

## COMMUNITY NEWS YOU CAN USE

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 Weeks of April 5 – May 2

#### **DIA Healing Arts Gallery Talk**

##### **In the Garden**

*Tuesday, Apr. 13*

*12 – 1 p.m.*

*Free*

*WebEx; to receive the link, email [kbray2@hfhs.org](mailto:kbray2@hfhs.org)*

*This presentation explores the meanings behind images of flowers, plants and gardens, featuring some of our favorite works of art.*

#### **Virtual Bariatric Information Seminar**

*Tuesday, Apr. 13*

*6 p.m.*

*Free*

*Henry Ford West Bloomfield Hospital's Metabolic Health and Weight Management program is ringing in the new year with a virtual bariatric information seminar. For more information on this program and additional offerings, or to register, call (248) 325-1355.*

#### **Wine Down with Board Mama: A Virtual Charcuterie Board Making Class**

*Wednesday, Apr. 14*

*6 – 7:30 p.m.*

*Virtual*

*Free*

*Grab your charcuterie board and your favorite glass of wine and join us for a virtual charcuterie board making experience with registered dietitian and the Board Mama herself, Robin Plotkin! Robin is the founder of Board Mama, a charcuterie and grazing board catering company, and will share expert tips and techniques to help polish your party platter presentation skills as we get closer to summer and more outdoor gatherings! Learn how to pick the best board, roll the perfect Prosciutto roll, cut the cheese (yep, we said it!), and create picture-perfect placement. Prior to class, you will receive a list of items to have on-hand, so you'll be ready to go once the party starts! Registration is required by emailing [kbray2@hfhs.org](mailto:kbray2@hfhs.org). Register by **Tuesday, Apr. 13**, to receive the WebEx link.*

#### **The Grand Plan: Infant Care for Caregivers**

*Saturday, Apr. 24*

*Noon – 2 p.m.*

*\$25 per household*

### **WebEx**

As time has progressed, so have the ways to care for a newborn. The Grand Plan: Infant Care for Grandparents is a place for new and expectant grandparents to join online to prepare for this special time in their lives. This class is taught by prenatal nurse instructors and is geared to discuss communication between parents and grandparents, how grandparents can help during pregnancy, birth and after Baby is born, current guidelines for infant care, and ways to bond with your new grandchild even in a pandemic world. *For more information, or to register, call the Childbirth Education line at (248) 325-0037 or email [sarah.lavery@hfhs.org](mailto:sarah.lavery@hfhs.org).*

### **C.A.R.E. Program and iCare4U programming**

Henry Ford's C.A.R.E Program, along with the iCare4U Employee Resource Group, is helping caregivers with new and exciting virtual offerings! These classes range from Creative Mindfulness with Art, Kids' Art Club, Caregiver Support and Stress Management, Advance Care Planning 101, lunch and learns, and more. For a full list of the upcoming classes, see the "**C.A.R.E. Virtual Flyer March-June 2021**" document attached. For more information, visit [HenryFord.com/familycaregivers](http://HenryFord.com/familycaregivers), call (866) 574-7530, email [caregiverresources@hfhs.org](mailto:caregiverresources@hfhs.org) or visit our Facebook Page, "Henry Ford Health System Family Caregivers."

### **Online Family Support Programs for Addiction**

It is no secret that substance abuse affects the entire family. Henry Ford Maplegrove Center now offers online family support and education programs for anyone with a loved one who is struggling with addiction.

#### **Family Skill Building**

*Thursdays (excluding holidays)*

*6 – 7:30 p.m.*

*Virtual*

*Free and open to anyone ages 18 years or older.*

This interactive lecture series is intended for adults who have a family member or friend with a substance use disorder, such as alcohol or opioid addiction. The program includes six rotating educational lectures covering various topics related to the disease of addiction. A new topic will be covered each week so you can join anytime. Each session is led by an addiction specialist and includes time for questions. *No registration is required. To join a group, visit [henryford.com/maplegroveCE](http://henryford.com/maplegroveCE). For additional questions, contact Lisa Kaplan at (248) 788-3005 or email [lkaplan2@hfhs.org](mailto:lkaplan2@hfhs.org).*

Participants will:

- Learn about the disease of addiction and how it affects the brain
- Hear about the warning signs of addiction
- Build communication and problem-solving skills to use within the family
- Discuss ways to handle the pressures of living with someone with addiction
- Discover how to establish or restore appropriate relationships, roles, boundaries and routines

#### **SHARE: Friends & Family Addiction Support Group**

*Thursdays (excluding holidays)*

*7:30 - 9 p.m.*

*Virtual*

*Free and open to anyone ages 18 years or older.*

The SHARE support group offers adults with a family member or friend facing addiction the chance to talk about their feelings and receive support in a safe, group setting. Anyone who is concerned about a friend or family member's substance use is welcome to attend. *Note: This program is not recommended for individuals in recovery with less than six months of continuous sobriety. No registration is required. To join a group, visit [henryford.com/maplegroveCE](https://henryford.com/maplegroveCE).* For additional questions, contact Lisa Kaplan at (248) 788-3005 or email [lkaplan2@hfhs.org](mailto:lkaplan2@hfhs.org).

**Free Narcan training offered online**

In partnership with Henry Ford Health System, Families Against Narcotics offers free online Narcan training classes for those who want to learn how to administer the life-saving antidote for a narcotics overdose. Participants receive a free kit by mail with two doses of Narcan in nasal-spray form. For more information, training dates and to register, visit [FamiliesAgainstNarcotics.org/Naloxone](https://FamiliesAgainstNarcotics.org/Naloxone).

***Did you know...***

The American Heart Association's 2021 Heart and Stroke Walk for Metro Detroit is taking place virtually on Saturday, May 15. The American Heart Association is a nonprofit organization that funds cardiovascular medical research, educates consumers on healthy living and fosters appropriate cardiac care to reduce disability and deaths caused by cardiovascular disease and stroke. If you would like to donate to the 2021 Heart and Stroke Walk, visit [www2.heart.org](https://www2.heart.org).

For more information, call Kelsey Bray at (248) 325-0825 or email [kbray2@hfhs.org](mailto:kbray2@hfhs.org)