

THE HELM LIFE JOURNAL

JULY THROUGH SEPTEMBER 2025



TABLE OF CONTENTS

Page 2

MESSAGE FROM THE EXECUTIVE DIRECTOR

Page 3

SEE WHAT'S HAPPENING AT THE HELM

So many new programs this summer

Pages 4 - 13

LEAVING A LEGACY

Pages 12 & 14

TRIBUTES & HONORS

Page 15



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.

158 RIDGE ROAD, GROSSE POINTE FARMS, MI 48236

PHONE: 313.882.9600 EMAIL: info@helmlife.org WEBSITE: HelmLife.org

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

TABLE OF CONTENTS

AARP Smart Driver Tek.....8	Enhance Fitness.....5	Movie Matinees.....9, 11, 12
A Matter of Balance.....10	Evening Movies.....9, 11, 12	Napkin Basket Making.....10
Active Fit.....5	FIELD TRIPS	New to Medicare.....13
Alzheimer's Caregivers Support Group.....7	Selfridge Air National Base.....9	No-Sew Crafts for Charity.....4
Ask the Physical Therapist.....8	Detroit Institute of Arts.....11	Out-to-Lunch Bunch.....9, 10, 13
Awesome Abs.....5	Frankenmuth Oktoberfest.....13	Parkinson's Support Group.....7
Bingo & Treats.....4	The Friendship Club.....5	Ping-Pong Group.....4
Blood Pressure Screening.....7	Full Circle Edible Garden.....7	Pinochle Club.....4
Bocce League.....4	Grief Work Support Group.....7	Premier World Discovery.....11
Body Alignment.....5	Guided Meditation.....6	Share for Dementia.....7
Bridge.....4	Knitting for Charity.....4	Sing to Health and Happiness.....10
Calligraphy for Beginners.....10	Jelly Jar Basket Making.....8	Spanish for Beginners.....8
Canasta.....4	Low Vision Support Group.....7	Strength and Balance.....6
Chair Yoga.....5	LUNCH AND LEARN	Stretch & Relax.....6
Conversational French.....6	Tales and Tunes.....9	Tai Chi.....6
Cooking for One.....8	Ask a Lawyer.....10	Tai Chi for Beginners (Evening) ...10
Courtyard Cookout.....10	Handwriting Analysis and Forensics.....12	Texas Hold 'em Poker.....4
Drawing and More for Seniors.....12	Mahjong Club.....4	Walking Club.....6
Drums Alive for Seniors.....8	Medicare Counseling.....13	What Will Your Legacy Be?.....12
Eastern Market at The Helm.....7	Memory Loss & Cognitive Decline.....12	Wise Guys Conversation Group.....4
Electronic Device Tutoring.....6		Yoga.....5
		Zumba Gold.....8
		Zumba Gold Chair.....8

STAFF

EXECUTIVE DIRECTOR

Krista Siddall
ksiddall@helmlife.org

EXECUTIVE ADMINISTRATOR

Sara Roberts
sroberts@helmlife.org

DEVELOPMENT DIRECTOR

Liz Johnson
mejohanson@helmlife.org

FINANCE & OPERATIONS DIRECTOR

Lynda Altovilla
laltovilla@helmlife.org

VOLUNTEER SERVICES DIRECTOR

Heidi Uhlig-Johnstone
huhlig@helmlife.org

CASE COORDINATION

Allie Short, LMSW
ashort@helmlife.org

MEALS ON WHEELS

Joan Ebner
jebner@helmlife.org

MARKETING

Karen Fontanive
kfontanive@helmlife.org

INFORMATION & ASSISTANCE

Chris Brown
cbrown@helmlife.org

Tony Altovilla
Medicare Specialist
taltovilla@helmlife.org

PROGRAMMING

Margaret Cooper
mcooper@helmlife.org

Jackie Thomas
jktomas@helmlife.org

Linda Tocco
ltocco@helmlife.org

RECEPTION

Libby Flower
lflower@helmlife.org

Barbara Scates
bscates@helmlife.org

Bella Cecchini
bceccchini@helmlife.org

FACILITIES MANAGEMENT

Artur Pengu
apengu@helmlife.org

PAATS BUS TRANSPORTATION

Lori Jones
313.394.9712
Call between 7:30 a.m. & 2 p.m.

