

THE HELM LIFE JOURNAL



APRIL THROUGH JUNE 2025

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FIND YOUR WAY.



LIFE'S A JOURNEY. FIND YOUR WAY.

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

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ON THE COVER

Left: A trip to Hitsville USA was informational and FUN!

Right: The Fitness Center at The Helm offers a comfortable place to exercise.

WITH SPRING COMES NEW AND VALUABLE PROGRAMMING



I am thrilled to welcome you to this Spring issue of *The Helm Life Journal*. As the Executive Director, it brings me great joy to share with you the exciting array of programs, activities and events we've created to foster your health, well-being and sense of community this

season.

Spring represents renewal, growth and fresh beginnings, and we are proud to offer a diverse selection of opportunities designed to support your physical, mental and social wellness. From fitness classes to educational workshops, artistic endeavors to social gatherings, we have something for everyone. Whether you're looking to stay active, learn new skills, or simply connect with friends and neighbors, The Helm is here to enrich your daily life.

As always, we are committed to creating a warm, inclusive environment where each of you feels valued and supported. Our team of staff and volunteers is dedicated to ensuring you have the resources and assistance you need to fully enjoy this time in your life!

We hope you can join us in May for our Cultural Exploration of China. Advisory Board Member Jim Creighton and his wife Yudon Zhao will discuss Chinese culture and how it has changed over the last 50 years. We also have two Chinese-language films scheduled that help underscore what Mr. Creighton and Ms. Zhao will discuss. We are grateful to Drs. Sharada and Ashok Sarnaik for creating the endowment fund for The Helm Cultural Exploration Series.

We're also introducing a new Friendship Club designed to help you find others who may want to share in an activity. As we age, our friend

group tends to get smaller, yet socialization is a key determinant of physical and mental health. This new club is designed to help you make new friends to do activities together like bike riding, walking, going to the movies or out to dinner.

A few other programs of special interest include a new stretch class, CPR training, a Meet & Greet with State Rep. Veronica Paiz, a birdhouse decorating activity with your grandchild or special "little," a Lunch & Learn about Artificial Intelligence, and several field trips, including one to The Purple Rose Theatre. If you haven't been, it's a wonderful, intimate venue for a play.

There's so much more, but I can't list it all here. You'll just have to read this magazine and quickly register for these fantastic programs. On behalf of the entire team, I invite you to explore this magazine and discover something that sparks your interest. Once you find that something or some things, **we encourage you to go online and register**. It's convenient since it can be done any time of day or night. If you wait to come in and register at the front desk, you might find the activity is full and you're on a wait list.

We know learning something new can be daunting or frustrating, but we're here to help. If you have any questions, we're happy to teach you how to register online. We're confident once you know how to do it, you'll always want to register online!

Let this spring be a time for growth, connection and joy. We look forward to seeing you at The Helm soon and enjoying another wonderful season together.

A handwritten signature in black ink that reads "Krista Siddall". The signature is written in a cursive, flowing style.

Krista Siddall
Executive Director

WE COULDN'T DO IT WITHOUT YOU!

National Volunteer Appreciation Week is April 20 - 26.

We love our volunteers!

As a nonprofit organization, The Helm is fortunate to have an abundance of outstanding volunteers. In 2024, 350 active volunteers – ranging in age from 11 to 90! – contributed more than 10,000 hours, a value to the community of more than \$380,000.

No matter what inspires them to volunteer, each individual has unique gifts to share, provides a variety of skills and talents, offers valuable support and makes significant contributions to The Helm. We just couldn't do everything we do without our volunteers. Your contribution is appreciated more than we can ever say.

Look at everything volunteers do at The Helm:

- Meals on Wheels and Holiday Meals on Wheels coordinators, schedulers, drivers, jumpers, packers and substitutes
- Escort transportation drivers
- Front desk greeters
- Office assistants who help with computer entry, technical assistance, shredding, filing, phone calls, mailings, etc.
- Activities support facilitating or teaching a class or activity, from Bingo and cards to health and wellness presentations, or provided music
- Poker volunteers
- Special events assistance at parties, Senior Expo, flu clinic, Annual Gala, golf tournament, food truck event and cookouts
- Bakers
- Create holiday cards
- Friendly visitors and callers
- Pickups and deliveries for bread, donations and medical loan items
- AARP tax preparers
- Medicare Assistance Program counselors
- Technology instructors
- Social work intern
- Holiday gift wrappers and drivers
- Chore and Home Safety volunteers
- Indoor and outdoor general maintenance
- Fall and spring clean up
- Board of Directors
- Advisory Board Members

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



SPEAKING OF VOLUNTEERS . . .

Volunteers are needed throughout the year to help clean up the gardens around our building. Whether you're passionate about gardening or just want to lend a hand, we could use your help weeding our spectacular grounds. Bring your garden tools and gloves. Below are the scheduled cleanup dates. If you're interested in signing up for one or all, contact Heidi at huhlig@helmlife.org or 313.649.2107.

