to basic questions, read aloud using acceptable pronunciation, and create basic sentences using correct grammar.

SUPPORT

PARKINSON'S SUPPORT GROUP

Second Monday of every month, 5:30 - 6:30 pm

FACILITATOR: Angela Ferrera

FREE TO MEMBERS AND GUESTS

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

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

Note: Grief Group does not meet in March

FACILITATOR: Frank Wilberding, LMSW, CAADC, Psychotherapist

FREE TO MEMBERS AND GUESTS

A safe and compassionate space to share experiences and work through the meaning of loss on the way to healing. **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 GUESTS

“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.

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 GUESTS

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.

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 GUESTS

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 GUESTS

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.

SHARE FOR DEMENTIA

By Appointment Only

CARE CONSULTANTS: LaTonya Connally and Deb Sloss

FREE TO MEMBERS AND GUESTS

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.

CANCER AND CHRONIC DISEASE SUPPORT GROUP

First Thursday of every month, 6 - 7 pm 

FACILITATOR: Dr. Lakshmi Saleem

FREE TO MEMBERS AND GUESTS

This support group uses a holistic/therapeutic approach to dealing with cancer and chronic disease. Upon retiring after 40 years as a plastic surgeon, Dr. Saleem studied yoga and holistic health. This support group helps members accept their diagnosis and incorporate methods, including meditation, aromatherapy, yoga and nutrition, to help cope with and ease treatment symptoms. Dr. Saleem will evaluate each individual and provide individualized options for each participant. Group sessions will then focus on whole-being health from all aspects: physical, mental, social and spiritual.

MEDICARE COUNSELING WHEN YOU NEED IT

FREE TO MEMBERS AND GUESTS

One-on-one personalized assistance with your Medicare questions. Email taltovilla@helmlife.org or call 313.649.2110 to schedule an appointment.



MEMBER PERK

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

TRAINER AVAILABLE TUESDAYS, 10 - 11:30 A.M.

Appointments required for the trainer. Schedule at 313.882.9600.



JANUARY

WHAT'S HAPPENING AT THE HELM

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

INDOOR WALKING CLUB

Tuesdays and Thursdays, beginning January 7
2 - 4 pm

FREE TO MEMBERS AND GUESTS

Join our program staff for an indoor walk, while you converse with friends from The Helm. The Helm is a great/safe place to walk – it's warm and dry during the winter months and you can get some exercise and meet new friends. You may walk for as long as you like between 2 and 4 pm.

WATERCOLOR PAINTING

Wednesday, January 8
10 - 11 am

INSTRUCTOR: Linda Boyle

MEMBER: \$25 GUEST: \$35

Tap into your creativity for watercolor painting. In this relaxed and supportive environment, you'll learn various techniques and create original watercolor paintings. Open to beginners as well as seasoned artists. Additional classes available in February and March. Linda Boyle is a professional artist who produces original paintings and personalized commission work.

RESTORATIVE EVENING YOGA

First and Third Thursday, January 9 - March 20
5:30 - 6:30 pm



INSTRUCTOR: Allie Short

MEMBER: \$7 GUEST: \$10

Allie is back with a relaxing 60-minute class! Students will be guided safely in and out of a series of specific Yin Yoga postures. A regular Yin Yoga practice will increase mobility, stability and flexibility while also creating a sense of peace and well-being. Bring a yoga mat.

THE HELM CULTURAL EXPLORATION SERIES

CHINA - THE LUNAR NEW YEAR

Wednesday, January 29, ALL DAY

Wear red to The Helm and enjoy special fruit and candy treats. See page 19 for more information about The Helm Cultural Exploration Series. See page 16 for another associated event.

NEW!

SPANISH FOR BEGINNERS

Wednesdays, January 15 - February 19
10 - 11:30 am

INSTRUCTOR: Randi Lou Franklin J.D.

