



# January

Newsletter

## • Upcoming Events •



### Creating a Safe Home

Wednesday, January 11th  
10:00 AM – 11:00 AM  
Cantonese  
2108 S. Princeton Ave, Chicago



### Memory Café

Wednesday, January 25th  
11:00 AM – 12:00 PM  
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,

To celebrate the Chinese New Year, our Alzheimer's Program is hosting its first *Memory Café* at the CASL Adult Day Service community center. Join us for Bingo, arts and crafts, snacks, hot tea, and more!

Registration is REQUIRED. Please contact us at (312) 791-0418 x2232 or Alzheimers@CASLservice.org.

- January 25th, 11:00 AM – 12:00 PM
- CASL Adult Day Service, 2141 S Tan Ct., Chicago
- Cantonese, Mandarin, English

Let CASL's Behavioral Health and Clinical Services assist you on your health journey. Thank you for putting health first!



## *BHCS Staff Spotlight*



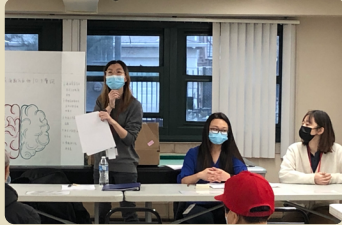
**Louise (Siyu) Gao**  
(she/her)

Chinese-bilingual MSW Student at the University of Chicago  
Expected to graduate Spring 2023  
**[Siyu\\_Gao@CASLservice.org](mailto:Siyu_Gao@CASLservice.org)**

*"As a social worker, I believe in self-determination and that everyone possesses the resiliency to overcome their own obstacles. I use my knowledge of social work and my research to support clients and enhance their quality of life."*

## ● Previous Events ●

Our Alzheimer's Program hosted two mobile clinic events. Thirty-seven community members were provided with education, consultation, and behavioral health and brain health-related services.



Our Alzheimer's Program hosted a Dementia 101 workshop at the Long Life Apartments, discussing what dementia is and what the 10 warning signs are.



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

[CASLservice.org/Behavioral-Health](https://CASLservice.org/Behavioral-Health)

“ Growing old is mandatory,  
but growing up is optional! ”

- Walt Disney