



February 2021 Newsletter

We Appreciate You!

Thank you to all who have provided feedback on our Caregiver Support Groups, Creative Mindfulness, Self-care and many other classes. Here are a few of the comments provided by the participants:

- *“I feel grateful to have a safe group to go to and supports me. That understands the stress of caregiving and has classes/groups that can help me cope! So that I'm not so alone.”*
- *“I feel much better during class and knowing it was on my schedule for the week. Kept me going.”*
- *“Self Care with Keila helped me to feel validated and empowered to tackle negative thoughts.”*

2021 Classes and Events

We are pleased to be able to offer extended classes and events in 2021. Please see the attached two-page flyer for details. As always, classes are offered via WebEx and open to caregivers, employees, patients, and the community at large. The classes continue to be FREE, however do require advanced registration. You can register for all classes at: www.henryford.com/caregiverwellness

Caregiver Educational Topic Highlight: Medication Safety for Caregivers

Offered February 22 at 11am and 24 at 6pm

Participants will learn safe medication storage, disposal, and management tips from a Henry Ford Health System Pharmacist, Amy Argyris, Pharm.D., BCPS, Clinical Pharmacy Specialist, Drug Information.

Registration is available at the link above.



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Other Caregiver News

Caregiver Self-love events are being offered. Please see flyers below for more information.

AN HOUR OF YOUR FAVORITE LOVE SONGS
Featuring Music By DJ Big Kahauna

Matters Of the Heart

FOR THE
LOVE OF
CAREGIVERS

FRI. FEBRUARY 12, 2021
6:00 PM - 7:00 PM

Join us via Facebook Live
@DAAA1A
or Stream online at
ddhtradio.wixsite.com/ddht

*Caregiver self-love
and heart health tips
to keep you healthy on
your caregiver journey*




For more information visit www.detroiteniorsolution.org



LIVE PODCAST



Matters of the Heart: Caregiving



HOSTED BY:
CoCo
DETROIT RADIO SHOW HOST



GUEST SPEAKER:
PAULA DUREN, PH.D
FOUNDER/UNIVERSAL DEMENTIA

FEBRUARY 15, 2021 • 7:00 - 9:00pm

