



**KEEP CALM  
AND LET THE  
COMMUNITY  
HEALTH WORKER  
HANDLE IT**

## Upcoming Event

### ILCHWA 2nd Annual Champaign Summit

Event Date: January 31, 2025  
Event Location: I Hotel @ Champaign  
Event Time 8:30am - 6:00PM

#### Register

<https://lp.constantcontactpages.com/ev/reg/7raa9an>



### Monthly Meetings

#### Workforce Development Meeting

Event Date 11/19/2024  
Event Location: <https://tinyurl.com/yckuvw8j>  
Event Time 4:00pm - 5:00PM

#### Certification, Finance and Reimbursement Meeting

Event Date TO BE ANNOUNCED

## CHW of the Month



Christopher Hodges is a multi-faceted professional whose work combines creative design, graphic design, and community advocate with over 20 years of experience. Based in East St. Louis, he has worked with high-profile clients such as The Source Magazine and Green Leaf Multi Media, and has contributed to events such as the New York Bronx Superfest. In addition to his design career, Christopher founded T.R.U.S.T. (Treating Recidivism and Transforming Safety), a non-profit organization whose goal is to reduce recidivism, prevent violence, and improve public safety through reentry support and community-based programs.

Christopher, a certified community health worker (CHW), also trains local first responders and Narcan administration residents to combat the opioid crisis. He connects underserved populations with healthcare resources, provides health education, and leads preventative programs such as CPR training, senior fitness classes, and youth violence prevention. Through T.R.U.S.T., he has introduced senior fitness initiatives to improve mobility and social engagement, and is working to establish a local health clinic to improve access to healthcare and spur economic growth in East St. Louis. Christopher's work combines design, public health, and advocacy to create positive, lasting change in his community.

**Not yet  
a member?**

Join ILCHWA for access  
to exclusive CHW perks and resources!

**BECOME A MEMBER**

# Recipe of the Month

## Sautéed Walleye with Tarragon



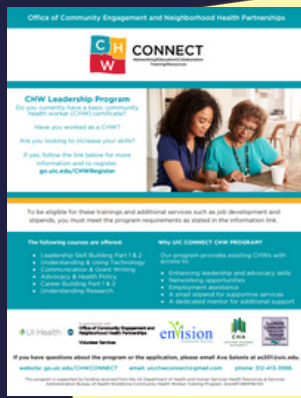
### Ingredients

- 2 walleye fillets (4–6 ounces each), thawed and patted dry
- salt and ground pepper
- 1 teaspoon chopped fresh tarragon or parsley (or 1/2 teaspoon dried)
- 2 tablespoons butter
- fresh lemon wedges (optional)

### Directions

1. Wash hands with soap and water.
2. Season walleye on the flesh side with salt and pepper.
3. Sprinkle with tarragon or parsley and press lightly into the flesh to help it stick.
4. Melt the butter in a pan over medium high heat.
5. Place the fillets seasoned side down in the pan, tilting the pan to make sure the butter surrounds the fillets, and cook for about 3 minutes.
6. Gently flip the fillets and cook on the second side, about 2 minutes. Walleye should reach a final internal cook temperature of 145 °F as measured with a food thermometer before serving.
7. Plate and serve immediately with lemon wedges.

<https://www.myplate.gov>



As we gather with family and friends this Thanksgiving, let's take a moment to reflect on the many blessings in our lives. Whether it's the simple joy of a shared meal, the warmth of loved ones, or the opportunity to give back to those in need, Thanksgiving reminds us of the importance of gratitude. We are thankful for the continued support and connection within our community, and we wish you all a joyful holiday filled with love, laughter, and a heart full of thanks. Happy Thanksgiving from all of us!

“Gratitude is not only the greatest of virtues, but the parent of all the others.” — Marcus Tullius Cicero

Not yet  
a member?

Join ILCHWA for access  
to exclusive CHW perks and resources!

[BECOME A MEMBER](#)

Follow Us:



[Website](#)