

THE HELM LIFE JOURNAL

JULY THROUGH SEPTEMBER 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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ON THE COVER

Top: Eastern Market Fresh Produce Stand at The Helm

Bottom: The Helm Wilson Day Center Team at the May 1, 2026 Open House Event

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LIFE'S A JOURNEY.
FIND YOUR WAY.

GROWING TOGETHER



Summer is shaping up to be an exciting and meaningful season at The Helm. Over the past few months, we've continued to grow programs, strengthen community partnerships and expand the ways we support older adults and caregivers throughout the Grosse Pointes and Harper Woods.

One of the most significant milestones this spring was the official ribbon cutting and community open house for The Helm Wilson Day Center. It was incredibly rewarding to welcome so many community members, partners, supporters and families into the space to learn more about this important new program. The enthusiasm and support we've received continues to reinforce just how important this resource is for our community.

The Helm Wilson Day Center was created to provide structured daytime support, social engagement and enrichment for individuals living with cognitive decline and memory-related conditions, while also offering much-needed respite and support for caregivers. As we move into our pilot phase this summer, we are excited to begin serving participants while continuing to build awareness and understanding around adult day programming and caregiver support.

Of course, there is still so much happening at The Helm beyond the Wilson Day Center. Summer brings many opportunities to connect, learn and enjoy time together through our ongoing programs, special events, wellness classes, educational presentations and outings. This season, we are especially excited to introduce several new offerings, including our Caregiver Compass series, designed to provide support, education and meaningful conversation for caregivers at every stage of the journey. We are also adding a few special evening social events this summer, including patio parties with

live entertainment, evening bingo and a courtyard cookout and games night, creating new opportunities for fun and connection within our community. In addition, our new Friday Afternoon Lunch and a Movie program offers a relaxing way to enjoy great food and entertainment with friends. Whether you're looking for education, support, entertainment or social connection, there truly is something for everyone.

Supporting healthy aging and independence remains an important focus at The Helm. Through a grant from the Detroit Area Agency on Aging (DAAA) and in partnership with Able Care, a healthcare technology and screening company, we will introduce a falls risk screening initiative designed to help identify factors related to balance, strength and mobility. We are truly excited about this program because it will allow participants to measure improvement over time. You can learn more about this new initiative on the following page and watch for more information as the program launches later this summer.

As always, I encourage you to take some time to read through the Journal and explore all the programs, activities and events coming up over the next few months. We look forward to seeing you at The Helm this summer.

Krista Siddall



The Helm Wilson Day Center Ribbon Cutting Ceremony

STRONG & STEADY

NEW FALLS RISK SCREENING INITIATIVE COMING TO THE HELM THIS SUMMER

Beginning mid-summer, thanks to a grant from the Detroit Area Agency on Aging (DAAA), The Helm and The Helm Wilson Day Center will offer Able Access, a simple and non-invasive falls risk screening program offered in partnership with Able Care, a healthcare technology and screening company focused on helping older adults stay safe, independent and functionally active through standardized falls prevention screening.

Falls are one of the leading causes of injury among older adults, and this quick screening is designed to help identify potential fall risks before a serious injury occurs. The assessment evaluates four key indicators

tied to the risk of falling and overall functional health: grip strength, leg strength, gait speed and balance. The program is open to everyone and aims to support healthy aging, safety and independence within our community.

Following the screening, participants will receive personalized results along with information, recommendations and resources tailored to their needs. Staff will also help connect participants with programs, classes and services through The Helm and within the community that may help improve balance, strength, mobility and overall wellness.

THINK YOU CAN'T LEARN A NEW HOBBY? THINK AGAIN

It's never too late to try something new. Whether you're 18 or 88, picking up a new hobby can brighten your days, keep your mind sharp, and even help you meet new friends.

A hobby doesn't have to be fancy or expensive. It's simply something you enjoy doing in your free time. It could be a craft, a game, an outdoor activity, or even learning how to use a new gadget. The best part? You don't have to be good at it; you just have to enjoy it!

It might seem a little intimidating at first, especially if you haven't picked up a new hobby in a while. But once you get started, you might wonder why you waited so long.