BOARD OF DIRECTORS

President

Cheryl Wesen, M.D.

Vice President

Carol Klenow

Treasurer

Richard Widgren

Secretary

Michele Kemler

DIRECTORS

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

PRESIDENT EMERITUS

Prudence Cole-Klimisch

EXECUTIVE DIRECTOR

Krista D. Siddall

501(c)(3) nonprofit organization

Advertisements in this publication are not to be considered endorsements.

On the Cover: Right: Heading out on a field trip. Left: Guitar lessons.

ADVISORY COUNCIL

Sue Acton	Bruce Bradley	Judith Diebolt	Donna Hoban	Gary Marowske	Tim O'Shea	Diane Strickler
Jennifer Adlhoch	Lawrence Burns	Ann Disser	Robert D. Ihrie	Kris Mestdagh	Robert Rader	Jason Tinsley
Peter Ahee	Bob Bury	Ted Everingham	Derrick Kozicki	John Minnis	Shane Reeside	John Vitale
David Balle, M.D.	Gary Colett	Charles Gabel	Marianne Langlois	Ken Mokray	Dale Scrace	Mary Wilson
Pat Beard	Jim Creighton	Vicki Granger	Richard Levin	Ann Nicholson	Mary L. Shafer	Mark Wollenweber
Suzu Berschback	Walt Cytacki	Steve Grob	Robert Lubera	Beline Obeid	Pamela Stanton	Patricia Wyrod
Jenny Boettcher	John E. DeWald	MA Hastings	Joe Lucido	Cathy O'Malley	David Stephens	David Zmyslowski

ANOTHER QUARTER; MORE EXCITING EVENTS

Welcome to another exciting season at The Helm! We've packed the months ahead with energizing classes, fun outings, and new experiences we think you'll love. I always feel so much pride when all of the new offerings and innovative classes make their way to my desk. Summer is the perfect time to get moving — and our offerings will help you do just that!



We're especially excited to highlight two popular fitness offerings — Zumba Gold and Zumba Gold Chair. Zumba Gold brings the fun and rhythm of traditional Zumba to a lower-impact format that's perfect for active older adults. If you're looking for a seated option that keeps you moving and smiling, Zumba Gold Chair is a wonderful way to stay fit and have fun!

We're also offering some exciting day trips, with new adventures to keep things fresh. Join us for a

charming visit to **Frankenmuth, Michigan's "Little Bavaria,"** for shopping, sights and the world-famous chicken dinners. This gem of a little German town also happens to be where I grew up. We're also planning an unforgettable tour of **Selfridge Air National Guard Base**, where you'll get a rare behind-the-scenes look at one of Michigan's historic military sites. We hope you will come to our **Courtyard Cookout** and join in the fun while enjoying some great food and laughs.

We've also brought back old favorites and added new classes based on your feedback: **Drums Alive for Seniors, AARP Smart Driver Tek, Lunch & Learns,** and creative fun like drawing and singing. Plus, we're hosting two showings of the documentary *Join or Die* — see the box below left for details.

Whether you're interested in art, wellness, technology or social games, there's something new to try this session. We encourage you to step outside your comfort zone and explore something different—you never know what might become your new favorite pastime!

As always, our goal is to provide a welcoming, inclusive space where everyone can stay active, engaged, and connected. We're here for you, and we can't wait to share this vibrant season together.

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

Krista Siddall
Executive Director

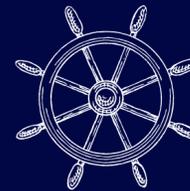
COMMUNITY EVENT

This quarter, we're especially excited to feature two screenings of the powerful documentary *Join or Die*. This Netflix film examines the alarming rise in social isolation and its link to what some call "America's civic unraveling." At The Helm, our mission is to keep people meaningfully connected — a goal that feels more urgent than ever. Studies show that social isolation can be more harmful to our health than smoking or excessive drinking. While the documentary centers on the decline in civic engagement, its broader message deeply resonates with our work and values.

The Helm is proud to be among several community organizations presenting *Join or Die*, culminating in a special Conversation with Filmmaker Rebecca Davis on Wednesday, October 1, at The War Memorial.

We invite you to join us for *Join or Die* either 4:30 p.m. Thursday, August 14, or noon Friday, September 12. See pages 11 and 12 for more information.