2025 Garden Cleanup

Wednesday, May 14
1 to 4 p.m.

Thursday, June 19
10 a.m. to Noon

Thursday, July 17
10 a.m. to Noon

Thursday, August 21
10 a.m. to Noon

Thursday, September 18
10 a.m. to Noon

REMINDERS!

WAYNE COUNTY COMMUNITY COLLEGE DISTRICT CLASSES ENDING SOON

Below are classes here at The Helm that began in January. You are still able to join them at any time, but know they are ending soon. In addition to our ongoing WCCCD classes French, Body Alignment and Awesome Abs, look for Guitar for Beginners and the return of Ballroom Dancing (both on page 14).

All WCCCD classes here at The Helm are free to members and guests 60 or older living in Wayne County.

BELLY FITNESS WORKOUT

Tuesdays, 6 - 7 pm, Semester ends May 6

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



TAI CHI FOR BEGINNERS

Tuesdays, 6 - 7 pm, Semester ends May 6

You'll gain better muscle tone, improve joint flexibility and balance, and increase circulation through this low-impact aerobic exercise using slow, methodical movements to enhance body, mind and spirit.



BEGINNER DIGITAL PHOTOGRAPHY

Tuesdays, 6 - 7 pm, Semester ends May 6

This course provides students with an introduction to current digital imaging technology. Students will learn the functions of their camera and explore the world of the electronic darkroom. A digital SLR camera is required.



SOCIAL MEDIA FOR MATURE LEARNERS

Fridays, 4 - 5 pm, Semester ends May 9

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.



REGISTRATION IS REQUIRED FOR EVERY PROGRAM AT THE HELM. LEARN HOW TO DO IT ONLINE.

It takes just a few minutes and a few simple steps to set up an online account. You can do it yourself – stop by the front desk for instructions – or let us help you. Either way, you'll be ready to go in no time and wondering why you didn't learn how sooner!

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!

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.

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.

TRAVEL IS FUN . . . AND A FORM OF LIFELONG LEARNING

Lifelong learning is well-documented in helping slow or prevent cognitive decline and memory loss. The Helm has many lifelong learning programs available from French and Spanish classes to health and history lectures to electronic device tutoring. One especially fun way to continue to learn is through travel. Group excursions allow attendees to bond over shared experiences, fostering a strong sense of community and belonging. Travel also has been linked to reduced stress and a renewed sense of vitality.

“I look forward to the field trips because they are fun. The field trip to Hittsville USA took me back to my teenage years attending American Bandstand with Dick Clark,” Sandy said. “The trips also take us to places we wouldn’t attempt to go by ourselves.”

Judy took a couple of different extended stay trips through The Helm. “Because of my age, I couldn’t go by myself, so the group tour was a good opportunity,” she said. “They make it easy because someone handles everything for you from arrangements to carrying your bags. I especially liked the trip to Nantucket where we stayed several days on Cape Cod and took day trips. It was nice to not have to pack and unpack.”

The Helm offers field trips every quarter (see pages 13,

15 and 16) and for the last few years has made available extended stay trips to various points of interest including Italy, France, Montreal and Memphis. Coming up in 2025 are trips to Traverse City (see graphic below) and Albuquerque/Santa Fe and Vancouver/Victoria, British Columbia (see page 15).

With so many benefits, it’s time to travel today!



TRAVERSE CITY

SEPTEMBER 4 - 6, 2025



Featuring:

- ★ Sleeping Bear Dunes National Lake Shore - tour 
- ★ Pierce Stocking Scenic Drive 
- ★ Shopping and lunch in Leland and Downtown Traverse City 
- ★ Music House Museum tour 
- ★ International Fireworks Championship 

Includes:

- ★ Round trip transportation via deluxe motorcoach
- ★ Two nights at the Great Wolf Lodge in Traverse City
- ★ Two breakfasts & two dinners

\$650

per person/double occupancy

RESERVATIONS & MORE INFORMATION, MARGARET COOPER 313.649.2109

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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 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.

BOCCE LEAGUE

Tuesdays, beginning June 3

11:30 am - 1 pm

FREE TO MEMBERS AND GUESTS

Bocce is one of summer’s biggest hits at The Helm. All levels of players welcome. Register on your own or with friends. The bocce court can be reserved anytime other than during league hours, by calling 313.882.9600.

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.

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.

PING-PONG GROUP - **New Time!**

Fridays, 3 - 5 pm

MEMBER: FREE GUEST: \$3

Ping-Pong stimulates the brain, improves reaction time, increases hand-eye coordination and it’s fun! Register on your own or bring friends. Two tables are available.