Why Hobbies Matter

Having a hobby isn't just about passing the time. It's good for your heart, mind and spirit. Doing something you enjoy can lower stress, improve your mood and give you something to look forward to each day.

Many hobbies also can keep your brain active. Learning a new skill helps your memory and focus and it's a fun way to challenge yourself. Even better, many hobbies bring people together. At The Helm, you can join a book club, card games or mahjong, work on projects for charity or join a craft club (pages 8 - 11). Spending time with others who enjoy the same

thing can lift your spirits and help you feel more connected.

Hobbies also give us a sense of accomplishment. There's a great feeling that comes with finishing a puzzle (you can borrow puzzles from The Helm), learning a new recipe (register for the fall cooking class), or growing a plant from a tiny seed (join the garden clean up crew at The Helm). It reminds us we're capable of learning and creating at any stage.

Your Next Favorite Hobby Is Waiting

So go ahead, pick up that paintbrush, shuffle those cards or take that walk around the block. You have nothing to lose and plenty of joy to gain. It's never too late to learn. Start small, keep it simple, and most of all — have fun!



BOOTY, TUSH, BOTTOM, REAR END...

An article earlier this year in *The New York Times* highlighted one of the most important muscle groups for staying independent and injury-free as we age — and it may not be the one most people expect. Among the body's more than 600 interconnected muscles, experts say the glutes rise to the top — or bottom! — as essential for healthy movement and stability.

The glutes — made up of the gluteus maximus, medius and minimus — play a critical role in everyday activities such as sitting, standing, walking, climbing stairs and lifting objects. These muscles work together to help you get in and out of a car or the bathtub. They also help stabilize the pelvis, which can reduce the risk of knee pain, low back pain, hamstring strains and ankle sprains.

These muscles are part of the body's "posterior chain," a network of muscles running along the backside of the body from the heels to the neck. When the glutes are weak, other muscles, including the hamstrings and lower back, often compensate, which can lead to pain, poor posture, reduced mobility and an increased risk of falls.

Instructors at The Helm shared why glute strength is especially important for older adults and offered simple ways to improve it.

"Glute resistance training is one of the best ways to help older adults stay injury-free and independent," said Gwen Scales, Certified Personal Trainer and Body Alignment and Awesome Abs instructor at The Helm. "It strengthens the legs, improves balance and enhances mobility."

Scales recommends incorporating simple movements into daily life, including sit-to-stand exercises — standing up from a chair without using your arms — and walking stairs. "Start slowly with just a few repetitions and build over time," she said. "With daily practice, you'll feel stronger, more stable and move with greater ease."

The Helm yoga instructor Carol Guither, a 200 hour Registered Yoga Teacher, believes mobility is the foundation of independence.

"For me, the key to independence is mobility," Guither said. "That means walking, walking, walking. Strong muscles in both the upper and lower body are important for maintaining mobility, and yoga and chair yoga can help build that strength."

Paul Clark, who teaches Enhance Fitness at The Helm and is an ACE-certified personal trainer, said the pelvis also plays a major role in healthy aging.

"There are 36 muscles attached to the pelvis, controlling movement from the lower ribs down to the knees," Clark said. "When the pelvis is not functioning properly, muscles like the abdominals, glutes, quadriceps and hamstrings cannot work efficiently. That can create problems with the knees, hips, balance and mobility as we age."

Clark emphasized that maintaining strength and mobility requires a variety of exercises rather than relying on a single movement or workout.

"There is no one exercise that fixes everything," he said. "A balanced exercise routine is the best way to support strength, stability and independence as we age."

Finding a balanced exercise routine is easy at The Helm. We offer several options for all ability levels that work to keep you active and your muscles strong. The classes are non-competitive; you work at your own pace.

For full descriptions of these classes, see pages 12 - 13.