TAKE THE HELM



29TH ANNUAL GALA
THURSDAY, OCTOBER 9, 2025
GROSSE POINTE YACHT CLUB

Sponsorships and tickets still available.
Contact Liz Johnson at mejohanson@helmlife.org or 313.649.2104 for more information.



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.

CANASTA

Mondays, Noon - 4 pm

MEMBER: FREE GUEST: \$6

We offer a room for those who know how to play canasta to bring your group here to The Helm. We play host. It's convenient and the coffee is always on. If you have a group, think about having it at The Helm. If you don't have a group, but know how to play, sign up to sub for one of our existing groups. Groups must bring their own playing and score cards.

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

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.

KNITTING FOR CHARITY

Tuesdays, 1 - 3 pm

FREE TO MEMBERS AND GUESTS

Enjoy knitting? Join this group that knits scarves, small lap blankets, shawls, caps and the like for local residents touched by cancer.

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.

NO-SEW CRAFT MAKING FOR CHARITY

Wednesdays, 9:30 - 11:30 am

FREE TO MEMBERS AND GUESTS

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. Supplies provided. No sewing necessary.

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!

BRIDGE CLUB

Wednesdays and Thursdays, 12:30 - 4 pm

MEMBER: FREE GUEST: \$6

We offer a room for those who know how to play bridge to bring your group here to The Helm. We play host. It's convenient and the coffee is always on. If you have a group, think about having it at The Helm. If you don't have a group, but know how to play, sign up to sub for one of our existing groups. Groups must bring their own playing and score cards.

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

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 Tuesday of every month
6:30 - 7:30 pm



FREE TO MEMBERS AND GUESTS

Strong social interaction is 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 walking, riding bikes 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

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

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

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.



ONGOING PROGRAMMING

WHAT'S HAPPENING AT THE HELM

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

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.

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.

WALKING CLUB - NEW TIME

Tuesdays, 6 - 7 pm

FREE TO MEMBERS AND GUESTS

Come to The Helm and meet up with others who enjoy walking. If the weather is nice, you can stroll around the grounds of The Helm or venture out to our lovely neighborhood. In inclement weather, you are welcome to come inside where it is cool and dry.



STRETCH & RELAX

Thursdays, 11:45 am - 12:45 pm

Begins August 7

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.

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 313.649.2107 to schedule an appointment.

CONVERSATIONAL FRENCH

BEGINNER LEVEL

Tuesdays, 10 - 11:30 am

Summer Semester ends August 5

Fall Semester starts August 26

Fridays, Noon - 1:30 pm

Summer Semester ends August 8

Fall Semester starts August 29

INTERMEDIATE LEVEL

Tuesdays, 11:30 am - 1 pm

Summer Semester ends August 5

Fall Semester starts August 26

Fridays, 1:30 - 3:00 pm

Summer Semester ends August 8

Fall Semester starts August 29

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.

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

Tuesdays, 5 - 6 pm

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.

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. 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.




FRESH PRODUCE
AT THE HELM

- *Full Circle Edible Garden*
11 a.m. - Noon Thursdays
- Beginning July 10
- *Eastern Market*
- 11 a.m. - 1 p.m. Tuesdays, June 17; July 1, 15 and 29; August 12 & 26; and September 9 and 23

Fresh produce will be available for purchase. Please bring your own bag.



JULY

WHAT'S HAPPENING AT THE HELM

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

DRUMS ALIVE FOR SENIORS

Thursdays, 11:45 am - 12:45 pm

July 3, 10, 24 and 31

INSTRUCTOR: Rosa Hunter

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

Drums Alive for Seniors is an energetic and unique sensory program designed to give the mind and body instant feedback through continuous movement and rhythmic flow. It's an excellent workout for your body and brain! All materials provided.

ZUMBA® GOLD CHAIR

Tuesdays, July 8 - September 23, 1 - 2 pm

INSTRUCTOR: Sheila Gerard

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

Zumba® Gold Chair is perfect for those with mobility or balance issues, young or old, as it is done seated in a chair. The design of the classes introduces easy-to-follow Zumba® choreography adapted for chair exercise.

