

THE HELM LIFE JOURNAL

JANUARY THROUGH MARCH 2026



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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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Inclement weather policy

- ❁ The Helm decides weather closures on a case-by-case basis.
- ❁ We know we are an essential part of your day and are determined to be open for you as much as possible.
- ❁ In inclement weather, please visit our website and/or social media pages for closure information or call us at 313.882.9600 before heading over.

If The Helm is closed due to weather, Meals on Wheels will not be delivered.

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ON THE COVER

Top: Harper Woods Mayor Valerie Kindle, The Helm Executive Director Krista Siddall and Harper Woods Councilmember Geri LaPratt at the Harper Woods fresh produce box pick up event

Bottom: Executive Director Krista Siddall was called in to duty to teach chair yoga.

LIFE’S A JOURNEY.
FIND YOUR WAY.

THE HOPE OF THE NEW YEAR

A new year ushers in new activities



Happy New Year! Every January feels like a fresh breath of possibility — a moment to appreciate all we've accomplished and to eagerly anticipate everything on the horizon. This year is no different. As we look back on 2025, we feel tremendous gratitude for the partnerships

we strengthened, the new connections we forged, and the many ways we expanded our efforts to keep older adults active, healthy and engaged. And as we look ahead to 2026, there is so much to be excited about.

Our Health for Her at The Helm partnership with The Family Center continued to flourish this year, (see page 15 for January's Health for Her at The Helm description) and together we launched a brand-new initiative: Aging with Insight: For You and Yours, a quarterly series designed to help families navigate the realities of aging — from financial planning and health to housing and beyond. You can learn more about this quarter's program on housing options on page 16.

We also deepened our work in Harper Woods, bringing programs to the library and a large apartment complex, and stepping in to help address food insecurity among older adults in their community. We're thrilled to bring even more programming to Harper Woods in 2026.

As we move forward, a few major milestones from fall 2025 continue to guide our work. The five cities that passed the senior services millage formed the Active Adult Commission (AAC) to manage and distribute those funds, and The Helm is honored to have signed an agreement with the AAC. This partnership allows us to expand our current services, bring more offerings directly into each community, and create new programs — including one of our most exciting initiatives: an Adult Day Program, with its location to be announced soon.

With the new millage and AAC partnership, membership at The Helm will change beginning January 1, 2026. Membership will be waived for residents of Harper Woods, Grosse Pointe City,

Grosse Pointe Farms, Grosse Pointe Park and Grosse Pointe Woods. For residents of Grosse Pointe Shores and other communities, the annual membership fee will be \$180 per household.

We also celebrated another outstanding Gala. Year after year, I'm amazed by the generosity and spirit of this community. While the evening was a wonderful success, the true highlight was Jim and Patti Anderson's extraordinary announcement of a pledge to our endowment. Their pledge of \$5 million over five years, beginning with \$1 million in 2026, will help secure our long-term stability and strengthen our ability to serve older adults for decades to come. Our hope is to build on this transformative gift and fully fund the endowment by 2035. You can learn more about our funding sources and how they support our work on page 23.

As you flip through this Journal, I think you'll be delighted by the sheer variety of programs — returning favorites, expanded offerings and brand-new experiences. Enjoy coffee and pastries while learning about finances or legislative updates. Join us for lunch-and-learns on self-care, auditory health and even the story of Better Made potato chips. Try a new fitness class — we've added more Body Alignment and Awesome Abs sessions, and Drums Alive continues to be a crowd-pleaser. Explore Cooking Lite, catch a movie, discover new restaurants with the Out-to-Lunch Bunch or hop on an informative field trip. And of course, get your green ready for St. Patrick's Day Bingo!

Thanks to the Drs. Sharada "Ingrid" and Ashok Sarnaik Vasudhaiva Kutumbakam Endowment Fund, we're also featuring another cultural spotlight — this time on Poland. Enjoy a themed lunch, join us for a field trip to Hamtramck, and don't miss our Polish-inspired matinees in March.

Thank you for being the heart of The Helm. Here's to a bright new year filled with growth, connection and endless possibilities.

A handwritten signature in black ink that reads "Krista Siddall". The signature is fluid and cursive.

Krista Siddall
Executive Director

TAKE THE HELM GALA

It was a beautiful night for Take The Helm, our 29th annual gala. And, once again, we are overwhelmingly grateful for our donors and supporters.

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

Grosse Pointe Shores residents Jim and Patti Anderson were recognized for their commitment to The Helm and the many other organizations they support locally, but



2025 Take The Helm Gala Honorees Jim and Patti Anderson.

also throughout the world. The Andersons met when Patti was working at AC Spark Plug and Jim had just launched Urban Science while collaborating with Cadillac. Marriage soon followed, and together they built a life rooted in both Grosse

Pointe and Charlevoix, where they raised their four children and now enjoy time with their 10 grandchildren.

At the Gala, the Andersons announced a transformational commitment of \$5 million over five years to an endowment for The Helm. The Andersons' generosity will begin with an initial gift of \$1 million in 2026.

"We are so truly thankful for this incredible donation," said Krista Siddall, Executive Director of The Helm. "An endowment provides long-term financial stability and sustainability. Building this fund has been a goal for years, and this gift allows us to begin laying the foundation for a secure future. Our goal is to grow a \$10 – \$15 million endowment that can generate interest income to support ongoing operations for generations to come."

See page 23 for information about the endowment and other funding sources for The Helm.



Take The Helm Gala attendees raise their paddles in preparation for the live auction.

