

THE HELM LIFE JOURNAL

OCTOBER THROUGH DECEMBER 2025



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The Helm at the Boll Life Center

LIFE'S A JOURNEY.
FIND YOUR WAY.



LIFE'S A JOURNEY. FIND YOUR WAY.

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

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2025



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Top: Taking a break from the Courtyard Cookout festivities

Bottom: Enjoying a tour at Selfridge Air National Guard Base

LIFE’S A JOURNEY.
FIND YOUR WAY.

FALL CHANGES; FALL REFRESH. As a new season arrives, so do new classes and ways to stay social and active.



As the crisp air and vibrant colors of autumn arrive, I'm reminded of the beauty change and transition can bring. Fall is a season of reflection, renewal and community — and here at The Helm, it's also a time of fresh opportunities, new programs and meaningful connection. I don't know about

you, but there are many Fall traditions that I really look forward to: apple orchards, football games, Halloween and beautiful falling leaves. I don't look forward to cleaning up all those leaves however!

I am excited about this fall catalog because it is filled with enriching classes, wellness programs and special events designed to support your physical, emotional and social well-being. Whether you're looking to try something new, continuing healthy habits or simply enjoying the company of others, there's something here for everyone.

This season, we're especially excited to introduce line dancing, craft classes, fantastic field trips and holiday activities, and programs about cognitive function as we age and the importance of staying involved.

We also have a significant presentation we're hosting with The Family Center about marijuana. The session will provide an evidence-based overview of marijuana's potential therapeutic benefits as well as associated risks and is aimed at getting you the knowledge needed to make informed decisions. This event is open to the community. Wine and light snacks will be served.

All of our offerings reflect our commitment to listening, evolving and responding to the interests and needs of our incredible community.

At the heart of it all is you — our members, friends and neighbors. Thank you for making The Helm such a vibrant, welcoming place.

As always, my door is open. I invite you to stop by The Helm and get involved in whatever way feels right for you.

Wishing you a season filled with health, joy and connection.

Krista Siddall
Executive Director

DID YOU HEAR THE NEWS?

The Helm has been recognized by Crain's Detroit Business as a top 10 place to work in Southeastern Michigan. Crain's contracted an independent firm, Workforce Research Group, to survey, interview and analyze data from organizations about employer benefits, training, "fun" perks and employee feedback on culture, leadership and work-life balance. We came in at No. 10 out of 92 selected businesses and we are the ONLY nonprofit in the top ten.

I am extremely proud of our staff and this recognition they so deserve. Compassion, respect and purpose drive us every day. Our team loves what they do and loves doing it together for our community!

While this designation recognizes our workplace benefits, environment and staff teamwork, I'd be remiss to not mention the guidance and support of our Board of Directors and Advisory Board members. Your belief in our mission helps us do our jobs better.

Lastly, to our 400 volunteers: Our accomplishments as a staff are a direct reflection of all of the hands-on, boots-on-the-ground support you provide.

We always knew. Now you do too!



'TIS THE SEASON

For 15 years, The Helm has collected essential items for homebound seniors in the Grosse Pointes and Harper Woods. What started as a simple donation of nonperishable food has grown into our Holiday Giving Tree — a program that ensures seniors receive something they truly need and want.

Beginning Monday, November 3, you can choose a tag from the Giving Tree in the Great Room at The Helm. Each tag lists a requested item — perhaps a scarf, mittens, nightshirt, towels, socks, candy or even a Kroger gift card. If you can't visit in person, you can also select a tag online by scanning the QR code below right. Please return your new, unwrapped gift with the tag attached to The Helm, 158 Ridge Road, Grosse Pointe Farms, by Thursday, December 4.

“Support for this program has always been strong and it continues to grow,” said Heidi Uhlig-Johnstone, volunteer services director. “When we introduced the Giving Tree, donors loved being able to shop for specific gifts. Even though we protect recipients’ privacy, the giving felt more personal — and our seniors were touched to receive exactly what they needed and wanted.”

Volunteers also play a key role — helping to purchase unclaimed items, wrap gifts and deliver them to seniors. Gift wrapping will take place Wednesday, December 10, with deliveries running December 10 – 19.

“Wrapping day was such a joy last year,” Uhlig-Johnstone shared. “Our volunteers loved knowing how much happiness these gifts would bring. For our homebound seniors, the presents are more than just items — they’re reminders that they are remembered and cared for.”

