



September Special Edition!

In this special edition of the iCare4U News, the C.A.R.E. Program is helping caregivers with some new exciting virtual offerings. See the flyers below for events and registration information.

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

Website: www.henryford.com/familycaregivers

Telephone: (313) 874-4838

Email: CaregiverResources@hfhs.org



Join our Facebook Group

Henry Ford Health System Family Caregivers. Ask to join.



C.A.R.E. PROGRAM

Caregiver Assistance Resources and Education Program

C.A.R.E. Program Virtual Classes



This is an opportunity to focus on YOUR health and wellness. Attend these FREE virtual support groups, art therapy and stress management sessions designed especially for All Of You! We are also offering a SPECIAL Kids Art Club and NEW Altered Book Club. All of our classes are open to caregivers, patients, family, friends, employees and the community.

[Register Here: www.henryford.com/caregiverwellness](http://www.henryford.com/caregiverwellness)

Registration Required for each class due to limited capacity.

After registering, a link for the class will be sent.

Participants can join by telephone, computer, tablet, or iPad to connect.

CLASS	DATES AND TIMES	ADDITIONAL DETAILS
<i>Creative Mindfulness with Art</i>	Wednesdays at 10am Thursdays at 6pm	Weekly ongoing classes A different topic is offered each week.
<i>Art Therapy Altered Book Club</i>	Series for 6 weeks Wednesdays at 12pm September 16-October 21	Progressive class where you will have a sculptured work of art at the end of the six weeks.
<i>Kids Art Club</i>	Fridays at 11am September 11-December 18	A different topic is offered each week. No Classes November 13th and November 27th
<i>Caregiver Support and Stress Management</i>	Offered at various dates now through November	Check out our website for all dates and times Learn various techniques to help you cope with stress and increase resilience
<i>Caregiver Support Groups</i>	Tuesdays at 11am and 6pm	Weekly ongoing sessions Connect with C.A.R.E. Program Staff and other caregivers

Virtual Advance Care Planning 101

Third Monday at 11 AM & Third Wednesday at 6 PM

Excluding the month of December

During this **FREE** virtual session, participants will hear from a registered nurse specially trained in advance care planning.

Participants will learn what an advance directive is and:

- Why it is important to have an advance directive
- What a medical durable power of attorney is and has the authority to do
- How to choose the right person for you
- The legal requirements for an advance directive to be valid in Michigan


We will have time for participants to ask questions.

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Participants can join by telephone, computer, tablet, or iPad to connect.

Download and print a copy of an [advance directive](#) and for more useful resources.



BE PREPARED



ALL FOR YOU

Questions: email CaregiverResources@hfhs.org or call (313) 874-4838
Classes are sponsored by Henry Ford Health System C.A.R.E. Program
(Caregiver Assistance Resources and Education) and ICare4U ERG

Via **zoom**

PRESENTED BY HEALTH ALLIANCE PLAN - HAP

You're Invited Caregiver Webinar

**Our
Partners**



**About
Webinar**

2^{PM}
SEPT 30



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

10^{AM}
OCT 7



Answers you can trust

5^{PM}
OCT 14



Created with Caregivers in mind, this webinar series will present valuable information and introduce resources that can help with the special challenges involved in caregiving. Learn how HAP is here to help as well as meet partners from the community that are useful resources.

REGISTER NOW AT

www.hap.org/CaregiverEvents



Kelly Darke
Registered
Art Therapist
with Henry Ford's
C.A.R.E Program
will direct the
art experiential project
&

Kelly Melistas M.S., L.L.P.
Child and Adolescent
Psychologist with
Henry Ford
will answer
your questions.

Fun Coping Skills For Families

ART THERAPY

What is it? What are the benefits?

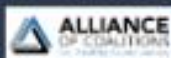
Thursday, October 15th
7:00 PM

Adults & kids, age 5 all the way up to teens,
working together!

Register in advance at:

<https://us02web.zoom.us/join/register/tZltf-2rqTMIHNbGjkfg2lvBPc8DJ3VuCMYf>

Suggested items to have available for this zoom call: paper, black marker, colored pencils or markers.



ALLIANCE
OF COMMUNITIES



GREATER
WEST BLOOMFIELD
COMMUNITY
COALITION



HENRY FORD
WEST BLOOMFIELD HOSPITAL



Oakland Community
Health Services