

# Community News You Can Use



**HENRY  
FORD  
HEALTH**

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 April

### Henry Ford West Bloomfield Hospital Updates

#### Parking Structure now open!

You may have noticed the latest addition to our campus is officially open! This new five-story structure opened at the end of December and features over 600 new parking spaces with 24 handicap spaces. This structure is free to all patients and visitors so be sure to check it out on your next visit!



### Community Programming at Henry Ford West Bloomfield Hospital

#### Live Infant Care Class Online

April 8 | 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.

#### Trans-Voice Virtual Support Group

April 9 | 2<sup>nd</sup> Tuesday of each month | 7-8 p.m.

Virtual event

Free; [registration required](#)

Voice is an important part of who we are. It's the instrument through which we communicate and express ourselves — including how we convey our personalities and gender identities. For many transgender individuals, having a voice that corresponds with their gender identity can reduce stress and anxiety and assist in the transition process. We are offering a support group for the transgender community to find your most authentic voices. Please be sure to sign up at least 24 hours beforehand. All meeting times are set to ET. For more information, contact

[FindYourVoice@hfhs.org](mailto:FindYourVoice@hfhs.org).

**DIA Healing Arts Gallery Talk: To Die Upon a Kiss**

*April 9 | 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](mailto:mwinkel1@hfhs.org).

**Fentanyl Education**

*April 17 | 7-- 8:30 p.m.*

*Henry Ford West Bloomfield Hospital Demonstration Kitchen*

*Free; no registration required*

Please join us for an informative and engaging panel discussion aimed at increasing awareness and knowledge about illicit fentanyl, its risks, and the importance of reversal medications in preventing opioid overdose deaths. This event will be recorded for replay by Civic Center TV. For more information, view our events calendar [here](#).

**Art in Bloom**

*April 19 | 10-11:30 a.m.*

*Henry Ford West Bloomfield Hospital 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.

**Prepare to Care – A program for family caregivers**

*April 19 | 12:30-2:30 p.m.*

*Henry Ford West Bloomfield Hospital Demonstration Kitchen*

*\$20; [registration required](#);*

This program is intended for adults of any age, but especially those who are family caregivers or care partners. Participants will learn the importance of having conversations about health care wishes with loved ones. You will learn the steps required to complete an advance directive and printed forms will be available. There will be plenty of time for questions. You will receive a caregiver binder and will learn how to use the binder to help organize health care documents. Registered art therapist Kelly Darke will share a self-care activity.

**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.

### **C.A.R.E. Program Virtual Classes**

The classes and support group dates/times have been updated through June 2024. Registration is available at: [www.henryford.com/caregiverwellness](http://www.henryford.com/caregiverwellness). All classes and events are offered in partnership with iCare4U ERG and are open to employees, patients, caregivers, friends, family, and the community. A link to join the session with login instructions will be emailed to you. Email [CaregiverResources@hfhs.org](mailto: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.

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

Henry Ford Health's GoHealth facilities make it easier than ever for patients to be seen quickly and easily by a highly skilled provider? Visit our two local GoHealth facilities at 259 Haggerty Road in Commerce and 6901 Orchard Lake Rd. in West Bloomfield. Visits can be in person and virtual and are perfect for non-life threatening conditions including flu, fever, earaches, insect bites, sprains, simple fractures, eye injuries and cuts requiring stitches. For all Henry Ford-GoHealth locations visit [gohealthuc.com/henry-ford](http://gohealthuc.com/henry-ford).

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