

# THE HELM LIFE JOURNAL

APRIL THROUGH JUNE 2026



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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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## ON THE COVER

**Top: Yoga Class**

**Bottom: The Oscar Mayer Wienermobile stopped by The Helm in February. People enjoyed getting a chance to see inside the vehicle and have their photo taken with it. Smiles all around the house that day!**

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LIFE'S A JOURNEY.  
FIND YOUR WAY.

# NEW HORIZONS

Adult Day Program moving forward; new activities galore!



**W**ow! It's hard to believe spring is already here – especially after that extra cold winter. But it is. And just as the season brings renewal outdoors, it's bringing fresh energy to The Helm, with new programs taking root and favorite traditions returning.

First, our most exciting news is our new Adult Day Program. This community-based program will provide supervised, person-centered care for adults who may have memory loss, dementia, Alzheimer's or chronic health conditions that make staying home alone unsafe or isolating. Participants will enjoy a structured day of social, cognitive and enrichment activities, such as music, art, gentle exercise and intergenerational engagement combined with nutritious meals, wellness monitoring and assistance with daily living. The program offers vital respite for family caregivers, enabling them to work, rest and sustain their own well-being. Caregivers' needs are being prioritized in the creation of this space.

It's taken a few months, but we found partners, Henry Ford Health and Mary Wilson; a location, the former Wilson Center: Senior Resources for Independent Living at Kercheval and St. Clair; and construction has started to turn this into an ideal space. This will be the first time this community has had such a program and we are so excited to be the ones to bring it to you. And, just as exciting is the Adult Day Program staff includes a few staff members from here at Ridge Road – which is why you might have noticed some recent job postings!

Heidi Uhlig-Johnstone, currently The Helm Volunteer Services Director, will be the Director of the Adult Day Program; Social Worker and Case Coordinator, Allie Short, will become the program's Social Worker and Linda Tocco, one of our current program coordinators at The Helm will be moving to the Adult Day Program in the same position. We are sorry we – and you – won't see them daily at The Helm anymore, but are blessed to have them begin this new endeavor for themselves, and The Helm.

We'll have more details about the program in a couple of months, but in the meantime, please read more about



The Adult Day Program entry off the private road between Kercheval and St. Clair abutting the municipal parking lot.

these phenomenal women on the next page.

Of course, one of the reasons for this letter is to point out some of the new programs coming up this quarter and remind you to read through the magazine. We have a fascinating Lunch and Learn planned with Dr. Pooja Gupta about the role lifestyle factors play in maintaining optimum health. Eighty percent of chronic diseases are lifestyle-related and preventable and Dr. Gupta's presentation is a great first step. Dr. Gupta will have monthly presentations focusing on specific lifestyle changes throughout the summer.

So, last quarter we learned about Detroit's own Better Made potato chips and it's time to learn about something probably even more Detroit-known: Vernors. Surely, nearly everyone in the Detroit-area has grown up with Vernors as the tummy-ache remedy. Learn how this iconic brand went from the pharmacy to the factory. Check out all of the field trips and even an afternoon cruise on the Detroit Princess! Our annual Spring Serenade from Detroit Opera is back in April and we're having a special Mother's Day luncheon that includes making a bouquet, followed by a movie. (Downton Abbey: The Finale). And we're putting a new spin on the ice cream social with frozen custard from Wally's and routines from two local comedians. As always, I can't mention everything in this letter nor can I do it all justice.

You'll just have to read through the magazine. You are definitely going to find things you want to do!

Please take time to read the back cover where you will find The Helm 2025 Impact Statement. For me, the numbers are staggering and show just how much this community relies on the work we do. We love what we do and look forward to making an even greater impact in 2026.

Lastly, we've made a couple of changes to The Helm Life Journal. Activities are listed within a category as opposed to a specific month. It is listed that way in the Table of Contents as well to help make it easier for you to find all the things you'd like to do! Additionally, we are

now fully funded by advertisers. Take a look at the ads on the last few pages of this publication. We appreciate you supporting our advertisers who have made it possible for us to continue to provide a printed Journal.

Whether you have the Journal in your hands or on your screen, make sure to check out all the fun, interesting and informational activities coming up – and don't forget to register!



Krista Siddall  
Executive Director

## MEET THE ADULT DAY PROGRAM STAFF

**Heidi Uhlig-Johnstone**, a certified dementia practitioner, will lead The Helm Adult Day Program, bringing more than a decade of experience, leadership and compassion for older adults.

