

### January - May 2023 Ongoing Virtual Sessions

Henry Ford Health's C.A.R.E. Program continues to provide virtual support offerings for patients, family caregivers, and the community. Participants may join by calling in from a phone or connecting with a tablet, iPad or computer. Registration is required online: [henryford.com/caregiverwellness](https://henryford.com/caregiverwellness). If you need assistance with registration or have any questions please email us: [CaregiverResources@hfhs.org](mailto:CaregiverResources@hfhs.org) or call toll-free: 866.574.7530.

- **Caregiver Support Groups:** We welcome everyone over 18 years of age to join this group who is caring for another person whether it is one day, a week, or 24 hours a day.  
**When:** Tuesdays at 11 a.m. E.S.T.
- **Creative Mindfulness with Art:** Designed for adults of any age, this class is led by an art therapist and features a new project each week. Join one or all sessions.  
**When:** Thursdays at 10 a.m. E.S.T. and 6 p.m. E.S.T.
- **Art Therapy Workshop Series:** Join Kelly Darke, Board-Certified Art Therapist, in a unique series of virtual workshop-style art therapy classes. Supplies will be mailed to your home with pre-registration. Each workshop will require a fee. Limited spots available. See website for complete details.  
**When:** Select Wednesdays at 12 p.m. E.S.T.
- **All About Advance Directives:** Learn the various aspects of an advance directive and the importance of having the conversation with your loved ones.  
**When:** Third Monday of the month at 11 a.m. E.S.T.
- **Dementia-Related Topic:** Hear a different topic each month from an expert from the Alzheimer's Association talk about common issues and provide some tips for caregivers.  
**When:** Second Monday of the month at 12 p.m. E.S.T.
- **Book Club for Caregivers :** Join Shawn Bennis, R.N., for a discussion about caregiving stories and reactions from the book, *Chicken Soup for the Soul: Family Caregivers*.  
**When:** Third Tuesday of the month at 6:30 p.m. E.S.T.

#### Contact information:

C.A.R.E. Program Website: [henryford.com/familycaregivers](https://henryford.com/familycaregivers)

Toll-free: 866.574.7530

Facebook Group: Henry Ford Health C.A.R.E. Program

Registration link: [henryford.com/caregiverwellness](https://henryford.com/caregiverwellness)

## January - May 2023 Special Topics of Interest Virtual Sessions

Participants may join by calling in from a phone or connecting with a tablet, iPad or computer. Registration is required online: [henryford.com/caregiverwellness](https://henryford.com/caregiverwellness). If you need assistance with registration or have any questions please email us: [CaregiverResources@hfhs.org](mailto:CaregiverResources@hfhs.org) or call toll-free: 866.574.7530.

- **The Role and Importance of Spiritual Care in Healthcare:** Participants will learn about the role of the Chaplain in the hospital and how the Chaplain benefits patients, caregivers, and employees.  
**When:** January 18 at 12 p.m. E.S.T.
- **Pre-planning for Your Funeral and Beyond:** Join us for a presentation highlighting the important aspects of pre-planning for your funeral, gathering essential paperwork for your loved ones, and learning the 67 things that must be done upon death.  
**When:** January 23 at 12 p.m. E.S.T.
- **Understanding Medicare GAP Coverage, Cost of Medicine, and Possible Solutions:** Participants will learn about Medicare GAP Coverage, cost of medicine, and explore possible solutions through patient assistance programs, coupons, and insurance choices.  
**When:** January 30 at 12 p.m. E.S.T.
- **Managing Stress for a Healthy HeART:** Join Kelly Darke to learn how using art, and simply looking at art, can decrease stress, anxiety, and leave you feeling happier with a healthy heart.  
**When:** February 6 at 12 p.m. E.S.T.
- **Medication Safety & National Colorectal Awareness:** Hear from expert pharmacists discuss ways to keep your medicines safe from children, teens, and those with memory problems. They will also discuss importance of colon cancer screening.  
**When:** March 6 at 12 p.m. E.S.T.
- **What is PACE?:** Learn all about the Program for All Inclusive Care for the Elderly; who qualifies; how is it paid for; what activities are offered and more from PACE experts!  
**When:** March 27 at 12 p.m. E.S.T.
- **Guardianship and Chore Providers:** Learn the steps required for guardianship and how you may qualify to be reimbursed for caregiving from a Henry Ford Health licensed social worker, Carl Fraser.  
**When:** March 29 at 12 p.m. E.S.T.
- **Celebrate Minority Health Awareness month** with an expert pharmacy presentation focused on social determinants of health; access and cost of medicines; and much more!  
**When:** April 3 at 12 p.m. E.S.T.

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Educational topics for caregivers are added every month. Please check the website or call our toll-free number for up-to-date information.

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