



iCare4U News December 2020

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Thank You!

We would like to extend our deepest gratitude to all the caregivers, patients, employees, family and friends that participated in our support groups and classes this year as we transitioned to virtual programming due to COVID-19.

Also, a special thanks to our Art Therapist, **Kelly Darke** and Self-Care expert, **Keila Kilgore** for their wonderful leadership during these sessions.

2020 By the Numbers

Between January and March, we held **35 in-person classes and events** with **523 participants**.

In June, we transitioned to 100% virtual programming. Since then, we were able to host **172 total classes and events** with **908 participants**.

We sent **250 art kits and facemasks** to Creative Mindfulness with Art and Kid's Art Club participants. We were also able to provide **360 individual concierge consultations** via our website, email, and telephone.

The Henry Ford Health System Family Caregiver **Facebook group** has **over 780 members**.

The **iCare4U Newsletter** is sent to **over 1,600 people**.

The www.henryford.com/familycaregivers website had **almost 8,500 views**.

Your Opinion Matters

If you attended any C.A.R.E. Program class, event or support group in 2020, we would like your feedback.

Please complete a brief survey by clicking this link: <https://www.surveymonkey.com/r/3NDL7X8>

The survey will be available until December 22nd and takes less than 1 minute to complete.

2021 C.A.R.E. Program Registration is Available

Henry Ford's C.A.R.E Program, along with the iCare4U Employee Resource Group, is helping caregivers with new and exciting virtual offerings!

For a full list of the upcoming classes, see the *C.A.R.E. Virtual Flyer 2021* attached.

To register: visit www.henryford.com/caregiverwellness,

call (866) 574-7530, email caregiverresources@hfhs.org,

or visit our Facebook Page, "Henry Ford Health System Family Caregivers."



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Donation Made on Behalf of iCare4U ERG

The iCare4U ERG (Employee Resource Group) was able to **donate \$2,665** to **Foster Closet of Michigan - Western Wayne County**. Many children placed into Foster Care, go with only the clothes they are wearing at the time of placement. The Foster Closet of Michigan provides child in the Foster Care System with clothes and person items to help them begin the process of rebuilding their self-esteem and providing them with items they can call their own. More information on Foster Closet of Michigan: <https://fosterclosetofmichigan.org/wayne-county-western/>

Other Caregiver News

Meeting the COVID-19 Testing Needs of Underserved Populations

Henry Ford, through grants from the State of Michigan's Racial Disparity Task Force and Johnson & Johnson's Mobile Health Clinic Support Program, is offering free COVID-19 testing for members of underserved communities in Detroit and Dearborn. Visit www.henryford.com/freecovidtest for more information.

Wayne State University Institute of Gerontology: Resources for Successful Aging

Check out the Caregiver Connection Newsletter presented by WSU-Institute of Gerontology. <https://iog.wayne.edu/iogresponsetocovid-19>

Please Note: C.A.R.E. Program and iCare4U ERG Out of Office

We will be out of the office beginning Wednesday December 23, 2020.

We will return on Monday January 4, 2021

Have a safe, healthy and happy Holiday Season!

Contact Us at the Henry Ford C.A.R.E. Program

Website: www.henryford.com/familycaregivers

Toll Free: (866) 574-7530

Email: CaregiverResources@hfhs.org



Join our Facebook Group

Henry Ford Health System Family Caregivers. Ask to join.