

# 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 staff, members, constituents, friends, family and neighbors.

**For the Weeks of March 4 – March 31**

## **Spanish Tapas and Paella**

*Tuesday, March 5*

*6:30 – 8 p.m.*

*Demonstration Kitchen, Henry Ford West Bloomfield Hospital*

*\$10 per person*

Spain is renowned for the regional diversity of its dishes and the abundance and superb quality of its produce. Learn to cook up delicious traditional Spanish tapas and paella that reflect the country's rich culture and colorful history. Take home these new small plate recipes bursting with fresh flavors to share with friends and family. Registration is required by emailing [dk@hfhs.org](mailto:dk@hfhs.org) or calling (248) 325-3890.

## **Diabetes Prevention Program Information Session**

*Monday(s)*

*11 a.m. – Noon*

*Private Dining Rooms 1 and 2, Henry Ford West Bloomfield Hospital*

*Registration open through March 11*

*Open to the public*

Join our partners from the National Kidney Foundation of Michigan to learn how to make lifestyle changes to prevent Type 2 Diabetes. Becoming a member of this program will help you gain insight on daily exercise, portion control, managing stress, and staying motivated. Being active and losing a moderate amount of weight can help you change your family history. To register, or for more information, visit [www.readyssetprevent.org](http://www.readyssetprevent.org), or call (800) 482-1455.

## **10<sup>th</sup> Anniversary Celebration Concert**

*Sunday, March 10*

*3 – 4:30 p.m.*

*Ravitz Foundation Main Atrium, Henry Ford West Bloomfield Hospital*

*Free and open to the public*

In celebration of Henry Ford West Bloomfield Hospital's 10 Year Anniversary, we're pleased to host the Detroit Medical Orchestra (DMO), who will perform classical pieces from Samuel Barber and Ludwig van Beethoven. The DMO consists of approximately 60 volunteer musicians ranging from medical students, residents, allied health professionals, researchers, and professors, who share the passion for the healing power of music.

**French Foundations 101**

*Tuesday, March 12*

*6:30 – 8 p.m.*

*Demonstration Kitchen, Henry Ford West Bloomfield Hospital*

*\$10 per person*

Ooh la la! We've collected our favorite French recipes to dazzle your taste buds. Learn how to make the mother sauces, the difference between julienne and chiffonade, and the importance of mise-en-place. At the end of the class, you'll be on your way to conquering the everyday French kitchen basics, which are considered to be the root of all other styles of cuisine. Registration required by emailing [dk@hfhs.org](mailto:dk@hfhs.org) or calling (248) 325-3890.

**DIA Healing Arts Gallery Talk****Diego Rivera and the Detroit Industry Murals**

*Tuesday, March 12*

*12 – 1 p.m. Gallery Talk; 1 – 1:45 p.m. Guided Art Walk*

*Demonstration Kitchen, Henry Ford West Bloomfield Hospital*

*Free and open to the community*

Learn the complex and intriguing story behind the Diego Rivera and his Detroit Industry Murals, now a Nationals Historic Landmark.

**Caregiver Boot Camp**

*Tuesday, March 12*

*12 – 4 p.m.*

*Private Dining Rooms, Henry Ford West Bloomfield Hospital*

*Cost: \$25*

*Register by Tuesday, March 5*

Family caregivers get an "army" of information packed into one afternoon at Caregiver Boot Camp. Learn about advance care planning/advance directives; legal issues; medication safety; home safety; caregiver resilience; and resources – the people, places and services that can make caregiving easier. Includes a Caregiver Binder and light refreshments. To register, visit [henryford.com/caregiverbootcamp](http://henryford.com/caregiverbootcamp). For questions, call Henry Ford C.A.R.E. Program at (313) 874-4838.

**Curry Up!: A Taste of India**

*Tuesday, March 19*

*6:30 – 8 p.m.*

*Demonstration Kitchen, Henry Ford West Bloomfield Hospital*

*\$10 per person*

Explore the basics of traditional Indian cooking and unravel the secrets to cooking with various Indian herbs and spices. Gain insight on essential ingredients to have in your pantry at all times, and learn techniques for getting the most flavor into each unique dish. Registration required by emailing [dk@hfhs.org](mailto:dk@hfhs.org) or calling (248) 325-3890.

