

THE HELM LIFE JOURNAL

OCTOBER THROUGH DECEMBER 2026



TABLE OF CONTENTS

Page 3

MESSAGE FROM THE EXECUTIVE DIRECTOR

Page 4

CAREGIVING TAKES MANY FORMS. SO DOES SUPPORT.

Page 6

SEE WHAT'S HAPPENING AT THE HELM

Fall Programs
Pages 8 - 19

TRIBUTES & HONORS

Page 20



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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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FREE NOTARY PUBLIC SERVICE:

Call Lynda at 313.649.2102 to arrange an appointment.

ON THE COVER

Top: Members enjoy a sunny day on the entry porch

Bottom: Fun and dancing at the Jazzy Patio Party, 2026

LIFE'S A JOURNEY.
FIND YOUR WAY.

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04 | FROM THE EXECUTIVE DIRECTOR

06 | CAREGIVING TAKES MANY FORMS. SO DOES SUPPORT.

05 | AI IS ALREADY PART OF EVERYDAY LIFE

07 | WAYS TO GIVE THIS HOLIDAY SEASON



NOW AT THE HELM

FUN & FRIENDSHIP

Bingo & Treats.....	8
Canasta - Hand & Foot.....	8
Crafting for Charity.....	8
Cultural Spotlight: Diwali.....	8
Friendsgiving Dinner.....	9
Games at The Helm.....	12
Halloween Twilight Bingo.....	8
Knitting for Charity.....	8
Matinee Movie at Schaap Movie Theater ..	9
Mahjong Club	8
Pinochle Club	8
Texas Hold 'em Poker	8
Veterans Day Breakfast.....	9
Wise Guys Conversation Group.....	8

FRIDAY LUNCH & A MOVIE

Wake Up Dead Man: Knives Out.....	9
Remarkably Bright Creatures.....	9
Holiday Inn.....	9

FIELD TRIPS

Bianco Nite Lites: Michigan Speedway. 10
Bianco The Historic Whitney
Grosse Pointe Historical Society Lunch 10
Home For The Holidays: DSO
Ikea in Canton Township
Royal Oak Market

OUT TO LUNCH BUNCH

Shores Inn.....	11
Gilbert's Lodge.....	11
Terry's Terrace.....	11

PREMIER WORLD DISCOVERY PRESENTS

Hawaii 3 Island Adventure.....	11
Alaska Cruise Tour	11
Eastern Europe River Cruise	11

BOOK CLUB

Whistler.....	12
Country People.....	12

SUPPORT

Alzheimer's Caregivers Support Group ...	13
Ask the Physical Therapist.....	13
Electronic Device Tutoring	13
Living On	13
Living On Special- Hope for the Holidays	13
Low Vision Support Group	13
Medicare Assistance	13
Parkinson's Support Group.....	13

HEALTH & WELL-BEING

Active Fit.....	14
Awesome Abs	14
Body Alignment	14
Blood Drive by Versiti	15
Chair Yoga.....	14
Enhance Fitness with Paul	14
Enhance Fitness with Rosa	14

Fitness Center	15
Flu Clinic.....	15
Guided Meditation	15
Health For Her- Beauty As We Age.....	15
Strength and Balance.....	15
Tai Chi	14
Yoga.....	14

LIFELONG LEARNING

AARP Smart Driver Course.....	17
Conversational French	16
Cooking Fall Delights	17
DIA Behind the Scenes	17
German for Fun	16
Guitar for Beginners	17
How to Jumpstart Your AI Skills.....	17
Sing Your Way to Health & Happiness.....	16
Spanish	16
The Knowledge Cafe.....	18
Watercolors.....	16

MORNING MINGLE & LEARN

A Taste of Italy	18
Ready, Set, Vote!	18
Unsolved Michigan with Nina Innsted .	18

LUNCH & LEARN

GLP-1s Explained	19
Great Lakes Glamour	19
Tea: Humanity's Healthiest Habit	19
Time for Thyme	19

BETTER TOGETHER



As we move into the final months of the year, I find myself thinking about the importance of connection. It is at the heart of so much of what we do at The Helm, bringing people together, connecting older adults and caregivers with resources and support, and

working alongside community partners to create opportunities that none of us could provide alone.

You'll see that spirit of partnership throughout the coming months. This fall, we'll once again partner with The War Memorial for a special Veterans Day Breakfast honoring those who have served. We'll also bring industry experts to The Helm for our next Health for Her program, focused on skin, hair and nail health as we age. At The Helm Wilson Day Center, we continue to expand the ways we support individuals experiencing memory loss and cognitive decline, as well as the caregivers walking alongside them. Each is different, but all reflect what can happen when people, expertise and organizations come together around a shared purpose.

That same sense of connection is just as important in our everyday lives. As the days grow shorter and colder, it can become easier to stay home and fall out of our usual routines. I encourage you to keep getting out, staying active and making time for the

people and activities you enjoy. There is certainly plenty to keep you busy this quarter, with opportunities to explore everything from artificial intelligence and healthy aging to history, culture and the arts. You can celebrate Diwali, learn a new language, head out on one of our many field trips or gather around the table for Friendsgiving. Whatever sparks your interest, I hope you'll find something that keeps you engaged and enjoying all this season has to offer.