THE FRIENDSHIP CLUB

Second Thursday of every month

6:30 - 7:30 pm

FREE TO MEMBERS AND GUESTS

Social interaction is considered a significant health determinant. Strong social ties are often linked to better physical and mental health outcomes. As we age, we tend to lose social connections – no more children’s activities to attend with other parents, family moves away, death of a spouse – and it’s not as easy to make new friends. Well, now it is! Come to The Helm. Meet new people. Talk about the challenges of “making friends.” Discuss interests. Make plans to do things together, like taking a walk or bike ride or grabbing a bite to eat. We’ll facilitate the first few meetings and then you’re off and running – or biking, or dining or movie going, or

NEW!



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.



Corewell Health staffers with dolls and blankets made by the No-Sew group at The Helm.



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. Warm up 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

Winter Semester ends May 5

Summer Semester starts May 19

INSTRUCTOR: Gwendolyn J. Scales

WCCCD Continuing Education Class

FREE TO MEMBERS AND GUESTS 60 OR OLDER LIVING IN WAYNE COUNTY.

Learn how the head, shoulders, spine, hips, knees and ankles relate. Proper alignment puts less stress on the spine and helps improve posture which promotes balance, flexibility and optimal range of motion.

AWESOME ABS

Mondays, 2:30 - 4 pm

Winter Semester ends May 5

Summer Semester starts May 19

INSTRUCTOR: Gwendolyn J. Scales

WCCCD Continuing Education Class

FREE TO MEMBERS AND GUESTS 60 OR OLDER LIVING IN WAYNE COUNTY.

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

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.

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.



ONGOING PROGRAMMING

WHAT'S HAPPENING AT THE HELM

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

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.

INDOOR WALKING CLUB

Tuesdays and Thursdays, 2 - 4 pm

FREE TO MEMBERS AND GUESTS

Come to The Helm for an indoor walk, get some exercise and meet new friends. The Helm is a safe place to walk – it's warm and dry and the neighborhood makes for a lovely stroll when the weather is nice. You may walk for as long as you like between 2 and 4 p.m.

STRETCH & RELAX

Thursdays, 11:45 am - 12:45 pm

INSTRUCTOR: Rosa Hunter

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

Better flexibility can improve mobility and reduce pain and the chance of injury. This gentle stretching class uses low-impact movements to increase flexibility, core strength and balance. There will be a focus on breathing through stretches to promote relaxation, mindfulness and improved mental health. Both seated and standing postures will be used.



GUIDED MEDITATION

Thursdays, 1 - 2 pm

INSTRUCTOR: Jonathan Itchon

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

This 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.

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 313.649.2107 to schedule an appointment.

LIFELONG LEARNING

CONVERSATIONAL FRENCH

BEGINNER LEVEL

Tuesdays, 10 - 11:30 am

Winter Semester ends May 6

Summer Semester starts May 20

Fridays, Noon - 1:30 pm

Winter Semester ends May 9

Summer Semester starts May 23

INTERMEDIATE LEVEL

Tuesdays, 11:30 am - 1 pm

Winter Semester ends May 6

Summer Semester starts May 20

Fridays, 1:30 - 3:00 pm

Winter Semester ends May 9

Summer Semester starts May 23

INSTRUCTOR: Dr. Dib Saab

WCCCD Continuing Education Class

FREE TO MEMBERS AND GUESTS 60 OR OLDER LIVING IN WAYNE COUNTY.

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



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.





SUPPORT

PARKINSON'S SUPPORT GROUP

Second Monday of every month, 4:45 - 6:15 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 *New Times!*

First and Third Thursday of every month, 2 - 3 pm

Evening Sessions: Second and Fourth Tuesday of every month, 5 - 6 pm



Note: Grief Group does not meet April 3

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. Speakers on appropriate topics present occasionally. 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.) Occasionally, 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 individuals 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. Call 313.882.9600 to schedule an appointment.

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 and helps members accept their diagnosis and incorporate methods, including meditation, aromatherapy, yoga and nutrition, to help cope with and ease treatment symptoms. Group sessions focus on whole-being health from all aspects: physical, mental, social and spiritual.



APRIL

WHAT'S HAPPENING AT THE HELM

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

A MATTER OF BALANCE

Tuesday and Thursday, April 1 - 24

1:15 - 3:15 pm

INSTRUCTORS: Rosa Hunter and Judy Reasonover

FREE TO MEMBERS AND GUESTS

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

RESTORATIVE YIN EVENING YOGA

Thursdays, April 3 and 17; May 1, 15 and 29

5:30 - 6:30 pm

INSTRUCTOR: Allie Short

MEMBER: \$7 GUEST: \$10

During this 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.



SPRING SERENADE

Friday, April 4

1 - 2 pm

MEMBER: \$15 GUEST: \$20

It's that time of year for one of The Helm favorites! The Detroit Opera will be in the house. We're excited to welcome back vocalists Lucia and David and a piano accompanist. Enjoy cookies, coffee, tea, and another exceptional performance at The Helm.