Heidi earned her Bachelor of Social Work degree from the University of Wisconsin and began her career working in a dementia unit within a nursing home. She later served as a Family Care Program case manager in Milwaukee before relocating to the Detroit area to pursue her master's degree at Wayne State University. After earning her Master of Social Work in 2011, she joined The Helm as a social worker in the Case Coordination and Information & Assistance departments.

In 2012, Heidi became Volunteer Services Director — while never fully setting aside her social work roots. Under her leadership, the volunteer program has grown to more than 350 individuals ranging in age from 12 to 92. Volunteers now support nearly every aspect of operations, from delivering Meals on Wheels and assisting in the office to helping with events, gardens and special projects. She also expanded the program to include more students and adults with disabilities, significantly broadening its reach and impact.

Beyond The Helm, Heidi has held leadership roles with the Senior Expo Committee and served more than 10 years on the Grosse Pointe Woods

Senior Commission. She expertly manages volunteers, oversees social work interns and juggles multiple senior-focused initiatives — all while maintaining her signature smile. A trusted source of guidance for colleagues, she is also one of the organization's most tech-savvy team members.

Her experience, skills and unwavering kindness, compassion and dedication to the senior community make Heidi exceptionally qualified to lead the Adult Day Program.

**Allie Short**, a licensed social worker and newly certified dementia practitioner, will serve as the on-site social worker for the Adult Day Program. In addition, she will lead the development of caregiver support services, including a resource library, support groups and advanced care planning initiatives.

Allie interned in the case coordination department at The Helm while earning her social work degree from Wayne State University. After graduation she worked for Home Senior Home Care for one year. She joined The Helm in 2019 — returning to lead the very department where she once interned. She also holds a certificate in gerontology and is a certified Respecting Choices® practitioner in advanced care planning.



Heidi Uhlig-Johnstone



Allie Short



Linda Tocco

A compassionate and empathetic professional, Allie is a thoughtful listener and trusted counselor. Clients rely on her expertise, and staff members frequently turn to her for guidance and support in their own lives.

**Linda Tocco** joined The Helm in 2022 as lead receptionist after more than 20 years with Corewell Health. For over a year, she warmly welcomed and assisted guests before bringing her talents to the programming department. Affectionately known as our "craft lady," Linda has led a variety of creative classes and enthusiastically embraced developing new and engaging programs.

With extensive experience in caregiving, dementia and Alzheimer's care, Linda is excited to design programs that keep Adult Day Program participants healthy, cognitively engaged, active and having fun.

While we will miss them at The Helm, we are thrilled Heidi, Allie, and Linda continue as part of the Helm family. Their experience, creativity, and compassion will play a vital role in helping the Adult Day Program flourish.

# CHEERS TO VOLUNTEERS

National Volunteer Appreciation Week is April 19-25. And, boy, do we appreciate our volunteers! Each and every day someone is volunteering for The Helm from delivering Meals on Wheels, checking guests in at the front desk, serving and cleaning at luncheons, making friendly reassurance calls and helping on the bocce court. (Yes, bocce is starting again soon! See page 8.). There are more than 20 areas in which people can volunteer at The Helm.

We do not take this assistance for granted. In 2025, volunteers donated 9,000 hours to The Helm – that’s the equivalent of more than four full-time employees.

Why do people enjoy volunteering? Why do they enjoy volunteering at The Helm? Here’s what a few of our volunteers had to say:

“Volunteering at The Helm has been a great experience. It has been a chance to meet a lot of great people, both the staff in the building and the clients that are served. As a Meals on Wheels driver and sometimes medical escort driver, I have met many people with interesting careers and lives. Also, to help them or just be a good listener leaves you with a good feeling at the end of your day. Many of the people you meet have food insecurities or mobility issues, so just being able to chat with them once a week is a great ‘blessing’ to me and hopefully the people we help.” - **Larry**

“I enjoy volunteering at The Helm because of the atmosphere. It is a very welcoming and inclusive place.” - **Carol**

“I like the staff and visiting with the people who come here. I especially like helping on field trips!” - **Ryan**

“I enjoy volunteering because I get to interact with so many interesting and friendly people. They share stories and experiences that I find very interesting. I enjoy volunteering for The Helm because of the relationships I have formed with the people there. A few have even come to watch me play soccer.” - **Landon**

“I volunteer because it gives me something to do after retiring and I feel needed. I enjoy volunteering at The Helm as it allows me to share the talents I have. It allows me to help make our community a great place in which to live. I also enjoy seeing the smiles on the faces of the people I help.” - **Kathleen**

“Volunteering allows me to use my skills in support of the objectives of the community or an organization. We all need a purpose, a sense of fulfillment ... to be able to answer the question ‘what did you do today?’ and have a sense of satisfaction. Volunteering at The Helm provides these opportunities and, additionally, provides much needed social interactions.” - **Jim**



## THANK YOU FROM THE VOLUNTEER SERVICES DIRECTOR

Soon I’ll be transitioning into a new position here at The Helm at the Adult Day Program. Before that happens, I couldn’t move forward without taking a moment to say thank you.