And, of course, being part of a community also means showing up for one another. As we approach the end of the year, our Holiday Giving Tree offers a meaningful opportunity to brighten the season for homebound older adults, while year-end gifts help ensure the programs and essential services at The Helm remain available to those who rely on them. However you choose to support The Helm, your generosity helps make this work possible.

I am incredibly grateful for the members, volunteers, partners, donors and friends who bring The Helm to life every day. Together, you make The Helm a place where people can connect, find support and continue to thrive. Thank you for being part of this community, and I hope you'll find plenty of reasons to spend time with us in the months ahead.

Krista Siddall



HELP MAKE THE HOLIDAYS BRIGHTER

The Helm Holiday Giving Tree Returns November 2

The Helm Holiday Giving Tree returns this November, offering a simple way to bring a little extra joy to homebound older adults in our community.

Last year, 95 people received gifts through the generosity of The Helm community.

Beginning Monday, November 2, stop by the Giving Tree in the Great Room and select a gift tag. Purchase the requested item and return your new, unwrapped gift with the tag attached by Thursday, December 3.

Want to lend a hand?

Volunteers are also needed for gift wrapping on **Wednesday, December 16, from 1-2 PM**, and for deliveries taking place **December 16-21, 2026**.

To volunteer for wrapping or delivery, contact Jessica Doster at 313.649.2107



AI IS ALREADY PART OF EVERYDAY LIFE

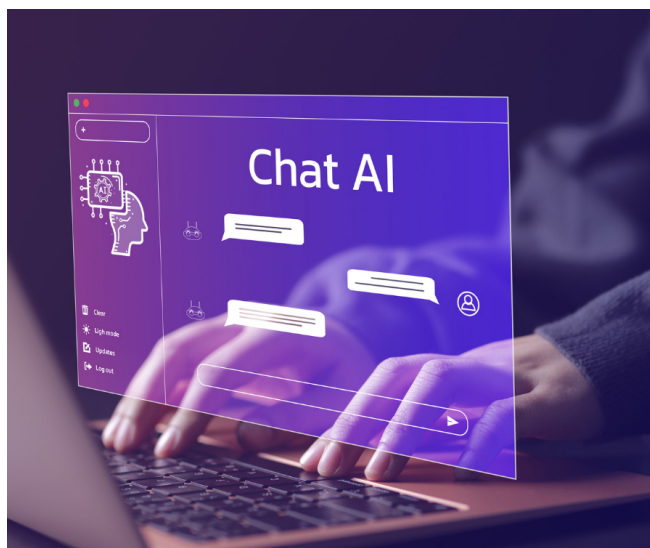
Artificial intelligence may sound futuristic, but chances are you already interact with it more often than you realize. It can help your phone recognize your voice, suggest the fastest route to your destination, filter unwanted emails and recommend movies or music based on what you enjoy.

More recently, tools like ChatGPT have introduced a new way to interact with AI. These tools can answer questions, help draft an email, brainstorm ideas, summarize information, create a recipe from ingredients you have on hand or help plan a trip. As the technology continues to evolve, so do the possibilities for using it in everyday life.

But learning to use AI also means understanding its limitations. AI-generated information isn't always accurate, and privacy and security are important considerations. Knowing what information you should, and shouldn't, share, recognizing when something needs to be verified and approaching AI with a healthy amount of skepticism are just as important as learning what the technology can do.

The good news? You don't have to be a technology expert to start learning.

Curious about AI? Join Oakland University Professor Dr. Dan Arnold, "The AI Man," for **How to Jumpstart Your AI Skills**, a two-part beginner course at The Helm on October 27 and 29. Participants will learn more about what AI is, explore common tools and get hands-on experience using AI for productivity, creativity and everyday life.



CAREGIVING TAKES MANY FORMS. SO DOES SUPPORT.

Caring for someone can take many forms. You may be helping a spouse navigate changing needs, coordinating appointments or services for a parent, bringing meals to a neighbor or simply stepping in when a friend needs a little extra support. You may not even think of yourself as a caregiver. But when someone else begins relying on you for help, questions and responsibilities can add up quickly.

That's why caregiver support at The Helm isn't limited to one program, one diagnosis or one type of caregiving situation. Throughout The Helm, staff work alongside family members, friends and neighbors to help identify needs, navigate options and connect both older adults and the people supporting them with resources that can make life a little more manageable.

Sometimes that support is very practical. Meals on Wheels Coordinator Cathy Beach often works with caregivers who have been preparing or delivering meals for someone, helping determine whether that person may qualify for Meals on Wheels. Through Information & Assistance, Kate Baudeloque helps caregivers navigate outside resources and access items through The Helm medical loan closet. Social worker Elizabeth Ratsek works with individuals and caregivers to coordinate services and determine what kind of support may benefit everyone involved.

For those caring for someone living with dementia, additional specialized support is available. Allie Short, Support & Wellness Specialist, is a licensed social worker and Certified Dementia Practitioner who provides personalized guidance with care planning, future decisions and the changing needs that can come with dementia. Caregivers can also access a curated resource library, support groups, educational presentations and self-care workshops — whether or not the person they care for participates in The Helm Wilson Day Center.

