



June 2021 Newsletter

Connect with the Henry Ford Health System C.A.R.E. Program

We are here for YOU! The HFHS C.A.R.E. Program hosts classes, support groups and events to support family caregivers, as well as, patients, families, friends, neighbors, and the community at large. As always, classes are offered via WebEx and open to all. You do not have to be a caregiver to join a class. We offer various classes focus on a variety of health, well-being, support, and mindfulness topics. The classes continue to be FREE, however, do require advance registration.

- **Register for all classes at:** www.henryford.com/caregiverwellness.
- **Login information for all classes and support groups will be sent once you are registered.** All classes offered in collaboration with the HFHS iCare4U ERG.
- See the attached updated class flyer for additional offerings.
- For questions or discuss your caregiver concerns one on one, you can also contact us via email: CaregiverResources@hfhs.org, Toll Free: 866-574-7530, Website: www.henryford.com/familycaregivers
- Join our Facebook Group "*Henry Ford Health System Family Caregivers*"

Caregiver Educational Topic Highlights

- **Dementia - Related Educational Topics: Starting in June 2021 from 12-1pm:** The HFHS C.A.R.E. Program and experts from the Alzheimer's Association of Michigan are offering three educational programs that are designed to provide caregivers, families, health professionals and the general community with valuable information about Alzheimer's disease and other dementias. Everyone is welcome to attend.
 - **June 7- Healthy Living for Your Brain & Body** 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.
 - **June 14- Effective Communication Strategies** Learn to decode the verbal and behavioral messages delivered by someone with dementia and identify strategies to help you connect and communicate at each stage of the disease.
 - **June 21 Understanding and Responding to Dementia-Related Behaviors** Learn about common triggers for behaviors associated with dementia, how to assess a person's needs and how to intervene effectively.
- **Support System Universe: A PRIDE and iCare4U Virtual Event June 9, 2021 6-7:30pm:** In this Creative Mindfulness with Art session, we will identify sources of support in our lives as well as identify the areas where we need support and self-care. Kelly Darke, Registered Art Therapist, will facilitate an art project and go over what it means to be supportive and how other people can help support the different areas of our lives. This event is being offered by Henry Ford Health System Employee Resource Groups (ERGs) PRIDE and iCare4U. Pre-registration is required.



June 2021 Newsletter

Caregiver Views and Feedback

- *"The information provided was priceless. After talking one on one with the care program specialist, I was able to talk with my dad and he is now agreeable to moving to independent living/assistive living. She also gave me the contact info for different community resources, which I can use for other services my dad and myself, as I am on disability! Her help was invaluable." Marlo A.*

Caregiver Educational Topic Highlights continued...

- **Kids Art Camp will be held June 21-June 25, 2021 daily 11 am - 12 pm:** This virtual art camp is all about creative experimentation. How do artists come up with new ideas? How do artists think about their materials? This week we will learn to use everyday items as art materials and how to look at the world with the eyes of an artist. **Register only once for this entire 5-day art camp!**

Over the 5 days, we will explore topics on

- **Balance and Composition:** Learn how to create artwork that has balance and all the elements have their space in the overall image.
- **Mark Making:** Learn how to make marks using a variety of different tools - objects that you might not have thought of to use for art making
- **Ephemeral Art (temporary art):** Learn to make artwork that is temporary.
- **Installation Art:** Learn about installation artwork and how artists use space to express their ideas.
- **Collaboration:** Create a piece of artwork with another artist and discover how much fun collaboration can be!

Other Caregiver News

- **The Longest Day is June 20th**

On June 20, thousands of participants from across the world come together to fight the darkness of Alzheimer's through an activity of their choice. Together, they use their creativity and passion to raise funds and awareness for the care, support and research efforts of the Alzheimer's Association. If you would like more information on Alzheimer's Disease or the longest day, please visit www.ALZ.org.