Since 2012, I have been amazed by this volunteer community. Each of you shows up for different reasons, but you all bring something special.

Whether you are delivering meals, helping in the office, teaching a class, baking, wrapping gifts, preparing taxes, visiting seniors, assisting at events, serving on a board or stepping in wherever help is needed, you are the reason The Helm can do what it does. You make a real difference in people’s lives every single day, often in quiet ways that mean the most.

This position has been the most meaningful and fulfilling role in my professional journey. I have loved getting to know you, working alongside you and watching the volunteer program grow because of your dedication. While I’m excited for this next chapter, please know that I am incredibly proud of this program and deeply grateful for each one of you.

Thank you for your time, your generosity and your commitment to The Helm. We truly couldn’t do this work without you, and I will always appreciate the privilege of working with you.

Best regards,

*Heidi*

# THERAPY DOGS DEBUT AT THE HELM

Did you know that simply spending time with a therapy dog can help lower blood pressure and ease stress, anxiety and depression? It's true. Just a few minutes of interaction can reduce your heart rate, provide emotional comfort and help ease feelings of loneliness.

Therapy dogs are specially trained to be calm, gentle and adaptable in any environment, creating a safe and soothing experience for everyone they visit.

You can read all the research you want — but the real proof is in the paws. Experience it for yourself with The Helm therapy dogs. We host three certified therapy dogs on three different days each month. If you're here for a class, come a little early or stay a little longer to enjoy a few comforting moments. Not attending a class? Stop by anyway for some one-on-one time with these sweet, certified pups.

A little time with a therapy dog can go a long way!



Skillie is a Bernedoodle — part Bernese Mountain Dog, part poodle — and 100% sweetness. Full of happy energy and incredibly soft, you won't want to stop petting him. You can visit with Skillie at The Helm on the first Tuesday of each month from 10 to 10:30 a.m.



Barklee is a lovable rescue pup with quite the backstory — a DNA test revealed he's a delightful mix of 17 different breeds! Calm, gentle and always happy to say hello, Barklee visits The Helm on the first Thursday of each month from 5:15 to 5:45 p.m. Come meet him!



And then there's Horatio — small but mighty! This Yorkshire Terrier is a champion obedience dog who delighted guests with his impressive "tricks" on his first visit to The Helm. Just as happy to soak up pets as he is to perform, Horatio visits from 9:30 to 10:15 a.m. on the second Thursday of each month at The Helm.



# FUN & FRIENDSHIP

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

## 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 - HAND AND FOOT

**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**

**Fridays, 11 am - 3 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.**

## BOCCE CLUB

**Thursdays, 6 - 7:30 pm**

**Beginning June 4**

Come to the Helm with friends or on your own to play a fun, easy-to-learn game of bocce. Both experienced and new players are welcome! Snacks are provided.

**NEW DAY & TIME!**



## SPRING SERENADE

**Wednesday, April 22**

**1 - 2 pm**

**\$20**

It's that time of year for one of The Helm favorites! The Detroit Opera will be in the house again! We're excited to welcome back vocalists Lucia and David and a piano accompanist. Enjoy a tasty lunch and dessert while listening to another exceptional performance at The Helm.

## MOTHER'S DAY LUNCHEON & MOVIE

**Friday, May 8, Noon - 2:30 pm**

**\$25 for lunch and the movie**

Join us for a delightful lunch, followed by the opportunity to create a small bouquet from our flower stand to take home. After lunch and flowers, we will enjoy a showing of the movie *Downton Abbey: The Finale*.

### ***DOWNTON ABBEY: THE FINALE (2025)***

**12:30 pm**

**Friday, May 8 (PG 2 hours, 3 minutes)**

When Mary finds herself in a public scandal and the family faces financial trouble, the household grapples with the threat of social disgrace. The Crawleys must embrace change with the next generation leading *Downton Abbey* into the future. Marilyn Cutts, Dominic West and Lorna Nickson Brown star in this period drama directed by Simon Curtis.



