



# MONTHLY NEWSLETTER

January 2023

---

## A Message from Hanul Family Alliance

Hanul Family Alliance would like to wish everyone and their loved ones a blessed Lunar New Year. As we welcome in a new year, we welcome in a fresh start to new opportunities, relationships, and growth.

We also welcome the rest, healing, and action necessary to address the recent shootings in Monterey Park and Half Moon Bay, California. The recent tragedies especially hit us hard during a time when many of our AAPI communities were gathered in celebration and many of the victims were older adults. Since 1987, it has been our mission to take care of and empower non-English speaking older adults. We believe it's important to take time to take care of each other, especially those of us who may be more vulnerable. If you would like to learn more on how to support the victims and their families, please click [HERE](#) and [HERE](#).

This Lunar New Year, Hanul will carry on the tradition of celebrating together as a community. On Saturday, January 28th at our Chicago office, Hanul and [KPAC](#) will host a Seollal event for the whole family to enjoy with traditional Korean food, games, and more. While our first session is sold out, there are still tickets left for our second session that will run from 4 to 5 PM. To learn more and to sign up, click [HERE](#).

---

**WE'RE HIRING!**

# HANUL FAMILY ALLIANCE MEMORY CAFE

## Who can participate?\*

- \*Note this workshop will be held in Korean
- Those with dementia, Parkinson's, and other cognitive impairments
- Caregivers of those with dementia (family, home care aides, etc)
- Those who want to learn about dementia

## Content:

- Professional lectures
- Activities for cognitive improvement
- Activities for five senses stimulation (art, music, calligraphy, physical exercise)

Date: From Jan. 20, every first and third Friday  
From May to September, every third Friday

Time: 1:00 – 3:00 pm

Cost: Free, pre-registration required

Place: Hanul Family Alliance Suburban Office  
1166 S Elmhurst Rd, Mt. Prospect, IL



First come, first served

Registration Link:  
[bit.ly/3HSTWG2](https://bit.ly/3HSTWG2)



## Professional Lecturers

Hyejin Kim, PhD, RN



- Assistant Professor at Rush University
- Research Areas: Alzheimer's disease and related dementia

Eun Jeong Lee, PhD



- Founder and president of the Asian American Resources and Information Network (AARIN)
- Research Projects: Alzheimer's and mental health

- If you attend more than 10 out of 12 sessions, you will receive a gift card from Joong Boo Market.
- Simple snacks are prepared, and a free Hanul lunch voucher is provided if you participate in the survey.

Call: 847-439-5195 ext. 219  
Email: [skweon@hanulusa.org](mailto:skweon@hanulusa.org)

[Korean flyer HERE](#)

## Memory Cafe (Korean speakers only)

WHO: For those with dementia and their caretakers

WHAT: Professional lectures and activities for cognitive improvement

WHEN:

- JAN - APR, first and third Friday
- MAY - SEPT, third Friday

WHERE: Hanul's Mt. Prospect office (1166 S Elmhurst Rd, Mt. Prospect, IL 60056)

HOW: Workshop is free, pre-registration required at <https://bit.ly/3HSTWG2>

For questions, contact Sojeong Kweon at [skweon@hanulusa.org](mailto:skweon@hanulusa.org) or 847-439-5195 ext 219

---

## Free Legal Clinic with Mirae Law (Korean and English)

WHO: For those seeking legal counsel in immigration, estate law, real estate, and more

WHAT: Free 30-minute consultations with the lawyers from Mirae Law

WHEN:

- FEB 23 - OCT 26 (skipping month of August)
- Last Thursday of the month
- 2:00 - 4:30 PM

WHERE: Hanul's Suburban office (1166 S Elmhurst Rd, Mt. Prospect, IL 60056)

HOW: Appointment required, contact Ashley Kim at [akim@hanulusa.org](mailto:akim@hanulusa.org) or 847-439-5195 ext 215

---

# NEW FISCAL YEAR, NEW SPACE

## Senior Nutrition Lunch Update\*

[\\*Korean flyer HERE](#)

- Starting February 1, 2023 at all Hanul offices, all senior lunches will be dine-in only. Pick-up meals will only be available for those who are dining in.
- Chicago senior lunch hours:  
MON - FRI, 11:30 AM - 12:30 PM
- Suburban senior lunch hours:  
MON - FRI, 12:00 - 1:00 PM
- Lake senior lunch hours:  
FRI, 11:30 AM - 12:30 PM

---

## Volunteers Needed!

- Hanul's Chicago office is in need of volunteers for our Senior Nutrition Program
- Looking for volunteers to deliver meals to homebound seniors in the North Side of Chicago areas
- TUES and/or FRI
- 9:30 AM - 1:00 PM
- Eligible for mileage reimbursement and free meal
- For more information and to sign up, contact Charlene Choi at [volunteer@hanulusa.org](mailto:volunteer@hanulusa.org) or 773-478-8851 ext 111.

---

© Newsletter from Hanul Family Alliance

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