- Active Fit
- Awesome Abs
- Body Alignment
- Chair Yoga
- Enhance Fitness
- Strength & Balance
- Tai Chi
- Yoga

WHATEVER YOU CALL IT, IT'S IMPORTANT

GLUTE STRENGTHENING EXERCISES



Warrior 2 pose



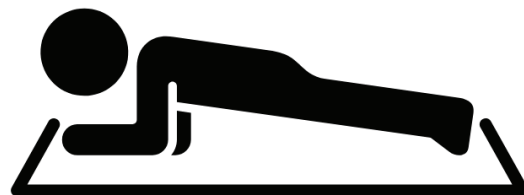
Sit to stand



Rear bent leg raise



Stair climbing



Forearm plank

BE SURE TO TALK TO YOUR DOCTOR OR A HEALTH PROFESSIONAL BEFORE STARTING AN EXERCISE ROUTINE



FUN & FRIENDSHIP

REGISTRATION IS REQUIRED FOR EVERY PROGRAM. PAYMENT IS DUE AT TIME OF REGISTRATION. 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

First and Third 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 two cards and pastries and refreshments

BOCCE CLUB

Thursdays, 5:30 - 7 pm



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.

CRAFTERNOONS AT THE HELM - **NEW!**

Wednesdays, July 1, August 5, September 2

Noon - 2 pm

INSTRUCTOR: Carian Taylor

Get creative at our Crafternoon sessions! These fun, low-pressure classes are perfect for all skill levels, with step-by-step guidance to help you create a beautiful project to take home and enjoy.

ME & MY GRAND: APRON ART PARTY

Friday, July 24

2 - 4 pm

\$15 per adult; children are free

Join us for a special *Me & My Grand* afternoon! Grandparents and grandchildren will create lasting memories while designing and painting their own aprons using stamps, stencils and fabric paints. Enjoy light refreshments and take home a goodie bag to keep the fun going.

JAZZY PATIO PARTY

Tuesday, July 28

5:30 - 7 pm

ENTERTAINMENT: Gwen and Charles Scales

\$25 per person, includes meal and live entertainment

Kick off summer with smooth jazz on the patio and a delicious cookout. Enjoy live music, good food and perfect summer vibes with friends and neighbors. Register quickly. Our cookouts fill up fast!





TWILIGHT BINGO - NEW!

Thursday, August 6

5:30 - 7 pm

\$2 for two cards and pastries and refreshments

We're shaking things up this summer with a special Evening Bingo! Join us at 5:30 pm on Thursday, August 6 (instead of our usual 10 am) for a lively night filled with snacks, drinks and fun summer-themed prizes. New bingo players are welcome.



COURTYARD COOKOUT - GAMES NITE!

Thursday, August 13

5:30 - 7 pm

\$10 per person

Bring your competitive spirit (and maybe a lucky streak!) for an evening of games, laughter, and delicious bites. Enjoy tasty treats as you play and connect with friends in a fun, relaxed setting.



FALL BONFIRE BASH

Tuesday, September 22

5:30 - 7 pm

ENTERTAINMENT: The Neighbors

\$25 per person, includes meal and live entertainment

Get ready for a cozy night of fall fun at our Fall Bonfire Bash! Enjoy a delicious dinner, then gather around the crackling fire for everyone's favorite treat - gooey, chocolatey s'mores. As the night warms up, kick back and relax to live music from The Neighbors, bringing the perfect soundtrack to a crisp autumn evening. Join us for great food, fun music and good company. It's everything you love about fall, all in one memorable evening.



FRIDAY LUNCH & A MOVIE - NEW!

Showtime: Noon \$10 per movie

Treat yourself to a fun and relaxing experience. Enjoy a delicious, catered lunch at The Helm, while watching a fantastic movie! One price covers both the meal and the show.

Registration and payment are due one week prior to the date of the Lunch and a Movie.

ELEANOR THE GREAT (2025)

Friday, July 31 (PG-13 1 hour, 38 minutes)

94-year-old Eleanor moves to New York after the loss of a lifelong friend. As she becomes involved with a Holocaust survivors' group, unexpected friendships and consequences unfold, exploring grief, connection and the power of storytelling.

THE MAGIC OF BELLE ISLE (2012)

Friday, August 28 (PG 1 hour, 49 minutes)

A novelist of Westerns has lost his drive. His nephew pushes him to summer in quiet Belle Isle where he begrudgingly befriends a newly single mom and her three girls, who help him find the inspiration to write again. This film was written and directed by Rob Reiner.