MEMBER: \$35 GUEST: \$40

This class will introduce both language and cultures of the Spanish speaking world. It is designed for individuals with no prior Spanish language experience. You will begin with the alphabet, proper pronunciation, numbers, greetings and responses. It will be conversational, but notebooks are recommended. Each class will build upon new vocabulary and situations. Test your Spanish language skills with your classmates to build confidence in "real world" conversations. Cost is for the complete series of classes.

NEW!

TAKING THE MYSTERY OUT OF BALANCE AND POSTURE

MEET YOU AT THE HARPER WOODS LIBRARY

Wednesday, January 15

1:30 - 3 pm

INSTRUCTOR: Paul Clark

MEMBER: FREE GUEST: \$5

During this class you will learn statistics and information regarding seniors and what is more likely to make them fall. There will be discussion and important facts regarding posture, the components of balance, and body movement. The instructor also will discuss sports and walking activities. Paul Clark is a personal trainer and exercise instructor at The Helm.

NEW!

LUNCH AND LEARN

VEIN HEALTH

Thursday, January 30, Noon - 1 pm

PRESENTER: Jeffery H. Miller, M.D., Triple Board-Certified Vein Specialist

MEMBER: \$5 GUEST: \$10

Join us for lunch and an informational session to discover the causes and treatments for varicose veins, restless legs, ulcers and spider veins, as well as swelling, itching and pain in the legs. Attendees may take advantage of a free leg ultrasound at the end of the presentation.



BELLY FITNESS WORKOUT

Tuesdays, 6 - 7 pm

Semester runs January 21 - May 6

INSTRUCTOR: Stephanie Carr

WCCCD Continuing Education Class

Participants must be 60 or older and a resident of Wayne County.

FREE TO MEMBERS AND GUESTS

This class is a belly dance-inspired fitness class that combines world dance and international music. Our class focuses on strengthening and toning core muscles, improving posture, flow and fluidity, unlocking flexibility, providing stiff body relief and finding confidence and grace.

NEW!



TAI CHI FOR BEGINNERS

Tuesdays, 6 - 7 pm

Semester runs January 21 - May 6

INSTRUCTOR: Elaine Frost

WCCCD Continuing Education Class

Participants must be 60 or older and a resident of Wayne County.

FREE TO MEMBERS AND GUESTS

This ancient Chinese discipline uses slow, methodical movements to enhance body, mind and spirit. You'll gain better muscle tone, improve joint flexibility and balance, and increase circulation through this low-impact aerobic exercise. Tai chi also is used for self-defense and stress relief.

NEW!



BEGINNER DIGITAL PHOTOGRAPHY

Tuesdays, 6 - 7 pm

Semester runs January 21 - May 6

INSTRUCTOR: Andreas Browne

WCCCD Continuing Education Class

Participants must be 60 or older and a resident of Wayne County.

FREE TO MEMBERS AND GUESTS

This course provides students with an introduction to current digital imaging technology. With the use of digital cameras, printers and photo imaging software, students will learn the functions of their camera and explore the world of the electronic darkroom. A digital SLR camera is required. Prior computer experience is recommended, but not required.

NEW!



REMINDER:

Registration is required for every program at helmlife.org.

FRIDAY MOVIE MATINEE & SNACKS

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

JANE AUSTEN'S PERSUASION (2022)

Friday, January 10 (PG 1 hour, 49 minutes)

When Frederick Wentworth – the one who got away – crashes back into Anne Elliot's life, she must choose between putting the past behind her or listening to her heart when it comes to second chances.

FLY ME TO THE MOON (2024)

Friday, January 24 (PG-13 2 hours, 12 minutes)

Sparks fly between a marketing executive and a NASA official as he makes preparations for the Apollo 11 moon landing.

THURSDAY NIGHT AT THE MOVIES

CABRINI (2024)

(PG-13 2 hours, 25 minutes)

Thursday, January 16

Showtime: 4:30 pm

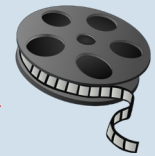
Movie and Snacks

MEMBER: \$3 **GUEST: \$5**

Arriving in New York City in 1889, Italian immigrant Francesca Cabrini is greeted with disease, crime and impoverished children. She soon sets off on a daring mission to convince the mayor to secure housing and health care for society's most vulnerable.

