



## May 2021 Newsletter

### Connect with the Henry Ford Health System C.A.R.E. Program

We are here for YOU! The HFHS C.A.R.E. Program hosts classes, support groups and events to support family caregivers, as well as, patients, families, friends, neighbors, and the community at large. As always, classes are offered via WebEx and open to all. You do not have to be a caregiver to join a class. We offer various classes 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 classes 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.
- See the attached updated class flyer for additional offerings.
- For questions or discuss your caregiver concerns one on one, you can also contact us via 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*"

### Caregiver Educational Topic Highlights

- **Dementia - Related Educational Topics: Starting in June 2021 from 12-1pm:** The HFHS C.A.R.E. Program and experts from the Alzheimer's Association of Michigan are offering three educational programs that are designed to provide caregivers, families, health professionals and the general community with valuable information about Alzheimer's disease and other dementias. Everyone is welcome to attend.
  - **June 7- Healthy Living for Your Brain & Body** Learn what research has shown about lifestyle choices that may help keep your brain and body healthy as you age. Hear practical ways you can incorporate changes into a plan for healthy aging.
  - **June 14- Effective Communication Strategies** Learn to decode the verbal and behavioral messages delivered by someone with dementia and identify strategies to help you connect and communicate at each stage of the disease.
  - **June 21 Understanding and Responding to Dementia-Related Behaviors** Learn about common triggers for behaviors associated with dementia, how to assess a person's needs and how to intervene effectively.
- **Support System Universe: A PRIDE and iCare4U Virtual Event June 9, 2021 6-7:30pm:** In this Creative Mindfulness with Art session, we will identify sources of support in our lives as well as identify the areas where we need support and self-care. Kelly Darke, Registered Art Therapist, will facilitate an art project and go over what it means to be supportive and how other people can help support the different areas of our lives. This event is being offered by Henry Ford Health System Employee Resource Groups (ERGs) PRIDE and iCare4U. Pre-registration is required.



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### Caregiver Views and Feedback

*“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 (sic) 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, Veronica, Shawn, and Kelly enough for their ability to listen and really hear what I have to say.” Telephone caller, November 2020*

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### Caregiver Educational Topic Highlights continued...

**Kids Art Camp will be held June 21-June 25, 2021 daily 11 am - 12 pm:** This virtual art camp is all about creative experimentation. How do artists come up with new ideas? How do artists think about their materials? This week we will learn to use everyday items as art materials and how to look at the world with the eyes of an artist. **Register only once for this entire 5-day art camp!**

- Over the 5 days, we will explore topics on
  - **Balance and Composition:** Learn how to create artwork that has balance and all the elements have their space in the overall image.
  - **Mark Making:** Learn how to make marks using a variety of different tools - objects that you might not have thought of to use for art making
  - **Ephemeral Art (temporary art):** Learn to make artwork that is temporary.
  - **Installation Art:** Learn about installation artwork and how artists use space to express their ideas.
  - **Collaboration:** Create a piece of artwork with another artist and discover how much fun collaboration can be!

### In Other Caregiver News

#### **Veterans Administration to host Caregiver Summit and Resource Fair May 2021**

On behalf of the VA’s Caregiver Support Program, we would like to invite you to join us at the **Caregiver Support Resource Fair (May 11, 13, 18, and 20 from 1-3pm)** and **Caregiver Summit (May 5 from 10am-12pm)**. The purpose of these events is to bring the community together with the goal of addressing the support needs of caregivers and families of Veterans residing in Southeast Michigan and Northwest Ohio. Presentations from VA programs, state government agencies and community organizations will be shared: covering topics on mental health, aging services, legal, social security, substance abuse, spiritual health, homeless services, transitional care management, hospital caregiver programs, Veterans Benefit Administration, suicide prevention and more. See attached flyers for details and registration information.

## May is Better Hearing and Speech Month

Being that May is Better Hearing and Speech Month, it's the perfect time to raise awareness about communication disorders and available treatment options that can improve the quality of life for those who experience problems speaking or hearing. In addition to getting your hearing tested/treated through Henry Ford audiology centers, below are several additional hearing resources you may find beneficial to help with communicating more effectively:

### Self Advocating with Hearing Loss

Here are some tips to help facilitate conversations in any environment in order to accommodate hearing loss.

- If you are comfortable, be up front about your hearing loss. Do not be embarrassed or afraid to make your needs known.**
- Limit distractions during conversation by eliminating extraneous noises like music or television.**
- Sit or stand close enough to face the speaker directly, to allow for eye contact and speech reading.**
- Hold your conversation in a location with good lighting so that you are able to read facial cues and observe body language.**
- When in group settings, position yourself to have visual access to most of the group.**
- If you are not sure what was said, repeat it back or ask the speaker to confirm. Do not pretend to understand if you don't, as it can cause further confusion. The speaker will be happy to make sure everything is clear.**
- Remember that physical symptoms can affect communication. If you are feeling anxious or tired, ask to continue the conversation at a later date.**
- When joining a group conversation, ask for the topic to aid with contextual clues.**
- Keep a sense of humor and try not to be too hard on yourself. Communicating with hearing loss requires a great deal of concentration and patience. It's okay to take a break and regroup.**
- If you are comfortable, enlist an ally in group settings to help confirm what was said after the conversation.**

### Speaking to Someone with Hearing Loss

Here are some tips to help facilitate conversations and include someone with hearing loss.

- Keep your mouth uncovered to assist with speech reading.**
- Be in the same room and establish eye contact with your listener.**
- Write down specific information like addresses, or ask the person to repeat it back to you for confirmation.**
- Address your listener by name to attract their attention.**
- Watch for cues--if the listener seems lost or confused, tactfully ask them if they understood you.**
- Practice patience with your listener, as conversations can require more focus.**
- Do not ignore someone with hearing loss as if they aren't there. Speak directly to that person and be mindful of their needs.**
- Limit distractions during conversation by eliminating extraneous noises like music or television.**

**1-877-473-4003**  
**outreach@oeius.org**  
903-555700 5/18

## No-cost captioned/amplified phone

If you or a loved one are struggling to communicate on the phone, CapTel can offer a free phone that is amplified 4x as loud as a regular phone and comes with a screen that displays word-for-word what the other person is saying. Through the ADA (Americans with Disabilities Act) these captioned phones are provided at **no-cost** through federal and state funding. Contact 248-550-6866 for more info.

# NO-COST CAPTIONED TELEPHONE

No-cost program for people with hearing loss under Title IV of the A.D.A.

**CAPTEL MODELS INCLUDE:**

- Answering Machine** - Voice & Captions of messages
- Caller ID** - See who's calling
- Amplified Sound** - Up to 4 times louder than a regular phone
- Tone Control** - For internet hearing
- Wi-Fi Connectivity** - Connect to the internet over Wi-Fi or using Ethernet connection (People with no internet access use the CapTel 840i)

**REQUIREMENTS:**

- High-Speed Internet
- Electrical outlet
- Standard dial-tone phone service

To receive a CapTel telephone at no-cost to the user, contact your local Outreach Educator:  
**Jennifer Weallans | 248-550-6866**  
**jennifer.weallans@oeius.org**

**oei**  
OUTREACH EDUCATOR INSTALLATIONS

**oei.us**  
903-53309WEA

DISCLAIMER: Hearing Loss, High Speed Internet, Station  
 National Provider and/or telephone service provider to receive without online. Terms and conditions apply.  
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