Siddall also presented Doug Blatt, former board president and current board member, with the Guiding Light Award for his steadfast commitment to The Helm. In addition to financial contributions, he is a constant advocate for The Helm sharing our story whenever and wherever he can. He has singlehandedly raised more than \$1 million for The Helm since he joined the board. After the Gala, he created an emergency food fund for The Helm. He began with his own donation and reached out to others. As of the end of November, he raised over \$30,000 for The Helm to deliver food to seniors in our community experiencing food insecurity. (See page 22 for fresh produce box distribution activities.)



Doug Blatt and Krista Siddall. Blatt received the Guiding Light award in recognition of his many years of advocacy and support of The Helm.

Every dollar raised from the Gala enables The Helm to continue to provide vital services and programs to help older adults in the Grosse Pointes and Harper Woods enjoy the gift of longevity, living healthy and meaningful lives as they age.

Without the support of donors, we could not continue our good works. Thank you to all our guests, sponsors, donors, volunteers and employees who made this event so successful!

Thank you to the many individuals and businesses listed on the following pages. It is only with their support the Gala can happen. We appreciate your supporting the many businesses that support The Helm.

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TAKE THE HELM
30TH ANNUAL GALA

THURSDAY, OCTOBER 8, 2026
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THE YEAR IN PHOTOS

So much happens five days and two nights a week in, around and outside our house we can't capture it all. Here is a sampling of the past year's activities.

Fun in The House



Art and Jazz



Prom



Intergenerational Bingo



100th birthday in Enhance Fitness Class



Another birthday



And yet another birthday!

Around The House



Enjoying live musical entertainment on the north side of the house.



A new water sculpture at the back of the house.



Planting hydrangea trees in front of the house.



Farmers Market on the back patio.

Exercise in The House



Awesome Abs



Zumba



Enhance Fitness



Active Fit

Lifelong Learning in The House



Above: Sing Your Way to Health and Happiness.



Above right: Cultural Exploration - China.



At right: Basic Sewing.

Fun Outside The House



Above: Field Trip to the Motown Museum.



Above right: Field Trip to Leader Dogs for the Blind.



At right: Out-to-Lunch Bunch at Golden Chopsticks.

Poland, located in Central Europe and bordered by the Baltic Sea and seven neighboring countries, features a varied landscape, diverse ecosystems and a temperate climate. With more than 38 million people, it is the fifth most populous and fifth largest country in the European Union. Warsaw is the capital and largest city, followed by major centers such as Kraków and Gdańsk. Today, Poland enjoys a high standard of living, safety, economic freedom, free university education and universal health care.

Polish immigration to the United States came in several major waves. The first, from the late 1800s to early 1900s, was driven by poverty, land shortages and political repression;



The flag of Poland.

millions arrived by 1920. A second wave followed World War II as displaced persons resettled in the U.S. under the Displaced Persons Acts of 1948 and 1950. A third wave occurred after the imposition of martial law in Poland in the early 1980s. Many immigrants settled in industrial cities such as Chicago, Detroit and Milwaukee, taking demanding jobs in factories and mines and building strong ethnic communities that shaped American culture and industry.

In Michigan, Polish immigration was fueled by the rise of the automotive industry, especially the 1910 opening of the Dodge Brothers plant, which drew thousands to Detroit. Hamtramck became a major Polish center — nicknamed “Little Poland” — with Poles once making up about 75 percent of its population. Other communities formed in Grand Rapids, known for furniture factories and brickyards, and in the Upper Peninsula’s copper mining towns.

Polish culture is defined by strong family values, a deep sense of history and a resilient national identity. Its artistic legacy spans classical composers like Chopin, traditional folk music and dance, hearty cuisine and distinctive pottery. Hospitality, respect for elders and formal social etiquette remain important cultural touchstones. Traditions are celebrated year-round, including the Christmas Eve dinner, wigilia, and the Easter custom of blessing food baskets.

SEE PAGES 18 AND 21 FOR POLISH-THEMED ACTIVITIES.

POLISH FOOD

Polish food is known for being hearty and flavorful, with staples like pierogi (dumplings), bigos (a hunter’s stew), kielbasa and golabki (stuffed cabbage rolls). Common ingredients are meat, cabbage, potatoes and dairy. Other staples include soups like żurek (sour rye soup) and barszcz (beetroot soup), various sausages and breaded pork cutlets called kotlet schabowy. Popular desserts include paczki (donuts), sernik (cheesecake) and naleśniki (thin pancakes similar to crepes).

POLISH POTTERY

Polish pottery is a type of stoneware made by skilled artisans in Bolesławiec, a town located in southwestern Poland. The pottery is made from a special type of clay that is only found in the region, and it is fired at extremely high temperatures to create a durable and long-lasting product. Polish pottery is known for its colorful designs and intricate patterns. Each piece is unique due to the handcrafted nature of the process. The glaze used on Polish pottery gives it a distinctive shine and texture.



WIGILIA

Wigilia is the traditional Polish Christmas Eve dinner, a meatless feast of 12 courses symbolizing the 12 apostles, which begins once the first star appears in the sky. Key customs include sharing a blessed wafer called opłatek and leaving an extra place setting for an unexpected guest. The meal features fish, such as carp, and dishes like mushroom soup, borscht with mushroom dumplings and various types of pierogi.

OUR THANKS

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



ONGOING PROGRAMMING

WHAT'S HAPPENING AT THE HELM

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

SOCIAL ACTIVITIES

WISE GUYS CONVERSATION GROUP

Mondays, 9 - 10 am

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

We offer a room for those who know how to play canasta to bring your group here to The Helm. 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

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

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

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

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

MAHJONG CLUB

Wednesdays, 1 - 4 pm

If you know how to play the American version of this ancient game, come join the fun!

