



April 2021 Newsletter

Connect with the Henry Ford Health System C.A.R.E. Program

We are here for YOU! The HFHS C.A.R.E. Program hosts classes, support groups and events to support family caregivers, as well as, patients, families, friends, neighbors and the community at large. As always, classes are offered via WebEx and open to all. You do not have to be a caregiver to join a class. We offer various classes focus on a variety of health, well-being, support, and mindfulness topics. The classes continue to be FREE, however do require advance registration. You can register for all classes at: www.henryford.com/caregiverwellness. See the attached updated class flyer.

You can also contact us via Email: CaregiverResources@hfhs.org, Toll Free: 866-574-7530, Website: www.henryford.com/familycaregivers or Join our Facebook Group "Henry Ford Health System Family Caregivers"

Caregiver Educational Topic Highlights

- **Self-Care with Keila: Boosting Joy Monday April 12th at 11am and 6pm:** Go beyond positive thinking through connecting what you can do by changing even 1 minute of your day in creating effective and efficient habits to enhance your happiness. Self-Care classes are designed to help identify and support you. The classes are held for 1 hour and facilitated by a Licensed Professional Counselor and Health Educator, Keila Kilgore, MA, LPC. All are welcome to join.
- **Daily Visual Journal: Starts Wednesday April 14th at 12pm:** A creative exercise to help inspire your inner artist! Learn simple art techniques that you can use every day to strengthen your creative problem-solving skills and improve your self-care routine. This is a once a week class for 6 weeks. You only need to register one time. Each week the art technique can be done within a journal book or on separate sheets-this is totally up to you and your preference!
- **Fall Prevention and Safety at Home April 26th at 11am and April 28th at 6pm:** Participants will learn from an Oakland University Professor and Henry Ford Health System Physical Therapist, Dr. Sara Arena. She will discuss home safety tips to modify your home to reduce falls. She will also discuss safe techniques to use when a fall occurs and help you develop an action plan.

"Thanks to Veronica and Shawn for being available to listen and encourage all of us caregivers. I appreciate you both." Sharon H.



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In Other Caregiver News...

April 16th is National Health Care Decisions Day

National Healthcare Decisions Day (NHDD) exists to inspire, educate and empower the public and providers about the importance of advance care planning. NHDD is an initiative to encourage patients to express their wishes regarding healthcare and for providers and facilities to respect those wishes, whatever they may be. To learn more about advance care planning and advanced directives, please visit: <https://www.henryford.com/visitors/advance-care-planning>

HFHS News: C.A.R.E. Program Kid's Art Club Featured

Recently, the Kid's Art Club was featured in the Henry Ford Health System News Program and can be seen here starting at the 4:45 minute mark. [HFHS News 4/2/21 - YouTube](#). Thank you to Dana Jay for coming and experiencing first-hand what the Kid's Art Club has to offer. This class is designed for school-aged kids that are learning remotely/virtually, homeschooling, or are not in school yet. All sessions are taught by Kelly Darke, registered art therapist. TAB - Teaching Artistic Behavior is a "learner-directed approach that meets the needs of all learners through choice, agency, flexibility, and emergent curriculum." Registration can be found at www.henryford.com/caregiverwellness

VA to host Caregiver Summit and Resource Fair in May 2021

On behalf of the VA's Caregiver Support Program, we would like to invite you to join us at the **Caregiver Support Resource Fair (May 11, 13, 18, and 20 from 1-3pm)** and **Caregiver Summit (May 5 from 10am-12pm)**. The purpose of these events is to bring the community together with the goal of addressing the support needs of caregivers and families of Veterans residing in Southeast Michigan and Northwest Ohio. Presentations from VA programs, state government agencies and community organizations will be shared: covering topics on mental health, aging services, legal, social security, substance abuse, spiritual health, homeless services, transitional care management, hospital caregiver programs, Veterans Benefit Administration, suicide prevention and more. See attached flyers for details and registration information.

Wayne State University Institute of Gerontology Issues in Aging Conference

Wayne State University's Institute of Gerontology is hosting a virtual conference on **May 19th** on the **Team Approach to Frailty Care**. This event is open to professionals, students, and Seniors. Topics include: Cannabinoids for Agitation in Dementia: Clearing the Smoke, Caregiving in Diverse Populations, Aging in Place: Key to Good Life, and The Care of People with Dementia as a Life Calling. Registration and more information can be found at:

[Institute of Gerontology Home \(wayne.edu\)](http://InstituteofGerontologyHome.wayne.edu). See attached flyer for details.