ZUMBA® GOLD

Thursdays, July 10 - September 25

1 - 2 pm

INSTRUCTOR: Sheila Gerard

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

Zumba® Gold is a low-intensity, dance-based fitness class designed for active older adults and those looking for a modified Zumba® experience focusing on balance, range of motion and coordination.

SPANISH FOR BEGINNERS

Tuesdays, July 15 - August 19, 6 - 7:30 pm

INSTRUCTOR: Randi Lou Franklin, PhD.

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.



COOKING FOR ONE

Wednesdays, July 9 - August 13

11 am - Noon

INSTRUCTOR: Lindsey Wondra, Michigan State University

FREE TO MEMBERS AND GUESTS

Are you looking for tips to cook for yourself on a budget? Over the course of six lessons, you will learn ways to cook simple and enjoyable meals for one. You will also learn and discuss tips and tricks to making healthy choices on a budget as well as food safety basics.

ASK THE PHYSICAL THERAPIST

Thursday, July 10, 9:15 - 10:15 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.

AARP SMART DRIVER TEK

Friday, July 11, 10 - 11:30 am

INSTRUCTOR: Roger Doster

FREE TO MEMBERS AND GUESTS

This workshop keeps drivers in the know about the latest vehicle safety technologies and how to use them. Recognize how technology-lane departure systems, smart headlights, blind-spot detection systems and other features enhance driving safety and extend driving years. Attendees leave with a vehicle tech checklist, which can help you learn what may already be in your car and offer guidance when shopping for a new one.

JELLY JAR BASKET MAKING

Tuesday, July 15, Noon - 4 pm

INSTRUCTOR: Deb VanderLinde (The Basketmak'r)

MEMBER: \$60 GUEST: \$65

Join this fun and creative experience where you will be introduced to or review basic weaving techniques. This rectangular basket is the perfect size to hold two jars of your homemade goodies or note cards/napkins. The basket, measuring 5 inches wide by 8 inches long by 4 inches tall, features a wire bail handle with a pottery grip. All materials will be provided. (Snacks will be served too!) Class size is limited so register early. Be sure to see page 10 for another basket-making class.



LUNCH AND LEARN

TALES AND TUNES

Wednesday, July 23, Noon - 12:45 pm

PRESENTERS: Act II, Grosse Pointe Theatre's Senior Acting Troupe

MEMBER: \$8 GUEST: \$10

Join us for a special presentation by Act II, Grosse Pointe Theater's Senior Acting Troupe, while you enjoy lunch. The Grosse Pointe Theatre has a long history of giving back to the community and Act II gives seniors the opportunity to educate, inspire and engage seniors through the performing arts. Come and enjoy the music and watch the story unfold.

FRIDAY MOVIE MATINEE & SNACKS

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

YOUR FRIEND, NATE BARGATZE (2024)

Friday, July 11 (PG 1 hour, 3 minutes)

In his third Netflix special, Comedian Nate Bargatze tackles pizza ordering strategies for guys' night, wanting a second dog and relying on his responsible wife.

**COMEDY
SPECIAL**



NONNAS (2025)

Friday, July 25 (PG 1 hour, 54 minutes)

After losing his beloved mother, a man risks everything to honor her by opening an Italian restaurant with actual nonnas (grandmothers) as the chefs. Based on a true story.

THURSDAY NIGHT AT THE MOVIES

CONCLAVE (2024)

(PG 2 hours, 1 minute)

Thursday, July 17

Showtime: 4:30 pm

Movie and Snacks

MEMBER: \$3 GUEST: \$5

The Catholic Church's most powerful leaders have gathered from around the world, locked together in the Vatican halls. Tasked with running the process of selecting a new pope, Cardinal Lawrence finds himself at the center of a conspiracy and discovers a secret that could shake the very foundation of the Church.



FIELD TRIP & LUNCH

Tuesday, July 22, 10:30 am - 3:30 pm

MEMBER: \$35 GUEST: \$40

SELFRIDGE AIR NATIONAL GUARD BASE

Once we arrive at the base, we start with lunch at Mulligan's, the on-base golf course restaurant. After lunch the two-hour private tour includes the Aviation Museum and the Air Park, including hangars. Cost for this tour covers transportation, buffet lunch and tour ticket. Space is limited. Reserve your spot today!

Attendees must ride the bus to attend this trip. Arrival time back to The Helm is approximate.