BINGO AND TREATS

Thursdays, 10 - 11 am

\$2 for one card and refreshments; additional cards 25 cents each.

PING-PONG GROUP

Fridays, 3 - 5 pm

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.

GAMES AT THE HELM

Mondays, Wednesdays, Fridays - 10 am - 4 pm

Tuesdays, Thursdays - 10 am - 7 pm

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

EXERCISE AND WELL-BEING

FITNESS CENTER

Mondays, Wednesdays, Fridays - 9 am - 4:30 pm

Tuesdays, Thursdays - 9 am - 7:30 pm

Our fitness center is outfitted with everything you need for a great workout! Stay active and in shape with the rowing machine, treadmill, elliptical, three physio steps, light weights and bands. The fitness center is a drop-in facility, but space is limited. You must complete a liability waiver before using the fitness room. Fitness Trainer Lynn Behrens-Hanna is available for assistance Tuesdays from 10 - 11:30 a.m. For more information, see page 17.





YOGA

Mondays, 9 - 10 am

INSTRUCTOR: Carol Guither

Wednesdays, 9 - 10 am

INSTRUCTOR: Darlene Lovelace

Fridays, 9 - 10 am

INSTRUCTOR: Jessica Kodanko

\$8 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

\$8 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

\$8 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

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!

BODY ALIGNMENT

Mondays, 1 - 2 pm

Semester starts January 26

Thursdays, 1 - 2 pm - ADDITIONAL CLASS!

Semester starts January 29

INSTRUCTOR: Gwendolyn J. Scales

WCCCD Continuing Education Class

FREE TO WAYNE COUNTY RESIDENTS 60 OR OLDER.

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 - 3:30 pm

Semester starts January 26

Thursdays, 2:30 - 3:30 pm - ADDITIONAL CLASS!

Semester starts January 29

INSTRUCTOR: Gwendolyn J. Scales

WCCCD Continuing Education Class

FREE TO WAYNE COUNTY RESIDENTS 60 OR OLDER.

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

\$8 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 improve muscle tone, joint flexibility and balance, and increase circulation. Wear comfortable, loose-fitting clothing.

CONTINUING TAI CHI CLASS

Tuesdays, 9 - 10 am

INSTRUCTOR: Susan Smith

\$8 per class

For those with previous tai chi experience.



ONGOING PROGRAMMING

WHAT'S HAPPENING AT THE HELM

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

STRENGTH AND BALANCE

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

INSTRUCTOR: Erika Page

\$8 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

\$8 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.

RESTORATIVE YOGA

**Thursdays, January 8 and 22,
February 5 and 19, and March 5 and 19**

5:30 - 6:30 pm

INSTRUCTOR: Allie Short

\$8 per class

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



LIFELONG LEARNING

ELECTRONIC DEVICE TUTORING

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

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 starts January 20

Fridays, Noon - 1:30 pm

Semester starts January 23

INTERMEDIATE LEVEL

Tuesdays, 11 am - 12:30 pm

Semester starts January 20

Fridays, 1:30 - 3:00 pm

Semester start January 23

INSTRUCTOR: Dr. Dib Saab

WCCCD Continuing Education Class

FREE TO WAYNE COUNTY RESIDENTS 60 OR OLDER.

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

SING YOUR WAY TO HEALTH AND HAPPINESS

Mondays, 2 - 4 pm

Semester starts January 26

INSTRUCTOR: Anita Green

WCCCD Continuing Education Class

FREE TO WAYNE COUNTY RESIDENTS 60 OR OLDER.

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, 4 - 5 pm

Semester starts January 21

INSTRUCTOR: Andreas Browne

WCCCD Continuing Education Class

FREE TO WAYNE COUNTY RESIDENTS 60 OR OLDER.

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, 4 - 5:30 pm
Semester starts January 22

INSTRUCTOR: Stuart Benbow

WCCCD Continuing Education Class

FREE TO WAYNE COUNTY RESIDENTS 60 OR OLDER.

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



COOKING LITE

Tuesdays, 4:30 - 6 pm
Semester starts January 20

INSTRUCTOR: Olga Merametdjan

WCCCD CONTINUING EDUCATION CLASS

FREE TO WAYNE COUNTY RESIDENTS 60 OR OLDER.

Cooking doesn't have to be high fat to be delicious. Discover ways to substitute low fat for high fat ingredients. Use spices to their maximum advantage. Menu planning and supplies will be provided.

NEW!



THE ART OF SELF CARE

Wednesdays, 1 - 2 pm, begins March 4

INSTRUCTOR: Barbara Boling

\$8 per class

This self-care workshop offers several wellness modalities to reduce pain and relieve stress, unblock stuck energy and wake up the body's system. This session goes through the physical and spiritual, supports your sense of wellness and wholeness and helps you reconnect with the heart and soul of who you are. You will learn how to use wellness modalities including tapping, massage, reflexology, acupressure, ball rolling, Reiki and Yoga Nidra - by yourself, on yourself.

NEW!



SUPPORT

YOUNG ONSET PARKINSON'S SUPPORT GROUP

Second Tuesday of every month

4:00 - 5:30 pm

FACILITATOR: Angela Ferrera

A compassionate, informative and interactive meeting offering encouragement and motivation to active individuals living with Parkinson's disease and their caregivers.



LIFE EMPOWERED

Tuesdays, 3 - 4 pm

FACILITATOR: Barbara Boling

Life Empowered...moving through and beyond grief. Create a more intentional life focused on joy. Learn to recognize your triggers and thoughts that do not serve you well and turn them into thoughts that you choose to navigate your best life. Based on the work of Wayne Dyer and Dr. Joe Dispenza, Robert Holden and so many others.

