iCare4U News, Feb. 2019

Caregiver Tip:
"Accept help from others. Don't feel like you have to do everything and be physically present with the person you are caring for 100 percent of the time. If someone asks, "What can I do to help?" give them something to do. They can sit with the person you care for so you can grocery shop, run errands or do something fun. Ask them to accompany your loved one to the doctor, mow the lawn, or bring you a coffee. When people are needed, they are more likely to offer to help again. Accepting their help doesn't mean you are weak or incapable, it means you understand that helping yourself and practicing self-love allows you to be a better caregiver. Remember, just because you are the primary caregiver, doesn't mean you have to be the only caregiver."

- *Veronica Bilicki, R.N., C.A.R.E. Program Facilitator and Vice President, iCare4U Employee Resource Group*

iCare4U is going to the Quality Expo
iCare4U is a finalist in the 2019 Henry Ford Quality Expo! We'll be presenting to a panel of judges on Tuesday, Feb. 19 at Henry Ford Hospital, and sharing a poster at the All-Leader Meeting on Tuesday, Feb. 26 at Cobo Center. Thank you to all iCare4U members. Your participation and feedback made this milestone possible!

iCare4U 2019 Painting with Kathy Dates
iCare4U is hosting Painting with Kathy at six locations. Create your own art to take home, enjoy refreshments and meet fellow caregivers in a relaxed, supportive environment. iCare4U is open to employees, their friends and family members. Invite family caregivers you know!
Dates and locations*:
- Wednesday, April 24, at Henry Ford OptimEyes – Troy
- Tuesday, April 30, at Henry Ford Hospital, Detroit
- Wednesday, July 24, at Henry Ford Wyandotte Hospital

- Wednesday, July 31, at Henry Ford Allegiance Health, Jackson
- Wednesday, Aug. 14, at Henry Ford West Bloomfield Hospital
- Wednesday, Nov. 20, at Henry Ford Macomb Hospital, Clinton Township

*Specific room locations are available when registering.

Painting with Kathy is free. Pre-registration is required: Painting With Kathy or call (313) 874-4838. Register early – space is limited.

C.A.R.E. Program News

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. Consultations can include:

- Support for your caregiving concerns and questions
- Assistance organizing and understanding documents, including advance directives
- How to use the Henry Ford Caregiver Binder
- Recommendations and registration for Henry Ford caregiver classes
- Locating resources in your community

Contact us today to schedule your consultation or, call (313) 874-4838 or email CaregiverResources@hfhs.org

Caregiver Boot Camp

A single-session, information-packed class for busy caregivers. Topics: Advance care planning, legal concerns, medication and home safety, caregiver resilience, accessing resources, and more.

Date: Thursday, March 7 from noon to 4 p.m.
Location: Henry Ford Hospital, Multipurpose Room A
Cost: $25
Register: www.henryford.com/caregiverbootcamp or call (313) 874-4838.

Support Groups
Groups are free and meet monthly at six locations: Clinton Township, One Ford Place, Plymouth, Troy, West Bloomfield and Wyandotte. Registration is not required. Learn more: www.henryford.com/caregiversupportgroup.

Art Therapy for Caregivers
No meeting in March. Next meeting: Wednesday, April 3 from 5 to 7 p.m. at Henry Ford West Bloomfield Hospital, private dining rooms 1-3. Cost is $5 to cover materials. Register: henryford.com/art.

Additional C.A.R.E. Program events and services
Request a Speaker: henryford.com/caregiverspeaker
Dance for Parkinson's Disease: henryford.com/DPD

The Henry Ford C.A.R.E. Program
henryford.com/familycaregivers
(313) 874-4838
CaregiverResources@hfhs.org