



## July 2021 Newsletter

### Caregiver Educational Topic Highlights

Check out the attached Summer 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.

**Register for all SUMMER AND FALL 2021 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.**

All classes offered in collaboration with the HFHS iCare4U ERG.

### Continued Support for Henry Ford Family Caregivers

As you know, caregivers experience physical, mental, and emotional stress, and often take little time to care for themselves and Henry Ford offers the option to connect with resources that can provide support and lighten your caregiving load.

For questions or 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"*

### iCare4U Employee Resource Group Welcomes New Board Members

The Henry Ford Health System ERG(Employee Resource Group) welcomed two new board members in June. Please give a warm welcome to Shegiea Dennard, Secretary and Robert Behrendt, Administrative Liaison for the iCare4U Board. They join Vernal Tiller, Executive Sponsor; Shawn Bennis, President; Veronica Bilicki, Vice President; and Sheila Mackowski, Treasurer. The entire board is excited to continue to support caregivers of all types, including patients, employees, family, and friends.

The iCare4U ERG was established in 2016 to create a support system for working caregivers while fostering personal and professional growth that enhances the mission of Henry Ford Health System. We are charged with 3 specific functions: • Advocate for Employee Caregivers • Be a community of support for one another • Serve as ambassadors for the Caregiver Initiative. If you would like more information, please email [caregiverresources@hfhs.org](mailto:caregiverresources@hfhs.org)



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### Caregiver Views and Feedback

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- *“Having the classes and support groups on-line and available every week has really saved my sanity during COVID. I am able to connect with the Caregiver team at Henry Ford and other caregivers to discuss my stresses and find some me time. Taking care of myself is important I now recognize. I can’t thank the team, ...enough for their ability to listen and really hear what I have to say.” Telephone caller, November 2020*

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### In other ERG News, Adopt a Road July 24, 2021

Henry Ford Adopt-a-Road is back! We will be cleaning a 1 mile stretch of Hamtramck Drive between East Grand Boulevard and Joseph Campau Avenue. Details follow:

- What: Henry Ford Adopt-a-Road through Wayne County
- When: Saturday, July 24, 2021 – 9am-12pm
- Who: All HFHS employees, family, and friends
- Where: We’ll start at the intersection of [Hamtramck Drive and Joseph Campau Avenue](#)
  - Park near the intersection in the right lane while following all applicable traffic laws.

Volunteers will receive a free Henry Ford Health System t-shirt. If you have a ‘Building Better Communities’ t-shirt from a past Henry Ford event, please wear it. A mandatory safety meeting is held prior to cleanup. If you attend the event, please park on the right-hand side of the road.

**\*\*Registration can be completed by following this link\*\*:** <https://www.surveymonkey.com/r/FNKJQ68>

This event will follow applicable external venue rules and CDC guidance/safe practices. If you have any questions, please reach out to Jacob Sierocki ([jsieroc1@hfhs.org](mailto:jsieroc1@hfhs.org)) or Aaron Sohaski ([asohask1@hfhs.org](mailto:asohask1@hfhs.org)).

### Caregiver Articles

Below are several links to articles on the barriers people often face in their lives as caregivers and how healthcare can support them. Please click the links to read.

[HealthPopuli.com](#) The Stress of the Caregiver: The Most Over-Utilized, Unpaid Stakeholder in U.S. Healthcare  
[CAT.21.0213.pdf](#) How Healthcare Systems Can Care for Caregivers

[Family Caregivers Face High Out-of-Pocket Costs \(aarp.org\)](#)

[Caregiving in the United States 2020 \(aarp.org\)](#)

<https://www.detroitnews.com/story/news/local/michigan/2021/06/11/michigan-care-relatives-amid-aging-crisis/7621668002/>