To volunteer for wrapping or delivery, please contact Heidi Uhlig-Johnstone at 313.649.2107.

GIVE JOY TO YOURSELF AND HOMEBOUND SENIORS THIS HOLIDAY SEASON.



Bags are packed and awaiting delivery.



The packing corps of 2024. In just a few hours, this volunteer crew had gifts wrapped and packaged and ready for delivery.

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





ONGOING PROGRAMMING

WHAT'S HAPPENING AT THE HELM

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

SOCIAL ACTIVITIES

WISE GUYS CONVERSATION GROUP

Mondays, 9 - 10 am

FREE TO MEMBERS AND 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.

EUCHRE

Mondays and Thursdays, 1 - 4 pm

MEMBER: FREE GUEST: \$6

We offer a room for those who know how to play euchre 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 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.

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.

CRAFTING FOR CHARITY

Wednesdays, 9:30 - 11:30 am

FREE TO MEMBERS AND GUESTS

Create easy and fun fleece blankets and other crafts for people in need. Supplies provided. No sewing necessary.



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.

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

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.

NEW GAMES AT THE HELM

Mondays, Wednesdays, Fridays - 10 am - 4 pm

Tuesdays, Thursdays - 10 am - 7 pm

MEMBER: FREE GUEST: \$3



There's even more to do at The Helm with the addition of a pool table and dart board. Come by yourself or bring friends. The pool table is full sized, the darts are plastic and other games like Jenga and air hockey are available too.

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

Wednesdays, 10:15 - 11:15 am

INSTRUCTOR: Carol Guither

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

Semester ends December 8

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.



ONGOING PROGRAMMING

WHAT'S HAPPENING AT THE HELM

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

AWESOME ABS

Mondays, 2:30 - 4 pm

Semester ends December 8

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.

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.

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, 9:30 - 11 am

Semester ends December 9

Fridays, Noon - 1:30 pm

Semester ends December 12

INTERMEDIATE LEVEL

Tuesdays, 11 am - 12:30 pm

Semester ends December 9

Fridays, 1:30 - 3:00 pm

Semester ends December 12

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.

DRAWING AND MORE FOR SENIORS

Tuesdays, through November 18

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 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 that will enhance any artistic endeavors. Participants are responsible for their own supplies. Call 313.649.2109 to get a list of supplies.



SING YOUR WAY TO HEALTH AND HAPPINESS

Mondays, through 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 also will learn the basics of reading music as well as perform favorite tunes in groups and for solo performances.

BALLROOM DANCING

Wednesdays, through December 10, 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, through December 4, 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.

SIGN LANGUAGE

Tuesdays, through December 9, 12:30 - 2:30 pm

INSTRUCTOR: April Stotts

WCCCD CONTINUING EDUCATION CLASS

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

Participants will learn how to communicate with deaf individuals, through the use of sign language. Participants also will learn beginning vocabulary, grammar, finger spellings and gain insight into the deaf culture.



TAI CHI - BEGINNER

Tuesdays, through December 2, 6 - 7:30 pm



INSTRUCTOR: Geoffrey Yermak

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.

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

Thursdays, 2 - 3 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. Please check The Helm website for exact dates each month.

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.



ONGOING PROGRAMMING

WHAT'S HAPPENING AT THE HELM

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

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.

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.

FLU CLINIC

Friday, October 24

8:30 am - 1:30 pm

**SPONSOR: SUNRISE SENIOR LIVING,
GROSSE POINTE WOODS**

FREE TO MEMBERS AND GUESTS

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

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

Appointments are required. Call 313.882.9600 to schedule an appointment.



MEET AND GREET

MEET YOUR REPRESENTATIVE - STATE REP. VERONICA PAIZ
Thursday, October 2, 1 - 2 pm

FREE TO MEMBERS AND GUESTS

Meet Veronica Paiz, our 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 lives in Harper Woods and can connect with you on important local and statewide issues.

BEGINNER LINE DANCING

Thursdays, 6 - 7 pm
October 9, 16, 30 and November 6, 13, 20

INSTRUCTOR: Sandy Dickson

MEMBER: \$42 for the series **GUEST: \$46 for the series**

Beginner Line Dance Class has easy to follow line dance steps that promote physical and mental wellness. Have fun while moving and socializing!