The Wilson Day Center itself is another important source of support. Currently welcoming new participants, the center provides adults 60+ experiencing memory loss or cognitive decline with opportunities for social connection, cognitive stimulation, wellness and meaningful activities in a safe, supportive environment. For caregivers, those hours can provide valuable time to work, run errands, attend appointments, rest or simply take a break.

Caregiving can be rewarding, but it can also bring difficult decisions and a lot to manage. Because every situation is different, the support someone needs can look different, too. Several members of The Helm team have also completed Caring for Caregivers (C4C) training, focused on better understanding the caregiving experience, navigating changing needs and helping caregivers plan for the future.

The holidays can be an especially important time to remember that support is available. Added responsibilities, changing routines and family gatherings can make caregiving more challenging — or bring new needs to light. Whether you have been caring for someone for years, are just beginning to realize someone may need a little more help or aren't quite sure what kind of support you need, The Helm is a place to start.

Not sure what kind of support you need? Give us a call at 313-882-9600. Our team can help answer your questions, explore your needs and connect you with the resources and services that may be right for you.



WAYS TO GIVE THIS HOLIDAY SEASON

There are many ways to make a meaningful difference at The Helm. Your generosity helps keep programs, social opportunities and essential services available to older adults and caregivers throughout our community.

Make a Year-End Gift

A gift made before December 31 is a meaningful way to support The Helm as the year comes to a close. Depending on your individual circumstances, charitable giving may also provide tax benefits. **New for 2026:** Under the One Big Beautiful Bill Act (OBBBA), taxpayers who do not itemize may be eligible to deduct charitable contributions made by cash, check, credit card or payroll deduction to qualified 501(c)(3) organizations like The Helm, up to \$1,000 for single filers or \$2,000 for married couples filing jointly.

Give in Someone's Honor

Shopping for someone who seems to have everything? Consider making a gift to The Helm in their honor. A tribute gift is a meaningful way to recognize someone special while supporting a cause that makes a difference in our community. At your request, The Helm will send a card notifying the honoree of your thoughtful gift; the gift amount will remain confidential. Gifts made in honor or in memory of someone special are also recognized in The Helm Life Journal.

Give in the Way That Works for You

There are many ways to support The Helm. Make an outright gift by cash, check or credit card, or consider other giving options such as:

- **Qualified Charitable Distributions (QCDs)** - If you're age 70½ or older, you may be able to make a gift directly from your IRA to The Helm. A QCD can count toward your required minimum distribution without increasing your taxable income.
- **Appreciated stock** - Donating stock you've held for more than one year may allow you to avoid capital gains tax on the appreciation while potentially receiving a charitable deduction for the fair market value.
- **Donor-Advised Funds (DAFs)** - If you have an established DAF, you can recommend a grant to The Helm through your sponsoring organization.

Each offers a different way to make an impact while choosing an approach that works for you and your financial goals.

Ready to make a gift or have questions about your options? Contact Liz Johnson, Director of Development, at 313-649-2104 or mejohanson@helmlife.org

LEAVE A LASTING LEGACY

Your support of The Helm can make a difference today – and for generations to come.

Including The Helm in your estate plans is a meaningful way to help ensure older adults continue to have a place to find connection, wellness opportunities, meaningful activities and essential support well into the future.

You can include The Helm in your will or trust or name The Helm as a beneficiary of an IRA, retirement account or life insurance policy. Your gift can be a specific amount or percentage, allowing you to create a legacy that reflects what matters most to you.

Interested in learning more about planned giving?

Contact Liz Johnson, Director of Development, at 313-649-2104 or mejohanson@helmlife.org

Tax benefits vary based on individual circumstances. This information is for educational purposes only and is not intended as tax, legal or financial advice. Please consult your tax, legal or financial advisor to determine the giving strategy that is right for you.



FUN & FRIENDSHIP

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

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

Shuffle up and join the fun! Everyone is welcome at The Helm for Pinochle Club! Whether you're a seasoned player, haven't played in years, or have always wanted to learn, we'd love to have you at the table. We play the traditional four-player game using a 48-card deck (three-player games are welcome, too). Come enjoy great conversation, make new friends, and experience the fun and strategy of one of America's favorite card games!

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, pastries and refreshments

HALLOWEEN TWILIGHT BINGO - NEW!



Thursday, October 15

5 - 6:30 pm

\$2 for two cards, pastries and refreshments

Get into the Halloween spirit at our annual Halloween Bingo, twilight edition! Dress up in your favorite costume, wear a silly hat or funny glasses, or simply come as you are. Enjoy delicious Halloween treats, festive fun, and the chance to win spooktacular prizes. It's a frightfully good time you won't want to miss!

CULTURAL SPOTLIGHT: LET'S CELEBRATE DIWALI

Friday, November 6

Noon - 2 pm

SPONSOR: Sharada (Ingrid) and Ashok Sarnaik Endowment

Join us as we celebrate Diwali, the Festival of Lights, with a special cultural experience made possible by the Sharada (Ingrid) and Ashok Sarnaik Endowment. Enjoy an Indian-inspired lunch while learning about the traditions and significance of Diwali and its celebration of light, family, community and new beginnings.

