



iCare4U News November 2020

November is National Family Caregivers Month

November is National Family Caregivers Month and we at Henry Ford want to recognize the thousands of caregivers in our communities for the countless hours that you provide caring for your loved ones.

Thank you for your sacrifices and your compassion especially during many months of uncertainty.

Each one of you are heroes and we are very thankful for all you do every day!

Upcoming Caregiver Conference

Henry Ford and HAP know how hard it is to be a caregiver! It's even harder to know where to turn for the help you might need. At this FREE virtual caregiver conference, we will introduce you to organizations and community resources that can help you with services and programs designed for you as a caregiver. The conference will be held Wednesday November 11, 2020 at 10am.

To learn more and to register, visit www.hap.org/caregiver-conference

Creative Mindfulness with Art and Kid's Art Club Special Bonus!

All participants who register **AND** attend any art class in Sept. Oct. or Nov. will receive a one-time special gift. Limit one per participant. Gift will be mailed to participants address used on registration page. Register at www.henryford.com/caregiverwellness

Extra,Extra! Check out the Healthy Living Newsletter!

Check out all of the caregiver classes on the last page of the 2020 Fall Edition Healthy Living Newsletter attached. This Newsletter is full of great information to help keep you well!

In Other ERG News:

The WIN (Women's Improvement Network) Mentor Program is accepting applications for the 2021 calendar year. You must be a Henry Ford Employee to participate.

Contact WIN@hfhs.org for details and applications. Applications are due by November 17, 2020.

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

Website: www.henryford.com/familycaregivers

Toll Free: (866) 574-7530

Email: CaregiverResources@hfhs.org



Join our Facebook Group

Henry Ford Health System Family Caregivers. Ask to join.