NEW!

LOW VISION SUPPORT GROUP

Third Monday of each month, 10 - 11:30 am

FACILITATOR: Henry Ford Health Detroit Institute of Ophthalmology

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 - 10:15 am

FACILITATORS: Mary Jo Fresard, Sunrise Senior Living

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.



ONGOING PROGRAMMING

WHAT'S HAPPENING AT THE HELM

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

ALZHEIMER'S CAREGIVERS SUPPORT GROUP

Third Thursday of every month, 5 - 6:30 pm



FACILITATOR: Carolyn Van Dorn, Nursing Unlimited

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

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 ASSISTANCE WHEN YOU NEED IT

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



2025 TAX PREPARATION SEASON



AARP Foundation Tax-Aide is once again providing tax preparation services through The Helm.

The program offers free, quality, confidential tax preparation services to those with uncomplicated tax returns. While the service is available to taxpayers of all ages from middle- to low-income, special attention is given to those 60 years of age or older who live in Harper Woods or one of the five Grosse Pointes.

As of this publication deadline, we do not know if tax preparation will be in person or if you will be required to package all relevant materials and drop them off at The Helm and pick them up once the return is completed. This latter method was adopted during the pandemic and has worked as efficiently as in-person meetings.

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



COFFEE, PASTRIES AND FINANCES

Wednesday, January 7, 2 - 3 pm

FACILITATORS: AARP Tax Specialist Jim Lee and Angela Cipriano, AIO Financial Coaching, LLC

AARP's Jim Lee will cover the One Big Beautiful Bill Act and how upcoming changes to Medicare, Social Security and taxes may affect seniors. Angela Cipriano will then present "Starting the New Year Strong: Organizing Your Finances Before- and After-Tax Time." The program will conclude with a Q&A session and discussion.

NEW!

ASK THE PHYSICAL THERAPIST

Thursday, January 8, 9 - 10 am

FACILITATOR: Jessica Malfa, PTA, David Gilboe & Associates

"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 PLUS

Tuesdays, January 13 - March 3

6 - 7:30 pm

INSTRUCTOR: Randi Lou Franklin, PhD.

\$40 for the series

This class will continue work on Spanish speaking skills from prior sessions to help you continue to develop your abilities. Speaking basics start with greetings and responses, learning the alphabet, proper pronunciation and simple sentences. The class will be conversational, but notebooks are recommended. Each class will build upon new vocabulary and situations. You will have the opportunity to test your Spanish language skills with your classmates to build confidence in "real world" conversations. You do not have to have taken prior sessions, but prior Spanish or foreign language experience is helpful. All beginners are welcome. Hasta la vista!

FIELD TRIP

MGM GRAND CASINO

Wednesday, January 14

9 am - 2:30 pm

\$10 FOR BUS TRANSPORTATION

Who's up for a little action at the slots, video poker or table games? We'll take a bus to MGM Grand Casino in Detroit for a few hours of fun and games. Enjoy gambling as well as lunch at one of the restaurants at the casino. Participants are responsible for the cost of their gaming and lunch.



HEALTH FOR HER AT THE HELM



UNDERSTANDING PELVIC FLOOR

Thursday, January 15, 6 - 7:15 pm

In Partnership with The Family Center

COMMUNITY WELCOME

Health for Her at The Helm is a free, community-based program that brings a local doctor and a physical therapist together to offer women clear, evidence-based guidance on issues that are common yet rarely talked about. This program will delve into how the pelvic floor works, why conditions like incontinence, prolapse, pelvic pain and pelvic muscle tension occur, and what effective, non-surgical treatment options look like—



from targeted exercises and posture strategies to lifestyle adjustments and when to seek medical care. The experts break down complex topics in approachable language, answer sensitive questions with compassion and help participants understand the connection between pelvic health, balance, bladder control, core stability and overall quality of life. Designed to empower rather than embarrass, the program gives women the knowledge and practical tools they need.

Wine and light snacks will be served.



JANUARY

WHAT'S HAPPENING AT THE HELM

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

LUNCH AND LEARN

BETTER MADE POTATO CHIPS HISTORY

Tuesday, January 27, Noon - 1 pm

PRESENTER: Author Karen Dybis, *Better Made in Michigan*

\$10

Detroit was once home to more than 40 potato chip companies, earning it the title “crunch capital of the world.” Among brands like New Era, Krun-Chee and Vita-Boy, only Better Made has endured. Known for its perfectly crisp chips, Better Made’s story reflects Detroit’s snack food legacy. Author Karen Dybis traces how local “chpreneurs” grew from small garage operations into icons of Michigan’s snack industry.

THURSDAY NIGHT AT THE MOVIES

ENOLA HOLMES (2020)

(PG-13 2 hours, 4 minutes)

Thursday, January 22

Showtime: 4:30 pm

Movie and Snacks

\$4

When Enola Holmes, Sherlock’s sister, discovers her mother is missing, she endeavors to find her, becoming a super-sleuth in her own right as she outwits her famous brother and unravels a dangerous conspiracy.



Aging with Insight: For You & Yours

AGING WITH INSIGHT

FINDING LOCAL HOUSING OPTIONS FOR SENIORS

IN PARTNERSHIP WITH THE FAMILY CENTER

Thursday, January 29

6:30 - 7:30 pm

PRESENTERS: Donna O’Neill and Mimi Koppang, Real Estate One Senior Real Estate Specialists; Christine Eugenio, Community Relations Director at American House Grosse Pointe; Rachel Nagorsen, Community Relations Director at American House St. Clair Shores; Heidi Sack, Packing and Organizing Specialist, Grosse Pointe Moving & Storage; Tammy Kaleta, Executive Director at The Rivers Grosse Pointe; Maureen Hennessy, Sales/Community Liaison at The Rivers Grosse Pointe

Come to The Helm to find out the many local housing options available to seniors in our community. Whether you are thinking of moving into a home, apartment or condo or if you are thinking about independent or assisted living in a local facility, our experts will give you information and guidance to help you make your decision.