The afternoon will also feature a cultural presentation, live music and dance performances that bring the spirit of Diwali to life. Come celebrate, learn and enjoy an afternoon of food, connection and cultural appreciation.



FUN & FRIENDSHIP



THE HELM LIFE
JOURNAL



Denotes evening program

VETERANS DAY BREAKFAST

Wednesday, November 11

8 - 10:30 am

AT THE WAR MEMORIAL

Please register for this special event by calling
The War Memorial at 313-881-7511.

The Helm and The War Memorial warmly invite all veterans to join us at The War Memorial for a special morning of appreciation in your honor. Enjoy patriotic songs, inspiring keynote remarks, a gourmet breakfast, and the opportunity to connect with fellow veterans in a warm and welcoming atmosphere.

MATINEE MOVIE AT SCHAAP MOVIE THEATER

Wednesday, November 18

1:15 - 4:15 pm

\$12 per person

Sit back, relax and enjoy a first-run movie on the big screen, at the charming Schaap Movie Theatre in beautiful Grosse Pointe Park! Call The Helm for the title of the movie, after November 4. Bus transportation is required to participate. Your registration fee includes the movie ticket and round-trip transportation from The Helm to the theatre and back to The Helm.

Guests are responsible for their own transportation to and from The Helm and for purchasing their own snacks and drinks at the theatre concession.

FRIDAY AFTERNOON LUNCH & A MOVIE

Showtime: Noon **\$12 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.

WAKE UP DEAD MAN: KNIVES OUT MYSTERY (2025)

Friday, October 30 (PG-13 2 hours, 24 minutes)

Detective Benoit Blanc is back and teams up with an earnest young priest to investigate a perfectly impossible crime at a small-town church with a dark history.

REMARKABLY BRIGHT CREATURES (2026)

Friday, November 20 (PG-13 1 hour, 21 minutes)

Through unlikely bonds formed during night shifts at a local aquarium, Tova, an elderly widow, learns of a life-changing discovery that may bring her joy and wonder once again.



HOLIDAY INN (1942)

Friday, December 18 (G 1 hour, 40 minutes)

SPONSORED BY: American House St. Clair Shores

***\$20 per person for a special lunch**

Celebrate the holiday season with a special Lunch & A Movie event! Enjoy a festive catered holiday lunch while watching the beloved classic film Holiday Inn. The film follows a talented singer and dancer who opens an inn that operates only on holidays, leading to a charming love triangle filled with music, romance, and unforgettable performances.

FRIENDSGIVING DINNER

Tuesday, November 17, 5 - 6:30 pm

\$30 per person



Celebrate the season of gratitude with friends at The Helm Thanksgiving Dinner Party! Enjoy all the flavors of a traditional Thanksgiving feast, while creating memories with great friends.

Adding to the festive atmosphere is the incredible Jeff Cavataio, a modern-day crooner whose smooth vocals and engaging style will have you singing along to timeless favorites and heartfelt original songs.

Come hungry, bring your holiday spirit, and enjoy an evening filled with delicious food, fantastic music, and wonderful company.





FUN & FRIENDSHIP

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

IKEA IN CANTON TOWNSHIP

Tuesday, October 13, 9:30 am - 2 pm

\$15 PER PERSON INCLUDES ROUNTRIP TRANSPORTATION

Spend the day exploring IKEA, where you'll find Scandinavian home furnishings, seasonal décor and clever organizational finds. Browse the showroom at your own pace and enjoy breakfast or lunch at the IKEA restaurant - perhaps with their famous Swedish meatballs! Whether you're shopping or simply enjoying a day out, there's plenty to explore.

GROSSE POINTE HISTORICAL SOCIETY & LUNCH

Wednesday, October 21, 10 am - 2:30pm

\$30 PER PERSON INCLUDES ROUNTRIP TRANSPORTATION, AND MUSEUM TOUR

Visit the Grosse Pointe Historical Society's History Center and explore its newest exhibition, Robert O. Derrick: Architect of Dreams. Browse the gallery, enjoy light refreshments, talk with the Collections Manager and take an optional behind-the-scenes tour of the archives. Afterward, we'll head to Mack Avenue Grille for lunch. Lunch is not included in the registration fee and will be paid for individually.

THE HISTORIC WHITNEY-BIANCO TOUR

Wednesday, November 4, 9 am - 4 pm

\$111 PER PERSON INCLUDES ROUNTRIP TRANSPORTATION, LUNCH AND TOURS

REGISTRATION AND PAYMENT DUE BY OCTOBER 23

Spend the day exploring some of Detroit's most iconic destinations! Sip champagne while touring the historic Whitney mansion, enjoy an included lunch at Hudson Café, then go behind the scenes at the beautifully restored Detroit Opera House, including a guided tour of the stage and areas not typically open to the public.

