



# November

Newsletter

## • Upcoming Events •



### Medication Management

Wednesday, November 9th  
10:00 AM – 11:00 AM  
Mandarin and English  
Virtual Event



### Understanding Alzheimer's

Tuesday, December 6th  
10:00 AM – 11:00 AM  
Cantonese  
344 W. 28th Place, 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,**

November is National Alzheimer's Disease Awareness Month, a time to heighten awareness about Alzheimer's disease and show support for around 6.5 million Americans age 65 and older who are living with Alzheimer's disease. CASL will also share related knowledge on social media. Search and follow @CASLmedia to learn more!

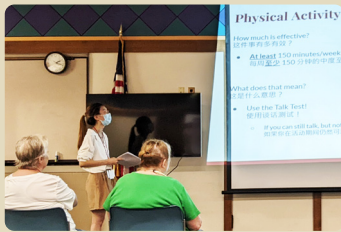
### **Facts about Alzheimer's disease:**

- Alzheimer's is a progressive brain disorder, NOT a normal part of aging.
- Alzheimer's can strike people in their 30s, 40s and even 50s, NOT just older adults can get Alzheimer's.
- No treatments are currently available to cure Alzheimer's disease, but there are treatments available to change the progress of the disease.
- About 1 in 9 people (10.7%) age 65 and older has Alzheimer's disease.

Let CASL's Behavioral Health and Clinical Services assist you on your health journey. Thank you, and be well!

## ● Previous Events ●

To celebrate **Health Literacy Month**, BHCS held a community workshop at the Albert and Bernie Wong Senior Living Community, providing education on healthy aging and living with Alzheimer's and other dementia.



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## 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**

“ Please remember the real me when I cannot remember you. ”

- Julie White, Tony award-winning American actress