Each year, Detroit Opera vocalists wow the assembled crowd with performances of well-known tunes.

CPR/FIRST AID CLASS

Tuesday, April 8, 6 - 7:45 pm

FACILITATOR: Robin Harnett, American Red Cross CPR Instructor

FREE TO MEMBERS AND GUESTS

The instructor will take you through the critical steps that must be taken quickly in the event of a sudden cardiac arrest. When the evening is finished, you will be prepared to help save a life.



SPANISH FOR BEGINNERS - Additional Session!

Wednesdays, April 9 - May 14, 10 - 11:30 am

Tuesdays,

April 8 - May 13, 6 - 7:30 pm

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 this quarter, Tuesday evenings!



MEET YOUR REPRESENTATIVE

STATE REP. VERONICA PAIZ

Thursday, April 10, Noon - 1 pm

FREE TO MEMBERS AND GUESTS

Meet Veronica Paiz, the new state representative for Harper Woods and the Grosse Pointes. She'll discuss her work in Lansing on behalf of the 10th District, answer questions and listen to your concerns. Rep. Paiz is in her second term as a state legislator, her first representing the 10th District since court-mandated redistricting.



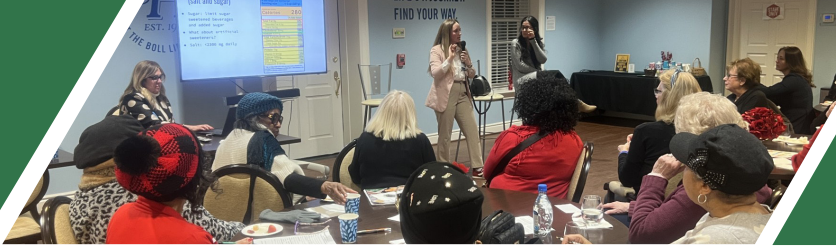
CARDS & GAMES PARTY

Tuesday, April 29, 5:30 - 7:30 pm

MEMBER: \$8 GUEST: \$12

Come and play your favorite card or board game. Register on your own or with friends to enjoy bridge, euchre, pinochle, chess, bocce, croquet and corn hole. Or work on a puzzle. We have cards and some board games, or you can bring your own game. Food and beverages will be provided.





HEALTH FOR HER AT THE HELM

BONE HEALTH AND OSTEOPOROSIS

Tuesday, April 8, 6 - 7:30 pm

SPONSOR: **HENRY FORD HEALTH**

Presented in partnership with
The Family Center

NO COST TO ATTEND THIS PRESENTATION

This program features a panel of expert doctors discussing women's bone health. As we age, maintaining strong bones becomes increasingly crucial for overall health and mobility. Understanding how to enhance bone health is essential for reducing risk of fractures and maintaining a healthy lifestyle. The doctors will explore effective strategies women can implement to strengthen their bones and promote optimal bone health, including diet and exercise and available pharmacologic treatments. Attendees will have the opportunity to ask questions and receive advice from the experts on maintaining optimal bone health throughout life. Wine and light snacks will be served.



FIELD TRIP

Wednesday, April 16, 11:30 am - 2 pm

MEMBER: \$45 GUEST: \$50

MICHIGAN CENTRAL STATION

Back by popular demand! Enjoy a 90-minute guided tour of the ground floor of the renovated Michigan Central Station to witness the historic renovation.

Cost for this tour covers the bus ride and your tour ticket. Space is limited. Reserve your spot today!

Attendees must ride the bus to attend this trip. Arrival times back to The Helm are approximate.

FRIDAY MOVIE MATINEE & SNACKS

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

THE SIX TRIPLE EIGHT (2024)

Friday, April 4 (PG-13 2 hours, 9 minutes)

During World War II, the only U.S. Women's Army Corps (WAC) unit of color stationed overseas takes on an impossible mission in Tyler Perry's drama based on a true story.

HERE (2024)

Friday, April 25 (PG-13 1 hour, 44 minutes)

This heartwarming drama tells stories of families living in the same home across centuries. Tom Hanks and Robin Wright star.

THURSDAY NIGHT AT THE MOVIES - THCES

CROUCHING TIGER, HIDDEN DRAGON (2000)

(PG-13 2 hours)

Thursday, April 17

Showtime: 4:30 pm

Movie and Snacks

MEMBER: \$3 GUEST: \$5

Winner of four Academy Awards, Ang Lee's powerhouse martial arts fantasy follows the quest of a warrior and his lover to recover his stolen sword in 19th century China. This film has English subtitles.



OUT TO LUNCH BUNCH

MACK AVENUE GRILLE

Wednesday, April 23, 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.

