

Community News You Can Use



**HENRY
FORD
HEALTH**SM

West Bloomfield Hospital

Community News You Can Use is designed to provide you with a brief update of happenings at Henry Ford West Bloomfield Hospital and throughout our community. Please share this with your team, constituents, members, friends, family, and neighbors.

For the month of October

Community Programming and other events at Henry Ford West Bloomfield Hospital

Childbirth Preparation Class Online – Live

Classes begin October 3 | Additional classes October 10 & 17 to complete course

6-8:30 p.m. | Virtual event

\$65; [registration required](#)

This is a series of three virtual classes that are taught live with nurse instructors. They will discuss and explore these topics: stages of labor and delivery, relaxation and breathing techniques, labor coping skills for the labor process and postpartum care. Pain medication and birthing options are included. Partners are encouraged and welcome to attend this class! For more information, contact Sara Lavery at sara.lavery@hfhs.org.

DIA Healing Arts Gallery Talk: Through her eyes – Women artists

October 8 | Noon-1 p.m.

Virtual event

Free; no registration required, click this [link](#) to join.

The Detroit Institute of Arts' virtual Behind the Seen program brings insight and engagement about the DIA's collection from the museum to your home. Presented by trained Detroit Institute of Arts teaching volunteer Carlene VanVoorhies, each free 45-minute presentation covers a different part of the DIA's well-renowned art collection. For more information, contact Megan Winkel at mwinkel1@hfhs.org.

The Emerging Role of End-of-Life Doulas

October 10 | Noon – 1 p.m.

Henry Ford West Bloomfield Hospital Demonstration Kitchen

Free; [registration required](#)

Join the Henry Ford West Bloomfield Hospital Ethics Committee for a panel discussion with three End-of-Life Doulas from the community to discuss the emerging role of End-of-Life Doulas in transforming how we approach end-of-life care in the United States.

Infant Care Class Online - Live

October 14 | 6-8:30 p.m.

Virtual event

\$25; [registration required](#)

This live online class will discuss a variety of topics including newborn characteristics and procedures, crying, bathing, safe sleep, and more. We will also demonstrate an infant bath in this class. For more information, contact Sarah Lavery at (248) 325-0037.

Art in Bloom

October 18 | 10-11:30 a.m.

Henry Ford West Bloomfield Hospital – Ravitz Atrium

Free; [registration required](#)

Unleash your creativity and embark on a transformative journey with Art in Bloom, Henry Ford Cancer's latest art therapy offering at Henry Ford West Bloomfield. This group offers a supportive environment where those diagnosed with cancer and their loved ones can engage in therapeutic art activities guided by a professional art therapist. Join us in discovering the healing power of art.

11th Annual Silent Witness Ceremony

October 24 | 3 – 4:30 p.m.

Henry Ford West Bloomfield Hospital Demonstration Kitchen or [WebEx](#)

Free

The Henry Ford Intimate-Partner Violence, Sexual Assault and Human Trafficking Prevention Committee and HAVEN of Oakland County are teaming up for the 10th annual Silent Witness Ceremony. The ceremony is a commemoration service that honors victims and survivors of domestic violence and sexual assault from Michigan over the past year. This year's ceremony will take place in the Demonstration Kitchen or via [WebEx](#). For questions, email Trish Klassa at pklassa1@hfhs.org.

Mid-Day Meditation

Every Tuesday | Noon-12:30 p.m.

Henry Ford West Bloomfield Hospital – Quiet Atrium

Free; no registration required

Restore, renew, and revitalize with 30 minutes of guided meditation and gentle seated yoga postures. Please arrive on time to enjoy the full benefits and to ensure the tranquility of this experience. Class space may be limited so please arrive early. No equipment necessary.

Yoga

Re-VITALize

Every Tuesday | 5:30-6:30 p.m.

Henry Ford West Bloomfield Hospital – Yoga studio

\$15; [registration required](#)

Restore, renew, and revitalize with a slow flow. Exhale out tension; inhale renewed energy. This class is designed to reduce stress with yoga postures, breathing, and meditation. Some experience with yoga is recommended, but not required.

Yoga for Wellness

Every Thursday | 10:30-11:30 a.m.

Henry Ford West Bloomfield Hospital – Yoga Studio

\$15; [registration required](#)

The therapeutic benefits of yoga improve strength and flexibility in body and mind. In addition to strengthening and improving elasticity of the muscles, yoga builds bone density and studies show that yoga improves lymphatic function, boosting the immune system. The use of yoga postures, breath work, and meditation are tools to move toward greater health and well-being.