Movie is in Italian with subtitles.

NEW TIME!



The Helm Garden Club

This past summer The Helm Garden Club was formed to help maintain the planters and garden beds at The Helm. The group meets monthly at The Helm and members work spring through fall on the gardens. Like any garden club, there will be guest speakers and other social activities. If you are interested in joining, call 313.882.9600.



JANUARY

WHAT'S HAPPENING AT THE HELM

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

SOCIAL MEDIA FOR MATURE LEARNERS

Fridays, 4 - 5 pm

Semester runs January 24 - May 9

INSTRUCTOR: Janisse Green

WCCCD Continuing Education Class

Participants must be 60 or older and a resident of Wayne County.

FREE TO MEMBERS AND GUESTS

Facebook, TikTok, YouTube or Instagram, this course aims to empower senior citizens with the knowledge and skills needed to navigate and utilize social media platforms for communication, connection and information sharing. The focus will be on making the learning experience enjoyable, practical and tailored to the unique needs and interests of senior citizens.

NEW!

UPSCALE JEWELRY DESIGN FOR BEGINNERS

Mondays, 10 am - Noon

Classes run January 27 - March 3

INSTRUCTOR: Kathleen Robinson Young

WCCCD Continuing Education Class

Participants must be 60 or older and a resident of Wayne County.

FREE TO MEMBERS AND GUESTS

Don't know what to do with the errant earring, broken necklace or pin with missing stones? Learn how to recycle these and other pieces of jewelry – good or odds and ends – to create one-of-a-kind jewelry! Participants are responsible for their own supplies.

NEW!

FIELD TRIP & LUNCH

Wednesday, January 15, 10:30 am - 1:30 pm

MEMBER: \$15 GUEST: \$20

SWEETEST HEART OF MARY CATHOLIC CHURCH TOUR

Sweetest Heart of Mary Roman Catholic Church, built in 1893, is the largest Catholic church in Detroit and one of the largest Gothic Revival churches in the Midwest.

Constructed of red brick in a cruciform shape with a cross gabled roof, its twin towers are topped with identical spires capped with buttresses and detailed with crosses. The church includes several impressive stained-glass windows, breathtaking architecture, and an Austin pipe organ, the oldest Austin Organ still in service.

As part of the Mother of Divine Mercy parish, this Polish Roman Catholic church hosts a variety of events which foster community spirit and cultural celebration, including its well-known annual Pierogi Festival.

SUPINO PIZZERIA LUNCH

Following the 30-minute guided tour, we'll bus over to the popular Supino Pizzeria at Eastern Market for lunch. Since 2008 Supino Pizzeria has been providing East Coast style masterfully prepared thin-crust pizza pies, Italian salads and appetizers.

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.

2024 TAX PREPARATION TIME REGISTRATION OPENS SOON



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

As of this publication deadline, we do not know if tax preparation will be in person or if you will be required to package all relevant materials and drop them off at The Helm and pick them up once the return is completed.

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

IN AND AROUND THE HELM

The People, Places and Activities That Make The Helm The Helm



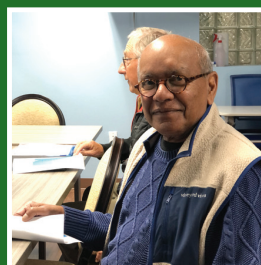
"The Helm has helped me so much."

~ Dan discovered chair yoga at The Helm. After four months, he no longer needed a wheelchair or walker for his chronic Guillain Barre Syndrome.



"To keep active is what it's all about."

~ Judi joined The Helm after retiring. She fills her days with activities, classes, field trips and friends.



"It's a blessing for people like me who are handicapped. I do not have children or family near me so I really depend on them. I'm very grateful."

~ Janet on receiving Meals on Wheels.

