



C.A.R.E. PROGRAM
Caregiver Assistance Resources and Education Program

November is National Family Caregiving Month!

Henry Ford Health System C.A.R.E. Program would like to take this opportunity to thank the over 2 million family caregivers that live in Michigan! You are very important to keeping your loved ones safe and healthy. THANK YOU for all that you do! Here is an informative article about a frequent question we receive from family caregivers: Can I get paid to care for my loved one? The article is from AARP: <https://www.aarp.org/caregiving/financial-legal/info-2017/you-can-get-paid-as-a-family-caregiver.html>

In the News: Fox 2 Segment

The C.A.R.E. Program was on Fox 2 News on November 6. Dr. Theresa Toledo talked about the challenges caregivers face and the top 10 tips for caregiving.

New Caregiver Support Group in Jackson!

On **Friday, November 15**, we will host our first caregiver support group in Jackson. It will be held at One Jackson Square (1J2) from 12-1:30pm. We invite ALL caregivers to attend, including employees, their family members, and community members. Please share! Welcome to Keila Kilgore, MA, LPC, as the support group facilitator.

If you have any questions or would like additional information about this group and our 6 other support groups, please visit:

www.henryford.com/caregiversupportgroups or call us: 313-874-4838

Self-Care 101 for Caregivers **FREE EVENT!**

On Thursday, **Nov. 14**, from 1-2:30pm, join Henry Ford Health System's C.A.R.E. Program and Henry Ford West Bloomfield Hospital's certified yoga therapist and healing arts manager, Julie Levinson, to explore simple, practical self-care techniques. This class will focus on the importance of breathing, mindfulness, and will include gentle chair yoga sequences. Light refreshments will be available.

No Cost! Register soon: www.henryford.com/selfcare101

iCare4U Event: Painting Session **FREE EVENT!**



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The next Painting Session, sponsored by iCare4U Employee Resource, is Wednesday, **Nov. 20**, from 4 to 6 p.m. in the Medical Pavilion, Henry Ford Macomb Hospital, 15855 19 Mile Rd, in Clinton Township. All art materials and a light dinner are provided. This session is open to friends, family and members of the community who are caregivers for a loved one.

No Cost! Register soon: www.henryford.com/paintingwithkathy

Contact Us at Henry Ford C.A.R.E. Program

henryford.com/familycaregivers

(313) 874-4838

CaregiverResources@hfhs.org

Facebook group: *Henry Ford Health System Family Caregivers*