DANCE THE NIGHT AWAY

Sunday, April 6, 5 - 10 pm

Come to The War Memorial for an evening of dining, live music and dancing! The Villagers, a local ballroom dance club since 1947, is hosting this open-to-the-public event! Dress up in evening best whether it be a tux, suit, dress or evening gown. Get on the floor and dance or relax with friends, watch the dancers and listen to the band playing a range of ballroom dance music. If you don't have a dancing partner, not to worry. There will be partners available to be sure you get a twirl or two around the floor. Cost is \$82.50 per person. Register and pay at helmlife.org.





MAY

WHAT'S HAPPENING AT THE HELM

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

THE SPICE & TEA EXCHANGE GROSSE POINTE

Tuesday, May 6, 1 - 2 pm

FREE TO MEMBERS AND GUESTS

NEW!

Sara Biery, owner of The Spice & Tea Exchange Grosse Pointe, will introduce you to her new one-stop shop in the Village. Explore unique tea flavors that cater to both your body and mind. This presentation includes immersive tastings while discovering the health benefits of different tea varieties. From handcrafted spice blends to gourmet herbs and salts, Sara shares with you everything you need to elevate your pantry this year.

BALLROOM DANCING

Tuesdays, May 20 - August 5, 4 - 5 pm

INSTRUCTOR: Andreas Browne

WCCCD Continuing Education Class

FREE TO MEMBERS AND GUESTS 60 OR OLDER LIVING IN WAYNE COUNTY.

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

GUITAR FOR BEGINNERS

Thursdays, May 22 - August 7, 4 - 5 pm

INSTRUCTOR: Stuart Benbow

WCCCD Continuing Education Class

FREE TO MEMBERS AND GUESTS 60 OR OLDER LIVING IN WAYNE COUNTY.

Grab your acoustic or electric guitar. Participants will learn how to read notes, play basic strums and arpeggios, and scale technique.

NEW!

PALLIATIVE CARE vs HOSPICE

Thursday, May 22, 6 - 7:30 pm

FACILITATOR: Dr. Lisa Peleman

FREE TO MEMBERS AND GUESTS

NEW!



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

THE HELM CULTURAL EXPLORATION SERIES - THCES

GROWING UP AND WORKING IN CHINA

Wednesday, May 14, 11 am - 12:30 pm

PRESENTERS: Yudan Zhao and James Creighton

FREE TO MEMBERS AND GUESTS

This interactive presentation will provide a modern cultural overview of China mixing societal and family traditions. Yudan Zhao, a native-born Chinese, will discuss her life growing up and working in China from the 1970s to the 1990s. Rapid change occurred in the 1990s and continues to this day, influencing daily life. James Creighton, an expat in Shanghai during the late 1990s, will discuss an outsider's view of changes he has observed over time.

Various Chinese artifacts will be on display. You will be able to enjoy Chinese dishes and snacks not found in local Chinese restaurants. In addition, Chinese performances will be provided during the event.

Two of our nine movies this quarter are Chinese-themed and reinforce information shared by our presenters. Look for *THCES* next to the movie to indicate it is part of the Chinese Culture Series.

Thank you to the Drs. Sharada "Ingrid" and Ashok Sarnaik Vasudhaiva Kutumbakam Endowment Fund for enabling The Helm to educate and inform our community about various cultures and explore and celebrate our differences and shared humanity.



The Helm Garden Club

The Helm Garden Club was formed last summer 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.



OUT TO LUNCH BUNCH

GOLDEN CHOPSTICKS

Thursday, May 8, 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.**

PREMIER WORLD DISCOVERY PRESENTS

“ALBUQUERQUE BALLOON FIESTA AND SANTA FE” AND “CHRISTMAS SEASON IN VICTORIA AND VANCOUVER”

Tuesday, May 13, Noon - 1 pm

NO COST TO ATTEND THIS PRESENTATION

Learn about the fantastic itineraries for these two trips. Experience one of the most photographed events in the world, the Albuquerque Balloon Fiesta during this trip to **Albuquerque and Santa Fe, New Mexico**, October 3 - 8, 2025. Fly from Detroit to Albuquerque where your itinerary not only includes the balloon fiesta, but the shops, galleries and restaurants of the city’s Old Town, the Indian Pueblo Cultural Center in Los Alamos, the arts, food and a guided city tour of Santa Fe and the wonder of Taos.

Your **Canada Christmas** trip begins with a flight from Detroit December 6, 2025, to Vancouver, British Columbia, Canada, where you’ll enjoy this seaport city awash in Christmas splendor. Enjoy a guided city tour and shopping in the Christmas Market. Next, take the ferry to Victoria on Vancouver Island. There you’ll stay in Canada’s “Castle on the Coast” – the Fairmont Empress Hotel – with unparalleled views over the inner harbor and experience high tea and lunch. In addition to a guided city tour, you’ll visit the Butchart Gardens, Royal British Columbia Museum, Victoria Christmas Market and Fair and enjoy the Victoria Christmas Lights Tour. The return ferry to Vancouver cruises through the Gulf Islands before reaching your destination. The VanDusen Festival of Lights featuring 15 acres adorned with more than one million twinkling lights headlines your last evening in Vancouver. The following morning board your flight to Detroit.