# FUN & FRIENDSHIP

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## SUNDAES & STAND UP

Thursday, June 11

11 am - 1 pm

COMEDIANS: Kathy Ryan and Ed Hunter

TREATS: Wally's Frozen Custard

**\$10**

Life's better with ice cream, and even better with laughs! Join us for an ice cream social featuring comedians Kathy Ryan and Ed Hunter, serving up jokes alongside everyone's favorite frozen custard (and toppings!) from Wally's. Enjoy sweet treats, a live comedy set and time to mingle afterward.

## TIGERS GAME & HOT DOGS AT THE HELM

Wednesday, June 17

1:30 pm (Game time is 2:10 pm)

**\$10**

Celebrate Father's Day with good food and great company! Enjoy hot dogs and classic ballpark favorites, while watching the Detroit Tigers take on the Houston Astros on TV (at The Helm). Members are invited to join us for a relaxed and fun afternoon together.

## GAMES AT THE HELM

Join us at The Helm for a variety of games, including bridge, canasta, euchre, bocce, pool, darts, cornhole and more. Card games are organized by existing groups and we ask that you call ahead to confirm space and availability. New players are welcome to contact us to learn about substitute opportunities.

## FRIDAY MOVIE MATINEE & SNACKS

Showtime: Noon **\$4 per movie**

### *SOUL ON FIRE (2025)*

Friday, April 10 (PG 1 hour, 52 minutes)

Facing unimaginable odds, a boy who survives severe burns goes on to transform his past into a message of hope and resilience in this heartfelt film.

### *EVERYBODY'S FINE (2009)*

Friday, April 24 (PG-13 1 hour, 39 minutes)

A widower travels from New York to Las Vegas to visit his children and see the lives they have built – including the parts he never knew about. Starring Robert De Niro and Drew Barrymore.

### *DOWNTON ABBEY: THE FINALE (2025)*

Friday, May 8 (PG 2 hours, 3 minutes)

See box on Page 8.

### *LILLY (2024)*

Friday, May 22 (PG-13 1 hour, 33 minutes)

*Lilly* is the story of an ordinary woman who galvanizes social change at great personal cost through her extraordinary desire for justice. This powerful film is based on the true story of working-class hero Lilly Ledbetter, an Alabama tire factory supervisor whose goal is to lift her family into the middle class. After learning she's being paid significantly less than her male peers, Lilly fights bullies and bureaucrats through courts and Congress in a successful landmark battle for equal pay.

### *THE STARLING (2021)*

Friday, June 12 (PG-13 1 hour, 42 minutes)

After Lilly suffers a loss, a combative starling bird takes nest beside her quiet home. The feisty bird taunts and attacks the grief-stricken Lilly. On her journey to expel the starling, she rediscovers her will to live and capacity for love.

### *THE SECRET: DARE TO DREAM (2020)*

Friday, June 26 (PG 1 hour, 47 minutes)

A struggling mother's life takes an unexpected turn when a mysterious professor arrives at her door with a message that could change everything.



## FUN & FRIENDSHIP

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### FIELD TRIPS

*Registration is required. Attendees must ride the bus to attend these trips. Guests are responsible for the cost of their own meal. Please bring cash as restaurants do not always provide individual bills. Arrival time back to The Helm is approximate.*

#### THRIFT STORE ADVENTURE & LUNCH

Thursday, April 30

11:30 am - 3:00 pm

**\$10 FOR ROUNDRIP TRANSPORTATION**

There is a special thrill in the hunt for hidden treasures. If you are ready for a fun day of thrifting and lunch, join us for this field trip. We will begin at Full Circle Thrift Store in Grosse Pointe Park for a half hour of shopping and then head to Sinbad's afterward for a delicious lunch. For over 70 years, Sinbad's has been a proud part of the Detroit riverfront — serving fresh Great Lakes seafood, Angus steaks and its legendary clam chowder in a relaxed, nautical setting.

#### ORCHESTRA HALL

SONGS OF AMERICA

Thursday, May 29, 9:30 am - 1:30 pm

**\$55 FOR ROUNDRIP TRANSPORTATION AND SHOW TICKET**

Celebrate America's 250th anniversary with the songs and sounds that have shaped the nation's musical legacy. From jazz standards and Broadway classics to the great American Songbook, vocalists Melinda Doolittle and Jimmie Herrod join the Detroit Symphony Orchestra and conductor Enrico Lopez-Yañez for a journey through America's musical heritage.

#### DETROIT PRINCESS CRUISE

Thursday, June 12

10:30 am - 3 pm

**\$80 FOR ROUNDRIP TRANSPORTATION, CRUISE, LUNCHEON BUFFET AND ENTERTAINMENT**

Take a midday break and cruise along the Detroit River! Have lunch and enjoy scenic views of downtown Detroit and Windsor. The lunch menu features tender beef tips with gravy, baked chicken, mashed potatoes, marinated portabella mushrooms, cheese tortellini, fresh steamed vegetables, salad and chef's choice of dessert. A tribute

to Detroit's own great Motown music will be performed live by the The Prolifics. Space is limited, so register now to reserve your spot!