What we do at The Helm and the impact we have in people's lives is best shared through real stories and smiling faces! You'll find stories in the videos on our website and YouTube channel and in our ads in local newspapers and magazines. We would love to share your story. If you are interested, let us know! Tell anyone on our staff or contact Karen Fontanive at kfontanive@helmlife.org or 313.649-2113.



FEBRUARY

WHAT'S HAPPENING AT THE HELM

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

OUT TO LUNCH BUNCH

OLIVE GARDEN (EASTPOINTE)

Thursday, February 6, 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 guests.** 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.**

HEALTH FOR HER AT THE HELM



HER HEART

Thursday, February 6, 6 - 7:30 pm

SPONSOR:  Corewell Health

Presented in partnership with The Family Center

NO COST TO ATTEND THIS PRESENTATION

This program is designed to educate and empower women to take control of their cardiovascular well-being. Local doctors will offer guidance on nutrition, exercise and lifestyle changes to reduce the risk of heart disease. The program aims to raise awareness about the unique heart health challenges women face and provide practical tools for prevention, helping participants lead healthier, longer lives.

WATERCOLOR PAINTING

Wednesday, February 12, 10 - 11 am

INSTRUCTOR: Linda Boyle

MEMBER: \$25 GUEST: \$35

Tap into your creativity for watercolor painting. In this relaxed and supportive environment, you'll learn various techniques and create original watercolor paintings. Open to beginners as well as seasoned artists. Other classes are scheduled in January and March. Linda Boyle is a professional artist who produces original paintings and personalized commission work.



THE HELM CULTURAL EXPLORATION SERIES

CHINA - LANTERN FESTIVAL

Wednesday, February 12, ALL DAY

Stop by The Helm today to see festive lanterns and enjoy a special treat. See page 19 for more information about The Helm Cultural Exploration Series. See page 12 for another associated event.

VALENTINE'S DAY LUNCH

Thursday, February 13, 11:30 am - 1 pm

SPONSOR: Metropolitan Eye Center

MEMBER: \$25 GUEST: \$30

Come and join us for the return of the wonderful French crepes from The French Cow. **Your choice of a sweet or savory crepe.** For those of you who attended last year's Valentine's party you know how special this luncheon is! Mmmm délicieuse délicieux lunch! Entertainment will be provided by Sweet Mountain Strings, a local dulcimer music group. Register soon for this popular event.

NEW TO MEDICARE



Tuesday, February 18, 7 - 9 pm

FACILITATOR: Medicare Volunteers and Tony Altovilla

FREE TO MEMBERS AND GUESTS

There's nothing simple about Medicare. But it's easier when you're informed. In this 90-minute program, you will 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.

LUNCH AND LEARN

WHAT IS HOSPICE?

Thursday, February 20, Noon - 1 pm

FACILITATOR: Deb Sloss, SHARE Counselor

MEMBER: \$5 GUEST: \$10

In order to have courageous conversations with loved ones and health care providers, we need to know and understand the facts. Join us for lunch and a presentation which will educate and inform participants about palliative care and end-of-life treatment options.

Registration is required for every program at helmlife.org



DIABETES PREVENTION PROGRAM

MEET YOU AT THE HARPER WOODS LIBRARY

Informational Meeting: Friday, February 21

Sessions begin Friday, February 28

1 - 2 pm

Presented in partnership with Corewell Health

FREE TO MEMBERS AND GUESTS

The Diabetes Program, led by the Centers for Disease Control and Prevention, teaches participants how to eat healthy, add physical activity to their routine, manage stress, stay motivated and solve problems that can get in the way of healthy changes; all in an effort to prevent Type 2 diabetes. Throughout this year-long program, participants work with a lifestyle coach to set and meet goals. The program has proven to help people with prediabetes prevent or delay Type 2 diabetes. Attendees meet weekly for the first six months and then once or twice a month for the remaining six months.

