



March 2021 Newsletter

2021 Classes and Events

We are pleased to be able to offer new and excited extended classes and events! Please see the attached updated 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: Self Care Hour with Kelly Offered every Thursday at 12pm beginning March 18th

Join us once a week and bring your unfinished creative project to actively work together, talk, laugh, and have fun in our virtual community! Maybe you have some unfinished scrapbook pages you haven't worked on in a few months (or years!), a knitting project, or a needlepoint that was started, but you forgot about....come join us every week to work on your project and finish it before summer! Once you register for the class, we will email you the login information for the session. **Please note: No meeting on March 25.**

37 WAYS FOR CAREGIVERS TO CARE FOR THEMSELVES



SING

GIVE THANKS

TAKE A WALK

THINK POSITIVE

BREATHE DEEPLY

HIRE IT DONE

EAT A SALAD

LIGHT A CANDLE

DRAW

WRITE



SMELL A FLOWER

ACCEPT YOURSELF

DRINK WATER

SIT OUTSIDE

WATCH THE SUNSET



SMILE

LET GO OF SOMETHING

ASK FOR HELP



COLOR



RIDE A BIKE

CALL A FRIEND

GO TO A PARK

MEDITATE

SIP HERBAL TEA

ACCEPT HELP

LAUGH

BE IMPERFECT

SAY NO

GET A CHECKUP



LOOK AT ART

LISTEN TO MUSIC

TAKE A BATH

EXERCISE

UNPLUG

DANCE



GRAB A NAP

JOIN A SUPPORT GROUP



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Other Caregiver News

Dance for Parkinson's Disease is offered virtually from Take Root

Take Root's Dance for Parkinson's Disease Program provides a safe and inclusive environment, welcoming ALL participants, care givers and spouses, using dance to impact the lives of others. Dance for Parkinson's Disease participants will be empowered to explore movement and music in ways that are refreshing, enjoyable, stimulating and creative. This class is an aesthetic experience that uses the elements of narrative, imagery, and community to develop artistry and grace while addressing such PD specific concerns as balance, flexibility, coordination, isolation and depression. The classes engage participants' minds and bodies, and create an enjoyable, social environment that emphasizes dancing rather than therapy. More information and registration can be found at: [Take Root | Dance for Parkinson's Disease](#)

Jewish Family Services Spotlight Event being offered. Please see flyer below for more information.

Jewish Family Service
Spotlight Event
Shining a light on older adults

A VIRTUAL EVENING WITH
Kimberly Williams-Paisley
Actress, author and advocate

NANCY and HARVEY SOLWAY
Event Chairs

APRIL 6
2021

WHERE THE LIGHT GETS IN
Kimberly Williams-Paisley

7PM VIRTUAL EVENT
Admission \$36

For registration and sponsorship information:
jfsspotlightevent.org
248.592.2339

Many recognize Kimberly Williams-Paisley from her performances in Nashville and Father of the Bride. But it was the mother of this bride who prompted Kimberly to step into the spotlight as an author and advocate.

Linda Williams was diagnosed with a rare form of dementia that turned a once passionate and joyful woman into someone unrecognizable. Kimberly's book, *Where The Light Gets In: Losing My Mother Only to Find Her Again*, is a love letter to her mother that shares the family's journey as they held on to humor and hope during the most trying of times in caring for her mother.

Jewish Family Service
The heart of a vibrant community