ZUMBA® GOLD

Thursdays, October 9 - December 18, 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.



ASK THE PHYSICAL THERAPIST

Thursday, October 9, 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.

SPANISH FOR BEGINNERS

Tuesdays, October 14 - December 2
6 - 7:30 pm

INSTRUCTOR: Randi Lou Franklin, PhD.

MEMBER: \$35 for the series **GUEST: \$40 for the series**

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.

LUNCH AND LEARN

WHAT'S NORMAL, WHAT'S NOT? UNDERSTANDING MEMORY AND BRAIN CHANGES WITH AGE

Thursday, October 16, Noon - 1 pm

PRESENTER: Maiya Hulin, MPH, DP-CPS, CARE of Southeastern Michigan

MEMBER: \$8 **GUEST: \$10**

This engaging and reassuring presentation explores common brain and other changes that come with aging, helping participants understand what to expect as a normal part of getting older. Attendees will learn how memory, attention and processing speed may shift over time and more importantly, how to adapt and support brain health through practical strategies. While the focus is on normal aging, a brief overview will be provided to help participants know when to seek further evaluation. Highly popular and relatable, this presentation offers valuable information, helpful handouts, and peace of mind for those wondering: "Is this just aging-or something more?"

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.



OCTOBER

WHAT'S HAPPENING AT THE HELM

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

BASIC SEWING

Mondays, October 20 - December 8
10 am - 1 pm

INSTRUCTOR: Ophelia Cunningham

WCCCD Continuing Education Class

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

Learn the fundamentals of basic sewing and how to read and select the correct patterns. Enhance your fabric knowledge and practice stitching. Participants are responsible for purchasing their own supplies. Call 313.649.2109 for supply list.



HALLOWEEN BINGO AND TREATS

Thursday, October 30, 10 - 11 am

MEMBER: \$2 for one card and refreshments

GUEST: \$5 for one card and refreshments

Additional cards are 25 cents each.

Come in costume or just as you are for our Halloween Bingo. Enjoy special Halloween goodies and prizes.



FRIDAY MOVIE MATINEE & SNACKS

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

INSTANT FAMILY (2018)

Friday, October 10 (PG-13 1 hour, 59 minutes)

When a couple decides to start a family, they stumble into the world of foster care adoption. When they become caregivers to three strong-willed siblings, they must try to learn the ropes of instant parenthood in the hope of becoming a family.

THE BIRDS (1963)

Friday, October 24 (PG-13 1 hour, 59 minutes)

Alfred Hitchcock's classic thriller focuses on a series of sudden and unexplained violent bird attacks on the people of a small California town over the course of a few days.

FIELD TRIP & BREAKFAST

YATES CIDER MILL

Wednesday, October 22, 9:30 am - 1:30 pm

MEMBER: \$25 FOR BUS TRANSPORTATION

GUEST: \$30 FOR BUS TRANSPORTATION

Enjoy a hearty breakfast at Auburn Country Oven restaurant and then spend time at Yates Cider Mill, in Rochester Hills. Yates opened in 1863 and is the oldest working water-powered cider mill in Michigan. Cider and donuts will be the perfect dessert! The cider mill also offers walking trails along the Yates River, as well as fudge, the famous apple tent and ice cream. Guests are responsible for the cost of breakfast and any purchases at the Cider Mill. Cost for this field trip is for bus transportation only.

THURSDAY NIGHT AT THE MOVIES

WAIT UNTIL DARK (1967)

(PG-13 1 hour, 48 minutes)

Thursday, October 16



Showtime: 4:30 pm

Movie and Snacks

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

Audrey Hepburn portrays a photographer's blind wife who is trapped in her apartment by an evil trio, ready to murder her to retrieve a heroin-filled doll hidden in her apartment.

OUT TO LUNCH BUNCH

CLOVERLEAF BAR AND RESTAURANT, EASTPOINTE

Tuesday, October 21, Noon - 2 pm

Join us for lunch at Cloverleaf, a classic Italian eatery, with a welcoming atmosphere and checkered tablecloths, known for pioneering Detroit-style pizzas.

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 p.m. **All attendees must register to ensure proper accommodations at the restaurant.**



Doctors also will discuss the associated risks, such as cognitive impairment, dependency, and potential mental health effects — particularly in adolescents and frequent users.