ROYAL OAK MARKET (ART FAIR)

Thursday, November 19, 10:30 am - 2 pm

\$15 PER PERSON INCLUDES ROUNTRIP TRANSPORTATION

REGISTRATION AND PAYMENT DUE BY NOVEMBER 5

Spend the day at the Royal Oak Market: Art Fair Edition, featuring 60 jury-selected artists offering handmade artwork, jewelry, home décor and gifts. Browse the market at your own pace, enjoy live entertainment and grab a bite from one of the food vendors. It's a festive way to shop, explore and enjoy a day out!

NITE LITES AT MICHIGAN INTERNATIONAL



SPEEDWAY-BIANCO TOUR

Thursday, December 10, 2:30 - 9 pm

\$91 PER PERSON INCLUDES ROUNTRIP TRANSPORTATION, LUNCH AND TOUR

REGISTRATION AND PAYMENT DUE BY NOVEMBER 20

Enjoy an included lunch at Jerry's Pub on Wampers Lake, followed by a drive through Nite Lites at Michigan International Speedway, featuring millions of holiday lights, 65 themed displays and a spectacular 250-foot lighted tunnel.

"HOME FOR THE HOLIDAYS" SHOW AT THE DETROIT SYMPHONY ORCHESTRA

Friday, December 11, 9:30 am - 1:30 pm

\$75 PER PERSON INCLUDES ROUNTRIP TRANSPORTATION AND SHOW TICKET

REGISTRATION AND PAYMENT DUE BY DECEMBER 4

Celebrate the season with one of Detroit's favorite holiday traditions! The DSO and special guests bring the magic of the holidays to life with festive favorites, performed in the warmth of Orchestra Hall. Make memories to cherish for years to come with a concert filled with joy, music, and holiday spirit.



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.

Registration is required at least one week prior to the event date to ensure accommodations can be made.

SHORES INN, ST. CLAIR SHORES Thursday, October 15

Noon - 2:30 pm

Meet us at Shores Inn for a casual lunch featuring favorites like burgers, sandwiches, pizza, wings, and other classic American fare.

GILBERT'S LODGE, ST. CLAIR SHORES Thursday, November 12

Noon - 2:30 pm

Meet us at Gilbert's Lodge for a cozy Northwoods-style atmosphere and a large menu featuring famous burgers, small plates, hearty meals, healthy sautés, pizza, and more.

TERRY'S TERRACE, HARRISON TOWNSHIP Wednesday, December 16

Noon - 2:30 pm

Meet us at Terry's Terrace for a wide variety of favorites, including steaks, seafood, burgers, sandwiches, scratch-made soups, and more, along with a fun holiday menu featuring seasonal specials.

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

HAWAIIAN ISLANDS, ALASKA CRUISE & EASTERN EUROPE
Wednesday, December 2
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.



FUN & FRIENDSHIP

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

THE HELM BOOK CLUB- THE NOVEL NETWORK

Everyone's invited to join The Helm Book Club – The Novel Network! Books are provided through a generous donation from the Grosse Pointe Board of REALTORS® and are available at the front desk one month before the club meets. Quantities are limited.

Snacks and drinks will be provided during the meetings.

WHISTLER BY ANN PATCHETT

Thursday, November 5

5:30 - 7 pm



Join us for a special evening of community and connection as we celebrate The Novel Network Book Club and the generosity of the Grosse Pointe Board of Realtors. A special reception will be held beginning at 5 PM with representatives from the Grosse Pointe Board of Realtors to recognize their thoughtful gift in memory of their late member, Marilyn Stanitzke.

An avid reader and lover of books, Marilyn generously set aside funds in her will to support community outreach. The Grosse Pointe Board of Realtors chose The Helm's Novel Network Book Club as a recipient of this gift, allowing us to provide free copies of each selected book for our members and continue fostering meaningful conversations through reading.

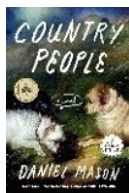
The Book Club discussion will begin at its usual time of 5:30 PM.

The acclaimed, prize-winning #1 New York Times bestselling writer returns with a moving novel that reminds us of the sweetness of life and the power of connection. Whistler is a 2026 novel about a woman who unexpectedly reconnects with her former stepfather, at the Metropolitan Museum of Art, after nearly 40 years, forcing them to confront a past tragedy and their profound, enduring bond.

COUNTRY PEOPLE BY DANIEL MASON

Thursday, December 17

5:30 - 7 pm



Country People is a humorous and lyrical novel that follows an academically stalled PhD student, his wife, and their kids as they leave Northern California to spend a year in rural Vermont. It explores marriage, parenthood, and the nature of belief as Miles navigates a cast of eccentric locals and a bizarre legend.

GAMES AT THE HELM

Join us at The Helm for a variety of games, including canasta, euchre, bocce, pool, darts, cornhole and more. Some card games are organized by existing groups, so we encourage you to 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.





SUPPORT



THE HELM LIFE
JOURNAL



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

ALZHEIMER'S CAREGIVERS SUPPORT GROUP

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

FACILITATOR: 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 and Third Fridays 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.