OUT TO LUNCH BUNCH

DOX GRILLHOUSE, ST. CLAIR SHORES

Wednesday, July 16, Noon - 2 pm

The new two-story restaurant opened in December 2024 and has a fun, inviting nautical theme atmosphere with a large menu that includes appetizers, salads, soups, sandwiches, burgers, pizza and entrees. Come on your own or with friends. 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.**

WAYNE COUNTY COMMUNITY COLLEGE CLASSES ENDING SOON

There are just a few weeks left to enjoy Ballroom Dancing and Guitar for Beginners. You can still join them and it will get you ready for the next time they are offered!

Ballroom Dancing, 4 - 5 p.m. Tuesdays, through August 5

Guitar for Beginners, 4 - 5 p.m. Thursdays, through August 7

New Wayne County Community College Classes starting in August: **Sing Your Way to Health and Happiness** (page 10) and **Drawing and More for Seniors** (page 12).



AUGUST

WHAT'S HAPPENING AT THE HELM

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

LUNCH AND LEARN

ASK A LAWYER

Monday, August 4, 1 - 2 pm

PRESENTER: Lori-Ann Rickard, Rickard & Associates, P.C.

MEMBER: \$8 GUEST: \$10

While you lunch, we'll collect your general legal questions. After lunch, Lori-Ann will answer your questions and discuss other key information relative to the topic. Lori-Ann is certificated in probate and estate planning and was honored with "Best Lawyers in Michigan" by the **Best Lawyers** publication and the "Top Lawyers in Metro Detroit" by **DB Magazine**.

A MATTER OF BALANCE

Tuesday and Thursday, August 5 - 28, 1:30 - 3:30 pm

PARTNER: Samaritas Affordable Living

LOCATION: Gateshead Crossing, 4950 Gateshead Street, Detroit (West of Mack Avenue across from Belle Tire at Kerby Road)

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 how to change their environment to reduce falls and learn exercises to increase strength and balance.

COURTYARD COOKOUT

Thursday, August 7, 5 - 7 pm

MEMBER: \$20 GUEST: \$25

Come to our evening cookout with live entertainment, on our lovely patio. Spend time with friends or meet new ones while you enjoy a tasty barbeque meal, outdoor games and some Sinatra, Nat King Cole, and Motown favorites. If the weather doesn't cooperate, we will move the party indoors.



OUT TO LUNCH BUNCH

RED OLIVE, ST. CLAIR SHORES

Thursday, August 21, Noon - 2 pm

Red Olive is a family-owned restaurant offering American, Greek and other Mediterranean cuisine. 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.**

NEW!

NAPKIN BASKET MAKING

Tuesday, August 12, Noon - 4 pm

INSTRUCTOR: Deb VanderLinde (The Basketmak'r)

MEMBER: \$60 GUEST: \$65

Join this fun and creative experience where you will be introduced to or review basic weaving techniques. This square basket, with a choice of accent color, is the perfect size to hold napkins and other treasures. All materials will be provided. (Snacks will be served too!) Class size is limited so register early. Be sure to see page 8 for another basket-making class.

NEW!

CALLIGRAPHY FOR BEGINNERS

Thursday, August 14, 1 - 3 pm

INSTRUCTOR: Beth Johnson, Beth Johnson Creations

MEMBER: \$20 GUEST: \$25

Learn the art of beautiful writing, using simple techniques. Beth will introduce helpful tips to create artful letters and words. She has been teaching calligraphy for over 30 years and enjoys sharing her love of lettering with others. Supplies provided.

NEW!

SING YOUR WAY TO HEALTH AND HAPPINESS

Mondays, August 25 - December 8

2 - 4 pm

INSTRUCTOR: Anita Green

WCCCD Continuing Education Class

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

Singing is incredibly therapeutic for what may ail you! Participants will learn basic techniques to enhance the quality of your vocals. All levels of ability are welcome to this judgment free zone. Participants will also learn the basics of reading music as well as perform favorite tunes in groups and for solo.

NEW!

TAI CHI - BEGINNER

Tuesdays, August 26 - December 9, 6 - 8 pm

INSTRUCTOR: Elaine Frost

WCCCD Continuing Education Class

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

Students will learn this ancient Chinese martial art. Considered a low-impact aerobics exercise, it also is used for self-defense and stress relief.