This educational discussion is aimed at getting you the knowledge needed to make informed decisions.

Wine and light snacks will be served.



It was a packed audience for our last Health for Her at The Helm in spring for a presentation on bone health.

REAL TALK ABOUT MARIJUANA: FIND OUT ALL THE FACTS
Thursday, October 23, 6 - 7:30 pm
In Partnership with The Family Center
COMMUNITY WELCOME; NO COST TO ATTEND THIS PRESENTATION

This educational session with a group of doctors will focus on the medical and societal implications of marijuana usage. The session will provide an evidence-based overview of marijuana's potential therapeutic benefits, including pain management, reducing nausea in chemotherapy patients and alleviating symptoms in conditions such as epilepsy and multiple sclerosis.

Senior Expo 2025

FREE!

FREE!

8:30 a.m. -
1:30 p.m.
Thursday
October 16

Keynote Speaker
Former WDIV Sports
Anchor Bernie Smilovitz

Registration not required. Just stop in!

Assumption
Cultural
Center
21800 Marter,
St. Clair Shores

Entertainment
Devin Scillian
and Arizona Son

FREE!

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



NOVEMBER

WHAT'S HAPPENING AT THE HELM

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

INTRO TO GENEALOGY

WHO DO YOU THINK YOU ARE?

Wednesday, November 5, 11 am - 3 pm

PRESENTER: Felicia Lewis-Williams

WCCCD Continuing Education Class

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

This introductory course is designed to help students discover the fundamental building blocks of genealogy research. You also will learn how to find resources and document your family history. Snacks and drinks will be provided.

NEW!

VETERANS DAY BREAKFAST

AT THE WAR MEMORIAL

Tuesday, November 11, 8 - 10:30 am

PARTNER: The War Memorial

VETERAN: FREE ONE GUEST OF VETERAN: \$20

Calling all veterans to join us at The War Memorial for breakfast and a special ceremony. The Louisa St. Clair DAR, the Vietnam Veterans of America and the Grosse Pointe Men's Choir will be there to make it a special event. Veterans are free; there is a \$20 charge for guests. Each veteran may bring one guest only. **Register with The War Memorial at 313.881.7511. Do not call The Helm or try to register online for this event.**

COOL TECH FOR OLDER ADULTS

Thursday, November 13, 1 - 2:30 pm

PRESENTER: James Giordani, Older Adult Technology Consultant

FREE FOR MEMBERS AND GUESTS

Discover how technology is changing the lives of older adults, why it can be so frustrating to use, and explore exciting devices, apps and websites designed to help seniors stay connected, healthy and age in place. Giordani has a Master of Social Work degree with specialization working with older adults. He has been teaching tech skills and providing tech support, tailored to older adults, for more than eight years.

NEW!

THANKSGIVING LUNCHEON

Tuesday, November 18, Noon - 1:30 pm

MEMBER: \$20 GUEST: \$25

It's time to gather with friends for our annual Thanksgiving luncheon at The Helm. You will enjoy a traditional Thanksgiving meal along with live entertainment. Come hungry!

HOLIDAY BASKET MAKING

Wednesday, November 19, Noon - 4 pm

INSTRUCTOR: Deb VanderLinde (The Basketmak'r)

MEMBER: \$55 GUEST: \$60

This charming wall basket with a woven tree features an oak bushel basket for hanging on the wall or doorknob. Embellishments include a star button, jingle bells and a cardinal. 6 inches wide x 7 inches tall. Snacks and beverages provided.



NEW!

CHAT WITH THE CHIEFS

Wednesday, November 19, 10 - 11 am

GUESTS: Grosse Pointe Farms Director of Public Safety John Hutchins and Deputy Director Andrew Rogers

FREE TO MEMBERS AND GUESTS

Join the Chiefs of Grosse Pointe Farms for an informal morning chat. Enjoy a cup of coffee and pastries while you learn the latest neighborhood crime trends and ways to protect yourself. Ask questions and connect with your local public safety chiefs in a relaxed and friendly setting.

FRIENDSGIVING BINGO AND TREATS

Thursday, November 20, 10 - 11 am

SPONSOR: Affinity Home Care

MEMBER: \$2 for one card and refreshments

GUEST: \$5 for one card and refreshments

Additional cards are 25 cents each.

Join your buddies at The Helm for "Friendsgiving Bingo." Enjoy special Thanksgiving goodies and prizes.

