



# JULY NEWSLETTER

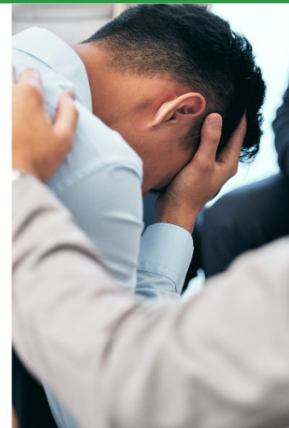
## In this newsletter:

- Minority Mental Health
- What's Happening at Hanul
- Youth Intern Spotlight
- We're Hiring!

## MINORITY MENTAL HEALTH MONTH



YOU ARE  
NOT  
ALONE



July is National Minority Mental Health Awareness Month, formerly named after lifelong advocate Bebe Moore Campbell. According to the AAPI Depression & Anxiety Association, Asian Americans are three times less likely to seek mental health services than other Americans.

Hanul has provided behavioral and mental health services through our Behavioral Health Program (BHP) since 2018. The BHP at Hanul provides individual and group counseling in ENG and KOR. Our Director of Behavioral Health, Hyeno Kim, is a Certified Drug & Alcohol Counselor and holds a Master of Arts in Clinical Mental Health Counseling from North Park University.

For more information on BHP counseling and programs, visit us at: [www.hanulusa.org/behavioralhealth](http://www.hanulusa.org/behavioralhealth) or email [counseling@hanulusa.org](mailto:counseling@hanulusa.org).

## YOUTH INTERN SPOTLIGHT



**Name:** Kaylee Kim, 김나연

**Age:** 17

**School & Grade Level:**

Vernon Hills High School, 12 (Senior)

**Extracurricular Activities:**

Violin, performing and teaching, spending time with friends and family

### **Youth Intern Spotlight: Kaylee Kim,**

Kaylee has been sharing her talents and warm hearted spirit with us this summer as a Youth Summer Intern. She has been volunteering Friday mornings assisting older adults during the Lake County Congregate Dining lunch hour. Kaylee researched and created infographics to raise awareness and help de-stigmatize mental health in the Korean American and Asian American community.

Kaylee assisted the Community Engagement team by collecting data on local schools to outreach to as a resource for TEAACH Act supportive curriculum and implementation efforts. She will also be joining a Hanul Project Youth Connect outreach event on July 27, helping older adults increase their iPhone literacy skills at 1st annual Tech & Tea.

- **What influenced you or inspired you to work with Hanul this summer?** I was immediately drawn to the mission and goals of Hanul, which include empowering immigrant and elderly communities, providing social services, promoting cultural understanding, or any other initiatives that resonate with them. Through this opportunity, I've developed a deeper understanding of the challenges faced by immigrant populations, and I wish to positively impact the community by contributing to the organization's work and building multiple relationships within the community.
- **Do you have any highlights of working with Hanul so far?** As much as I was nervous on the first day, everyone at Hanul greeted me with a warm welcome. Seeing that same warm environment being reflected throughout the clients has made working at Hanul the highlight of my Summer.

Hanul is thrilled to have Kaylee onboard as a Youth Summer Intern. Thank you for all your hard work, Kaylee! **If you are interested in joining Hanul as a Youth Intern or for a Project Youth Connect outreach event, send us an email at: [volunteer@hanulusa.org](mailto:volunteer@hanulusa.org).**

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## **WHAT'S HAPPENING AT HANUL**


한울종합복지관 Hanul Family Alliance

AGE OPTIONS

한울종합복지관 메모리 카페 Memory Cafe

### 치매 101: 알츠하이머? 치매?

Dementia 101: Is it Alzheimer's disease, dementia, or something else?



어센션 메디컬 그룹의 치매 전문가가 이정한 상담사가 강의하는

- 알츠하이머, 치매란?
- 노년기 인지장애, 인지력 감퇴에 대해 알아들 점

연사 | 이정환 Jeong Hwan "Jay" Yi  
MSW, LCSW

전문 | 인지 및 운동장애 돌봄 및 개입 전문  
소속 | Ascension Medical Group  
Illinois, Brain and Spine

전화 | (847) 981-3630

장소 | 한울종합복지관 북부 사무소 일시 | 7/21 (금) 오후 1시-3시  
1166 S Elmhurst Rd 비용 | 무료  
Mt Prospect IL 60056

문의 및 등록 847-439-5195 이메일 [elee@hanulusa.org](mailto:elee@hanulusa.org)

한울종합복지관에서는 100세 시대를 맞아 일리노이 주정부 노인복지 AgeOptions의 지원을 받아 한 인 사회에 필요한 프로그램을 개발하기 위해 노력하고 있습니다.