PREMIER WORLD DISCOVERY PRESENTS
“ALBUQUERQUE BALLOON FIESTA AND SANTA FE” AND
“CHRISTMAS SEASON IN VICTORIA AND VANCOUVER”
Tuesday, August 26, 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!

More trips are coming in 2026. In the next *The Helm Life Journal* you’ll learn about our 2026 trips to San Diego (February 19 - 24) and Ireland (April 21 - 29).

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.

FIELD TRIP & LUNCH

Wednesday, August 13, Noon - 3:30 pm

MEMBER: \$8 GUEST: \$12

DETROIT INSTITUTE OF ARTS

The Detroit Institute of Arts has one of the finest art collections in the United States. Take a trip to explore this Detroit jewel. Have lunch at Kresge Court, an indoor courtyard, or at Café DIA, a cafeteria-style restaurant. Shop in the DIA shop and find the perfect artful gift or treat yourself to something uniquely Detroit. The price is for the bus rides to and from the DIA.

FRIDAY MOVIE MATINEE & SNACKS

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

LEANNE MORGAN I’M EVERY WOMAN (2023)

COMEDY SPECIAL 

Friday, August 8 (PG-13 1 hour, 14 minutes)

She loves Jell-o salad, her three kids and her beefy grandbaby. Comedian Leanne Morgan shares the hilarious stories of her life as a wife and mother.

THE BOOK THIEF (2013)

Friday, August 22 (PG 2 hours, 11 minutes)

Geoffrey Rush and Emily Watson star in this moving film based on the best seller about a girl who transforms the lives of those around her in World War II Germany.

THURSDAY NIGHT AT THE MOVIES

JOIN OR DIE (2023)

(G 1 hour, 36 minutes)

Thursday, August 14



Showtime: 4:30 pm

Movie and Snacks

MEMBER: \$3 GUEST: \$5

This documentary examines social scientist Robert Putnam’s “Bowling Alone” theory of how declining community engagement created an American civic crisis.



SEPTEMBER

WHAT'S HAPPENING AT THE HELM

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

WHAT WILL YOUR LEGACY BE?

Wednesday, September 10, 5:30 - 6:30 pm

PRESENTERS: Robert Lubera, Esq. and Jennifer Lohrer-Elstone, CPA

FREE TO MEMBERS AND GUESTS

Join us for an educational session with estate and financial planning professionals. Learn how thoughtful estate planning can help you support the charities you cherish while also providing for your loved ones.

During this program, you will learn about:

- The importance of having a clear and completed estate plan;
- Simple giving strategies that won't affect your current cash flow or assets;
- How to make a lasting impact through your will, trust, and/or beneficiary designations;
- Ways to reduce potential tax implications for your heirs.

Whether you are beginning to consider your legacy or looking to refine your plans, this session will provide the knowledge and inspiration to begin estate planning.

Light hors d'oeuvres and wine, coffee and tea will be served.

NEW!



and local courts. She will share her expertise and experiences in this fascinating presentation.

MEMORY LOSS AND COGNITIVE DECLINE

Tuesday, September 30, 6:30 - 7:30 pm

PRESENTERS: Carolyn Van Dorn, CDP, Nursing Unlimited; Deb Sloss, MBA, MSW and Tonya Connally, BSN, RN, SHARE; Mary Jo Fresard, Sunrise Senior Living

PARTNER: The Family Center

FREE TO MEMBERS AND GUESTS

This panel presentation focuses on cognitive changes separating the normal, age-related changes from dementia. Specific examples are included so guests leave with a clear idea of what is worrisome and what is not. The presentation also includes tips for interacting with loved ones with dementia and information on resources for caregiver stress and burnout. Snacks and beverages will be available.

NEW!



DRAWING AND MORE FOR SENIORS

Tuesdays, September 2 - December 9

3:30 - 5:30 pm

INSTRUCTOR: Elizabeth Russano

WCCCD Continuing Education Class

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

This basic drawing and painting class is designed to introduce the skills required to accurately render what is seen. It also is an opportunity for more advanced artists to gain some visual and creative practice in drawing and painting that will enhance any artistic endeavors. Participants are responsible for their own supplies.

NEW!