THURSDAY NIGHT AT THE MOVIES

ALOHA (2015)

(PG 1 hour and 44 minutes)

Thursday, February 13

Showtime: 4:30 pm

Movie and Snacks

MEMBER: \$3 GUEST: \$5

Bradley Cooper, Rachel McAdams and Emma Stone star in this sunny rom-com about old flames and new beginnings, set on the stunning island of Hawaii.



NEW TIME!

FRIDAY MOVIE MATINEE & SNACKS

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

MARTHA (2024)

Friday, February 7 (R 1 hour, 56 minutes)

Told in her own words, this candid documentary charts the unstoppable rise, sudden fall and hard-won comeback of lifestyle icon Martha Stewart.

RESCUED BY RUBY (2022)

Friday, February 21 (G 1 hour, 33 minutes)

Chasing his dream to join an elite K-9 unit, a state trooper partners with a clever but naughty shelter pup named Ruby. Based on a true story.

FIELD TRIP

MOTOWN MUSEUM GUIDED TOUR

Wednesday, February 19, 10:30 am - 12:30 pm

MEMBER: \$30 GUEST: \$40

In this guided tour of the Motown Museum, you can walk in the footsteps of your favorite Motown artists, where hit after hit was recorded in the original Studio A from 1959-1972. Explore the gallery of rare historic photos and glittering stage costumes, see Barry Gordy's apartment, the control room and tape library. Imagine sitting at the actual piano where legendary artists like Stevie Wonder and Marvin Gaye composed some of their greatest Motown hits or sing into the very microphones that recorded some of the Temptations, Four Tops and Supremes most memorable tunes. Cost for this field trip is for the bus ride and tour ticket.



PREMIER WORLD DISCOVERY PRESENTS

“MUSIC CITIES - NEW ORLEANS, MEMPHIS AND NASHVILLE” AND

“BURGUNDY AND PROVENCE RIVER CRUISE”

Wednesday, February 26, 1 - 2:30 pm

Meeting will be held at The War Memorial

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, 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!



MARCH

WHAT'S HAPPENING AT THE HELM

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

LUNCH AND LEARN

HEALTHY AND HAPPY AGING

Thursday, March 6, Noon - 1 pm

FACILITATOR: Garry Cole

MEMBER: \$5 GUEST: \$10

Join us for lunch and a casual conversation about aging with Garry Cole, whose book, *Are We Old Yet?* provides an optimistic look on getting older. By the end of the hour, you will have learned, laughed and maybe found a new friend. Cole is a strong advocate for making the most of "this time" in our life. A University of Michigan graduate, Cole recently retired from a career in marketing and now spends his time researching, writing and speaking about aging and longevity.

WATERCOLOR PAINTING

Wednesday, March 12

10 - 11 am

INSTRUCTOR: Linda Boyle

MEMBER: \$25 GUEST: \$35

Tap into your creativity for watercolor painting. In this relaxed and supportive environment, you'll learn various techniques and create original watercolor paintings. Open to beginners as well as seasoned artists. Other classes are scheduled in January and February. Linda Boyle is a professional artist who produces original paintings and personalized commission work.

FRIDAY MOVIE MATINEE & SNACKS

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

WHAT WE DID ON OUR HOLIDAY (2014)

Friday, March 7 (PG-13 1 hour, 35 minutes)

A heartwarming story about one family's hilarious journey to the Scottish Highlands to celebrate their grandfather's birthday.

JOY (2024)

Friday, March 21 (PG-13 1 hour, 55 minutes)

Based on a true story, this drama follows three pioneering British scientists in the '60s and '70s and their struggles to develop IVF-against all odds.

FIELD TRIP & LUNCH

Tuesday, March 11, 10:30 am - 4 pm

MEMBER: \$30 GUEST: \$35

LUNCH AT KRUSE AND MUER

We will start at Kruse and Muer restaurant, a family tradition for 30 years. Situated in the heart of downtown Rochester, the menu selections include signature items such as oven-baked bread, fresh fish and pastas, as well as specialty lunch salads and sandwiches.

