



February

Newsletter

•Upcoming Events•



Medicare 101

February 22, 2023

6:00 PM – 7:00 PM

Cantonese

Zoom: bit.ly/CASL-Workshop-022223



Regional Transportation Authority (RTA) Workshop

TBD

Cantonese, Mandarin, English

2141 S. Tan Ct., Chicago

Call or email us to learn more!
(312) 791-0418 x2232
Alzheimers@CASLservice.org

A note from our leadership



Winnie Lam, Associate Director
Behavioral Health and Clinical Services

Dear Friends,

Happy Chinese New Year! We hope everyone had a great time celebrating the holiday with your families, with your friends, and by yourself. Wishing you a new year full of laughter and luck!

BHCS is looking for partnerships to host activities, provide mobile clinical services, and improve access to resources and services in your area. Please don't hesitate to reach out at (312) 791-0418 or email us at Alzheimers@CASLservice.org.

Thank you for putting health first!



Behavioral Health
and
Clinical Services

Chinese American Service League

華人諮詢服務處

BHCS Staff Spotlight



Caroline Gray

(she/her)

Chinese-bilingual MSW Student at the University of Chicago

Expected to graduate Spring 2023

Siyu_Gao@CASLservice.org

"I am passionate about the health and wellness of the aging community. As a social worker in training, I look forward to the opportunity to learn about how I can help meet the needs of the aging and older adults in the CASL community and build my clinical skills to become a compassionate, understanding, and effective social worker!"

● Previous Events ●

Alzheimer's program hosted a community workshop with CASL Senior building, talking about how to make the home environment safer. Participants were able to improve their knowledge and awareness in the importance of environmental safety and engage a deeper conversation with OT Tsui regarding how to prevent fall risk, accidents and make their home more accessible.



Alzheimer's program hosted a client engagement workshop with Adult Day Services client to celebrate Chinese New Year. Participants engaged and enjoyed this one-hour event to interact with their peers by watching videos, sharing their stories, doing Chinese traditional art craft, and games.



If you would like to collaborate on a workshop, contact us at (312) 791-0418 x2232 or Alzheimers@CASLservice.org



Who we are

Educating and empowering our clients

BHCS provides quality, person-centered, and culturally competent care to help families and individuals of all ages and backgrounds achieve healthy living. BHCS works in tandem with about thirty CASL programs and complements the efforts of existing community behavioral health programs to improve the overall health and well-being of our community.

We offer a variety of services to empower you:

- Counseling & Therapy
- Occupational Therapy
- Assessment and Treatment Plan
- Crisis Intervention
- Consultation & Evaluation
- Community Support
- Community Workshops

Talk to us

(312) 791-0418

Alzheimers@CASLservice.org BehavioralHealth@CASLservice.org

CASLservice.org/Behavioral-Health

万事如意 (wàn shì rú yì) – May everything go well for you!

恭喜发财 (gōng xǐ fā cái) – May you be happy and prosperous!

福寿双全 (fú shòu shuāng quán) – May you enjoy longevity and blessings!