LUNCH AND LEARN

HANDWRITING ANALYSIS AND FORENSICS

Thursday, September 25, 12:30 - 2:30 pm

PRESENTER: Ruth Holmes, Certified Document Examiner

MEMBER: \$8 GUEST: \$10

Handwriting examination is used to determine the authenticity of signatures and identify a writer — think forgery, fraud, bomb threats, or even murder. Holmes is court-qualified as an expert witness in federal, state

FRIDAY MOVIE MATINEE & SNACKS

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

JOIN OR DIE (2023)

Friday, September 12 (G 1 hour, 36 minutes)

This documentary examines social scientist Robert Putnam's "Bowling Alone" theory of how declining community engagement created an American civic crisis.

THE LIFE LIST (2025)

Friday, September 26 (PG-13 2 hours, 5 minutes)

A young woman must fulfill her teenage "life list" to claim an inheritance in this movie based on a best-selling novel.

THURSDAY NIGHT AT THE MOVIES

THE GOLDEN VOICE (2025)

(16+ 1 hour, 36 minutes)

Thursday, September 18

Showtime: 4:30 pm

Movie and Snacks

MEMBER: \$3 GUEST: \$5

Nick Nolte and Dharon Jones star as a homeless veteran and a street singer, both on a self-destructive path, who battle dark times through friendship and music.





FIELD TRIP

Friday, September 19, 10 am - 5 pm

MEMBER: \$25 GUEST: \$30

FRANKENMUTH OKTOBERFEST

PARTNER: American House Grosse Pointe

The 190-year-old Oktoberfest in Munich, Germany is the largest folk festival in the world attracting tourists from around the globe. Frankenmuth's Oktoberfest was declared the first Oktoberfest to operate with the blessing of the original Oktoberfest in Munich.

The Helm and American House Grosse Pointe are partnering in this exciting trip to Frankenmuth for Frankenmuth Oktoberfest. The event features authentic German entertainment, dancing, Oktoberfest souvenirs and food. Experience the sights, smells, sounds and other senses of Munich in Michigan's Little Bavaria.

Credit cards are not accepted at the Oktoberfest. This is a cash only event. After spending time at the Oktoberfest, there will be an opportunity to shop at the Frankenmuth River Place stores. Cost of this trip includes entry fee and transportation. Attendees are responsible for their own food and souvenir purchases.

Space is limited. Registration deadline is Wednesday, August 13.

OUT TO LUNCH BUNCH

PEGASUS, ST. CLAIR SHORES

Wednesday, September 24, Noon - 2 pm

Pegasus offers traditional Greek cuisine in a fun, casual atmosphere. Famous for its Saganaki – kasseri cheese set aflame table side – Pegasus also offers a variety of Greek specialties, lamb chops and other traditional fare. Attendees are responsible for the cost of their own lunch. Meet at The Helm at noon 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. Attendees must register to ensure proper accommodations at the restaurant.

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.

READY FOR MEDICARE?

NEW TO MEDICARE



THURSDAY, AUGUST 21, 6:30 - 8 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.

LEAVING A LEGACY

Supporting a charity during your lifetime may feel financially impossible, but there is a way to make a lasting impact without changing your current lifestyle: including a charitable organization in your living trust or will.

Leaving a charitable bequest—or any form of planned gift—has the potential to provide long-term sustainability for nonprofit organizations. Through a will or living trust, you can designate a specific amount or a percentage of your estate to be donated. Because these gifts are distributed in the future, they don't affect your current financial situation or quality of life. In fact, many individuals find that estate planning allows them to make a more significant contribution than would be possible during their lifetime.

For those who already have a living trust or will, adding a charitable gift can be as simple as contacting an attorney to make an amendment. For those just beginning the estate planning process, charitable giving can be easily incorporated into your overall plan.

One donor who chose to support The Helm in this way emphasized the importance of preserving financial security while still supporting causes they believe in. This donor expressed deep appreciation for what The Helm does for the community, particularly highlighting services such

as the medical loan closet and Meals on Wheels.

In addition to bequests, there are many other types of planned giving that can align with both philanthropic values and financial goals.

These include beneficiary designations, charitable gift annuities, and charitable remainder trusts. Depending on income and personal circumstances, some options—such as directing required minimum distributions from an IRA—can offer tax advantages while benefiting the charity.