BLUE MIRACLE (2021)

Friday, September 25 (PG 1 hour, 36 minutes)

To save their struggling orphanage, a determined guardian and a crew of scrappy kids team up with a washed-up boat captain for one wild shot at glory—winning a high-stakes fishing tournament in Cabo San Lucas, where the prize is big enough to change their lives forever.

GAMES AT THE HELM

Join us at The Helm for a variety of games, including bridge, canasta, euchre, bocce, pool, darts, cornhole and more. Some card games are organized by existing groups, so we encourage you call ahead for current schedules and availability. New players are always welcome, and we're happy to help connect you with groups, beginner-friendly opportunities, or substitute openings.



FUN & FRIENDSHIP

REGISTRATION IS REQUIRED FOR EVERY PROGRAM. PAYMENT IS DUE AT TIME OF REGISTRATION. REGISTER AT HELMLIFE.ORG

FIELD TRIPS

Registration is required. Attendees must ride the bus to attend these trips. Where applicable, 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.

CANAL DAYS, GRAND RAPIDS, OHIO - **BIANCO TOUR**

Thursday, July 16

7:30 am - 6:15 pm

\$97 PER PERSON INCLUDES ROUNDRIP TRANSPORTATION, BUFFET LUNCH AND CANAL BOAT RIDE

Enjoy a charming day trip featuring antiques, history and scenic canal travel. The excursion includes a visit to Jeffrey's Antique Gallery, one of Ohio's largest antique shops, a delicious included buffet lunch at the historic Miss Lily's restaurant in Grand Rapids, Ohio, and a relaxing one-hour mule-drawn canal boat ride along a restored section of the Miami and Erie Canal, complete with historical reenactments and beautiful views. Registration and payment due by July 9.

FIESTA DETROIT - **BIANCO TOUR**

Wednesday, August 12

8:30 am - 3 pm

\$119 PER PERSON INCLUDES ROUNDRIP TRANSPORTATION, LUNCH AND TOURS

Explore the rich culture and history of Detroit on this multicultural city tour featuring neighborhoods like Corktown, Delray and Mexicantown. The trip includes a guided tour highlighting the city's diverse heritage, lunch at the iconic Mexican Village restaurant, plus time to shop and enjoy sweet treats at MexicanTown Bakery in Southwest Detroit. Registration and payment due by August 12.



GREAT LAKES CROSSING

Wednesday, September 16

9:30 am - 3 pm

\$30 PER PERSON FOR ROUNDRIP TRANSPORTATION

Spend the afternoon at Great Lakes Crossing, Michigan's largest outlet mall, with time to shop and enjoy lunch. Attendees are responsible for their own food and shopping expenses.

OUT TO LUNCH BUNCH

*Attendees are responsible for their own transportation and meal costs. Meet at the restaurant at noon. All attendees **MUST REGISTER** to ensure proper accommodations at the restaurant. Please bring cash as restaurants do not always provide individual bills.*

Note: At this time, transportation via PAATS bus is not available for Out to Lunch Bunch outings.

NEW YORK DELI, ST. CLAIR SHORES

Wednesday, July 22, Noon - 2:30 pm

Meet us at this old-fashioned spot known for its hearty sandwiches, classic sides and comforting soups.



BLUE GOOSE INN, ST. CLAIR SHORES

Thursday, August 20, Noon - 2:30 pm

Meet us at this nostalgic, old-school neighborhood spot set in a historic 1910 saloon in St. Clair Shores.



TEXAS ROADHOUSE, ROSEVILLE

Friday, September 18, Noon - 2:30 pm

Meet us at this lively, casual restaurant known for its hand-cut steaks, made-from-scratch sides, and fresh-baked rolls. Don't forget the honey butter!





THE HELM BOOK CLUB

THE NOVEL NETWORK - NEW!



Everyone's invited to join The Helm Book Club – The Novel Network! We'll have copies of each Book Club selection ready for you at the front desk one month before we meet. Quantities are limited, so be sure to register early to snag your free copy—or swing by your local library to find a copy and then join in. Happy reading! Snacks and drinks will be provided during the meetings.

***THEO OF GOLDEN* BY ALLEN LEVI**

Thursday, August 20

5:30 - 7 pm

Theo visits the local coffeehouse, where 92 pencil portraits hang on the walls - portraits of the people of Golden done by a local artist. Theo begins purchasing them, one at a time, and putting them back in the hands of their "rightful owners." With each exchange, a story is told, a friendship is born, and a life altered.