**Grocery Store Tour with a Henry Ford Registered Dietician**

*Wednesday, March 20*

*6 – 8 p.m.*

*Kroger, 19855 West 12 Mile Rd. Southfield, MI 48076*

*\$15 per person, and proceeds are donated to Game on Cancer.*

With over 40,000 foods in your average grocery store, grocery shopping can be overwhelming. Learn the ins and outs of healthy, budget-friendly grocery shopping from a Henry Ford registered dietician nutritionist during a hands-on tour of the grocery store. Together you will go aisle by aisle and learn how to properly read food labels, maximize nutrients in the foods you buy, shop for special diets, and save money. Registration is required. To register, visit [henryfordlivewell.com/grocerystoretour](http://henryfordlivewell.com/grocerystoretour)

### **Therapeutic Tai Chi**

*Now – Thursday, April 25*

*Tuesday(s) and Thursday(s), 10 a.m. – 10:45 a.m.*

*Yoga studio, Henry Ford West Bloomfield Hospital*

*\$5 per person*

Meet us in the yoga studio to participate in a beginner Tai Chi series lead by certified instructor, Catherine Runjie Yu. Enhance relaxation, focus, posture, balance, strength, coordination, immune response and mood. To register, email [dkaplan1@hfhs.org](mailto:dkaplan1@hfhs.org) or call (248) 325-3194.

### **Grocery Store Tour with a Henry Ford Registered Dietician**

*Thursday, March 28*

*6 – 8 p.m.*

*Kroger, 30935 Five Mile Rd. Livonia, MI 48154*

*\$15 per person, and proceeds are donated to Game on Cancer.*

With over 40,000 foods in your average grocery store, grocery shopping can be overwhelming. Learn the ins and outs of healthy, budget-friendly grocery shopping from a Henry Ford registered dietician nutritionist during a hands-on tour of the grocery store. Together you will go aisle by aisle and learn how to properly read food labels, maximize nutrients in the foods you buy, shop for special diets, and save money. Registration is required. To register, visit [henryfordlivewell.com/grocerystoretour](http://henryfordlivewell.com/grocerystoretour)

### **Evening Art Therapy for Caregivers**

*Wednesday(s)*

*5 – 7 p.m.*

*Private Dining Rooms, Henry Ford West Bloomfield Hospital*

*\$5 per person*

The Henry Ford C.A.R.E. Program now offers monthly Art Therapy for Caregivers where they can meet to create art, relieve stress and boost their mood. To register, visit [HenryFord.com/art](http://HenryFord.com/art).

### **Upcoming Events...**

#### **Grocery Store Tour with a Henry Ford Registered Dietician**

*Monday, April 1*

*9 – 11 a.m.*

*Kroger, 25780 Middlebelt Rd. Farmington Hills, MI 48336*

*\$15 per person, and proceeds are donated to Game on Cancer.*

With over 40,000 foods in your average grocery store, grocery shopping can be overwhelming. Learn the ins and outs of healthy, budget-friendly grocery shopping from a Henry Ford registered dietician nutritionist during a hands-on tour of the grocery store. Together you will go aisle by aisle and learn how to properly read food labels, maximize nutrients in the foods you buy, shop

for special diets, and save money. Registration is required. To register, visit [henryfordlivewell.com/grocerystoretour](http://henryfordlivewell.com/grocerystoretour)

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

This year, Henry Ford West Bloomfield Hospital celebrates 10 years since we opened our hospital and expanded our services in western Oakland County. Henry Ford West Bloomfield Hospital was designed to combine clinical excellence with innovative and integrative services to provide you with the very best in health and wellness, close to home. We are more than just a hospital, we are a community center for well-being. Visit [HenryFord.com/WestBloomfield](http://HenryFord.com/WestBloomfield) to learn more about all our services and programs.

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