Other options include naming a nonprofit as the beneficiary of a life insurance policy or IRA or creating a charitable gift annuity or trust. Many individuals who no longer need the full value of their life insurance policies find comfort in designating those proceeds to charity, providing enduring support without impacting their day-to-day finances. These types of gifts also remain flexible—plans can be adjusted if life circumstances change.

To learn more about how you can support The Helm through planned giving, please contact Liz Johnson at 313.649.2104.

WHAT WILL YOUR LEGACY BE?

Wednesday, September 10

5:30 - 6:30 p.m.

Presenter: Robert Lubera, Esq. and Jennifer Lohrer-Elstone, CPA

FREE TO MEMBERS AND GUESTS

MORE INFORMATION ON PAGE 12

Personalized care in the comfort of home.

Customizable and reliable in-home care, so you can experience a better what's next.

(248) 886-7300

(313) 647-9682

homeinstead.com/408

homeinstead.com/682



Each Home Instead® office is an independently owned and operated franchise of Home Instead, Inc., an Honor company. © 2025 Home Instead, Inc.



TRIBUTES & HONORS

IN MEMORY OF

ROMAN HAMMES

Kathleen and Richard Carlson

JEFFREY KIRKMAN

Tina Kirkman

DENNIS P. MIRIANI

Patricia Miriani

IN HONOR OF

JUDY POCHMARA

Mary Weathers

LISA GANDELLOT

Susan and John Mozena

Donations received between March 1, and May 23, 2025. If there are any errors or omissions, please contact 313.649.2104 so we may make corrections.

There are many ways you can support The Helm and our work in the community. A **general donation** provides flexibility to use your gift where it's needed most. You also may direct your donation to a particular cause close to your heart like Meals on Wheels.

Tribute gifts are made in memory or celebration of someone. The Helm also accepts **recurring donations** – amounts automatically given each month. Non-monetary ways to give include donating **wish list or in-kind items, stock or securities**, enrolling in the **Kroger Community Rewards Program** or participating in **annual fundraisers**. Visit helmlife.org/Support Us for more information about types of donations and how to donate.

SPONSORS & IN-KIND DONORS

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

ACTIVITY SPONSORS

American House Cottage
Grosse Pointe
Corewell Health
David Gilboe and Associates
Home Instead
Sunrise Senior Living

IN-KIND DONORS

Avanti Press Greeting Cards
Einstein Bros. Bagels
Josef's European Pastry Shop
Henry Ford Health
Kroger Rewards
Landmark Health
Panera Bread

A special thank you to Larry Sullivan and Ed Salisbury for making and donating the birdhouses for last quarter's Me and My Grand project.

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.



Thank you to Barbara Dobson and her brother, Ron Biegas, for donating new raised garden beds, the plants and planting them. The beds were donated in memory of their mother, Donna Biegas. "Mom loved her SOC (now The Helm) family," Barbara said.

WELCOME NEW MEMBERS

New members from February 22 through May 23, 2025

Carol B.
Gerri B.
Jean B.
Melissa B.
Michael B.
Peggy C.
Sally C.
Barb D.
Cynthia D.
Ginger D.
Jacqueline D.
Audrey G.

Margaret G.
Donna H.
Dwight H.
Rachel H.
Renee H.
Richard H.
Susan H.
Heidi K.
Jeanne L.
John L.
Meria L.
Connie M.

Crystal M.
Greg M.
Jerry M.
Pamela M.
Eileen N.
Elizabeth O.
Tony O.
Bonnie P.
James P.
Paulette P.
Valerie P.
Veena P.

David R.
Loretta R.
Gail S.
Merilee S.
Sue S.
Susan S.
Susan S.
Dorothy T.
Julie T.
James V.
Kay W.
Neil W.
Philo W.

GROSSE POINTE CHAMBER OF COMMERCE EVENTS

JULY 12 - DIA INSIDE/OUT

Bus tour and lunch. Try a new restaurant and see the beautiful art installations provided by the Detroit Institute of Arts located throughout the Pointes.

AUGUST 2 - THE GROSSE POINTE ART FESTIVAL

From 10 a.m. to 6 p.m. the Hill will be filled with art vendors, community organizations and food trucks.

For more info, visit grossepointechamber.com.

**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.

10900 Harper • Detroit (313) 921-1200