



HELLO
FEBRUARY

Join the ILCHWA Chicago Summit Planning Committee 2025

First Meeting on February 27, 2025 at 1pm

Are you passionate about Community Health Workers (CHWs) and want to make an impact? We're looking for dedicated individuals to help plan and organize the upcoming CHW Summit in Chicago!

As a member of the planning committee, you'll have the opportunity to:

- Shape the summit's agenda
- Collaborate with like-minded professionals
- Elevate the role of CHWs in our community
- Sponsorship

If you're ready to be a part of something exciting and make a real difference, we want to hear from YOU!

Sign up today and be part of something special:

[<https://lp.constantcontactpages.com/ev/reg/ucvbyqs>]

#CHWSummit #CommunityHealth #ChicagoEvents #PublicHealth #GetInvolved

[Register](#)

Monthly Meeting

Workforce Development Meeting

Date: March 18, 2025

Time: 4:00 PM - 5:00 PM

Location: Event Location

Join us for an informative meeting to discuss workforce development initiatives and opportunities!

Event Location

Recipe of the Month

Lentil Chili



Ingredients

- 1/2 pound ground beef (15% fat)

- 1 1/2 cups onion (chopped)
- 1 clove garlic (crushed)
- 2 cups lentils (cooked, drained)
- 2 cans tomatoes, low-sodium, diced or crushed (29 ounce or 2 cans 14 1/2 ounce)
- 1 tablespoon chili powder
- cumin, ground (1/2 teaspoon, optional)

Directions

1. Wash hands with soap and water.
2. In a large saucepan, brown beef over medium-high heat, breaking it into bite sized pieces. Drain fat.
3. Add onion and garlic and cook until softened.
4. Add lentils, tomatoes, chili powder, and cumin. Cook for about 1 hour until flavors are blended.
5. Serve hot, topped with your favorite chili toppings.

My
Plate

Trainings



Diabetes Education Empowerment Program

Workshop in English

Overview:

DEEP™ is a diabetes self-management education (DSME) program designed to help participants manage their diabetes effectively and reduce the risk of complications. It was specifically developed for low-income racial and ethnic minority populations.

Eligibility:

The workshop is for participants who live in Cook County.

Refreshments:

Refreshments will be provided.

Certificate of Completion:

Participants must attend all sessions to receive a certificate of completion.

Location:

UI Health Collaborative
5525 S Pulaski Chicago IL 60632

Workshop Dates:

- May 5, 2025
- May 12, 2025
- May 19, 2025
- June 2, 2025
- June 9, 2025

Time:

9:00 AM - 11:00 AM (5-day workshop)

[Register](#)

[Become an ILCHWA Member!](#)



Become an ILCHWA Member!

Visit ILCHWA's website today and discover all the exciting opportunities that await. By becoming a member, you'll unlock a range of exclusive benefits and special incentives designed to enhance your experience and provide exceptional value.

[Visit our Website](#)

Nominate a CHW to be Featured in our Newsletter!

Nominate A Community Health Worker

Dear Community Member,

We're excited to shine a spotlight on the incredible work being done by Community Health Workers (CHWs) in our area. These dedicated individuals play a vital role in improving the health and wellbeing of our community, and we want to give them the recognition they deserve!

Do you know a Community Health Worker who is making a difference?

We invite you to nominate a CHW to be featured in our upcoming newsletter. Whether they've gone above and beyond for their community, demonstrated outstanding leadership, or made a significant impact on public health, we want to hear their story.

How to Nominate a CHW:

1. Submit a Nomination: Share the name and a brief description of why you believe this CHW should be featured. Highlight their accomplishments, dedication, and the impact they've had.

What Will the Featured CHW Receive?

- Recognition in our next newsletter and website.
- A dedicated section showcasing their work and achievements.
- The chance to inspire others to make a positive impact in the community.

Best regards,
The ILCHWA Team

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