#### SELFRIDGE AIR NATIONAL GUARD BASE

Tuesday, June 16, 10 am - 3 pm

**\$30 PER PERSON ROUNDRIP TRANSPORTATION AND TOUR TICKET**

Our first stop will be Bob Evans in Chesterfield for brunch after which we head to Selfridge Air National Guard Base for a two-hour private tour of the Aviation Museum and the Air Park, including hangars.

#### BIANCO TOURS FIELD TRIP

##### ANN ARBOR

Wednesday, June 24, 7:45 am - 3 pm

**\$137 PER PERSON INCLUDES TRANSPORTATION, LUNCH AND TOURS**

A small town with big city sophistication, Ann Arbor is a close knit community of charming neighborhoods with a rich mix of cultures and world class educational and high tech research centers.

You will take a deluxe motorcoach (restroom on board!) to Ann Arbor where you'll tour Michigan Stadium (the Big House) from the field to the locker room, press box and club and suite levels. From there, you'll head to the Gandy Dancer for lunch. This elegant restaurant is located in the restored 1886 Michigan Central Depot and is known for creative preparations of seafood, steaks and pasta.

After lunch it's a trip to the Creature Conservancy, home to more than 400 individual animals from about 100 different species. These animals are former exotic pets, injured non-releasable wildlife or animals acquired from USDA-approved establishments to become educational ambassadors.

After this full day, it's time to head home to The Helm!

**Space is limited. Call Margaret at 313.649.2109 for more information and to make a reservation. No refunds are allowed two weeks prior to departure.**



# FUN & FRIENDSHIP

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



## OUT TO LUNCH BUNCH

*Attendees are responsible for the cost of their own meal 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.*

### WAVES, ST. CLAIR SHORES

**Tuesday, April 14, Noon - 2:30 pm**

Waves offers a mix of American and Caribbean inspired cuisine, featuring a vast array of fresh seafood, the Paradise Burger and their famous House Salad. Join us to find out why Waves has been a Nautical Mile treasure for the past two decades.

### EL CHARRO, FRASER

**Thursday, May 7, Noon - 2:30 pm**

Let's celebrate Cinco de Mayo with a Mexican meal at Fraser's El Charro Restaurant. Home of the original Puffy Taco since 1971, El Charro features a menu of time-honored family recipes sure to satisfy every palate.

### HANEY'S FAMILY RESTAURANT, CENTER LINE

**Tuesday, June 30, Noon - 2:30 pm**

Haney's Family Restaurant is a relaxed, easygoing spot known for classic comfort food. Guests can choose from burgers, hot dogs other familiar favorites and generous breakfast options.

## 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.

## PREMIER WORLD DISCOVERY PRESENTS

### LANDSCAPES & LIGHTHOUSES OF COASTAL MAINE AND

### NATIONAL PARKS & CANYONS OF THE SOUTHWEST

**Tuesday, May 19, 11 am - Noon**

**NO COST TO ATTEND THIS PRESENTATION**

The seven-day **Landscapes & Lighthouses** trip, **September 19 - 25**, 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**, 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**. Airfare, five nights' accommodations, tour guide, motorcoach transportation, baggage handling at hotels, attraction admission and some meals are included.

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



A recent Out-to-Lunch Bunch outing.



# LIFELONG LEARNING

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

## SING YOUR WAY TO HEALTH AND HAPPINESS

**Mondays, 2 - 4 pm**

**Semester ends May 4, New semester begins June 1**

**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 and perform favorite tunes.

## CONVERSATIONAL FRENCH

**BEGINNER LEVEL**

**Tuesdays, 9:30 - 11 am**

**Semester ends May 5, New semester begins May 19**

**Fridays, Noon - 1:30 pm**

**Semester ends May 8, New semester begins May 22**

**INTERMEDIATE LEVEL**

**Tuesdays, 11 am - 12:30 pm**

**Semester ends May 5, New semester begins May 19**

**Fridays, 1:30 - 3:00 pm**

**Semester ends May 8, New semester begins May 22**

**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.

## ART JOURNALING FOR SENIORS

**Tuesdays, 3:30 - 5:30 pm**

**Semester ends 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.

## GUITAR FOR BEGINNERS

**Thursdays, 4 - 5:30 pm**

**Semester ends May 7, New semester begins May 21**

**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.



## SPANISH FOR BEGINNERS

**Tuesdays, April 14 - June 2**

**4 - 5:30 pm**

**INSTRUCTOR:** Randi Lou Franklin, PhD.

**\$40 for the series**

This class is for early exposure to Spanish language and cultures. It is designed for individuals with minimal or no prior Spanish language experience. You will begin with learning 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.