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.

SPECIAL MOVIE AND SNACKS

SENTENCED

A Documentary Exploring the Epidemic of Childhood Illiteracy (2024)

Wednesday, January 21, 1 - 3 pm

Presented by SOAR Detroit, this film sheds light on the pressing issue of childhood illiteracy. The compelling narrative unfolds through the lives of diverse characters, bringing to the forefront a crisis that demands our attention. With four-time NBA champion Stephen Curry as its executive producer and narrator, the film promises to leave a lasting impression. Gain insight into the challenges of childhood illiteracy and learn about SOAR Detroit’s efforts to combat this issue in our city.

Note: This film is intended for adults.

How does your smartphone detect your touch?
 ⚡ It senses the electrical current of skin
 ⚡

1. It doesn't matter how hard you "tap"
2. It won't work with regular gloves
3. Has difficulty sensing older adult's touch since our skin gets thinner and less conductive over time



OUT TO LUNCH BUNCH

SHOGUN RESTAURANT, ST. CLAIR SHORES

Thursday, January 22, Noon - 2 pm

Shogun Restaurant offers delicious tasting Chinese & Japanese cuisine. The restaurant is known for its variety of tastes and high-quality fresh sushi.

Attendees are responsible for the cost of their own lunch and purchases. Meet at The Helm at noon if you plan to ride the bus. **The cost for the bus ride is \$8.** 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. Please bring cash as restaurants do not always provide individual bills.**

FRIDAY MOVIE MATINEE & SNACKS

Showtime: Noon \$4 per movie

AND SO IT GOES (2014)

Friday, January 9 (PG-13 1 hour, 34 minutes)

After his estranged son asks him to raise the granddaughter he didn't know he had, the intolerant grandpa pawns the girl off on his lounge singer neighbor. But over time, his cramped heart begins to open, proving it's never too late to change! Michael Douglas and Diane Keaton star in this Rob Reiner directed comedy.

THE THURSDAY MURDER CLUB (2025)

Friday, January 30 (TV-14 2 hours)

Helen Mirren, Pierce Brosnan, Ben Kingsley and Celia Imrie star as a group of senior sleuths investigating a murder in an English retirement community.



THE HELM FITNESS ROOM

Take advantage of this wonderful facility and equipment! You must complete a liability waiver form before using any equipment. See the front desk for a form.



1 rowing machine
 1 treadmill
 1 elliptical
 3 physiostep machines

1 bench
 multiple bands
 light hand weights
 light wrist and ankle weights

HOURS

9 a.m. - 4:30 p.m.
 Monday, Wednesday, Friday

and

9 a.m. to 7:30 p.m.
 Tuesday and Thursday

FITNESS TRAINER

Lynne Behrens-Hanna is available for assistance Tuesdays from 10 - 11:30 a.m. Learn the safe and effective use of the equipment in our center. Lynne can help create a personalized exercise routine to best fit your needs and abilities. Appointments are required and limited to 14 people. Register online at helmlife.org.





FEBRUARY

WHAT'S HAPPENING AT THE HELM

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

VALENTINE'S TRIVIA PARTY

Wednesday, February 11

Noon - 1:30 pm

\$20

Come on your own or with a friend to the Valentine's Trivia Party. Have fun while you enjoy lunch and compete in teams to answer trivia questions, hosted by the experts from Quizzo Trivia. The theme is *Decades* so brush up on your knowledge of the 1950s through the 2000s.

COFFEE AND PASTRIES WITH SEN. HERTEL

LANSING UPDATES AND Q&A

Friday, February 27, 10 - 11 am - NEW DATE & TIME

Grab a cup of coffee and join us for a friendly conversation with Sen. Hertel! Hear the latest updates from Lansing, ask questions and share your thoughts in a relaxed, welcoming setting. This is a wonderful opportunity to connect with your community and engage directly with your senator.

THE HELM CULTURAL EXPLORATION - POLAND

POLKA, PIEROGIS, PASTRIES (CHRUSCIKI) & PLENTY OF FUN

Wednesday, February 25, Noon - 1 pm

Join us for an afternoon of music, dancing and delicious Polish cuisine! Celebrate community and tradition by enjoying lively music and savoring delicious pierogis and chrusciki (angel wings). It's the perfect way to spend a winter afternoon with friends, food and fun. Check out our two Polish-focused movies and Hamtramck field trip on page 21. Read more about Poland on page 9.

OUT TO LUNCH BUNCH

GILBERT'S LODGE, ST. CLAIR SHORES

Tuesday, February 24, Noon - 2 pm

Enjoy lunch with your friends from The Helm at Gilbert's Lodge, a great place for hearty comfort food, drinks and fun with an "Up North" atmosphere. Attendees are responsible for the cost of their own lunch and purchases. Meet at The Helm at noon if you plan to ride the bus. **The cost for the bus ride is \$8.** 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. Please bring cash as restaurants do not always provide individual bills.**

LUNCH AND LEARN

THE ART OF SELF CARE

Wednesday, February 18, Noon - 1 pm

FACILITATOR: Barbara Boling

SPONSOR: Indequist Nurse Care Management

\$10

Enjoy lunch during this self-care presentation which will help you learn how to reduce pain, improve circulation, relieve stress, unblock stuck energy, and wake up body systems. Discover self-care methods such as reflexology, acupressure, therapy ball rolling and more. This informative presentation will support your sense of wellness and wholeness and help you reconnect with the heart and soul of who you are. Be sure to see page 13 for more details about the new The Art of Self Care class starting in March.