LEADER DOGS FOR THE BLIND CAMPUS TOUR

Following lunch we'll take a short bus ride to Leader Dogs for the Blind for a 90-minute guided tour of the canine development center, where up to 400 dogs, from puppies to retired Leader Dogs, may be housed at any one time. You will learn about the breeding process, how they raise and train the dogs to be loyal, observant, trustworthy and intelligent guides, and about some of the clients who travel independently every day with a Leader Dog by their side. Guests should be able to walk/stand for an hour as there is minimal seating throughout the tour.

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.

JAZZ AND ART AT THE HELM

Tuesday, March 25

6 - 7:30 pm

PRESENTERS: Michelle Boggess, Posterity Gallery;

Musical Duo Gwen and Charles Scales

MEMBER: \$25 GUEST: \$35

Come for a wonderful evening at The Helm. Michelle Boggess, from Posterity Gallery in Grosse Pointe, will be sharing several pieces of art created by local artists. Then Gwen and Charles Scales, who perform regularly at The Dirty Dog Jazz Cafe, will perform for you while you view the beautiful art and enjoy appetizers and beverages. The art pieces will be on display at The Helm for three weeks following the event.





TAKING THE MYSTERY OUT OF BALANCE AND POSTURE **NEW!**

Wednesday, March 26, 1:30 - 3 pm

INSTRUCTOR: Paul Clark

MEMBER: FREE GUEST: \$5

During this class you will learn statistics and information regarding seniors and what is more likely to make them fall. There will be discussion and important facts regarding posture, the components of balance, and body movement. The instructor also will discuss sports and walking activities. Paul Clark is a personal trainer and exercise instructor at The Helm.

ONLINE SECURITY BEHAVIORS AND PRACTICES **NEW!**

Thursday, March 27, Noon - 1:30 pm

PRESENTER: Jim Creighton

FREE TO MEMBERS AND GUESTS

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, Wi-Fi connections and ways to recognize scam messages.

THURSDAY NIGHT AT THE MOVIES *THE MIRACLE CLUB (2023)*

(PG-13 1 hour and 30 minutes)

Thursday, March 13

Showtime: 4:30 pm

Movie and Snacks

MEMBER: \$3 GUEST: \$5

In 1967, three generations of friends from Dublin chase miracles on a pilgrimage to Lourdes and navigate unexpected revelations along the way.



NEW TIME!

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.

2025 CULTURAL EXPLORATION AT THE HELM CHINA

As we begin our cultural focus on China, we recognize the Lunar New Year, also known as Chinese New Year or Spring Festival. It is the biggest holiday of the year for many people across Asia. For many, Lunar New Year represents more than just the turning of a calendar page. It is a time of renewal and fresh beginnings. The festival embodies the Chinese culture's emphasis on family, tradition, and prosperity.



To celebrate Lunar New Year, everyone wears red, a lucky color, and visits family and friends with gifts of oranges and other fruits, flowers, and candy. The Chinese prepare special foods that represent wishes for health and longevity, prosperity and happiness. Adults even give out red envelopes filled with lucky money to children and elders, and everyone enjoys fireworks, parades, banquets and the dragon and lion dances. On Wednesday, January 29, wear red and enjoy some fruit and candy at The Helm. Celebrations culminate with the Lantern Festival on February 12.



The Lantern Festival, which marks the first full moon of the lunar new year, will be on Wednesday, February 12. Come to the Helm that day to see our festive lanterns and have a special treat.

The Chinese Zodiac sign of 2025 is the Wood Snake. This sign represents transformation and renewal. In the year ahead, people are encouraged to approach challenges with patience and careful preparation and strategic thinking, hallmarks of the Snake's wisdom. The flexibility of the wood combined with the Snake's intuition makes it an excellent year for adapting to change and finding innovative solutions to long-standing problems. Hopefully, the year of the Wood Snake will be a transformational year of progress for everyone!

We are grateful to Ingrid and Ashok Sarnaik 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.

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

Concert Over the Cove: Valentine's Dinner

Friday, February 14, 7 p.m.