***THE AVIATOR'S WIFE* BY MELANIE BENJA**

Thursday, September 24

5:30 - 7 pm

In the spirit of *Loving Frank* and *The Paris Wife*, acclaimed novelist Melanie Benjamin pulls back the curtain on the marriage of one of America's most extraordinary couples: Charles Lindbergh and Anne Morrow Lindbergh.

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

HAWAII ISLANDS, ALASKA CRUISE & EASTERN EUROPE

Thursday, September 10

11:30 am - 12:30 pm

NO COST TO ATTEND THIS PRESENTATION

HAWAII 3 ISLAND ADVENTURE

Experience the beauty and culture of Hawaii **February 16-23, 2027**, on this eight-day adventure featuring stays on Oahu, the Big Island and Maui. Highlights include Pearl Harbor, Volcanoes National Park, Black Sand Beach, Maui Tropical Plantation and a traditional Hawaiian Luau. Airfare, accommodations, motorcoach transportation, guided sightseeing and some meals are included.

ALASKA CRUISE TOUR - FAIRBANKS, DENALI NATIONAL PARK

Experience the beauty of Alaska **June 24-July 5, 2027**, on this 12-day trip featuring two nights in Fairbanks, one night in Denali, one night in Anchorage and a seven-night cruise aboard the Norwegian Jade. Highlights include wildlife viewing, glacier cruising, deluxe dome rail travel and visits to Juneau, Skagway and Ketchikan. Airfare, accommodations, cruise, transportation and many meals are included.

EASTERN EUROPE & THE LOWER DANUBE RIVER CRUISE

Travel through seven countries **October 1-12, 2027**, on this 12-day river cruise adventure aboard the luxurious Amadeus Nova. Highlights include Vienna, Budapest, Belgrade, Bucharest, the Iron Gates gorge, guided city tours and onboard cultural experiences. Airfare, accommodations, cruise, excursions and many meals are included.

Join us to learn more about these exciting travel opportunities, including trip details, pricing and everything included.



HEALTH AND WELL-BEING

REGISTRATION IS REQUIRED FOR EVERY PROGRAM. PAYMENT IS DUE AT TIME OF REGISTRATION. REGISTER AT HELMLIFE.ORG

YOGA

Mondays, 9 - 10 am

INSTRUCTOR: Carol Guither

Wednesdays, 9 - 10 am

INSTRUCTOR: Darlene Lovelace

Fridays, 9 - 10 am

INSTRUCTOR: Jessica Kodanko

Tuesdays, 6:45 - 7:45 pm - NEW!

INSTRUCTOR: Abby Chmil



\$8 per class

This hour-long journey is a great start or end to your day. Yoga moves, combined with breathing techniques, promote strength, endurance, stability, mobility and flexibility, improve posture and relieve stress. All levels are welcome. 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

Tuesdays, 5:30 - 6:30 pm - NEW!

INSTRUCTOR: Abby Chmil



\$8 per class

Chair Yoga is a gentle, accessible practice that uses a chair for seated poses and added support in standing postures. This class helps warm up the body safely while improving strength, flexibility, and stability, offering all the benefits of traditional yoga with extra ease and support. All levels are welcome.

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

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

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, through slow, methodical movements. Participants may 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.



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.

DRUMS ALIVE

Thursdays, July 9 - 30

5:15 - 6:15 pm

INSTRUCTOR: Rosa Hunter

Feel the stress melt away as you build strength, sharpen focus, and connect with others through fun, drumming routines. It's not just a workout, it's a rhythm-filled escape where fitness meets music and everyone leaves smiling.



A MATTER OF BALANCE

Mondays and Wednesdays, August 3 - 26

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. Snacks are provided.



FITNESS CENTER

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

Tuesdays, Thursdays - 9 am - 6:30 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.



SLEEP EDUCATION FOR EVERYONE!

Thursday, September 10, 6 - 7:30 pm

FACILITATOR: Lisa Tams, LMSW

Feeling tired or burned out? The Sleep Education for Everyone Program (SLEEP) helps you understand your sleep patterns and learn practical strategies to improve sleep quality. Developed by sleep researchers, a certified sleep medicine specialist, and Michigan State University Extension educators, SLEEP focuses on helping you get the rest your body needs for better health and well-being. See story on page 18.