## CONTINUING SPANISH

**Tuesdays, April 14 - June 2**

**6 - 7:30 pm**

**INSTRUCTOR:** Randi Lou Franklin, PhD.

**\$40 for the series**

This class will continue to build on skills from earlier classes or prior Spanish language experiences. It will be conversational, but notebooks and folders for handouts are recommended. Each class will allow students to participate and build new vocabulary and apply it in different situations. Each student will have the opportunity to test his/her Spanish language skills with classmates and build confidence in real-world situations and share their experiences. Cost is for the complete series of classes.





# LIFELONG LEARNING

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



## SPRINGTIME BASKET MAKING

**Tuesday, April 28**

**Noon - 4:30 pm**

**PRESENTERS:** Deb VanderLinde, The Basket Mak'r

**\$65**

The Basket Mak'r, Deb VanderLinde, is back to help you create a charming Daisy Denim Wall Basket. This 6 inches wide and 7 inches tall basket features a denim pocket with a painted daisy, fabric straps and matching daisy rivets. After you learn to weave the basket, you will be dyeing them with a dye kit. *All materials as well as snacks and drinks will be provided.*

## LUNCH & LEARN

### LIVE WELL WITH DR. GUPTA

**Wednesday, April 15, Noon - 1 pm**

**PRESENTER:** Dr. Pooja Gupta

**SPONSOR:** Indequest Nurse Case Management

**\$10**

Dr. Pooja Gupta is a board-certified adult congenital cardiologist and a certified Lifestyle medicine physician, in practice more than 20 years, based in the Grosse Pointe area. She will discuss the role of lifestyle factors in achieving vitality and good health with particular focus on plant-based nutrition, meditation and physical activity. She will share some simple daily habits that can transform health positively. Her mission is to empower individuals and families to take control of their health.

*Lifestyle medicine is an evidence-based medical specialty that uses lifestyle interventions primarily to treat several chronic conditions. There is overwhelming scientific data showing six areas of lifestyle that significantly impact health and longevity. These six "pillars" include optimal nutrition, stress management, physical activity, social connectivity, adequate sleep and avoidance of toxic substances. Eighty percent of chronic diseases are lifestyle-related and preventable.*



## VERNOR'S GINGER ALE: FROM PHARMACY TO FACTORY

**Wednesday, May 13, Noon - 1 pm**

**PRESENTER:** Keith Wunderluch, author of *Vernor's Ginger Ale*

**\$10**

It all began in a small pharmacy on Woodward Avenue in Detroit. By 1940, it had grown to a huge factory called the most modern bottling facility in the world. How did James Vernor make his ginger ale so successful? Go back in history with presenter Keith Wunderlich and hear the story of how Vernors developed from 1866 to now. You will see photos of the pharmacy, the factories and of the 160-year history of America's longest continuously produced soda pop.

*Keith Wunderlich has been a collector of Vernor's Ginger Ale history, advertising and products for more than 30 years. In addition to authoring Vernor's Ginger Ale, he is the founder of the Vernor's Ginger Ale Collector's Club and writes a newsletter about Vernors.*

## A VISIT TO ARGENTINA AND MOROCCO

**Wednesday, June 3, Noon - 1 pm**

**FACILITATOR:** Jim Crieghton

**\$10**

Take a traveler's journey through Argentina and Morocco – all from the comfort of your seat! Explore tango in Buenos Aires and the end of the world in Tierra del Fuego. Then, travel through Morocco, visiting Fez, Marrakesh and the Sahara. Lunch is provided, so come hungry for food and adventure!



2025 Lunch & Learn about Artificial Intelligence.



# HEALTH AND WELL-BEING

REGISTRATION IS REQUIRED FOR EVERY PROGRAM. REGISTER AT [HELMLIFE.ORG](http://HELMLIFE.ORG)

## 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 ends May 4, New semester begins June 1**

**Thursdays, 1 - 2 pm**

**Semester ends May 7, New semester begins May 21**

**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 ends May 4, New semester begins June 1**

**Thursdays, 2:30 - 3:30 pm**

**Semester ends May 7, New semester begins May 21**

**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.



# HEALTH AND WELL-BEING

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



THE HELM LIFE JOURNAL



Denotes evening program



HEALTH FOR HER AT THE HELM

## SEXUALITY AND INTIMACY AS WE AGE

Thursday, April 30, 6 - 7:30 pm

In Partnership with The Family Center

COMMUNITY WELCOME

Health for Her at The Helm is a free, community-based program that brings medical experts together to offer clear, evidence-based guidance on issues that are common yet rarely talked about.



