

OUR IMPACT IN 2024

Everyone takes their own path through life. The Helm helps make that journey easier, more fun and more fulfilling. Come to The Helm to enjoy a favorite hobby or discover a new one, play cards, watch a movie, socialize with others, take an exercise class or learn a new language. Turn to The Helm when you need resources or extra assistance. We're here to help you stay connected and engaged on your life's journey.

In 2024, 3,280 individuals received essential services or attended classes, workshops and programs at The Helm – the most in our 47-year history.

2,481

unique sessions of exercise and educational classes, presentations, workshops, health screenings, gatherings, movies, games, crafts and so much more, attended by nearly 1,300 individuals. (↑6% from 2023)

5,517

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. (↑10%)

2,024

pieces of medical equipment, hygiene products and liquid nutritional supplements supplied to more than 545 people. (↑24%)

29,065

meals delivered to homebound seniors through Meals on Wheels. (↑12%; ↑39% since 2022)

10,897

hours provided by 350 active volunteers for a value to the community of \$380,000.

185

received tax preparation assistance.

16,029

rides on Pointe Area Assisted Transportation Services buses to medical appointments and grocery shopping.

678

seniors received one-on-one Medicare counseling resulting in direct savings of \$165,802 on medical and drug plans.



LIFE'S A JOURNEY. FIND YOUR WAY.

