

C.A.R.E. Program *In-Person Offerings*

January - May 2022

Limited seats available. Social distancing and masks may be required based on the CDC recommendations. Due to the changing recommendations of the Covid-19 pandemic, these in-person classes may have to be canceled or postponed. All payments must be made online. No cash accepted on location. Refunds will be provided if classes are canceled.



In-Person Classes:

Self-Care from the heART

Time: 12:00 - 1:00pm

Cost: \$10 per person; No experience necessary. Supplies will be provided during class.

Location: Henry Ford West Bloomfield Hospital-Ravitz Atrium

CLASS	DATES AND TIMES	ADDITIONAL DETAILS
<i>Painting on canvas</i>	4/28/22	Choose from a variety of Spring images and learn to transfer an image onto canvas for painting, mix the perfect colors, and add your personal style. This project can be completed during this class.
<i>Altered Book Club</i>	5/5/22	Learn different ways to transform an old hardcover book into a new work of art. A variety of techniques will be demonstrated to get you started. You will be able to finish this project on your own time.
<i>Fiber art-weaving</i>	5/12/22	Create your own one-of-a-kind woven fiber wall art. You will learn a variety of techniques for weaving and have access to colorful yarn to work with. This project can be completed during this class.

Other Educational events are being added. Please visit our website for the most up-to-date information

To sign up for any C.A.R.E. class, visit [HenryFord.com/CaregiverWellness](https://www.henryford.com/CaregiverWellness)

Once you register, you will receive an email with a link to join your virtual class and more instructions for the in-person class.

For questions, call 1-866-574-7530 or email CaregiverResources@hfhs.org



Classes are sponsored by Henry Ford Health System C.A.R.E. Program (Caregiver Assistance Resources And Education) and iCare4U ERG

C.A.R.E. Program *Virtual Offerings*

January - May 2022

Henry Ford's C.A.R.E. Program continues to provide virtual support and some new in-person offerings for family caregivers and the community. Using **Webex**, participants may join by calling in from a phone or connecting with a tablet, iPad or computer.

Virtual Classes:

CLASS	DATES AND TIMES	ADDITIONAL DETAILS
<i>All About Advance Directives</i>	Third Monday of every month at 11 a.m.	Learn the various aspects of an advance directive and the importance of having the conversation with your loved ones.
<i>C.A.R.E. Program Overview</i>	Third Thursday of every month at 10 a.m.	Learn the various ways the C.A.R.E. Program Specialists assist caregivers find support and resources in the community.
<i>Caregiver Support Group</i>	Tuesdays at 11 a.m. and 6 p.m.	We welcome everyone to join this group who is caring for another person whether it is one day a week or 24 hours a day.
<i>Creative Mindfulness With Art</i>	Wednesdays at 10 a.m. and Thursdays at 6 p.m.	Designed for adults of any age, this class is led by an art therapist and features a new project each week. Join one or all sessions.
<i>Dementia-Related Topics</i>	Second Monday of every month at 12pm.	Hear information about dementia-related topics presented by experts from the Alzheimer's Association of Michigan.
<i>Housing for Older Adults</i>	January 28, 2022 at 11 a.m.	You will learn about the types of senior housing options available to older adults, considerations for moving into senior housing, and tips for getting organized before a crisis occurs.
<i>Kids' Art Club</i>	Fridays at 11 a.m.	This class is designed for school-age children to use everyday items as art materials.
<i>Patient Education: How To Series</i>	April 7 and May 5 at 12 p.m.	Each learning session will go over common questions about health care topics. See website for more details.
<i>Self-Care Hour with Kelly</i>	Wednesdays at 12 p.m.	Bring your own project to work on while supporting one another during this one hour self-care session.
<i>The Art of Rightsizing and Downsizing Your Home</i>	February 7, at 11 a.m.	Debra Scheck, a Licensed Clinical Social Worker and Senior Real Estate Specialist, will show you how to focus on your preferences, needs, and desires for transitioning you, or a loved one, to a new living environment.

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