LIVING ON SPECIAL- HOPE FOR THE HOLIDAYS

Friday, November 20, 10 - 11 am

FACILITATOR: Hospice of Michigan

The holiday season can be especially challenging for those grieving the loss of a loved one. In this special Living On session, featuring Hospice of Michigan's Hope for the Holidays program, get support and guidance for navigating a season often filled with memories, family traditions, and emotions.

Participants will explore strategies for coping with holiday-related challenges, honoring memories, and practicing self-care during this emotionally significant time of year.

ASK THE PHYSICAL THERAPIST

Thursday, October 8, 9 - 10 am

FACILITATOR: Jessica Malfa, PTA, David Gilboe & Associates

"Should I see my doctor regarding . . . ?" "What exercises should I do for . . . ?" The therapist is here to answer general questions related to exercise and wellness

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.

HERE WHEN YOU NEED SUPPORT

Navigating the challenges that can come with aging, whether for yourself, a family member, friend or neighbor, can sometimes feel overwhelming. The Helm is here to help.

Our knowledgeable and caring team can help you understand your options, find the right resources and connect with services that support safety, independence and quality of life. From Meals on Wheels, home care and transportation assistance to home maintenance, support groups and more, you don't have to figure it all out on your own.

Not sure where to turn? Start with The Helm.

Call **313.882.9600** or visit **helmlife.org** to learn more.



HEALTH AND WELL-BEING

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

\$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 WITH PAUL

Mondays and Wednesdays, 11:45 am - 12:45 pm

INSTRUCTOR: Paul Clark

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!

ENHANCE® FITNESS WITH ROSA

Wednesdays and Fridays, 2 - 3 pm

October 14 - December 18* no class Nov 11, 18 & 27

INSTRUCTOR: Rosa Hunter

LOCATION: HARPER WOODS LIBRARY, 19601 HARPER AVE, HARPER WOODS

This class aims to improve the overall functional fitness and well-being of older adults. This ongoing, evidence-based class includes exercises that focus on four key areas important to the health and fitness of participants: low-impact cardiovascular, dynamic and static balance work, strength training and stretching.

BODY ALIGNMENT

Mondays, 1 - 2 pm, Session Ends 12/7

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, Session Ends 12/7

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.



HEALTH AND WELL-BEING



THE HELM LIFE
JOURNAL



Denotes evening program

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.

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.

FLU CLINIC AT THE HELM

Friday, October 23, 8:30 am - 1:30 pm

SPONSOR: Sunrise of Grosse Pointe Woods

APPOINTMENTS REQUIRED. CALL 313-882-9600 TO SCHEDULE YOUR FLU SHOT
Protect yourself and others, this flu season, by getting your annual flu shot. Healthcare professionals from Henry Ford Medical Center will administer vaccinations at The Helm. Please bring your Medicare card, driver's license or Michigan ID, and any supplemental health insurance cards. If you do not have Medicare, there will be a charge for the vaccine; coverage may vary by insurance plan.

BLOOD DRIVE BY VERSITI

Friday, December 4, 10 am - 2:30 pm

TO REGISTER, CALL 866.642.5663

Give the gift of life by participating in our Versiti Blood Drive at The Helm. Blood donations are an essential way to support patients in our community and help ensure lifesaving blood products are available when they are needed most.

Whether you are a first-time donor or a regular donor, your contribution can make a meaningful difference. This blood drive is open to the community.

Membership at The Helm is not required.

HEALTH FOR HER: BEAUTY AS WE AGE - HAIR, SKIN & NAILS



Thursday, October 22

6 - 7:30 pm

Hair, Skin & Nails as We Age will take a fresh, practical look at what really changes over time—and what today's beauty and wellness world says we can do about it. From thinning hair, dry or sensitive skin, changing nails, and sun damage to newer topics like peptides, Korean skincare routines, retinoids, collagen products, scalp health, LED/red-light treatments, and regenerative skincare, we'll separate promising science from clever marketing and help participants understand which approaches may actually be worth considering.

The program will bring together physicians, dermatology professionals, and industry experts to explain what is new, what is proven, what remains uncertain, and how to choose products and treatments safely. Participants will have plenty of opportunity to ask the questions they are really wondering about—from hair loss and age spots to expensive serums, supplements, injectables, and the latest skincare trends. The goal is simple: clear information, expert answers, and practical ways to feel healthy and confident at every age.



HEALTH
FOR HER
AT THE HELM



LIFELONG LEARNING

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

CONVERSATIONAL FRENCH

BEGINNER LEVEL, Session Ends 12/11

Tuesdays, 9:30 - 11 am

Fridays, Noon - 1:30 pm

INTERMEDIATE LEVEL, Session Ends 12/11

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.

GERMAN FOR FUN

**Tuesdays and Thursdays, October 6 - December 8
10 am - noon**

INSTRUCTOR: Barbara Rothstein

FREE TO WAYNE COUNTY RESIDENTS 60 OR OLDER.

Guten Tag! Come explore the German language in a relaxed, friendly setting. This slow-paced class is designed especially for seniors and focuses on easy conversational words and phrases, useful travel expressions, and fun cultural tidbits. No prior German experience needed.

