



## December 2021 Newsletter

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

### Enhanced Support for Family Caregivers

Did you know that Henry Ford has Specialists who can assist you with identifying resources and provide guidance in your caregiving role? These services are available to all Henry Ford team members, patient's, caregivers and the community. **For questions or to discuss your caregiver concerns one on one:**

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

### New classes for 2022 Added

Please see the attached flyer for 2022. All classes and support groups are open to patients, caregivers, employees, volunteers, friends, family, and the community. The HFHS C.A.R.E. Program offers various classes and support groups that focus on a variety of health, well-being, support, and mindfulness topics. The Webex virtual classes continue to be FREE, however, do require advance registration. Register for all classes and support groups at: [www.henryford.com/caregiverwellness](http://www.henryford.com/caregiverwellness). Login information for all classes and support groups will be sent once you are registered. Offered in collaboration with the HFHS iCare4U ERG.

### Class Spotlight: Alzheimer's Education Series

This educational series will be presented by an expert from the Alzheimer's Association of Michigan. A new topic will be offered each month. The fourth and final session for 2021, Enjoying Holiday Celebrations: Tips for Caregivers/Communication, is **December 13<sup>th</sup>, from 12:00-1:30 p.m.** Register now at [www.henryford.com/caregiverwellness](http://www.henryford.com/caregiverwellness).

### C.A.R.E. Program Important Announcements

**There are no classes or support groups after December 18<sup>th</sup> for the remainder of 2021.**

**The C.A.R.E. Program offices will be closed starting December 23<sup>rd</sup>.**

**Regular office hours, classes and support groups will resume the week of January 3<sup>rd</sup>, 2022.**

***Have a Safe and Joyous Holiday Season and Happy New Year!***