

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 January

Henry Ford West Bloomfield Hospital Updates

Parking Structure now open!

Our parking structure at Henry Ford West Bloomfield Hospital is officially open! This new five-story structure boasts over 600 new parking spaces, 24 handicap spaces and 12 charging stations for electric vehicles. The structure is completely free for all patients and visitors.



Community Programming at Henry Ford West Bloomfield Hospital

Breastfeeding Class

January 8 | 6 – 8:30 p.m.

Virtual event

\$25; [registration required](#)

This is live presentation for pregnant women and their partner who are planning to or thinking about breastfeeding their new baby. The presentation is based on the Ten Steps to Successful Breastfeeding and breast-feeding techniques. A Henry Ford West Bloomfield Hospital Lactation Consultant will discuss how milk is made, and how milk gets to baby. Discussion will also include common challenges women may have when breastfeeding and how to manage them. For more information, contact Sara Lavery at sara.lavery@hfhs.org.

Trans-Voice Virtual Support Group

January 9 | 2nd 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.

DIA Healing Arts Gallery Talk: Picturing Music

January 9 | Noon-1 p.m.

Virtual event

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

Join us for a virtual gallery talk! 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, including Diego Rivera and the Detroit Industry murals, African-American artists in the DIA's collection, and the Dutch Golden Age, among others. For more information, contact Megan Winkel at mwinkel1@hfhs.org.

Live Infant Care Class Online

January 15 | 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.

Cooking Class: Italian Extravaganza for Adult and Child (Ages 6-16)

January 27 | 10 a.m. – 12 p.m. | HFWBH Demonstration Kitchen

\$55; [registration required](#)

Join us for an Italian extravaganza alongside Alumni Chef, Kim Marks-Ball and OCC Chef, Dawnmarie Yelcho, CHE, MS., in creating a complete Italian meal! Students will learn proper pasta cooking methods, create delicious sauces and homemade meatballs and bake homemade rolls. In addition to this informative cooking class, students will take home recipes, and explore informative tips and tricks featuring seasonal toppings that can enhance any meal. Students will taste and enjoy their creations. Note: Both adult & child must register & pay separately. Registration code: CULN-1084-T0201

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.

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.

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. All classes and events 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 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

Managing the Winer Blues

January 9 | 1-2 p.m.

Birmingham NEXT | 2121 Midvale St., Birmingham

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

It is believed that about 5 percent of adults in the U.S. experience some type of seasonal affective disorder (SAD). Do the winter blues have you down? Join Chris Nixon, director of Henry Ford Health's Maplegrove Center, as he discusses winter depression and preventative measures and coping strategies.

Did you know ...

Cooking classes have returned to HFWBH! Join us for a variety of topics including, cooking for the life cycle, heart healthy recipes, winter soups and more! To sign up or learn more information, please see the flyer attached.

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