BEGINNING SPANISH

**Tuesdays, October 13 - December 15
10 - 11:30 am**

INSTRUCTOR: Dr. Randi Lou Franklin, PhD.

\$40 for the series

Designed for those with little or no prior Spanish experience, this class offers an introduction to the Spanish language and culture. Students will learn basic vocabulary, pronunciation, greetings, numbers, and conversational phrases while building confidence through interactive practice with classmates. A notebook is recommended.

The registration fee covers the complete series of classes. A recommended workbook is available for purchase on your own. Call The Helm for the workbook title.

CONTINUED SPANISH

**Tuesdays, October 13 - December 15
5:30 - 7 pm**

INSTRUCTOR: Dr. Randi Lou Franklin, PhD.

\$40 for the series

Designed for those with previous Spanish experience or those who have completed earlier Spanish classes, this course continues to build language skills through conversation, vocabulary development, and practical application. Students will participate in interactive activities, practice real-world situations with classmates, and gain confidence using Spanish in everyday conversations. Notebooks and folders for handouts are recommended.

The registration fee covers the complete series of classes. A recommended workbook is available for purchase on your own. Please call Rita at 313-649-2103 for the workbook title.

SING YOUR WAY TO HEALTH AND HAPPINESS

Mondays

2 - 4 pm, Session Ends 11/9

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.

WATERCOLORS

**Tuesdays, October 13 - December 8
3:30 - 5:30 pm**

PRESENTER: Elizabeth Russano

FREE TO WAYNE COUNTY RESIDENTS 60 OR OLDER.

Learn new watercolor techniques or brush up on old skills. There's fun to be had by all as we explore the wonder of this fun, expressive art game. We will paint still life objects, florals, and landscapes. Call The Helm for the supply list.





COOKING FALL DELIGHTS

Tuesdays

5 - 6:30 pm, Session Ends 11/3

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.

GUITAR FOR BEGINNERS

Thursdays, Session Ends 12/10

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.



DIA BEHIND THE SCENES: THROUGH HER EYES II - WOMEN PHOTOGRAPHERS

Friday, October 9

10 - 11 am

FACILITATOR: DIA Docent, Vernice McDaniel

Join us for a special Behind the Scenes presentation from the Detroit Institute of Arts featuring the work and stories of influential women photographers from the 19th and 20th centuries. A DIA docent will guide us through the impact and artistry of these pioneering women, exploring how they shaped the world of photography and expanded the possibilities of the medium. Light refreshments will be provided.



AARP SMART DRIVER COURSE

Thursday, October 22 & Friday, October 23

10 am - 1 pm

\$20 for AARP members and \$25 for non- AARP members to be paid in person, by check, to the AARP instructor on the first day of the course.

Participants should attend both days of the course. Snack and drinks are provided.

AARP's Smart Driver Course teaches proven driving techniques to help keep you and your loved ones safe on the road. You will learn:

- Important facts about the effects of medication on driving
- How to reduce driver distractions
- How to maintain proper following distance behind another car
- Proper use of safety belts, air bags, anti-lock brakes and new tech found in cars today
- Techniques for handling left turns, right-of-way, and roundabouts
- Age-related physical changes and how to adjust your driving to compensate

HOW TO JUMPSTART YOUR AI SKILLS

TUESDAY, OCTOBER 27 & THURSDAY, OCTOBER 29

5:30 - 7 pm

FACILITATOR: Dr. Dan Arnold, Oakland University Professor

\$40 total for both sessions

Join Dr. Dan Arnold (The AI Man) for this engaging two-part beginner course designed to make AI easy to understand and use.

Participants should attend both days of the course. Snack and drinks are provided.

Session 1: AI-The Good, The Bad and The Unknown

- Learn what AI is & how it is changing everyday life
- Explore popular AI tools, assistants, and possibilities

Session 2: Tool Time: Exploring Common AI Tools

- Get hands-on practice with real AI platforms
- Build confidence using AI for productivity, creativity, and daily life





LIFELONG LEARNING

REGISTRATION IS REQUIRED FOR EVERY PROGRAM. PAYMENT IS DUE AT TIME OF REGISTRATION. REGISTER AT [HEMLIFE.ORG](https://helmlife.org)

THE KNOWLEDGE CAFÉ – A MONTHLY SERVING OF LIFELONG LEARNING

WEDNESDAY, OCTOBER 7
WEDNESDAY, NOVEMBER 18
WEDNESDAY, DECEMBER 9
1 - 2 pm

The Knowledge Café is a monthly gathering where we explore a new topic through engaging videos from GetSetUp. From healthy cooking and travel to technology, Medicare, exercise, and lifelong learning, each session offers something different. Sit back, enjoy the presentation, and discover something new each month.

October topic: Travel & History

November topic: Food

December topic: Technology

Senior Expo

Thursday, October 22 | 8:30 AM–1:30 PM

Join us for a day of information, resources and entertainment at the annual Senior Expo! Explore more than 50 exhibitors offering resources for older adults, caregivers and families, along with health and wellness screenings, lunch and more.

This year's keynote speaker is Chuck Gaidica, former WDIV meteorologist and longtime Detroit media personality.

The day will also feature live entertainment from Devin Scillian and his band, Arizona Son.