CAREGIVER COMPASS:

STARTING OUT & STAYING WELL

Wednesday, September 30, 7 - 8pm

LOCATION: THE WAR MEMORIAL

Kick off our new Caregiver Compass series with an engaging panel discussion focused on the emotional side of caregiving. This program will explore the many adjustments that come with becoming a caregiver, including managing expectations, navigating challenges and recognizing the importance of caring for yourself while supporting others.

Panelists will discuss caregiver burnout, stress management, mindfulness tools and ways to find support through community resources, peer connections and professional services. Whether you are new to caregiving or have years of experience, this session is designed to provide guidance, reassurance and meaningful conversation.



LIFELONG LEARNING

REGISTRATION IS REQUIRED FOR EVERY PROGRAM. PAYMENT IS DUE AT TIME OF REGISTRATION. REGISTER AT HELMLIFE.ORG

SING YOUR WAY TO HEALTH AND HAPPINESS

Mondays

2 - 4 pm

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

Fridays, Noon - 1:30 pm

INTERMEDIATE LEVEL

Tuesdays, 11 am - 12:30 pm

Fridays, 1:30 - 3:00 pm

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.

GUITAR FOR BEGINNERS

Thursdays

4 - 5 pm

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 OVER THE SUMMER

Tuesdays, July 14 - September 8

5:30 - 7 pm

INSTRUCTOR: Randi Lou Franklin, PhD.

\$40 for the series

This class will provide an active review of material covered earlier this year in both previous classes. Participants will continue building practical conversational Spanish skills for everyday situations, including dining at restaurants, finding museums or shops, asking for directions and understanding responses.

Students will have the opportunity to practice and strengthen their Spanish language skills with classmates while building confidence in speaking the language. Participants are encouraged to bring a notebook and binder for class materials.



MORNING MINGLE & LEARN: VEIN HEALTH

Wednesday, July 15

10:30 - 11:30 am

PRESENTERS: Jeffery H. Miller, M.D., triple board-certified vein specialist

Join us for coffee and pastries and an informational session to discover the causes and treatments for varicose veins, restless legs, ulcers and spider veins, as well as swelling, itching and pain in the legs. Attendees may take advantage of a free leg ultrasound at the end of the presentation.

ELDER FRAUD TOWN HALL

Tuesday, July 21

6 - 7 pm

PRESENTER: Ryan A Particka, is an Assistant United States Attorney-Anti-Corruption Unit with the U.S. Attorney's Office in Detroit, where he focuses on investigating and prosecuting large, multi-jurisdictional fraud schemes. He is also the district's Elder Justice Coordinator.

The United States Attorney's Office, in partnership with its Law Enforcement Partners and The Helm, will hold a Town Hall to discuss current elder fraud schemes, best practices to avoid becoming a victim of a scheme, and resources to help if you are a victim of a fraud scheme. Snacks and drinks will be provided.





UFOs OVER MICHIGAN

Thursday, July 23

6 - 7 pm

FACILITATOR: Bill Konkolesky

Explore Michigan's most fascinating UFO encounters, including the mass sightings of 1966 in Southeast Michigan and 1994 in Grand Rapids - events witnessed by hundreds, including law enforcement and radar operators. This engaging presentation dives into these cases and other well-documented phenomena from across the Great Lakes State. Led by longtime investigator and speaker Bill Konkolesky, the program offers a compelling look at one of Michigan's most intriguing mysteries.



EFFECTIVE ESTATE PLANNING

Tuesday, August 25

6 - 7 pm

PRESENTERS: Attorneys at Rickard and Associates, P.C.

Lori-Ann Rickard, Esq.

Ronald Rickard, Esq.

Lauren Gilpin, Esq.

This presentation will cover the basics of estate planning, the upsides and downsides of various tools available for estate planning, and steps you can take now to build generational wealth. In addition, the speakers will explain the importance of reviewing your plan regularly to make sure it fits your current needs. Snacks and drinks will be provided.



