



August 2021 Newsletter

Presented by the HFHS C.A.R.E. Program

Caregiver Educational Topic Highlights

Check out the attached Fall 2021 flyer for the HFHS C.A.R.E. Program various classes and support groups that focus on a variety of health, well-being, support, and mindfulness topics. The classes continue to be FREE, however, do require advance registration. Classes are open to all patients, caregivers, employees, and the community. ***For questions or discuss your caregiver concerns one on one:***

- Email: CaregiverResources@hfhs.org,
- Toll Free: 866-574-7530
- Website: www.henryford.com/familycaregivers
- **Join our Facebook Group** "Henry Ford Health System Family Caregivers"

Caregiver Support Groups Online Offered Tuesdays at 11am and 6pm EST

We are offering virtual support groups most Tuesdays at 11 am and at 6 pm. Every type of caregiver is invited to join! You can join by telephone, computer, tablet and/or iPad. Registration is below. We will email you a link to join and login instructions after registration.

Creative Mindfulness with Art Offered Two Times Weekly beginning September 8th and 9th

The sessions are designed for people of all ages to participate and are guided by an Art Therapist. A new project will be offered every week. The Wednesday morning session is at 10am EST and the Thursday evening session is at 6pm EST. Topics covered will focus on self-awareness, support systems, gratitude, and reframing negative thoughts.

Kids Art Club returns weekly on September 10th at 11am EST

Art helps us to express ideas that cannot be explained with words alone. Creating art is also a safe and healthy way to reduce stress, which is something that benefits everyone. All classes will be taught by Kelly Darke, registered art therapist using the TAB method. Teaching Artistic Behavior (TAB) is a "learner-directed approach that meets the needs of all learners through choice, agency, flexibility, and emergent curriculum.

NEW monthly Alzheimer's Education Series offered starting September 13th at 12pm EST

This educational series will be presented by an expert from the Alzheimer's Association of Michigan. Topics will be different each month. You can register for one session or all of them.

Register for all FALL 2021 classes and support groups at: www.henryford.com/caregiverwellness.

Login information for all classes and support groups will be sent once you are registered. All classes offered in collaboration with the HFHS iCare4U ERG.



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Caregiver Views and Feedback

“The Caregiver Binder changed our lives. I used to go to all of my brother’s doctor’s appointments, but now he feels confident going alone with the binder.” *Telephone caller*

In other News, Adopt-a-Road July 24

Community service through Adopt-a-Road was held July 24, 2021! Henry Ford employees and Employee Resource Group (ERG) members cleaned a one mile stretch of Hamtramck Drive between East Grand Boulevard and Joseph Campau Avenue. 50 bags of litter was collected!



Community Education Opportunity MIOCA September 13 @ 5:30pm

Join Jane Felczak, Manager Safety and Reliability, Henry Ford Health System as she presents her well-received presentation on Resilience. Resilience education is intended to enhance your resilience for your own well-being and the well-being of your families and others. This resilience presentation combines the best available data and tools with humor and real-life experiences. This session can be a rewarding experience for participants, encouraging self-reflection, validation of personal strengths and helping to recharge those nearly dead batteries. Email info@mioca.org or call (734) 800-6144 for information.