



## November 2021 Newsletter

Presented by the HFHS C.A.R.E. Program

### Enhanced Support for Family Caregivers

If you're taking care of a loved one outside of work, learn how resources at Henry Ford for team members, patient's, caregivers and the community can help you. Check out the attached Fall 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.

***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"

### Kelly Darke, C.A.R.E. Program Art Therapist, Displays Art

In September 2021, Henry Ford Health System was part of the Mackinac Policy Conference. Kelly was asked to display her impressive fiber art "Inner Landscape Topography" at the Henry Ford Health System sponsored Healing Arts Gallery. We are so pleased that Kelly is part of the C.A.R.E. Team!



### Important Announcement: Class and Support Group Update

**There are no classes or support groups November 22<sup>nd</sup> through November 26<sup>th</sup>.**



## November 2021 Newsletter

### November is National Family Caregiver Month

National Family Caregiver Month is celebrated each November and is a time to recognize and honor family caregivers across the country. When we celebrate Family Caregivers during National Family Caregivers Month, we are able to raise awareness of family caregiver issues, celebrate the efforts of family caregivers, educate family caregivers about self-identification, and increase support for family caregivers.

The first National Family Caregiver Month was signed by Presidential Proclamation in 1997. Every president since has followed suit by issuing an annual proclamation recognizing and honoring family caregivers each November.

THANK YOU TO ALL OF THE FAMILY CAREGIVERS AND THANK YOU TO ALL OF YOU WHO SUPPORT THESE FAMILY CAREGIVERS! YOU MAKE A DIFFERENCE !

Henry Ford Health System  
Caregiver Assistance Resources  
and Education (C.A.R.E.) Program® Team



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Vice President, Inpatient Case  
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**Veronica Bilicki, BSN,  
B.A., R.N.**  
C.A.R.E. Program Specialist



**Kelly Darke, ATR, M.Ed.,  
BFA**  
Registered Art Therapist

### *Recipient of the 2021 Schwartz Center National Compassionate Caregiver of the Year Award*

We are pleased to announce that the HFHS **C.A.R.E. Team** was honored with the **Schwartz Center 2021 National Compassionate Caregivers of the Year** Award on November 9, 2021. We are proud of the work the team does each and every day to support our family caregivers, patients, employees, friends, family and the entire community.

### Protect Yourself from the FLU

Please visit the Henry Ford Community Health site: <https://www.henryford.com/about/community-health/protect-yourself-from-the-flu> for more information.



## November 2021 Newsletter

### Educational Class Highlights

**There are no classes or support groups November 22<sup>nd</sup> through November 26<sup>th</sup>.**

#### **New classes for 2022 are being added to our website daily**

Classes are open to all patients, caregivers, employees, volunteers, friends, family, and the community. Register for all 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.

#### **Alzheimer's Education Series**

This educational series will be presented by an expert from the Alzheimer's Association of Michigan. A new topic will be offered on a monthly. The fourth and final session for 2021, Enjoying Holiday Celebrations: Tips for Caregivers/Communication, is **December 13<sup>th</sup>, from 12:00-1:30 p.m.**

### Henry Ford and Employee Resource Group (ERG) News

#### **Pharmacist Receives Award**

Henry Ford pharmacist Nancy MacDonald, Pharm.D., has received the 2021 Joseph A. Oddis Leadership Award from the Michigan Society of Health-System Pharmacists. The prestigious honor recognized MacDonald for her exceptional volunteer leadership and involvement with MSHP. "Her dedication to the advancement of the profession is a testament to her character and provides an example to those new to the pharmacy profession as well as those who have been in pharmacy for years," the MSHP said.



#### **Pharmacies Distributes Information for National Family Caregiver Month**

We would like to thank Caren El-Khoury, Director of Ambulatory Pharmacy Services, and her team for partnering with the C.A.R.E. Program to bring awareness to resources for family caregivers and National Family Caregiver Month, which occurs in November. Caren and her team of pharmacies were able to help distribute almost pocket-sized cards to patients and caregivers that have contact information and resources for caregivers on them. Ask for a Caregiver Card next time you pick up your prescriptions from the pharmacy if you have not received one.



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### Henry Ford 4 Vets ERG Honors Military

Veterans, thank you for your service to our country! Your sacrifices regardless of where you served are greatly appreciated! To all of the veteran supporters, we thank you for acknowledging the veterans and for your desire to support.



In honor of Veteran's Day and the Military Family Month we setup "Fallen Soldier Tables" (pictured below) at many of our Henry Ford locations. We wanted to honor the sacrifices of all of our vets and especially those who paid the ultimate price to protect the freedom we all enjoy. We have tables setup at the following locations: One Ford Place, Henry Ford Hospitals in Detroit, Macomb, West Bloomfield, Wyandotte, and Jackson. Also, table were set up at the Columbus Center, Bloomfield Township, Livonia and Fairlane locations. Next year, they hope to include more locations for the tables.

**The Henry Ford Cancer Institute** offers a variety of support groups and classes for patients with cancer, survivors, and their caregivers. More information can be found here: [Support Groups | Henry Ford Cancer Institute | Henry Ford Health System - Detroit, MI](#)

### Community Education and Support

- **Area Agency on Aging's** mission is to provide statewide leadership, direction, and resources to support Michigan's aging, adult services, and disability networks, with the aim of helping residents live with dignity, meaning, purpose, and independence. Find more information here: [OSA - Find Local Services \(michigan.gov\)](#)
- **Wayne State University and the Institute of Gerontology** offer a variety of FREE educational topics for family caregivers, older persons, and clinicians. Click on their website link for the most recent offerings: <https://iog.wayne.edu/> or contact [DonnaMacDonald@Wayne.edu](mailto:DonnaMacDonald@Wayne.edu)