



Save the Date

ILCHWA 3rd Annual Chicago Summit 2025

We are excited to announce that ILCHWA Chicago Annual Summit will be taking place on October 17, 2025!

Whether you're looking to network, learn, or collaborate, this event is one you won't want to miss.

More details and registration information will be coming soon, but for now, mark your calendars and get ready for an incredible experience!

Location: Hilton Hotel in Oaklawn/Chicago

9333 S Cicero Ave, Oak Lawn, IL 60453

Member Summit price \$75.00

Non-member Summit Price \$95.00

Continental breakfast, lunch, and appetizers included

Save the date!

#SaveTheDate #ChicagoSummit2025

Stay tune for early registration discount!

Meet And Greet In East St Louis, Illinois



ILCHWAs Meet & Greet was a huge success!

Big thanks to everyone who came out—we loved connecting, sharing stories, and making new memories together!"

Monthly Meeting

Workforce Development Meeting

Date: May 20, 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

MyPlate Recipe

Pan Roasted Tilapia with Tomatillo Salsa



Tilapia fillets are pan-fried until golden brown and served with a fresh salsa made from roasted tomatillos, serrano peppers, lime, and cilantro.

Ingredients

- 1 pound tomatillos
- 1/2 cup yellow onion (peeled and finely chopped)
- 2 serrano or other chiles (finely chopped)
- 3 cloves garlic (peeled and minced)
- 3 teaspoons vegetable oil
- 1/4 teaspoon Kosher salt
- 1 tablespoon Fresh lime juice (about 1/2 lime)
- 1/4 cup fresh cilantro leaves (chopped)
- 4 tilapia fillets (patted dry with a paper towel, any inexpensive white fish can be used)

Directions

Preheat the oven to 450 °F.

To make the tomatillo salsa:

1. To prepare the tomatillos, peel back the husk from the smooth green tomatillo skin. Rinse the tomatillos with warm water and cut into quarters. (Canned tomatillo salsa can be used instead of fresh.)

2. Place the husked tomatillos, onion, chilies, garlic, and 1 teaspoon oil in the baking pan, stir well and transfer to the oven. Roast about 20 minutes until the tomatillos are soft and dark green. Set aside to cool.
3. Transfer the mixture to the blender; add the salt, lime juice, and cilantro. Purée.

To cook the tilapia:

1. Place the skillet on the stove over high heat and when it is hot, carefully add 2 teaspoons oil.
2. Put the tilapia fillets in the pan, waiting about 30 seconds between additions. Cook about 5 to 6 minutes, until golden brown on both sides.
3. Transfer the tilapia to the serving plate and top with generous amounts of salsa. Serve right away.

Go to MyPlate for more healthy recipes. <https://getfreshcooking.com/all-recipes>

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!



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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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