Learn about these trips, costs and everything that’s included. We can’t do them justice here!

FIELD TRIP & LUNCH

THE PURPLE ROSE THEATRE

Thursday, May 15, 10 am - 6:30 pm

MEMBER: \$150 GUEST: \$160

Bianco Tours provides round trip deluxe motorcoach travel to The Purple Rose Theatre in Chelsea to see “My Mother and the Michigan/Ohio War.” History becomes comical in this play about family, football and the fight for the Toledo strip.

The Purple Rose Theatre was founded in 1991 by acclaimed actor and Chelsea native Jeff Daniels. It has only 168 seats – every seat is under 20 feet from the stage, giving playgoers an intimate, up-close experience.

On the way to Chelsea, we’ll stop for lunch at Weber’s restaurant, an Ann Arbor favorite.

Price includes transportation, show ticket and lunch. Attendees must ride the bus to attend this trip. Arrival times back to The Helm are approximate.

FRIDAY MOVIE MATINEE & SNACKS

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

A MAN ON THE INSIDE (2024) (TV 14)

Episodes 1 - 4, Friday, May 9 (approximately 2 hours)

Episodes 5 - 8, Friday, May 23 (approximately 2 hours)

A retired professor gets a new lease on life when a private investigator hires him to go undercover inside a San Francisco retirement home.

THURSDAY NIGHT AT THE MOVIES

BANK OF DAVE (2023)

(PG-13 1 hour, 47 minutes)

Thursday, May 15

Showtime: 4:30 pm

Movie and Snacks

MEMBER: \$3 GUEST: \$5

A city lawyer finds unexpected warmth and community when he travels from London to the small Northern town of Burnley for an unusual gig.





JUNE

WHAT'S HAPPENING AT THE HELM

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

LUNCH AND LEARN

A.I. AND THE FUTURE

Thursday, June 5, Noon - 1 pm

INSTRUCTOR: James Giordani, Information Technology expert, University of Michigan

MEMBER: \$5 GUEST: \$10

Is Artificial Intelligence really that big of a deal? Why does our tech keep changing, where is it going and how will it affect seniors? Enjoy lunch while you find out the answers, during this engaging presentation. James Giordani has an extensive background in information technology and work with older adults and those with less tech experience.

COURTYARD COOKOUT

Wednesday, June 11, Noon - 2 pm

MEMBER: \$20 GUEST: \$25

It's time to switch things up! Enjoy our annual June Courtyard Cookout, in the afternoon, with friends and a great barbeque lunch. There will be live entertainment and games on our beautiful lawn and patios. If the weather does not cooperate, we will move the festivities indoors.

ME AND MY GRAND

Tuesday, June 17, 2 - 4 pm

MEMBER: \$10 GUEST: \$15

CHILDREN ARE FREE

A fun opportunity for young children to spend with their grandparents decorating birdhouses! We will provide the birdhouses, stickers, markers and paint. Come and enjoy a fun, multigenerational afternoon!



FIELD TRIP

Friday, June 20, 10 am - 1:30 pm

MEMBER: \$52 GUEST: \$58

ORCHESTRA HALL

LET'S MISBEHAVE: THE SONGS OF COLE PORTER

Cole Porter's songs feel forever new. Pianist Tony DeSare, Trombonist Aubrey Logan and tap dancer John Manzari put fresh spins on "I Get a Kick Out of You," "Anything Goes," and more. Cost for this tour covers the bus ride and your show ticket.

Attendees must ride the bus to attend this trip.

Arrival times back to The Helm are approximate.

SENIOR PROM

Thursday, June 26, 5 - 7 pm

MEMBER: \$40 GUEST: \$45

Come with a spouse, a friend or on your own and enjoy this special event to socialize, eat dinner, and dance or sing to the vocal stylings of Gary Sacco, as Frank Sinatra/the Rat Pack. We also will have some "Mocktails" to enjoy during this festive evening. Our theme is "In the Garden" and our entertainment will play all the classics that we know and love.



THURSDAY NIGHT AT THE MOVIES

WICKED (2024)

(PG-13 2 hours, 43 minutes)

Thursday, June 12

Showtime: 4:30 pm

Movie and Snacks

MEMBER: \$3 GUEST: \$5

The untold story of the witches of Oz, starring Cynthia Erivo and Ariana Grande.



