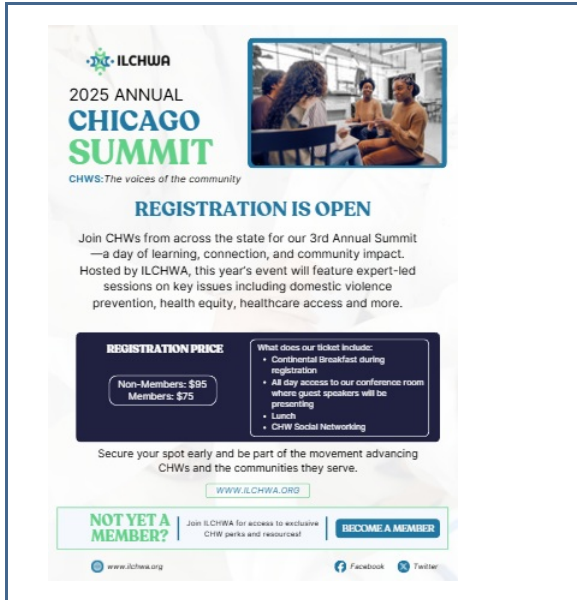


## July Newsletter

### Events



**ILCHWA**  
2025 ANNUAL  
**CHICAGO SUMMIT**  
CHWS: The voices of the community

**REGISTRATION IS OPEN**

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.

**REGISTRATION PRICE**

Non-Members: \$95	Members: \$75
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**What does our ticket include:**

- Continental Breakfast during registration
- All day access to our conference room where guest speakers will be presenting
- Lunch
- CHW Social Networking

Secure your spot early and be part of the movement advancing CHWs and the communities they serve.

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

**NOT YET A MEMBER?** Join ILCHWA for access to exclusive CHW perks and resources! **BECOME A MEMBER**

[www.ilchwa.org](http://www.ilchwa.org) [Facebook](#) [Twitter](#)

**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.

## Monthly Meeting

### Workforce Development Meeting

**Date:** July 15, 2025

**Time:** 4:00 PM - 5:00 PM

**Location:** Event Location

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

# My Plate

## Avocado Taquitos

### Ingredients

- 1 ripe, fresh avocado, halved, pitted, peeled, and mashed
- 1/2 cup canned black beans, rinsed
- 1/2 tablespoon cumin
- 1 teaspoon garlic powder
- 1/2 teaspoon salt
- 10 (6-inch) corn tortillas
- 1 cup rainbow cherry tomatoes, chopped
- 1/2 cup red or yellow bell peppers, seeded and diced
- 1 tablespoon fresh jalapeño, seeded and minced
- 1 tablespoon onion, minced
- 1 tablespoon fresh lime juice
- 2 tablespoons fresh cilantro leaves, chopped
- 1/2 cup plain non-fat Greek yogurt (4 oz)



### Directions

1. Wash hands with soap and water.
2. Using a fork, mash the avocado and black beans together in bowl. Stir in cumin, garlic powder and salt.
3. Spread approximately 2 Tbsp. of the mixture onto a corn tortilla, dividing equally between 10 tortillas. Roll tightly to form 10 taquitos.
4. Place taquitos into air fryer at 400°F degrees for 5 minutes. When timer goes off, flip and put back into air fryer for 5 more minutes. Depending on air fryer you may need to decrease time to 3 to 4 minutes per side.
5. While taquitos are cooking, combine cherry tomatoes, bell peppers, jalapeño, onion, cilantro, and lime juice in a small bowl to make fresh pico de gallo.
6. Once taquitos are golden brown and crispy, remove from air fryer and top with fresh pico de gallo and Greek yogurt.

For more recipes:

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





## 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](#)

# BLOG

## So, What Exactly is a Community Health Worker?

Community Health Workers (CHWs) are the friendly faces and trusted voices of their communities. They connect people to vital health resources and services, often focusing on those who face the biggest barriers to care. Think of them as health guides who help folks navigate the sometimes confusing world of healthcare.

But CHWs are more than just guides – they're also advocates, educators, and supporters. They might help someone enroll in health insurance, find a doctor, or understand their medications. They might also teach healthy habits, offer emotional support, and even help folks overcome challenges like finding affordable housing or transportation.

Here's the key: CHWs come from the communities they serve. They understand the unique challenges and cultural nuances that can impact health. This makes them incredibly effective at building trust and breaking down barriers.

### What CHWs are not?

It's important to remember that CHWs are not medical professionals. They don't provide diagnoses or treatment. Instead, they work alongside doctors, nurses, and other healthcare providers to ensure people get the care they need.

Think of it this way: CHWs are the vital link between the community and the healthcare system. They help bridge the gap and ensure everyone has a chance to live a healthier life.

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!

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

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