

# NEWSLETTER



## ILCHWA Meet and Greet @ Chicago

**LET'S GET SOCIAL!**

The Illinois Community Health Workers Association Invites you to a *Meet and Greet*

Join us  
@ La Cocina  
209 W Lake St  
Chicago IL 60606

Register at:  
<https://events.r20.constantcontact.com/register/eventReg?oid=11474673&app=41555513&osq=28-801->

**11 | 17 | 23**  
**5:30PM-8:30PM**




Sahida has over 30 years of experience doing community-based work. In Mexico, her home country, she was a high school teacher, with a focus on administration, human resources, research, and marketing. After moving to Little Village, she began to take on volunteer leadership roles. She has been the Local School Council President, Bilingual Committee Vice-President, and member of the Parent Teacher Organization and the No Child Left Behind Committee at her children's schools. She connected with Enlace as a participant and leader of the Eli Whitney Community School. She became very involved with the Healthy Schools Campaign and, when Enlace began to develop its community health worker (CHW) initiatives, she was an early participant. She was hired part-time as a health promoter in 2014 and full-time in 2017. In addition to facilitating wellness education, doing community outreach, and supporting community members in connecting with healthcare and social services, she now supervises a team of full-time CHWs and oversees the development of new initiatives, including community-driven research projects. She has taken an extensive number of trainings that have allowed her to become a Certified Application Counselor, a peer support group facilitator, a mental health first aid provider, a diabetes educator and a COVID-19 navigator. She was also part of the pilot cohort of Richard J. Daley College's new bilingual CHW certificate program that received their certificates in December 2020; she was actively involved in advocating for and creating this program. She is the co-author of an article, released in 2021, focused on the role of CHWs in the pandemic. She was also a member of the CHW team when Enlace received the 2020 Blue Cross and Blue Shield of Illinois Healthy Community Award for its CHW Health Equity Initiative at the LISC Chicago Neighborhood Development Awards. In celebration of women's history month, she received in 2023 a "Peggy Montes Unsung Heroine Award" by Cook County Commission in Women's Issues.

Make your nominations for the community health worker of the month: @ [ilchwa2018@gmail.com](mailto:ilchwa2018@gmail.com)

ILCHWA will be closed  
on Thursday November  
23 and Friday  
November 24, 2023



## Take Charge of Tomorrow! Diabetes Awareness Month

According to the CDC: Diabetes is a chronic (long-lasting) disease that affects how your body turns food into energy. There are three main types of diabetes: type 1, type 2, and gestational diabetes (diabetes while pregnant). More than 133 million Americans are living with diabetes (37.3 million) or prediabetes (96 million).

- Work with your physician to manage your chronic illness.
- set up healthy goals with your physician
- Take medication as prescribed
- Download apps that help you with personal goals for healthy eating habits
- Include your family on your healthy journey .



"As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them."

- John Fitzgerald Kennedy

*A Beautiful Love*

## JOIN ILCHWA

### Website:

[ilchwa.org](http://ilchwa.org)

<https://ilchwanetwork.wpcomstaging.com/ilchwa-membership/>

### Facebook:

<https://www.facebook.com/ILCHWANetwork1/>

### Twitter:

<https://tinyurl.com/ypxjeap8>

## Monthly Meetings

Will start on new year

### WFD Meeting:

1/16/2024 @ 4PM

<https://tinyurl.com/yckuvw8j>

### Certification, Finance and Reimbursement Committee Meeting

01/25/2024 @ 11AM

<https://tinyurl.com/tpw7nju2>