CANCELED

NEW TO MEDICARE

Thursday, February 5, 6:30 - 8 pm



FACILITATOR: Tony Altovilla and Medicare Volunteers

There's nothing simple about Medicare. But it's easier when you're informed. In this 90-minute program, you will get a comprehensive overview of Medicare and learn how to sign up. This workshop is best taken three to six months before you turn 65. The program is free, but registration is required by calling 313.649.2110 or email taltovilla@helmlife.org.

MEMBERSHIP NEWS

Beginning January 1, 2026, membership in The Helm is waived for people living in Harper Woods, Grosse Pointe City, Grosse Pointe Farms, Grosse Pointe Park and Grosse Pointe Woods. All of these cities approved a Senior Services Millage.

Taxes collected from the millage are managed and distributed by the Active Adult Commission formed by the cities. The Helm has signed a contract with the ACC to provide senior services. (The commission also has a contract with PAATS for senior transportation services.)

Residents of non-senior service millage communities must pay a \$180 per household membership fee to The Helm to use its services and participate in programming. If you have any questions, please call The Helm at 313.882.9600.



**PREMIER WORLD DISCOVERY PRESENTS
LANDSCAPES & LIGHTHOUSES OF COASTAL MAINE AND
NATIONAL PARKS & CANYONS OF THE SOUTHWEST**
Thursday, February 19, 1 - 2 pm

NO COST TO ATTEND THIS PRESENTATION

The seven-day **Landscapes & Lighthouses** trip, **September 19 - 25, 2026**, begins in Boston and a tour of city sites and sights, food and shopping before embarking by motorcoach to the Kennebunkport area which serves as your base for the next five nights. Trip highlights include a scenic Casco Bay Cruise, Victoria Mansion, Portland Head Lighthouse & Museum, Cape Neddick Lighthouse, a lobster boat cruise, a lobster clambake and the Coastal Maine Botanical Gardens. You'll even have one full day to relax and explore on your own. Airfare, accommodations, motorcoach transportation, tour guide and some meals are included.

Your six-day **National Parks** tour begins with an overnight flight from Detroit **October 4, 2026**, to Las Vegas. You'll visit Hoover Dam, Grand Canyon, Bryce Canyon and Zion National Park. You'll spend two nights in Las Vegas and three in Mesquite, Nev. You return home October 9, 2026. Airfare, five nights' accommodations, tour guide, motorcoach transportation, baggage handling at hotels, 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 COST: \$4

LOVE IS IN THE AIR (2023)

Friday, February 6 (PG-13 1 hour, 28 minutes)

Seaplane pilot Dana is used to doing everything herself but when sparks fly with an unexpected visitor, she starts to see that no woman is an island.

THIS BEAUTIFUL FANTASTIC (2016)

Friday, February 20 (PG 1 hour, 32 minutes)

A quirky, reclusive young woman who dreams of becoming a children's book author makes an unlikely friendship with a cantankerous, rich old widower.

THURSDAY NIGHT AT THE MOVIES

OUR SOULS AT NIGHT (2017)

(TV-14 1 hour, 43 minutes)

Thursday, February 12



Showtime: 4:30 pm

Movie and Snacks

COST: \$4

After widowed neighbors begin sleeping in bed together platonically to alleviate their loneliness, a real romance begins to blossom. Starring Robert Redford and Jane Fonda.



**8th Annual
MARCH
FOR
MEALS
FOR
Meals on Wheels**

For more information and to donate, visit helmlife.org/march-for-meals

**March 1
through
March 31**

Every \$7 donated provides one meal.



Scan to donate

FIELD TRIP & LUNCH

BELLE ISLE AQUARIUM & CONSERVATORY

Thursday, February 26, 9:30 am - 2 pm

COST: \$30 FOR TRANSPORTATION

Explore the historic Belle Isle Aquarium, the oldest existing aquarium in the United States, and the Albert Kahn designed Anna Scripps Whitcomb Conservatory, home to lush tropical plants from around the world. Finish your day with a delicious lunch at Alma Kitchen in Grosse Pointe Park. Choose from fresh salads, hearty sandwiches and local favorites while socializing with friends on this fun and relaxing day trip. Participants are responsible for the cost of their own lunch and any other purchases.



MARCH

WHAT'S HAPPENING AT THE HELM

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

ART JOURNALING FOR SENIORS

Tuesdays, 3:30 - 5:30 pm

March 31 through May 5

INSTRUCTOR: Elizabeth Russano

WCCCD Continuing Education Class

FREE TO WAYNE COUNTY RESIDENTS 60 OR OLDER.

Art Journaling is a personal diary about thoughts, feelings and ideas expressed through words and mixed media, such as drawing, painting and collage. Let your creativity flow as you explore a variety of prompts and artistic techniques. No advanced art skills are needed, as this class is about self-expression and fun. For the supply list, call Margaret at 313.649.2109.

NEW!



LUNCH AND LEARN

HEAR TODAY, THINK TOMORROW

Tuesday, March 10, Noon - 1 pm

PRESENTER: Grosse Pointe Audiology

\$10

Protect your mind by protecting your hearing. Join us for an informative talk on the surprising link between auditory health and cognitive function. Grosse Pointe Audiology presenters will discuss the science behind this connection revealing how untreated hearing loss can increase the risk of cognitive decline, dementia and social isolation. You also will learn about the importance of sound stimulation for a healthy brain and get an overview of modern hearing healthcare solutions, including the newest hearing aid technology. Stick around afterward for a Q&A session and a chance to win a prize in our raffle!