Chair Yoga

Every Thursday | Noon-1 p.m.

Henry Ford West Bloomfield Hospital – Yoga Studio

\$15; [registration required](#)

Join our certified yoga therapist for a series of seated yoga classes. Learn how adaptive yoga can improve respiration techniques and pain management.

Henry Ford West Bloomfield Hospital Cooking Classes!

Take a bite out of these tasty fall recipes with HFWBH cooking classes! Sign up today to reserve your spot.

Fiber: A Culinary Journey

October 17 | 6 – 7:30 p.m.

Henry Ford West Bloomfield Hospital | Demonstration Kitchen

\$50; [registration required](#)

Are you ready to embark on a flavorful adventure that celebrates the unsung hero of nutrition? Join our Fiber Feast cooking class, where we dive deep into the world of dietary fiber and its incredible health benefits. Explore a vibrant array of fiber-packed foods such as whole grains, colorful vegetables, legumes, fruits, nuts and seeds. Learn cooking techniques for maximum fiber retention and how fiber nourishes your gut microbiota, supports digestion and boosts immunity.

Discover the Power of Protein

November 7 | 6 – 7:30 p.m.

Henry Ford West Bloomfield Hospital | Demonstration Kitchen

\$50; [registration required](#)

Protein is essential for building and repairing tissues, supporting immune function, and maintaining healthy skin, hair, and nails. By focusing on protein quality, we can optimize our overall well-being and enjoy meals that are not only satisfying but also nourishing. In this engaging cooking demonstration, we'll explore the importance of protein quality in our diets. Whether you're a seasoned chef or a beginner in the kitchen, understanding the different types of protein and how they contribute to overall health is essential.

C.A.R.E. Program Virtual Classes

The classes and support group dates/times have been updated. Registration is available at: www.henryford.com/caregiverwellness. A variety of classes and events are offered in partnership with iCare4U ERG and are open to employees, patients, caregivers, friends, family, and the community. Classes include Caregiver Support Group, Dementia – Related Educational Topics, and Stroke Survivorship Group. A link to join the session with login instructions will be emailed to you. Email CaregiverResources@hfhs.org with questions or call toll-free 866-574-7530. The most recent Henry Ford C.A.R.E. Program Virtual classes and events flyer is attached.

Find Us in the Community

West Bloomfield Chamber of Commerce Luncheon with K.C. Crain and Roop Raj

October 8 | 11 a.m.

Wabeek Country Club | 4000 Clubgate Dr. Bloomfield Township, MI

\$65 members, \$75 non-members; [registration required](#)

Women Rock Science

October 9 | 6 – 9 p.m.

Cranbrook Institute of Science |

\$150; [registration required](#)

Women Rock Science is a women-led fundraising event that aims to celebrate women in STEAM (Science, Technology, Engineering, Arts, and Mathematics) and ignite curiosity in children.

Proceeds from the event will help bring more STEAM programming, delivered by Cranbrook Institute of Science educators, to Pre-K-12 students in underserved communities throughout Michigan, including Detroit, Pontiac, Flint, Southfield, and others.

The Importance of Sleep

October 17 | 12 – 1 p.m.

Birmingham NEXT | 2121 Midvale Street Birmingham, MI

\$5 required for non-members; [registration required](#)

According to the National Council on Aging, an estimated 75% of older U.S. adults experience the effects of poor sleep. Join Henry Ford Health Nurse Practitioner Ashley Houghteling, as she discusses the science and stages of sleep, the benefits of sleep and good sleep hygiene practices, with tips to improve sleep quality and quantity. A light lunch will be served.

Exercise Your Mind – Behavioral Health

October 18 | 12 – 1 p.m.

Connect Senior Center | 33230 W. 14 Mile Rd. West Bloomfield, MI

Free; [registration required](#)

Dr. Promita Roychoudhury, family medicine physician and medical director of inpatient behavior for Henry Ford Kingswood Hospital, will be joining us to speak on the impact of nutrition, exercise, sleep, and more on behavioral health throughout one's life. This program includes a boxed lunch.

Did you know ...

Henry Ford Health and Ascension Michigan have officially launched our joint venture. This venture expands our footprint in southeast Michigan, adding over eight acute-care hospitals, an addition treatment center and over 200 medical centers. We are excited to continue delivering high quality care to our patients – now in more locations than ever.

For more information, call Nicolette DeSantis at (248) 325-3194 or email ndesant3@hfhs.org