

August Newsletter

Events

2025 ANNUAL
**CHICAGO
SUMMIT**
CHWS: The voices of the community
Non-Member: \$95 & Members: \$75

Discover how Community Health Workers (CHWs) are leading efforts in education, early detection, access to care, and building resilience in communities.

Workshop topics include:

- Men's Health
- Domestic Violence
- Colon Cancer Updates
- Understanding ACE (Adverse Childhood Experiences)
- Trauma-Informed Community Strategies
- Supporting CHWs on the frontline
- CHWs make important contributions to health research
- Cook County Report
- And More!

Location: Hilton Chicago/Oak Lawn
Date: October 17, 2025
Time: 8am - 4pm

Register Now

<https://lp.constantcontactpages.com/ev/reg/5rdt5qt>



Date: October 17, 2025
8am-6pm
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

Join CHWs from across the state for our 3rd Annual Summit—a day of learning, connection, and community impact. Hosted by ILCHWA, this year's event will feature expert-led sessions on key issues including domestic violence prevention, health equity, healthcare access and more.

[Register Here](#)

ILCHWA Chicago Summit Award Nominations

Eligibility Criteria

CHW:

3+ years of direct CHW service. Active in underserved communities. Trusted, impactful, and passionate about health equity and justice. Demonstrates leadership in advocacy or public health.

[Nominate Here](#)

CHW Supervisor:

Current CHW supervisor with 2–4+ years of experience. Supports CHW growth, leads effectively, resolves conflict, and practices culturally responsive supervision.

[Nominate Here](#)

Organization:

Employs CHWs and has operated 2–4+ years. Provides a supportive, inclusive environment. Integrates CHWs into programs, promotes their leadership, and demonstrates equity-driven impact.

[Nominate Here](#)

NOW ACCEPTING NOMINATIONS!

2025 ILCHWA AWARDS

Celebrate Excellence in Community Health

Nominate A CHW



Recognizing those who lead through outreach, education, and care coordination

[Nominate Here](#)

Nominate A CHW Supervisor



Celebrating outstanding support and leadership in the CHW workforce.

[Nominate Here](#)

Nominate A CHW Employer/Organization



Honoring institutions that elevate and empower CHWs.

[Nominate Here](#)

Review eligibility requirements before submitting



Deadline: September 15, 2025

The presentation of awards to recipients will take place at the ILCHWA Chicago Summit in October 2025.

Monthly Meeting

Workforce Development Meeting

Date: September 16, 2025

Time: 2:00 PM - 3:00 PM

Location: [Event Location](#)

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

[Event Location](#)

My Plate

Zucchini Bread

Ingredients

- 3 eggs
- 1 cup sugar
- 1/4 cup vegetable oil (or cooking oil of your choice)

- 2 cups zucchini (grated)
- 1/2 teaspoon vanilla
- 1 1/2 cups flour (all-purpose)
- 1 1/2 cups whole wheat flour
- 1 teaspoon salt
- 2 teaspoons baking soda
- 2 teaspoons cinnamon
- 1/2 teaspoon baking powder
- 1/2 cup raisins



Directions

1. Wash hands with soap and water.
2. Preheat oven to 325 °F
3. Lightly grease and flour a 9x5 loaf pan.
4. In a large mixing bowl, beat eggs lightly. Add sugar, oil, zucchini, and vanilla and beat.
5. In a separate bowl, measure dry ingredients and stir to combine. Add raisins.
6. Add dry ingredients to the egg mixture. Stir just until all ingredients are moistened.
7. Spoon into loaf pan.
8. Bake at 325 °F for 50 minutes. Test for doneness by inserting a toothpick in the center. It should come out dry.
9. Allow loaf to cool 5 to 10 minutes before turning out onto a cooling rack.
10. Serve warm or allow to cool before slicing.

<https://getfreshcooking.com/all-recipes>

**My
Plate**

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.

BLOG

Empowering CHWs: A Guide to Asthma Care

As community health workers (CHWs), you play a vital role in promoting health and well-being within our diverse communities. The Illinois Community Health Workers Association (ILCHWA) is committed to supporting you in this crucial work. This comprehensive guide focuses on asthma care, providing you with the knowledge and tools to effectively support individuals and families affected by this chronic respiratory condition.

What is Asthma?

Asthma is characterized by recurring periods of wheezing, chest tightness, shortness of breath, and coughing. These episodes can range from mild to severe and can be life-threatening if not properly managed.

Common Triggers

- Allergens (e.g., pollen, dust mites, pet dander)
- Irritants (e.g., smoke, strong odors, air pollution)
- Respiratory infections
- Physical activity
- Stress and strong emotions
- Weather changes

Discover a wealth of knowledge and inspiration by diving into our monthly blogs on the ILCHWA website! Each post is thoughtfully crafted to provide valuable insights, resources, and professional development opportunities tailored specifically for Community Health Workers. By engaging with our content, you not only enhance your skills but also expand your network within our supportive community. We invite you to explore these enriching discussions and share your thoughts, as together we strive to promote health equity and make a meaningful impact in the healthcare sector. Join us on this journey of growth and collaboration—your voice matters!

CHW Awareness Week August 25 - 29, 2025

NCHWAW 2025 TO BE HELDON AUGUST 25th – 29th

ILCHWA can't wait to hear about how you plan to participate in National CHW Awareness Week 2025 (August 25–29)! Share your awareness-raising events and activities with ILCHWA at ilchwa2018@gmail.com. Whether you participate as an individual, attend a local event, or lead or take part in a statewide awareness-raising day, everything counts! Everybody can raise awareness. No effort is too small!

Best regards,
The ILCHWA Team

Follow Us on Social Media



Illinois Community Health Workers Association | 10331 S. Forest | Chicago, IL 60628 US

[Unsubscribe](#) | [Update Profile](#) | [Our Privacy Policy](#) | [Constant Contact Data Notice](#)



Try email marketing for free today!