DRUMS ALIVE

Thursdays, March 5, 12, 19 and 26

11:45 am - 12:45 pm

INSTRUCTOR: Rosa Hunter

Improve your physical, mental and social well-being through rhythmic drumming exercises. Have fun while you engage in drumming routines, using stability balls and drumsticks.

ST. PATRICK'S DAY BINGO

Thursday, March 12, 10 - 11 am

SPONSORED BY: Beline Obeid Realty and Grosse Pointe Moving and Storage

\$2 for one card and refreshments; additional cards 25 cents each.

Wear your green and bring your lucky charms to the St. Patrick's Day Bingo. Join the fun and enjoy special Irish treats and pastries and win St. Patrick's Day prizes.

SMARTPHONE 101

Wednesday, March 4, 11, 18, 25

1 - 2 pm

INSTRUCTOR: James Giordani, Older Adult Technology Consultant

\$10 PER CLASS

Ready to brush up on your smartphone skills? These four Smartphone classes will cover key phone components, concepts and techniques in a friendly, easy-to-follow format aimed at helping you use your phone more independently and confidently. Topics covered include QR codes, battery, settings, apps, contacts, smart assistants, phone scams and more! Giordani has been teaching tech skills and providing tech support tailored to older adults for nearly a decade. He is an engaging and informative speaker.

NEW!

THURSDAY NIGHT AT THE MOVIES

THE PENGUIN LESSONS (2024)

(PG-13 1 hour, 51 minutes)

Thursday, March 12

Showtime: 4:30 pm

Movie and Snacks

\$4

Amid the political turmoil of 1970s Argentina, a downcast English teacher finds a new lease on life when he rescues a stranded penguin.



GIFT CERTIFICATES AVAILABLE

A gift certificate to The Helm is the perfect present for that someone special. Give the gift of experiences — fun, enriching classes and activities that can brighten someone's days all year long. From fitness and yoga to art, music and lifelong learning, The Helm offers something for every interest.



FIELD TRIP

HAMTRAMCK HISTORY TOUR

Wednesday, March 18, 9:30 am - 3 pm

\$122 PER PERSON

Explore the sites, feel the vibes and enjoy the food of eclectic, historic Hamtramck with this unforgettable Bianco Travel tour.

You will take a deluxe motorcoach (restroom on board!) and tour St. Albertus and St. Florian churches, visit historic landmarks in Hamtramck and the Hamtramck History Museum and do a little shopping at the Polish Art Center and Srodek's! Lunch at the Polish Village Cafe is the iconic Polish plate of golabki, kielbasa, potatoes, kapusta and a pierogi, plus soup, bread and butter and coffee. And dessert? A paczki from New Palace Bakery. Definitely a filling day in more ways than one.

Tour price includes the professional Bianco tour escort, lunch and dessert.

Note: There is a fair amount of walking and some steps on this tour. No refunds are allowed two weeks prior to departure.

Space is limited. Call Margaret at 313.649.2109 for more information and to make a reservation.

OUT TO LUNCH BUNCH

DAILY JAM, GROSSE POINTE WOODS

Wednesday, March 25, Noon - 2 pm

A new restaurant in a familiar location marks a third-generation partnership between two longtime families in the restaurant business. It is being run by Dan Curis Jr., Richard Curis, Anthony Ansara and Victor Ansara Jr. The restaurant boasts fresh menu choices for breakfast, brunch and lunch which are sourced locally as much as possible. Attendees are responsible for the cost of their own lunch and purchases. Meet at The Helm at noon if you plan to ride the bus. **The cost for the bus ride is \$8.** 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. Please bring cash as restaurants do not always provide individual bills.**

FRIDAY MOVIE MATINEE & SNACKS

Showtime: Noon \$4 per movie

NO PRESSURE (2024)

POLISH CULTURAL SERIES

Friday, March 6 (TV-14 1 hour, 52 minutes)

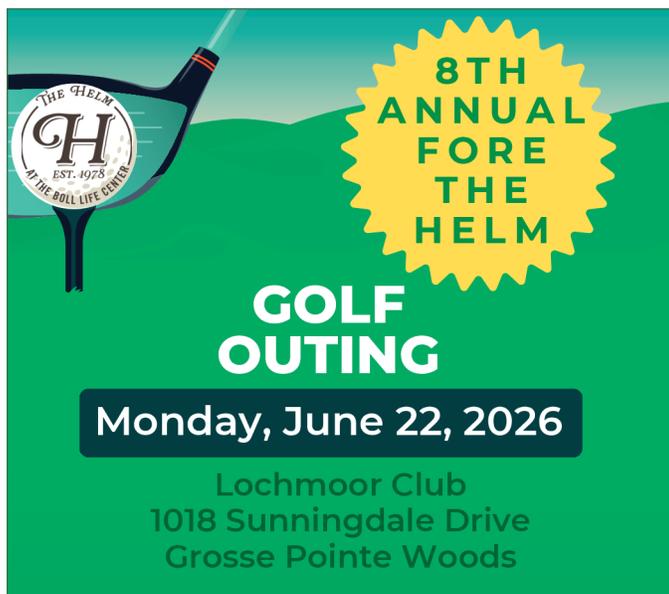
A big-city chef is tricked into returning to her rural hometown to save her grandmother's farm. Amid the rustic charm and quirky villagers, she discovers new perspectives on life, love and family. This film has subtitles.

