

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.

Happy New Year from Henry Ford Health For the month of January

Community Programming events at Henry Ford West Bloomfield Hospital and Virtual

Caregiver Support Group

Tuesdays | 11 a.m.-12:30 p.m. | Virtual event

Free; [see meeting details here](#)

If you provide care for a loved one – parent, child, spouse, relative, neighbor or friend – join fellow caregivers.

Breastfeeding Class Online – Live

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

\$25; [registration required](#)

This class is taught in a live format by lactation consultants and includes the fundamentals of breastfeeding. Our educators utilize their experience and knowledge to help you get your best start at breastfeeding. We are dedicated to providing up to date, evidenced-based information. We use videos, graphics, and demonstrations to help you visualize important techniques and cues. You will have the opportunity to ask questions throughout the class. Our goal is to help you gain the information needed to build your infant's feeding plan based on your family's goals and the best available global recommendations. A detailed booklet is provided for your review following class.

Childbirth Preparation Class Online – Live

Classes begin January 8 | Additional classes January 15 and 22 to complete course

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

\$65, may be covered by your insurance company; [registration required](#)

This is a series of 3 WEBEX classes that are taught live online with RN instructors. They will discuss & 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!

The Grand Plan: Infant Care for Grandparents Class Online – Live

January 11 | 10 a.m.-12:15 p.m.

\$25; [registration required](#)

This virtual class is conducted live by prenatal nurse instructors from Henry Ford West Bloomfield Hospital and is geared to discuss communication between parents and grandparents, how grandparents can help during pregnancy, birth and the “Golden Hours” after baby is born. Class includes evidence-based guidelines for infant care, swaddling, safe sleep, vaccinations, and grandparents’ important roles.

Healthy Living for Your Brain and Body: Tips for Caregivers (Dementia-related)

January 13 | 12-1:30 p.m. | Virtual event

Free; [registration required](#)

Learn what research has shown about lifestyle choices that may help keep your brain and body healthy as you age. Hear practical ways you can incorporate changes into a plan for healthy aging. *The Henry Ford Health C.A.R.E. Program, iCare4U Employee Resource Group, and content experts from the Alzheimer’s Association of Michigan offer monthly virtual education topics designed to provide caregivers, families, health professionals and the general community with valuable information about Alzheimer’s disease and other dementias.*

The Detroit Institute of Arts: Behind the Seen

January 14 | 12-1 p.m. | Virtual event

Free; [Registration Required](#)

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. This month's topic is DIA: The Essentials.

Art in Bloom

January 17 | 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.

American Heart Infant CPR and Choking Class

January 18 | 9-10:15 a.m.; 10:30-11:45 a.m.; & 12-1:15 p.m. | Henry Ford West Bloomfield Hospital, Lower Level Conference Room

\$40 per couple, in-person. Register [here](#).

Register for one of three in-person sessions offered on this day. Take the in-person class to learn the lifesaving skills of infant CPR and choking. Practice your skills so that you can be prepared to act in an emergency. Share this lifesaving knowledge with family and friends.

All About Advance Directives

January 20 | 11 a.m.-12 p.m. | Virtual event

Free; [registration required](#)

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; 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; and we will have time for participants to ask questions.

Mid-Day Meditation

Tuesdays | 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

Tuesdays | 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

Thursdays | 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

Thursdays | 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.

Find Us in the Community

United We Walk

January 19 | 2-4 p.m. | West Bloomfield Middle School | 6000 Orchard Lake Road, West Bloomfield Township

Free

Henry Ford West Bloomfield Hospital is pleased to be a sponsor of this 31st annual event that celebrates the birthday of Dr. Martin Luther King, Jr., by embracing diversity and unity. This is a free, in-person, community event, complete with children's activities, storytelling, hands-on

community service projects, Dr. MLK learning nuggets, and complimentary refreshments. We will walk inside the middle school in inclement weather.

West Bloomfield Chamber of Commerce Board Installation Breakfast

January 24 | 8-9:30 a.m. | West Bloomfield Parks Senior Connect| 33230 W. 14 Mile Rd., West Bloomfield Township

\$15 for members; \$25 for non-members. Continental breakfast included. Register [here](#).

We are pleased to be a presenting sponsor of the 2025 West Bloomfield Chamber Board Installation and happy to announce that Dr. Monika Grewal will join the West Bloomfield Chamber of Commerce Board of Directors.

Presentation on Digestive Health

January 30 | 12-1 p.m. | Birmingham Next Senior Center| 2121 Midvale Street, Birmingham

Free to members; \$5 for non-members. Light lunch included. Register [here](#).

Gastrointestinal (GI) disorders can be painful, stressful and embarrassing, and they can keep you from enjoying the activities you love. Join Henry Ford Health's Amit Bhan, MD, a board-certified gastroenterologist, in a discussion around coping with some of these conditions including reflux, constipation, and bloating.

Did you know ...

It can be challenging caring for someone who has had knee replacement surgery. Nicci George, an orthopedic nurse at Henry Ford West Bloomfield Hospital, discussed the importance of a nurse navigator and preparing your home and family ahead of knee replacement surgery during an interview with AARP. [Read the story here](#).

For more information, call Jennifer Zaroni at (248) 325-1089 or email jzaroni1@hfhs.org