Once Upon a Tea: Mad Hatter's Tea Party

Saturday, March 15, 11 a.m. and 2 p.m.

Coffee with Collections (Friends of Ford House Exclusive)

Thursday, March 27, 10:30 a.m.

Buy tickets to these events and view other happenings on the Ford House website.

GROSSE POINTE CHAMBER OF COMMERCE

GROSSEPOINTECHAMBER.COM

Annual Breakfast and Awards

Thursday, January 30, 7 - 9:30 a.m.

Location: The War Memorial

Restaurant Week

March 2 - 8

Enjoy specials and deals at local restaurants.

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

GROSSE POINTE THEATRE

GPT.ORG

The Lion in Winter

February 7 - 16, Parcels Middle School

Ground Hog Day The Musical

March 28 - April 6

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

GROSSE POINTE PUBLIC SCHOOLS

GPSCHOOLS.ORG

Communities United in Diversity

Mondays, January 13, February 10, March 3

6 - 8 p.m. Locations vary. Check website for meeting location.

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

THE FAMILY CENTER

FAMILYCENTERHELPS.ORG

Community Book Club

The Body Keeps the Score by Bessel van der Kolk M.D.

Wednesday, January 29, 7 - 8 p.m.

To register, email MaryJo@FamilyCenterHelps.org

GROSSE POINTE HISTORICAL SOCIETY

GPHISTORICAL.ORG

Slide Shows and Exhibits always on display. Check hours of operation.

VISIT THESE OTHER WEBSITES FOR MORE ACTIVITIES IN THE AREA

GROSSE POINTE PUBLIC LIBRARY

GROSSEPOINTELIBRARY.ORG

NEIGHBORHOOD CLUB

NEIGHBORHOODCLUB.NET

THE WAR MEMORIAL

WARMEMORIAL.ORG

CITY OF GROSSE POINTE

GROSSEPOINTECITY.ORG

GROSSE POINTE FARMS

GROSSEPOINTEFARMS.ORG

GROSSE POINTE PARK

GROSSEPOINTEPARK.ORG

GROSSE POINTE SHORES

GPSHORESMI.GOV

GROSSE POINTE WOODS

GPWMI.US

HARPER WOODS

HARPERWOODSCITY.ORG

DETROIT HISTORICAL SOCIETY

DETROITHISTORICAL.ORG

DETROIT INSTITUTE OF ARTS

DIA.ORG

DETROIT ZOO

DETROITZOO.ORG

MICHIGAN SCIENCE CENTER

MI-SCI.ORG

BELLE ISLE CONSERVANCY

BELLEISLECONSERVANCY.ORG

CHARLES H. WRIGHT MUSEUM OF AFRICAN AMERICA HISTORY

THEWRIGHT.ORG

MOTOWN MUSEUM

MOTOWNMUSEUM.ORG

ZEKELMAN HOLOCAUST CENTER

HOLOCAUSTCENTER.ORG

OUTDOOR ADVENTURE CENTER

MICHIGAN.GOV/OAC

CHEERS TO VOLUNTEERS

MEET THE INTERN **THE HELM HELPS STUDENTS FULFILL DEGREE REQUIREMENTS AND THE HELM GETS MUCH IN RETURN**

Brianna “Bri” Wallace is a student at Wayne State University working toward a Master of Social Work degree. She began at The Helm four months ago and will work through April.

“My internship at The Helm has made me realize the demographic I want to work with,” she said. “I’ve come to enjoy elder care and working with The Helm has solidified that decision. Most importantly, The Helm is teaching me how to work with senior citizens. I’ve learned about various resources available to assist in the different hardships that accompany aging.”

You will find Bri Tuesdays and Fridays at The Helm. You may find Bri handling questions and resources for clients who just stop in, making home visits to drop off Meals on Wheels or various medical loan closet supplies, helping at various gatherings in the building and, when the weather was nicer, playing host on the bocce court.

