



C.A.R.E. PROGRAM
Caregiver Assistance Resources and Education Program

iCare4U News, August 2019

Did You Know?

Over the past 12 months, the Henry Ford C.A.R.E. Program has interacted with over 5,000 caregivers!

Adopt-a-Road

HFHS' Employee Resource Groups adopted a one-mile stretch of road in Hamtramck. They are seeking volunteers for the semi-annual clean up scheduled for **September 28 from 8:30 a.m. to 1 p.m.** Friends and family are more than welcome to attend, and volunteers will receive a free Henry Ford Health System t-shirt.

The road is Hamtramck Drive between East Grand Boulevard and Conant. For parking purposes, use 2380 Hamtramck Drive as your GPS destination. A mandatory safety meeting will be held at 8:15 a.m. that morning. Volunteers are advised to park on the side adjacent of the railroad tracks. Please [register](#) as soon as possible. Questions? Please contact [Jacob Sierocki](#) (Pride ERG President) or [Aaron Sohaski](#) (GenERG-Y ERG Chair).

Monthly Caregiver Classes Coming to St. Jane Frances de Chantal Church

Location: 38750 Ryan Road, Sterling Heights, MI 48310

September 7, 2019 – Advance Directives and Verbal De-escalation Techniques

October 5, 2019 - Home Safety and Medication Safety

November 2, 2019 – Lakeshore Legal Aid-Estate Planning and Utilizing Local Resources

January 4, 2020 – Caregiver Resilience Training

February 1, 2020 – Art Therapy Program

Cost per session is \$5 per person. Light refreshments will be offered. **Registration appreciated, but walk-ins are welcome. Call to register 586-977-8080 or email: dmazur@sjfparish.org**

Art Therapy for You



Come relieve stress by creating art with fellow caregivers in an uplifting, supportive environment. This session is **FREE** and is open to employees, their friends and family members. Space is limited! Pre-registration required. Classes fill quickly! www.henryford.com/paintingwithkathy. All classes begin promptly at 4pm and a light dinner is provided! Final class of the year will be held on Wednesday, Nov. 20, at Henry Ford Macomb Hospital, Clinton Township.

8/14/19 iCare4U Art Session at Henry Ford West Bloomfield



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Caregiver Concierge

One-on-one meetings for caregivers with C.A.R.E. Program experts. Meet in person or over the telephone. There is no cost. Contact us today to schedule your consultation. Or, call (313) 874-4838 or email CaregiverResources@hfhs.org

The Henry Ford C.A.R.E. Program www.henryford.com/familycaregivers

(313) 874-4838 CaregiverResources@hfhs.org

Monthly Caregiver Support Groups at 6 Locations!

Find a support group near you: www.henryford.com/caregiversupportgroup

We have locations in Troy, Clinton Twp., Detroit, West Bloomfield, Plymouth and Wyandotte.

Our support group leaders:

