

ANNUAL IMPACT STATEMENT



The Helm at the Boll Life Center | 2025 in Review

Our mission is to inspire and enable residents of the Grosse Pointes and Harper Woods to enjoy the gift of longevity, living healthy and meaningful lives as they age.

A place to call and connect ● a place to learn & grow ● a place to go ● a place to make a difference

62,098 The number of times the community relied on The Helm in 2025.

3,183 people
Older adults served

Unique individuals served through programs and services

33,000 meals
Meals delivered/served

Nutrition + social connection check in

4,204 hours
Programs for the community

Health and wellness, languages, card games, trips, events and more

1,903 calls & home visits
Care-navigation touches

Guidance, reassurance, next steps and resources

1,984
Medical equipment loans

No-cost safety and mobility support

9,000 hours
Volunteer hours

Neighbors helping neighbors
A VALUE TO THE COMMUNITY OF \$312,216

IMPACT AT A GLANCE

What your support made possible

In 2025, The Helm helped older adults stay independent, safe and connected – so they can continue living in the homes and community they love.

Highlights

- Nutrition that sustains health and reduces isolation (meals + warm human connection).
- Health, wellness, and lifelong learning strengthens body, mind and purpose. Increasing health outcomes and client satisfaction.
- Information, assistance and benefits guidance that turns confusion into clear next steps.
- Equipment and home-support resources that prevent falls and keep everyday life safer.



“The exercising and stretches we do in chair yoga helps me be activeThe Helm has given me my independence.”

– Ray M. after two years of exercise to alleviate foot drop and neuropathy.