LADIES IN LAVENDER (2004)

POLISH CULTURAL SERIES

Friday, March 20 (PG 1 hour, 43 minutes)

Aging spinster sisters Ursula and Janet discover a young man near death on the beach by their home in a small Cornish fishing village. Taking him in, they discover that he is Andrea, a violinist from Krakow, Poland, who had been swept off an ocean liner on which he was sailing to a fresh start in America.



8TH ANNUAL FOR THE HELM

GOLF OUTING

Monday, June 22, 2026

Lochmoor Club
1018 Sunningdale Drive
Grosse Pointe Woods

FOOD BOX DELIVERY

Last fall's government shutdown had staff at The Helm working overtime to ensure local seniors experiencing food insecurity had provisions. Through Meals on Wheels and Case Coordination clients, The Helm identified 82 seniors needing assistance. The Helm turned to Eastern Market. Eastern Market Farmer's Market has been selling fresh produce at The Helm several times over the last two summers. They were a natural partner for this project.

At the same time, Harper Woods Mayor Valerie Kindle was concerned about food insecurity among seniors in that city. She contacted The Helm for help. Once again, The Helm partnered with Eastern Market.



Each of the food boxes contained fresh fruit, leafy greens and root vegetables.



Staff from The Helm and volunteers and officials from Eastern Market and Harper Woods at the Fresh Produce Box distribution event in Harper Woods.

seemed a perfect opportunity to provide food boxes for the seniors we identified as well as those in Harper Woods. And we were able to support Eastern Market, as well.”

Former Board President and current Board Member Doug Blatt, was concerned about food insecurity among seniors in the community during the government shutdown and the overall increase in grocery prices. The food box delivery program resonated with him and he created an emergency food fund. He began with his own donation and then challenged others to contribute. As of the end of November, he raised more than \$30,000 for The Helm to deliver food to seniors in our community experiencing food insecurity.



The Helm Executive Director Krista Siddall and Harper Woods Mayor Valerie Kindle greeted seniors and loaded fresh produce boxes into cars at the drive-up, pick-up event.



A volunteer for The Helm loads boxes of fresh produce in his car for delivery to area seniors.

Monday, November 10, staff and volunteers from The Helm delivered 82 boxes of fresh produce to homebound seniors. Friday, November 14, staff from The Helm joined volunteers and officials from Harper Woods at a food box drive up event behind Harper Woods City Hall, this time distributing 120 boxes of fresh produce.

“Earlier this year, we received a grant from the Mary Thompson Foundation that we have used for special Meals on Wheels deliveries as an additional interaction with our Meals on Wheels clients,” explained Krista Siddall, The Helm Executive Director. “This grant

“This confluence of people and partnerships is what happens all the time at The Helm,” added Siddall. “Our staff identified a need, Mayor Kindle knew to turn to The Helm for assistance for seniors and between existing grants and new support, we were able to help. This is why our staff loves what we do.”

TRIBUTES & HONORS

IN MEMORY OF

KIMI LOWE

John Lowe

JOYCE MARTIN

Rebecca Wdowiak

LIONEL MONTAGNE

Don and Sarah Ludlow

EDITH NEWBERRY

John S. Newberry

DALE STEIGER

Andrew Steiger

RICHARD WETTACH

Pamela Woldrop

IN HONOR OF

BEST PLACES TO WORK

Cheryl Wesen and Richard Baumgarten

RICHARD LORD

John S. Newberry

MICKI NOWINSKI

Priscilla Van Horne

BOB SMYTHE AND MEDI-CARE COUNSELING

Michael Reynolds

FRAN TWIDDY

Beverly Curtiss

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

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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.

Donations received between September 2, and November 21, 2025. If there are any errors or omissions, please contact 313.649.2104 so we may make corrections.

FUNDING SOURCES FOR THE HELM

Our mission is 24/7. The Helm provides activities, social events and community connections that reduce isolation and improve health outcomes among older adults. We rely on a number of funding sources to do that.

Fundraising and community giving

This encompasses annual events like the golf outing and the gala, grants and donations for various reasons, including to honor someone or to thank The Helm for providing needed services. *Donations fund our ongoing programs and current needs.*

Millage funds

The senior services millage supports growth: the ability to serve more people as our population continues to age; the ability to bring programs to people where they live; and the ability to offer new programs including an Adult Day Program.

Endowment

An *endowment fund* is a permanent fund created by donations which are invested. The interest generated from the invested endowment fund supports the operating budget. It is hoped The Helm endowment fund will be fully funded by 2035, ensuring long-term financial stability and sustainability for The Helm.

Your gifts make an immediate impact

Community donations ensure that seniors have the support, connection and care they need right now. Your support is always appreciated and never taken for granted.

New Year: Review or Create Estate Plans

While you are setting New Year's resolutions for physical and personal health and growth, set aside time for reviewing your financial plans and documents.

Take a look at bank accounts, insurance policies, wills and trusts to be sure beneficiaries names and contact information is up to date.

If you don't have a will or trust, now is the time to create one. A will tells your loved ones what you want done with your assets. They won't worry about what they *think* you want; they'll *know*.

There are many ways to support the charities you care about. You can make an outright gift of cash or securities, recommend a grant from your donor-advised fund or use a Qualified Charitable Distribution (QCD), which can satisfy part or all of your Required Minimum Distribution and may reduce taxes. You can designate a nonprofit as a beneficiary of your life insurance policy, IRA, will or trust. Your designation may be a specific dollar amount or a percentage. By designating even one percent, you can care for charities that mean so much to you.

If you have questions would like to explore these or other ways to give, please contact Liz Johnson at 313.649.2104.

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