OUT TO LUNCH BUNCH

FAMOUS DAVE'S, ROSEVILLE

Tuesday, November 25, Noon - 2 pm

Enjoy authentic, pit-smoked BBQ, made-from-scratch sides and handcrafted dessert. 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 p.m. **All attendees must register to ensure proper accommodations at the restaurant.**



LUNCH AND LEARN

CARING FOR MENTAL HEALTH AS YOU AGE Thursday, November 20, Noon - 1 pm

PRESENTER: Michele Reid, M.D.

MEMBER: \$8 GUEST: \$10

Learn the basics of mental health disorders, symptoms, and treatments. Emphasis will be placed on mental health as we age.

According to the World Health Organization:

- Mental health is integral to well-being.
- Loneliness and social isolation are key risk factors for mental health conditions in later life.
- One in six older adults experience abuse, often by their own carers.
- Approximately 14 percent of adults aged 60 and over live with a mental disorder.

Dr. Reid is vice president and chief operating officer for CNS Healthcare, an outpatient mental health provider serving more than 7,500 children, adolescents and adults with mental disorders in the metro Detroit area. She also is a clinical assistant professor at Wayne State University Department of Psychiatry and Behavioral Neurosciences.

NEW!

PREMIER WORLD DISCOVERY PRESENTS

“SUNNY SAN DIEGO & So CAL HIGHLIGHTS” AND “TREASURES OF IRELAND”

Tuesday, November 4, 1 - 2 pm

NO COST TO ATTEND THIS PRESENTATION

The **Sunny San Diego** trip, **February 19 - 25, 2026**, is based in San Diego with five nights in one hotel and a variety of tours in the city and surrounding areas including, San Juan Capistrano, La Jolla, Palm Springs, Temecula Valley Winery and the San Diego Zoo. Enjoy a tour of the city, the USS Midway Museum and a harbor cruise. Airfare, accommodations, tour transportation and some meals are included.

Your nine-day **Treasures of Ireland** tour begins with an overnight flight from Detroit **April 21, 2026**, to Dublin. Visit Limerick/County Clare, the Cliffs of Moher, Galway, Adare, Killarney, Ring of Kerry and the Blarney Castle. Airfare, seven nights' accommodations, tour guide, transportation, attraction admission and some meals are included.

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

FRIDAY MOVIE MATINEE & SNACKS

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

LA DOLCE VILLA (2025)

Friday, November 7 (PG 1 hour, 39 minutes)

When his daughter decides to buy a crumbling Tuscan villa, a father rushes to Italy to talk her out of it and instead finds beauty, romance and new purpose.

GREEN AND GOLD (2025)

Friday, November 21 (G 1 hour, 36 minutes)

A fourth-generation dairy farmer, on the brink of losing his farm to the bank, wagers everything on a bet involving his beloved Green Bay Packers, while his granddaughter pursues music to save what they've both worked for their whole lives.

THURSDAY NIGHT AT THE MOVIES

FUNNY THING ABOUT LOVE (2021)

(G 1 hour, 36 minutes)

Thursday, November 13

Showtime: 4:30 pm

Movie and Snacks

MEMBER: \$3 GUEST: \$5

Samantha has a successful business and a handsome fiancé, but over one crazy Thanksgiving holiday with her scheming family, her whole world is thrown into a tailspin when they invite her ex-boyfriend, “the one who got away.”



FIELD TRIP

SOMERSET MALL - TROY

Wednesday, November 5, 10 a.m. - 3:30 pm

MEMBER: \$25 GUEST: \$30

Get a head start on your holiday shopping by joining us on a field trip to Somerset Mall. Somerset is an upscale shopping mall with more than 180 stores including Macy's, Nordstrom, Shinola, Tiffany and Co., Apple store and many more. You will have plenty of time to shop and enjoy lunch at one of several great restaurants like Capital Grille, PF Chang's and Nordstrom Cafe. PLEASE NOTE: the price is for transportation and does not include the cost of your lunch or any purchases.



DECEMBER

WHAT'S HAPPENING AT THE HELM

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

HOLIDAY WREATH MAKING

Monday, December 1, 10 am - 2 pm



PRESENTER: Kathleen Robinson Young

WCCCD Continuing Education Class
FREE TO MEMBERS AND GUESTS 60 OR OLDER LIVING IN WAYNE COUNTY.