This program explores sexuality and intimacy as a normal part of aging. Medical professionals will discuss changes in desire, comfort, communication and medical considerations, offering practical strategies in a supportive environment. Men are welcome to attend. Registration is required.

Wine and light snacks will be served.

## 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.

## BALLROOM DANCING

Wednesdays, 4 - 5 pm

Semester ends May 6

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.

## 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, April 2, 16 and 30 and May 14 and 28

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.



## COOKING LITE

Tuesdays, 4:30 - 6 pm

Semester ends May 5

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.



## DANCE FEVER FOR SENIORS AND ADULTS WITH DISABILITIES

Tuesdays, April 28 - June 4, 6 - 7 PM

INSTRUCTOR: Andreas Browne

More information to come! Check with The Helm.



# HEALTH AND WELL-BEING

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

## A MATTER OF BALANCE

**Mondays and Wednesdays, April 6 - 29**

**1:15 - 3:15 pm**

**FACILITATORS:** Rosa Hunter and Judy Reasonover

This award-winning program emphasizes practical strategies to reduce fear of falling and increase activity levels. Participants learn to view falls and fear of falling as controllable and set realistic goals to increase activity. The focus of this course is on changing your environment to reduce fall risk factors and on learning exercises to increase strength and balance.

## 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.



## LIFESTYLE SERIES

**CHAPTER ONE: GET ROOTED, LIVE WELL WITH DR. GUPTA**

**Thursday, June 4, 5:30 to 7 pm**

**INSTRUCTOR:** Dr. Pooja Gupta

Join Dr. Gupta for an interactive, evidence-based wellness class designed to empower participants to take charge of their health. This session will focus on three foundational pillars of Lifestyle medicine: optimal nutrition, relaxation and social connection. Through engaging demonstrations and practical guidance, you will learn how to bring more nutrient-dense, fiber-rich plants to your plate, read food labels and practice mindfulness through guided breathing techniques — all within a warm, supportive small group setting. Strong scientific evidence shows following a plant-based diet, practicing mindfulness and staying socially active can improve symptoms of many chronic diseases, strengthen the immune system, lower the risk of several cancers and enhance overall vitality and well-being. Participants will enjoy a generous sampling of delicious plant-based foods.

**This is the first in a series of workshops that will continue through the summer.**

*Dr. Pooja Gupta is a board-certified adult congenital cardiologist and a certified Lifestyle medicine physician, in practice over 20 years, based in the Grosse Pointe area.*





### 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](http://helmlife.org).








## SUPPORT

REGISTRATION IS REQUIRED FOR EVERY PROGRAM. REGISTER AT [HELMLIFE.ORG](http://HELMLIFE.ORG)



Denotes evening program

### 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.

### 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 Young Onset Parkinson's disease and their caregivers.

### 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.

### 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.

### LIVING ON

**First and Third Friday of every month**

**10 - 11 am**

**FACILITATOR:** Hospice of Michigan

The focus of Living On is to express feelings and experiences related to the loss of a loved one in a supportive, caring, and non-judgmental environment. Grief and loss topics are addressed as they arise, depending on the interests of those attending the group. All are welcome.

### ASK THE PHYSICAL THERAPIST

**Thursday, April 9, 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.

### NEW TO MEDICARE

**Thursday, May 7, 6:30 to 8 pm**



**FACILITATORS:** Tony Altovilla and Medicare Counselors

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. Registration is required. Email [taltovilla@helmlife.org](mailto:taltovilla@helmlife.org) or call 313.649.2110.

### 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. 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](mailto:taltovilla@helmlife.org) or call 313.649.2110 to schedule an appointment.

# IS IT YOUR TIME?

If you're turning 65 this year, it's time for Medicare.

One of life's rights of passage is becoming eligible for Medicare. Whether you want to admit your age or not, if you are about to turn 65, you're about to become eligible for Medicare. Registration begins three months before the month you turn 65 and ends three months after. If you don't sign up during that seven-month window, you may have to pay higher Medicare premiums for the rest of your life.

