



September 2021 Newsletter

Presented by the HFHS C.A.R.E. (Caregiver Assistance Resources and Education) Program

Enhanced Support for Family Caregivers

Educational Class Highlights for September

All of our Fall 2021 Classes and Support groups are up and running! 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.

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 first session, Living with Alzheimer's for the Caregiver: Middle Stages Part 1, is September 13 from 12:00-1:30 p.m.

Low-Cost Strategies to Improve Independence at Home

Join Bridget Daly, an Occupational Therapist (OT) with Henry Ford Home Health Care as she offers low-cost options to problem solve to help facilitate independence and safety in the home. She shares all of her tips, tricks, and tools she has learned over the years. This session is offered virtually September 27, 2021 from 11 a.m.-12 p.m. or 6 p.m.-7 p.m.

Classes are open to all patients, caregivers, employees, and the community. Register for all classes and support groups at: 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.

Feeling Stressed? Contact the Henry Ford C.A.R.E. Program

For questions or to discuss your caregiver concerns one-on-one

- Email: CaregiverResources@hfhs.org,
- Toll Free: 866-574-7530
- Website: www.henryford.com/familycaregivers
- **Join our Facebook Group** "Henry Ford Health System Family Caregivers"



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Community Education Opportunities



Free On-line Conference for Family Caregivers
Saturday, Oct. 16, 2021 9:30 am -12:30 pm

See the attached flyer for the upcoming free on-line conference offered by the Wayne State University Institute of Gerontology. You can register here: <https://bit.ly/2UHWz7F>

MIOCA (Michigan Ovarian Cancer Alliance Conference) September 13 @ 5:30pm

Join Jane Felczak, Manager Safety and Reliability, Henry Ford Health System as she presents her well-received presentation on Resilience. Resilience education is intended to enhance your resilience for your own well-being and the well-being of your families and others. This resilience presentation combines the best available data and tools with humor and real-life experiences. This session can be a rewarding experience for participants, encouraging self-reflection, validation of personal strengths and helping to recharge those nearly dead batteries. Email info@mioca.org or call (734) 800-6144 for information.

In other ERG News...

Joint WIN and iCare4U ERG to Host Virtual Yoga Even

Namaste! WIN and iCare4U are teaming up to host a virtual yoga session on Tuesday, September 21st from 12-1:00 p.m. This will be a beginner yoga class intended for stress relief and relaxation, so no worries if this is your first time! The yoga instructor Jennie Kurth completed her yoga training at Yoga 4 Peace in Southgate, Michigan and she is a member of the Yoga Association of Detroit. Please wear comfortable clothing and use a yoga mat if you have one. If not, the carpet works fine too. You are welcome to use yoga blocks or straps if they are available to you, but they are not required to participate. For seated positions, you can also sit in a folding chair if it is uncomfortable for you to sit on the ground. Click this link to register for the event: <https://www.eventbrite.com/e/yoga-lunch-and-learn-with-win-and-icare4u-tickets-170007124887>

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. See the attached flyer with additional information and the list of supplies needed.