FRIDAY MOVIE MATINEE & SNACKS

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

EAT DRINK MAN WOMAN (1994) - THCES

Friday, June 6 (Not rated 2 hours, 4 minutes)

A richly layered look at the complex interactions between a widowed chef and his daughters. The film has English subtitles.

MY PENGUIN FRIEND (2024)

Friday, June 20 (PG 1 hour, 38 minutes)

Inspired by a true story, an enchanting adventure about a lost penguin rescued from an oil spill, who transforms the life of a heartbroken fisherman.

OUT TO LUNCH BUNCH

WATERMARK

Wednesday, June 18, Noon - 2 pm

Attendees 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.**

PROGRAM SPONSORS/PARTNERS MAKE MORE POSSIBLE

In a time when community support is more vital than ever, program sponsors have emerged as essential partners for nonprofit organizations like The Helm. Sponsorship varies from financial support for a specific event or activity to in-kind donations to an individual lending their expertise.

Most people familiar with The Helm understand sponsorships for specific fundraising activities like the golf outing or annual gala. But without sponsors, there wouldn't be bagels, bread or pastries or special treats sent to Meals on Wheels recipients or prizes for Bingo and other events. In fact, certain events would be without music or decorations. Even blood pressure screening or the opportunity to talk with a physical therapist wouldn't be possible.

"We're fortunate to have community partners like Sunrise on Vernier and David Gilboe and Associates who for years have provided blood pressure screening and Ask the Physical Therapist. And Einstein, Panera and Josef's who donate bagels, bread and pastries," Krista Siddall, The Helm Executive Director said. "Because of program sponsors, we can continue to serve our seniors and give you, the community, the best possible experience."

Case in point, Metropolitan Eye Center sponsored the recent Valentine's Day party. Their funding made it possible to open the event to the maximum amount of guests and paid for having The French Cow onsite providing made-to-order crepes. The funding also enabled us to buy Valentine's treats and decorations to enhance the party atmosphere. For their part, Metro Eye was able to speak to a "captive audience" of people who can use their services.

"My business is about aging in place," said Amy O'Shea, owner of O'Shea Solutions Group LLC, who sponsored the holiday party in December. "The Helm offered an opportunity to get in front of a large constituency of my target demographic to explain what I do, see how they responded to what they heard and offer them solutions for their own homes. I really enjoyed speaking to the folks who attended." Added O'Shea, "It was nice to get to meet and speak to the attendees and see what is important to them. Also, for them to meet me so they feel comfortable

contacting me in the future."

Partnering with other organizations like The Family Center helps expand awareness of The Helm within the community.

"Partnering on an event geared toward adults 40 and above – like we do with Health for Her at The Helm and Dinner with a Doc – let's people know we're here, what we can do for their older relatives now, and what we'll be able to do for them one day," Siddall said. "I want people to know who we are and what we do before they need us."

One of The Helm's largest sponsors is the Drs. Sharada "Ingrid" and Ashok Sarnaik Vasudhaiva Kutumbakam Endowment Fund which the Drs. Sarnaik established for the sole purpose of exposing members and guests of The Helm to various cultures throughout the world. It is because of this fund, The Helm is able to offer these diverse cultural presentations for free.

"As a nonprofit organization, we truly rely on our partnerships and sponsorships to continue to offer interesting, valuable and rewarding programming at low or no cost for members and guests to help them continue to live healthy and meaningful lives." Siddall said.

If you are interested in sponsoring a program or providing in-kind goods, contact the programming department at 313.882.9600.



Specialty treats awaited guests on Lunar New Year.



Dr. Guest of Metropolitan Eye Center briefly spoke to guests gathered for the Valentine's Day Party. Lanterns still adorned the ceiling from the Chinese Lantern Festival celebration.

IT'S INEVITABLE; WE HELP MAKE IT MANAGEABLE

NEW TO MEDICARE

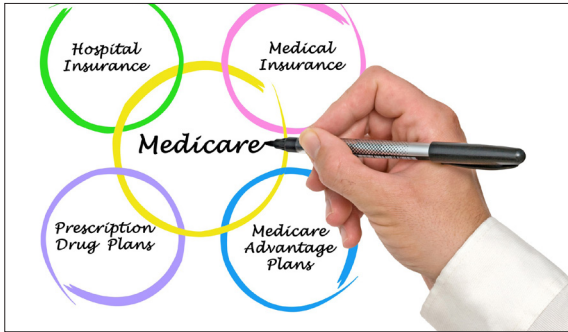
THURSDAY, MAY 15, 6:30 - 8:30 PM

FREE TO MEMBERS AND GUESTS

REGISTRATION REQUIRED

One of life's most confusing rites of passage is Medicare. You thought Medicare coverage was free? Not always.

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



Registration begins three months before the month you turn 65 and ends three months afterward. If you don't sign up during that seven-month window, you may have to pay higher Medicare premiums for the rest of your life.