MORNING MINGLE & LEARN: STEEPED IN KNOWLEDGE

Wednesday, August 19

10:30 - 11:30 am

FACILITATOR: Naszreen Gibson, Owner and Manager of

The Rendezvous with Tea

What began as a dream for Naszreen Gibson, owner and manager of The Rendezvous with Tea, became both a reality and a meaningful way to connect with people from around the world through the shared experience of tea. These teas reflect a spirit of global connection, and the presentation will explore the many health benefits associated with tea drinking. Light refreshments will be served, along with a sampling of teas.



COOKING FALL DELIGHTS

Tuesdays, August 25

5 - 6:30 pm

INSTRUCTOR: Olga Merametdjian

WCCCD Continuing Education Class

FREE TO WAYNE COUNTY RESIDENTS 60 OR OLDER.

Savor the season in this fun, hands-on cooking class where you'll learn to prepare autumn-inspired dishes such as butternut squash soup, roasted root vegetables, savory pies and pumpkin desserts.





LIFELONG LEARNING

REGISTRATION IS REQUIRED FOR EVERY PROGRAM. PAYMENT IS DUE AT TIME OF REGISTRATION. REGISTER AT HEMLIFE.ORG

LUNCH & LEARN

ENERGY SMART SENIORS

Thursday, July 16

Noon - 1 pm

\$10

The Energy Smart Seniors program is a 20-minute presentation that covers energy, efficiency, safety and product demonstration. Join us to learn ways to save on your electricity and natural gas bills. Lunch will be provided and participants will receive an efficiency kit at the end of the presentation. Supplies are limited so sign up today!

RIDESHARING - UBER, LYFT & MORE

Thursday, August 6

Noon - 1 pm

\$10

Ridesharing apps like Uber and Lyft have made getting around town easier than ever. In this Tech Talk, enjoy lunch while we discuss how ridesharing works. Get help setting up the apps, practice using them with professionals, and learn how to keep yourself safe while ridesharing.