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

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

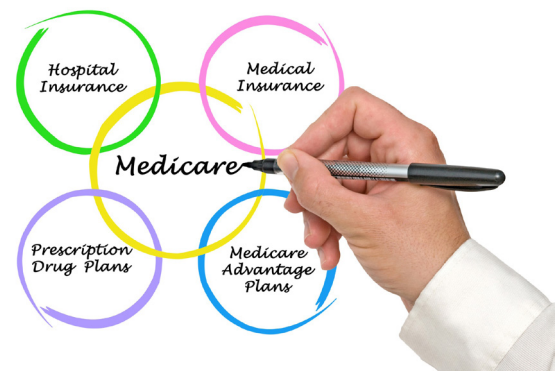
The Helm Medicare counselors – all certified through the State Health Insurance Assistance Program (SHIP) – can help you sort through the Medicare maze in the 90-minute program, New to Medicare. You'll get a comprehensive overview of Medicare, including:

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

If your mailbox begins filling up with correspondence

## NEW TO MEDICARE

Thursday, May 7, 6:30 to 8 pm



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

Registration is required for this invaluable, priceless, FREE program. Register by calling 313.649.2110 or emailing [taltovilla@helmlife.org](mailto:taltovilla@helmlife.org).

The Helm holds three New to Medicare workshops each year. Be sure if you're turning 65 before March 2027, you take advantage if this workshop in May or the last one in the third quarter of 2026.

## APRIL - JUNE: FOCUS ON YOUR LEGACY

What began as a simple post-tax season reminder to update your will has grown into a season devoted to legacy – what you value, what has shaped you and how you want to be remembered.

One powerful way to begin is to gather your family for a conversation about what legacy means to you and how you hope to see it unfold during your lifetime and beyond. Invite your family to ask questions such as:

- What possessions or traditions from your parents are especially meaningful to you and why?
- What stories did your parents share about their childhoods that still resonate with you today?
- Were you encouraged to give your time, talents, or resources to make the world a better place? How?
- What has brought you the greatest joy?
- What do you see as your family's greatest strength

– and how do you see that strength reflected in your children or grandchildren?

Through these conversations, your family gains a deeper understanding of who you are and what matters most. You also may discover new clarity about your own priorities and the legacy you want to leave behind.

For many, planned giving becomes a natural extension of these reflections. A bequest in your will, a charitable trust or a gift of appreciated assets can create lasting impact while aligning your charitable goals with your financial plans. Some options offer tax advantages and may even provide income for you or your loved ones.

Most importantly, planned giving is about purpose. It's a thoughtful way to reflect your values and ensure what matters most to you continues to make a difference for generations to come.

# TRIBUTES & HONORS

## IN MEMORY OF

### GEORGE HAYES BAY

*Rosemary Bay*

### LAURA BRADLEY

*Chrissie and Bruce Bradley*

### ALETHIA CHRISTOPHER

*Jerry Keith*

### RICHARD F. COLOMBO

*Caroline Sottrel*

### EDWARD DEEB

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### MARLENE BOLL

*Nora Maroun*

### DR. RANDI LOU FRANKLIN

*Anonymous*

### MICKI NOWINSKI

*Debbie Liang*

### OUR FAMILY

*Happy Echlin*

### KRISTA SIDDALL

*Andrew Camden*

### NANCY AND RICH SOLAK

*Ellen and Dan Krease*

### HEIDI UHLIG-JOHNSTONE

*Mary and Rick Berschback*

### DEBORAH WAGNER

*Michael and Nancy Hollerbach*

### DOROTHY WERTHMAN

*Thomas Werthman*

*Donations received between November 22, 2025, and February 13, 2026. 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

Beline Obeid Realty  
David Gilboe and Associates  
Grosse Pointe Moving and  
Storage  
Indequest Nurse Case Management  
Sunrise Senior Living

### IN-KIND DONORS

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

*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.*

# UPCOMING FUNDRAISERS



**THE HELM  
SPORTING  
CLAYS  
CLASSIC**



**THURSDAY  
MAY 14, 2026**

**THE HUNTSMAN  
HUNT CLUB  
DRYDEN, MICHIGAN**



Scan here  
to register  
or sponsor



**8TH  
ANNUAL  
FORE  
THE  
HELM**

**GOLF  
OUTING**  
Monday  
June 22, 2026

**Lochmoor Club**  
1018 Sunningdale Drive  
Grosse Pointe Woods



**Sponsorship &  
Registration Information**  
Visit [helmlife.org](http://helmlife.org) or Scan



**TAKE  
THE HELM**



30<sup>TH</sup>  
ANNUAL GALA

**THURSDAY,  
OCTOBER 8, 2026**

GROSSE POINTE YACHT CLUB







# 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 active . . . The Helm has given me my independence.”

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