Not just for the holidays anymore, participants will learn to design and create decorative wreaths for any occasion. Participants will work with silk flowers, dried flowers, ribbon and accent pieces. Call Linda 313.649.2114 for a list of supplies. Snacks and drinks will be provided.



LUNCH AND LEARN

FINDING MEANING AND PURPOSE IN LIFE AS WE AGE

Thursday, December 4, Noon - 1 pm



PRESENTER: Garry Cole, author of "Are We Old Yet?"

MEMBER: \$8 GUEST: \$10

Are we ever too old to wonder about purpose? Hear the answer from the deathbed of Albert Einstein. Learn the secrets of Greek philosophers and modern scientific evidence on the topic. Aging may leave us searching for meaning and purpose in life. It is important to find both. Learn the process for rediscovering meaning and purpose and living your best life!

OUT TO LUNCH BUNCH

CRACKER BARREL, ROSEVILLE

Thursday, December 18, Noon - 2 pm

Enjoy a lunch at Cracker Barrel, a homey restaurant serving American comfort food, with an on-site general store. Attendees are responsible for the cost of their own lunch and purchases. 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 p.m. Attendees must register to ensure proper accommodations at the restaurant.

HOLIDAY SNOWMAN CRAFT

Friday, December 5, 1 - 2 pm



FREE TO MEMBERS AND GUESTS

Get creative with pinecones, Styrofoam and felt, as we craft adorable winter snowmen together with second graders from Richard Elementary School. All are welcome – come and share in the joy and creativity with the youngsters!

HOLIDAY PARTY

Wednesday, December 17, Noon - 1:30 pm

MEMBER: \$20 GUEST: \$25

Join your friends at The Helm to celebrate the holidays at our wonderful holiday luncheon. This will be extra special, with a catered lunch, dessert and beverages. Get into the holiday spirit as you join in the fun with live entertainment. Be sure to register early for this festive event!

FRIDAY MOVIE MATINEE & SNACKS

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

HOLIDAY IN THE WILD (2019)

Friday, December 12 (PG 1 hour, 26 minutes)

When her husband abruptly ends their marriage, empty-nester Kate embarks on a second solo honeymoon in Africa, finding purpose and potential romance. Stunning African landscapes co-star with Kristin Davis and Rob Lowe in this Christmas romantic comedy/adventure.

THURSDAY NIGHT AT THE MOVIES

CHRISTMAS WITH THE KRANKS (2004)

(16+ 1 hour, 39 minutes)

Thursday, December 18

Showtime: 4:30 pm

Movie and Snacks

MEMBER: \$3 GUEST: \$5

Tired of the holiday hubbub, two empty nesters decide to skip Christmas. But can they handle the fallout from their family and neighbors?





OVERNIGHT FIELD TRIP

Wednesday and Thursday, December 10 and 11
2 days, 1 night
A GRAND HOLLANDAY CHRISTMAS

Join this fantastic holiday trip, with Bianco Travel to Grand Rapids and Holland, Michigan.

You will take a deluxe motorcoach and visit the Christkindl Market in Grand Rapids and the Frederik Meijer Gardens, featuring the Festival of Trees display. In addition, you will see Comstock Park, with more than a million lights, as well as animated Christmas displays. Take a guided tour of the Critter Barn to see the inner workings of an operational farm and see the live nativity performance. Enjoy shopping in the unique stores in downtown Holland.

Tour price includes the professional Bianco tour escort, one night at the Holiday Inn Express Grand Rapids North, one breakfast and one dinner.

Private room: \$442
Double Room: \$359
Triple Room: \$332

Call Margaret at 313.649.2109 to register or ask any questions.

Space is limited. Registration and full payment are due by October 24, 2025.

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MEDICARE OPEN ENROLLMENT

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

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



People see year-over-year savings by reviewing the Prescription Part D plans and premiums. In 2024, The Helm Medicare counselors worked with 678 clients resulting in \$168,802 in direct savings on medical and drug plans through this one-on-one counseling.

To schedule an appointment, contact Tony Altovilla at taltovilla@helmlife.org or 313.649.2110.



KEEP OUR FURRY COMPANIONS IN MIND THIS HOLIDAY SEASON

A National Institutes of Health study found that pet owners are 36 percent less likely to feel lonely. For older adults — especially those living alone — pets provide companionship, ease stress, lower blood pressure and encourage social and physical activity.