Assumption Cultural Center
21800 Marter Rd., St. Clair Shores

 **FREE** No registration required

MORNING MINGLE & LEARN

READY, SET, VOTE!
WEDNESDAY, OCTOBER 21
10:30 - 11:30 am

PRESENTER: The League of Women Voters of Grosse Pointe
The choices are yours when you cast your ballot in this November's election. A speaker from the League of Women Voters Grosse Pointe will talk about where to get impartial information about candidates, issues, and voting options (early, by mail, and on Election Day.) There will be an opportunity for questions from the audience. Boost your confidence when you vote! Come to the Morning Mingle and Learn on October 21, 2026. Pastries and coffee will be served.

UNSOLVED MICHIGAN WITH NINA INNSTED
Tuesday, November 10
10:30 - 11:30 am

PRESENTER: Nina Innsted, true crime expert, president of Missing in Michigan, host of the Already Gone podcast, and author of "Unsolved Michigan"

Did you know that over 600,000 people go missing each year in the United States? Many missing children and adults are quickly found, alive and well, but tens of thousands remain missing. Join us for coffee and pastries, with Nina Innsted, to hear gripping, true crime stories from Metro Detroit. Nina will share information about Missing in Michigan, the association that provides support to law enforcement and the families of missing persons, by collaborating in efforts to help bring them home. Nina will also share excerpts from her book, "Unsolved Michigan", which explores various unsolved cases in the state.

A TASTE OF ITALY
Wednesday, December 2
10:30 - 11:30 am

PRESENTER: Jonathan Itchon, mediation instructor at The Helm
Join Jonathan Itchon as he shares highlights from his amazing trip to Italy. Enjoy a taste of Italian culture as you learn some Italian phrases, sample authentic Italian snacks, and discover more about Italy's delicious food, beautiful architecture, fascinating history, and welcoming people.



LIFELONG LEARNING

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

LUNCH & LEARN

GLP-1S EXPLAINED WEDNESDAY, OCTOBER 14 Noon - 1 pm

FACILITATOR: Dr. Robin Samyn
\$12

Enjoy lunch while Dr. Robin Samyn takes a closer look at GLP-1 medications and why they have become such a hot topic in healthcare today. Learn what GLP-1s are, how they work, and how they are being used for diabetes management, weight reduction, and other areas of health. Bring your questions and discover what the future may hold for these innovative medications.

TIME FOR THYME TUESDAY, OCTOBER 20 Noon - 1 pm

FACILITATOR: Herb Society of America, Grosse Pointe Unit
\$12

Spend your lunch exploring the wonderful world of herbs with the Herb Society of America, Grosse Pointe Unit. Learn about the organization, their passion for herbs, the gardens they maintain throughout the community, and the many ways herbs can be used and enjoyed. Discover tips for preserving herbs, creative ways to use your garden's harvest, and ideas for making your own herbal gifts. You'll also be able to take home a little something special with fun herbal giveaways! Join us for a delicious lunch and a delightful afternoon rooted in nature.

TEA: HUMANITY'S HEALTHIEST HABIT Thursday, November 5 Noon - 1 pm

FACILITATOR: James Norwood Pratt and Howard Davis
\$12

Tea is the world's most widely consumed beverage. James Norwood Pratt is known in the worldwide tea trade as America's "Tea Sage". His books and talks on tea have informed and inspired many thousands and sparked our present-day tea Renaissance. He and Eastern Market's beloved tea and coffee merchant, Howard Davis, will discuss the history, types and health aspects of this delicious drink. Tea will be served with lunch, and James' books will be available for purchase.

GREAT LAKES GLAMOUR: THE STORY OF THE LUXURY LINERS Thursday, December 3 Noon - 1 pm



FACILITATOR: Bruce Allen Kopytek, author of "The D&C and the Fabulous Luxury Liners of the Great Lakes"
\$12

Learn about a time when lake travel meant luxury and style. Author Bruce Allen Kopytek shares a fascinating look at a bygone era on the Great Lakes in this interesting presentation. Drawing from his book, Bruce will explore the history, elegance and cultural impact of the Detroit & Cleveland Navigation Company and the grand passenger steamers that once defined travel on the inland seas.

SPONSORS & IN-KIND DONORS

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

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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.

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Donations received between May 12, 2026, and August 11, 2026. If there are any errors or omissions, please contact 313.649.2104 so we may make corrections.



COMPASSIONATE DAYTIME SUPPORT

The Helm Wilson Day Center offers structured daytime programming and meaningful social engagement for older adults living with memory loss or cognitive decline.

Caregivers and families gain support, reassurance, and time to recharge knowing participants are spending the day in a welcoming environment focused on connection and compassionate care.

Now Welcoming New Participants



To learn more or schedule a tour,
call 313.882.9600 or visit
HelmLife.org/Wilson-Day-Center

THE HELM WILSON DAY CENTER IS GRATEFUL FOR THE SUPPORT AND LEADERSHIP FROM:

Ralph C. Wilson, Jr. Foundation, Henry Ford Health, Russell Development Company, Marianne Langlois and Deb Sloss