“This internship has helped me understand why we do things, but also why those things – or interventions – work. I know the method behind how we work, which is something you don’t learn in a classroom,” Bri added. “The opportunity to work directly with the elderly community in Harper Woods and the Grosse Pointes has been invaluable. I have only worked with senior citizens I personally know. Being able to work with people



Bri not only assisted at bocce in early November, she got to put her skills to the test!

I don’t know and build relationships is the best. I enjoy being able to see the difference I make in their lives big or small.”

A few final thoughts: Intern Brianna “Bri” Wallace “I had no knowledge of The Helm prior to being an intern. It was completely random that I found such an amazing facility with wonderful staff. It inspires me so much to see how the staff comes together for the welfare of seniors in the community. Being a part of this staff has taught me so much and I’m beyond grateful for the opportunity.”

And The Helm is grateful to Bri. Along with her desire to learn, she brings a fresh perspective to The Helm and a genuine concern for our population. She has been an invaluable resource and staff member. We’re fortunate to have her.



Intern Brianna “Bri” Wallace

FAST FACTS ABOUT BRI

- ◆ LIVES ON DETROIT’S WEST SIDE
- ◆ ATTENDED LADYWOOD HIGH SCHOOL UNTIL IT CLOSED AND THEN GRADUATED FROM DEARBORN DIVINE CHILD
- ◆ EARNED AN UNDERGRADUATE DEGREE FROM ALMA COLLEGE
- ◆ ENROLLED IN THE MASTER OF SOCIAL WORK PROGRAM AT WAYNE STATE UNIVERSITY
- ◆ PLAYED VOLLEYBALL COMPETITIVELY FROM 2010-2023
- ◆ ENJOYS READING, LISTENING TO PODCASTS, SPENDING TIME WITH HER FRIENDS, AND BEING WITH HER MOM
- ◆ RECENTLY STARTED CROCHETING — AND CAN MAKE COASTERS!



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Photo by
Bill Rapai, President
Grosse Pointe Audubon

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IN HONOR OF

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for the home chore help

Marilyn Stanitzke

STAFF AND VOLUNTEERS

Patricia Maus

HENRY FORD HEALTH

Ongoing thanks 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. We don't acknowledge all they do as often as we should. We are truly thankful.

Donations received between May 26 and November 22, 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

Avanti Press Greeting Cards	Henry Ford Health
Corewell Health	Kroger Rewards
Einstein Bros. Bagels	National Coney Island
Faircloth Boutique	Landmark Health
Josef's European Pastry Shop	Panera Bread
	Trader Joe's Grosse Pointe

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.

Philanthropic gifts are, and will continue to be, essential for supporting operations at The Helm. While cash donations are always welcome, there are several other ways to contribute, including:

- Automatic Monthly Giving
- Gifts of Stocks
- Donor Advised Funds
- Qualified Charitable Distributions (which can count toward Required Minimum Distribution)
- Beneficiary Designations
- Bequests

For more information or any questions, please contact Liz Johnson at mejohanson@helmlife.org or 313-649-2104. Tax ID 38-225-4509

WELCOME NEW MEMBERS

New members from August 25, through November 22, 2024

Diane A.
Katherine A.
Ann B.
Debra B.
Robert B.
Stacy B.
Evelyn C.
Jody C.
Maria C.
Deborah D.
Jagannadharl D.

Pavini D.
Dale E.
Ann F.
Carol G.
James G.
Linda G.
Richard G.
Robert G.
Stella G.
Vicki G.
Kate H.

Carol J.
Megan J.
Elaine K.
Christine K.
Robert K.
Betsy L.
Elizabeth L.
Stephen L.
Esther M.
Gary M.
Ingrid M.

Julie M.
Carol N.
Mary N.
Erin O.
Timothy O.
Tom P.
Gini R.
Jackie R.
Theresa R.
Beth S.
Kelly S.

Marianne S.
Marilyn S.
Paula S.
Terry S.
Walter S.
Mike T.
Karleen V.
David Z.
Marie Z.
Sally Z.

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