To support these vital bonds, The Helm launched Mutts ‘n’ Meows in 2007. The program collects community donations of pet food and distributes them to older adults in Grosse Pointe and Harper Woods, helping them keep their beloved pets at home rather than giving them up due to cost or mobility challenges.

Along with pet food, Mutts ‘n’ Meows provides essentials like fresh kitty litter and unopened treats, ensuring pets — and their owners — have what they need.

Drop donations at The Helm Life Center, 158 Ridge Road, Grosse Pointe Farms.

SCAM ALERT

The holiday season is a time of joy and generosity, but it also brings a surge in scams — many aimed at senior citizens. Fraudsters know that older adults are often more trusting, may live alone, and may be less familiar with digital red flags.

Common holiday scams include:

- Phony charities.
- Gift card scams where a scammer claims a loved one is in trouble and urges the senior to purchase and share gift card numbers immediately.
- Fake online shopping websites offering deals on popular items that never arrive.
- Delivery scam emails or texts posing as UPS, FedEx or USPS that request personal or financial information to “release a package.”

To stay safe, seniors should verify charities through trusted sources, shop only on reputable websites, avoid demands for gift cards, and never click unknown links. Most importantly, if something feels rushed, secretive or too good to be true, it probably is.

Join us for Chat with the Chiefs 10 - 11 a.m. Wednesday, November 19, to learn more about scams and other crimes trending in our community. (See Page 14)

STAY SAFE AT HOME — FOR FREE!



The Helm offers a FREE home maintenance, safety and security program for homeowners age 60 plus in Harper Woods and the Grosse Pointes. Our goal is simple: to help you stay safe and independent in your own home while reducing the risk of falls and accidents.



To qualify, you must be 60 or older and own your home. Once you schedule an appointment, a trained volunteer from The Helm will visit and:

- Check smoke and carbon monoxide detectors
- Inspect interior and exterior lighting
- Replace batteries, lightbulbs, and furnace filters if needed
- Add nightlights or additional detectors
- Make sure your house number is clearly visible
- Clear light debris from your outdoor A/C unit
- Provide a kitchen fire extinguisher



Volunteers also will point out other safety issues you may wish to address beyond the program.

This program truly is free of charge—our gift to help keep you safe at home.

Call 313.882.9600 today to schedule your appointment.



TRIBUTES & HONORS

IN MEMORY OF

MARIA FISHER

Daar Fisher

DAVID LETSCHER

Gavin Cuneo

Joan Ebner

Dara Knill

Paul Schwikert

LEON TRUMBAUER

Joan Ebner

IN HONOR OF

GARY COLETT

Happy Echlin

Cathy O'Malley

ALLIE SHORT

The Hamel Family

JACKIE THOMAS

Jack and Deborah Burton

Donations received between May 24, and September 1, 2025. If there are any errors or omissions, please contact 313.649.2104 so we may make corrections.

SPONSORS & IN-KIND DONORS

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

ACTIVITY SPONSORS

Affinity Home Care

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Einstein Bros. Bagels

Josef's European Pastry Shop

Henry Ford Health

Kroger Rewards

Landmark Health

Panera Bread

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.

HOLIDAY AND YEAR-END GIVING

If you are looking for a meaningful way to celebrate someone special consider making a donation to The Helm in their honor. Your gift not only recognizes the person you care about but also supports vital programs and services that help older adults in our community stay connected, active and engaged. It's a tribute that makes a lasting difference — both for your honoree and for the many people whose lives are touched by The Helm every day.

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.



Bridge players at their season-ending luncheon at The Little Club.

BRIDGE GROUP CELEBRATES 20 YEARS SUPPORTING THE HELM

In the 1960s, a group of women began a bridge marathon to support the Children's Home of Detroit. The women gather September through May to play bridge at a member's home.

After the Children's Home closed in 2008, the group adopted The Helm as its charity beneficiary. After the tournament season, the group holds a final luncheon – lately at The Little Club – to let everyone now how much was raised and to say thank you. This year, bridge playing earned \$1,500 for The Helm. In the 15 years since the group has been giving to The Helm, they've donated more than \$20,000.

We are so grateful you chose The Helm and wish you many more years of fun, competitive bridge playing!

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of tomorrow
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