There's nothing simple about Medicare. But it's made much easier when you're informed. The Helm definitely can help with that.



The Helm Medicare counselors can help you sort through the Medicare maze in the two-hour program, *New to Medicare*. You'll get a comprehensive overview of Medicare, including:

- What is and isn't covered
- The costs involved
- The pros and cons of different optional plans
- When you need to sign up
- How to sign up

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

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

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.



THE HELM SPORTING CLAYS CLASSIC

WEDNESDAY, MAY 14
11 A.M. - 3:30 P.M.

THE HUNTSMAN HUNT CLUB
3166 HAVENS ROAD
DRYDEN, MICHIGAN

TO BECOME A SPONSOR OR TO REGISTER TO PLAY

CONTACT LIZ JOHNSON AT 313.649.2104 OR MEJOHNSON@HEMLIFE.ORG

SAVE THE DATE

7TH ANNUAL FORE THE HELM

GOLF OUTING

SAVE THE DATE
Monday, June 23, 2025

Lochmoor Club
1018 Sunningdale Drive
Grosse Pointe Woods

To become a sponsor or register to golf, contact Liz Johnson at mejohanson@helmlife.org or 313.649.2104.

TRIBUTES & HONORS

IN MEMORY OF

JOHN BOLL

Lois and Louis Bertani

RICHARD F. COLOMBO

Caroline Sottrel

WILLIAM S. COX

Martha M. Cox

PATRICIA E. DINKA

John Dillon

MITZI GILES

Kathleen and Richard Carlson

ANNE GRAYR

Susan Conha

HENRY AND ROBERTA MOY

Alfred and Miriam F. Tom Memorial Gift Fund

LAURIE PYTELL

Elizabeth Berg and John Jachman

EDMUND R. SUTHERLAND

Paula Sutherland

KAREN WATSON

Mary Wilson

IN HONOR OF

TONY ALTOVILLA

Donna Smith

ALL MEDICARE COUNSELORS

Debbie Liang

TRACY AND DOUG BLATT

Mary Wilson

GARY COLETT

Cathy O'Malley

DECEASED AND ILL FICARO AND VELTRI FAMILY MEMBERS

Rosanne Ficaro

KEVIN GRADY

Debbie and Dr. Keith Bellovich

MICKI NOWINSKI

Thomas F. McGann

OUR FAMILY

Happy Echlin

DR. LAKSHMI SALEEM

Dr. Muthayipalayam Thirumoorthi

DEBORAH WAGNER

*Nancy and Michael Hollerbach
Jean and Peter Stroh*

SPONSORS & IN-KIND DONORS

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

ACTIVITY SPONSORS

Metropolitan Eye Center
Sunrise Senior Living
David Gilboe and Associates
Corewell Health
O'Shea Solutions Group, LLC

IN-KIND DONORS

Avanti Press Greeting Cards
Einstein Bros. Bagels
Josef's European Pastry Shop
Henry Ford Health
Kroger Rewards
National Coney Island
Landmark Health
Panera Bread
The Garden Club of Michigan
Trader Joe's Grosse Pointe

Many others 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 December 1, 2024, and February 28, 2025. If there are any errors or omissions, please contact 313.649.2104 so we may make corrections.

WELCOME NEW MEMBERS

New members from November 23, 2024 through February 21, 2025

Bonnie B.
Doris B.
Frederick B.
Guy B.
Karen B.
Marie B.
Kate C.
Linda C.
Marcy C.
Mary Ann C.
Mary Louise C.
Robert C.

Vanna D.
Elizabeth E.
Elaine F.
James F.
Edward G.
Francine G.
Mariela G.
Mary G.
Regina G.
Tom G.
Graziella H.
Julia H.

Hope H.
Jean H.
Theresa H.
Beth K.
Bob K.
Joann L.
Marsha L.
John M.
Judy M.
Leslie M.
Mary Ellen M.
Molly M.
Carol N.

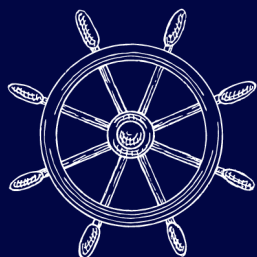
Diane P.
Jill P.
Thomas P.
Cheri S.
John S.
Paula S.
Stephen S.
Susan S.
Ann W.
Karen W.
Mary W.
Stephen W.
Karen Z.



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.

SAVE THE DATE



TAKE THE HELM

29TH ANNUAL GALA

THURSDAY, OCTOBER 9, 2025
GROSSE POINTE YACHT CLUB

**The promise
of tomorrow
demands
our careful
stewardship
today.**

At PVS Chemicals,
we are committed to the
Responsible Care[®] of
our environment,
our communities,
and our employees.

Future generations
deserve nothing less.



PVS
chemistry for daily life[™]

PVS Chemicals, Inc.

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