TRAVELS WITH RUFUS

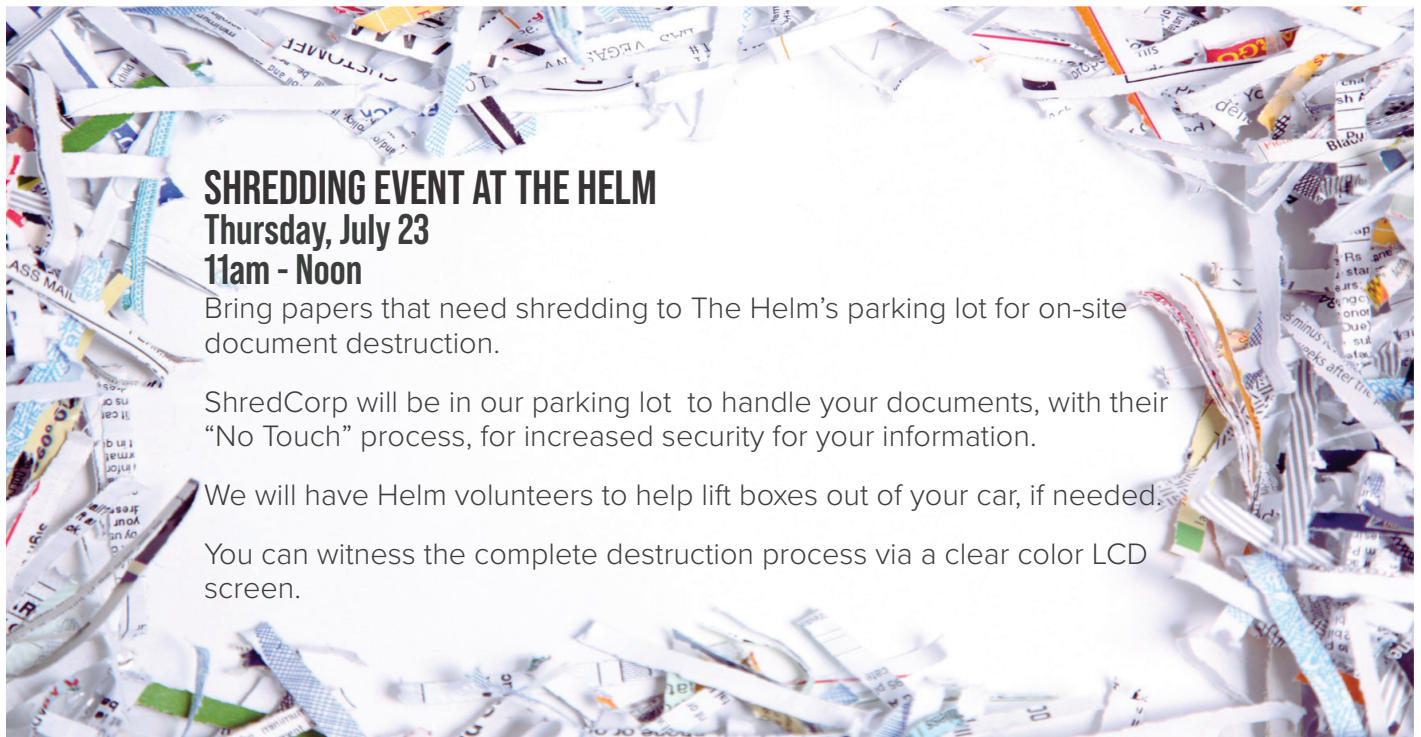
Thursday, September 3

Noon - 1 pm

PRESENTER: Rufus McGaugh

\$10

Rufus is back - and he's bringing the world with him! Having explored an incredible 252 countries, Rufus is ready to take you on a journey to some of his recent travels. After 45 years of teaching at Brownell Middle School in Grosse Pointe Farms, Rufus has traded the classroom for a passport full of adventures. With real-life stories, he'll transport you across continents and share experiences that are as fascinating as they are inspiring. Get ready to travel the globe—no packing required!



SHREDDING EVENT AT THE HELM

Thursday, July 23

11am - Noon

Bring papers that need shredding to The Helm's parking lot for on-site document destruction.

ShredCorp will be in our parking lot to handle your documents, with their "No Touch" process, for increased security for your information.

We will have Helm volunteers to help lift boxes out of your car, if needed.

You can witness the complete destruction process via a clear color LCD screen.



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: Kim Deegan

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.

LIVING ON

First 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, July 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

Tuesday, August 4, 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 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 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

Tuesday, August 4, 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.

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.

SLEEP EDUCATION FOR EVERYONE

Are you tired? Burned out? Do you consider yourself a "good" sleeper? Good sleep is essential for overall health and well-being, but many people struggle to know whether they're getting enough rest or if the quality of their sleep is supporting their health.

Join us Thursday, September 10, from 6 - 7 pm as Lisa Tams, LMSW, ACSW, a veteran staff member at Michigan State University Extension with 17 years of experience as an educator, program supervisor, researcher, and writer, presents the Sleep Education for Everyone Program (SLEEP).

Developed by sleep researchers, a certified sleep medicine specialist, and Michigan State University Extension educators, SLEEP provides practical strategies to help improve sleep quality, increase energy and support overall wellness.

Whether you're struggling with sleep or simply looking to improve your nightly routine, this program offers realistic strategies you can begin using right away.

See page 13 for workshop information.



TRIBUTES & HONORS

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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.

THE HELM WILSON DAY CENTER SUPPORTERS

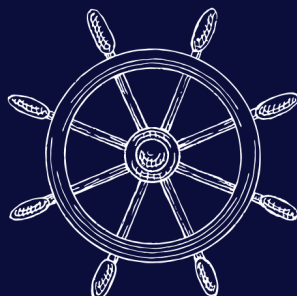
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TAKE THE HELM



30TH ANNUAL GALA

THURSDAY, OCTOBER 8, 2026
GROSSE POINTE YACHT CLUB

THE *HELM* WILSON DAY CENTER

NOW ENROLLING

The Helm Wilson Day Center is now enrolling participants for its new adult day program supporting older adults living with cognitive decline and memory-related conditions.

The program provides structured daytime support, social engagement, enrichment activities and caregiver respite in a safe, welcoming environment.

Families interested in learning more or exploring whether the program may be a good fit are encouraged to contact our team at 313.882.9600 or visit helmlife.org/wilson-day-center

648 St. Clair, In the Village

