



## October 2021 Newsletter

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

### Congratulations to the Henry Ford Health System C.A.R.E. Program

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



**Susan Craft, MSA, BSN, R.N.**  
Vice President, Inpatient Case  
Management and Post-Acute  
Care Services



**Rob Behrendt, BSN, R.N.**  
Director of Care Coordination  
and Patient Support Services



**Shawn Bennis, MSN, R.N.**  
C.A.R.E. Program Specialist



**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 is being honored with the Schwartz Center 2021 National Compassionate Caregivers of the Year Award!** The team was selected by the Schwartz Center's Award Review Committee and Board of Directors from among more than 200 nominees for this award. This award is given to those who sustain the legacy of the team that inspired our founder Ken Schwartz to establish the Schwartz Center 26 years ago, and who remind us what's possible in relationships of care.

### 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"**



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### Educational Class Highlights for September

#### 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 third session, Living with Alzheimer's for the Caregiver: Middle Stages Part 3, is **November 8th from 12:00-1:30 p.m.**

#### Caregiver Support Groups

We are offering virtual support groups most **Tuesdays at 11 am and at 6 pm**. Every type of caregiver is invited to join! You can join by telephone, computer, tablet and/or iPad. Registration is below. We will email you a link to join and login instructions after registration.

#### Creative Mindfulness with Art, Self-Care with Kelly and Kids Art Club

The sessions are designed for kids and people of all ages to participate. They are guided by Kelly, Darke, Art Therapist. A new project will be offered every week. Topics covered will focus on self-awareness, support systems, gratitude, and reframing negative thoughts. **Classes offered Tuesday 10am, Wednesday 12pm and 6pm EST. Kids Club on Fridays at 11am EST.**

#### Planning for the Future: All About Advance Directives and Estate Planning

We plan for weddings, babies, and graduations. However, often we forget to plan for emergency health issues and for the future of our property and loved ones. Join a registered nurse who is certified in Advance Care Planning on the **3<sup>rd</sup> Monday of each month at 11am EST and learn All About Advance Directives/MDPOA.** Also being offered is **Estate Planning 101 on October 23<sup>rd</sup> at 11am EST and October 26<sup>th</sup> at 6pm EST.** Participants will learn from a private practice attorney and Emergency Preparedness Specialist of Henry Ford Health System about the various aspects of estate planning including financial scams, banking tips, mortgage tips, what to know about wills, trusts, and more.

**Classes are open to all patients, caregivers, employees, 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.**

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

#### ABLE ERG Board Member wins Award

Congratulations to Ferdinand Gipson, Henry Ford Business Systems Analyst and ABLE ERG Board Members the **recipient of the 2021 Disability Leadership Award** from the Michigan Diversity Council. Ferdinand was recognized as a role model within the disability community because of his efforts to promote inclusiveness within the workplace and his exemplary disability advocacy efforts.

#### Amigos ERG Seeks School Supplies Donation

The Amigos Employee Resource Group will donate 25 Backpacks stuffed with School Supplies to Gleaners Mercado Food Hub supported families during Hispanic Heritage Month Sept. 15 – Oct 15, 2021. Please call Samantha at 313-916-2029 or email [swinslo1@hfhs.org](mailto:swinslo1@hfhs.org) to schedule drop-off of donated supplies.

#### Caring for a Veteran

Find out from an expert with the Veterans Administration what resources are available to caregivers who provide care to a Veteran. This event is offered via Webex on November 9<sup>th</sup> at 12pm EST and open to Henry Ford Health System and HAP employees as well as their family, friends, and the community. This event is being offered by the Henry Ford Health System Employee Resource Groups, HF4Vets and iCare4U in collaboration with the Veterans Administration. Register at [www.henryford.com/caregiverwellness](http://www.henryford.com/caregiverwellness).

## Community Education Opportunities



**Free On-line Conference for Family Caregivers**

**Saturday, Oct. 16, 2021 9:30 am -12:30 pm**

There is still time to register by clicking the link for the Loving on Empty Conference: <https://bit.ly/2UHWz7F>



Offered by the Area Agency on Aging

Fri, October 15, 2021 11:00 AM – 1:00 PM EST Register by October 14<sup>th</sup> at: [www.bit.ly/kinship2021](http://www.bit.ly/kinship2021)

### Senior Health and Wellness Expo

The Annual Senior Health and Wellness Expo, in partnership with the West Bloomfield Parks and Recreation, is back and will provide education and tools for a fulfilling, wellness-focused life. Enjoy health talks from Henry Ford clinical experts, vendors, and much more. The event takes place on Friday, October 22<sup>nd</sup> from 9am-1pm at the *Connect Building, 6335A Orchard Lake Road, West Bloomfield Township, MI 48322*. This event is free and open to the community. Space is limited; Pre-registration is required at [wbparks.org](http://wbparks.org). Masks are required for all participants.

### Other Caregiver News

**Please see the attached newsletters for additional resources for caregivers and the community offered from Henry Ford Live Well and Henry Ford West Bloomfield Community News.**

As the population ages, more and more families rely on each other to care for loved ones. Add to that, the paid caregiver shortage and cost of caregiving in general, and you can see why so many people are overwhelmed by caregiving. Click here to view a recent caregiver article from the Detroit News that focuses on these issues and showcases some solutions: [Caregiving shortage worsens throughout the country as population ages \(freep.com\)](https://www.freep.com/story/news/local/michigan/2021/09/24/caregiving-shortage-worsens-throughout-the-country-as-population-ages/7444444002/)

Urban Aging News is excited to celebrate male caregivers in this year's Caregiver Issue! We appreciate the men who step up and care for the people they love! This issue is also full of information to help you prepare for Medicare Annual Enrollment, and more! As we roll into the end of the year, check out this issue for resources to keep your home in good repair, stay connected in the technology age, and stay informed through caregiver podcasts! Click here to view the latest issue: [Fall 2021 | Urban Aging News](https://www.urbanagingnews.com/2021/09/24/fall-2021-urban-aging-news/)