한울종합복지관 Hanul Family Alliance

한울 건강한 100세 시대 시리즈  
치매 강의 2부

### 알츠하이머 치매에 대처하기

(HOW TO LIVE WITH ALZHEIMER'S DISEASE)

7월 26일 (수)

요즘 깜빡깜빡 잊어버릴 때가 많은데 혹시 치매일까?  
치매 전문가인 Rush 대학교 간호대학 김혜진 교수의 강의!  
치매 증상, 예방법, 일상의 변화, 간병에 대해 배우고 궁금증을 해소하는 자리입니다.

김혜진 교수 Hyejin Kim, PhD, RN,  
Assistant Professor at Rush University



강의 내용

- 치매 예방법 알아보기
- 치매 증상관리 하는법
- 치매가족의 역할

한울종합복지관 시카고사무소  
5008 N Kedzie Ave,  
Chicago, IL 60056

등록 및 문의:  
김예원 847-439-5195  
ext. 215  
akim@hanulusa.org  
bit.ly/healthy-hanul

7월 26일 수요일  
오전 11시15분 - 오후 12시15분

한울종합복지관에서는 100세 시대를 맞아 일리노이 주정부 노인복지 AgeOptions의 지원을 받아 한 인 사회에 필요한 프로그램을 개발하기 위해 노력하고 있습니다.

한울종합복지관 프로젝트 유스 커넥트 & SOMETHIN' SWEET DONUTS

### 기술과 차

7월 27일, 2023년  
12PM-1PM  
1166 S ELMHURST RD MOUNT PROSPECT IL



첫 20명의 참여자들을 위한 기술 조연과 시원한 무료 음료 제공, 참여하세요.

한울의 프로젝트 유스 커넥트는 아래와 같은 기술을 배우도록 도와 것입니다:

- 휴대폰으로 홈에 로그인하고 사용하기
- QR 코드 사용하기
- 파파고 한글에서 영어 번역
- 휴대폰만 사용
- 선착순

한울종합복지관 Hanul Family Alliance

선등록은 전화주세요  
(847) 439-5195  
[bmcluen@hanulusa.org](mailto:bmcluen@hanulusa.org)

한울종합복지관

### 올키즈, Moms, and Babies Zoom 설명회

미성년 자녀를 위한 보증을 찾고 계신가요?  
임신 중인데 보증이 없으신가요?

답답함  
바버!

ZOOM으로 참여하세요

QR 코드: [bit.ly/3IXAUhw](https://bit.ly/3IXAUhw)

REGISTER NOW

일시: 7월 31일 월요일  
오전 10시

문의: 847-439-5195

한울종합복지관 Hanul Family Alliance

ICIRR

한울종합복지관 Hanul Family Alliance

### GAME ON

## 우리 탁구 칠까요?



한울종합복지관-시카고 오피스에는 탁구대와 장기, 바둑판이 마련 되어 있습니다.

점심 프로그램 담당자에게 문의해 주세요!

Are you a Domestic Worker?

OR

Did you miss out on stimulus payments due to immigration status?

You might be eligible for a \$500 relief payment!

No questions will be asked in regard to citizenship or immigration status.

This COVID-19 cash assistance will NOT be considered under public charge.

The Chicago Resiliency Fund 2.0 from the Department of Family and Support Services will provide up to 17,000 eligible Chicago residents with a one-time, \$500 relief payment.

To be eligible you must:

- Live in Chicago AND
- Be 18 years or older AND
- Have household income at or below 300% of the Federal Poverty Level (\$74,580 for a household of 3) AND
- Be a domestic worker OR undocumented resident

Apply online at [www.chicash.org](http://www.chicash.org)

Call or text 312.685.5773 with any questions or if you need assistance.

HEARTLAND ALLIANCE CHICAGO RESILIENCY FUND

CLICK HERE TO LEARN MORE!

(Family and Support Services) Resiliency Fund 2.0 2023 7 31 ( ) .2022 10  
19 320

Resiliency Fund 2.0 500 , 18 300% (3 \$74,580)  
worker)

Resiliency Fund 2.0 (Senior Outreach Coordinator)  
([kim.casey@ywcachicago.org](mailto:kim.casey@ywcachicago.org)) [www.chicash.org](http://www.chicash.org)

WE'RE HIRING!

Are you looking for an opportunity that will expand your experience, enhance your leadership skills, and give back to the community? Hanul is looking for new people to join our organization for the following positions:

- Deputy Executive Director
- Adult Education and Resource Coordinator
- Marketing and Development Coordinator
- Community Health Program Coordinator
- Behavioral and Mental Health Admissions Assistant

Read more on our website at <https://www.hanulusa.org/career>

Join our team today!

**SIGN UP TO VOLUNTEER TODAY!**

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[Main Website](#) | [Home Care Website](#) | [Donate](#) | [Contact Us](#)

