

## October Newsletter

### Events



**2025 ANNUAL CHICAGO SUMMIT**  
CHWs: The voice of the community

**JOIN US**  
AT OUR ANNUAL CHICAGO SUMMIT

Be part of the movement!  
Join us at ILCHWA's 3rd Annual Summit in Chicago, where CHWs connect, grow, and lead the way forward!

**FRIDAY**  
October 17, 2025

**TIME**  
8:00am-6:00pm

**LOCATION**  
Chicago/Oaklawn Hilton  
9333 Cicero Ave  
Oak Lawn, IL 60453

[REGISTER NOW](#)  
www.ilchwa.org

**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:** October 21, 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

#### Pumpkin Ricotta Stuffed Shells

##### Ingredients

- 6 ounces jumbo pasta shells (about 12 jumbo pasta shells)
- 1 1/4 cups ricotta cheese, part skim
- 3/4 cup pumpkin
- 1/2 teaspoon garlic powder (or 2 cloves garlic, minced)
- 2 tablespoons basil
- 1/4 teaspoon sage, dried
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 1/2 cup grated parmesan cheese, divided
- 1 cup spaghetti sauce (low sodium)



##### Directions

1. Preheat oven to 350 °F.

2. Cook pasta shells according to package directions. Drain and place each on a baking sheet to cool.
3. In a medium bowl, stir together ricotta, pumpkin, spices, and all but 1 tablespoon of the cheese. Reserve the 1 tablespoon cheese for topping.
4. Spread pasta sauce in the bottom of a baking dish that holds all the shells in a single layer. Fill each shell with about 3 tablespoons of pumpkin mixture and place shells close together on top of the sauce.
5. Cover pan with foil and bake for 30 minutes. Remove foil, sprinkle with remaining cheese, and bake for 15 minutes more.

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

My Plate

## Trainings

### DIABETES Empowerment Education Program workshop (DEEP™)

**DEEP™** is a diabetes self-management education (DSME) program that has been shown to be successful in helping participants manage their diabetes and reduce the risk of complications. DEEP™ was developed for use in low-income racial and ethnic minority populations.

The workshop is for participants who live in Cook County.  
Refreshments will be provided.  
In order for participants to receive a certificate of completion, you must attend all sessions.

**Where:**  
Parker Elementary School  
5800 S Stewart, Chicago, IL 60621  
Room: Parent room  
When: (Mondays)  
October 27, November 3, 10, 17, and December 1, 2025  
Time:  
9 AM to 11 AM 5-day workshop in English.

31288.7820  
<https://ilchwa.org/>

Register here:  
<https://ils.constantcontactpages.com/ev/ev/98446m>

DEEP™ is a diabetes self-management education (DSME) program that has been shown to be successful in helping participants manage their diabetes and reduce the risk of complications. DEEP™ was developed for use in low-income racial and ethnic minority populations.

Workshop start on October 27, 2025

Register Here

## Blog

### HR1: The One Big Beautiful Bill Act

HR1, the "One Big Beautiful Bill Act" (OBBA), proposes strict work requirements that could make Medicaid and Medicare coverage harder to access, potentially requiring individuals to work or do community service for 80 hours per week by the end of 2026. In Illinois, this could result in widespread loss of coverage due to burdensome paperwork and frequent renewals. Past attempts in other states have shown these measures to be ineffective. Community Health Workers (CHWs) will be key in helping people navigate these changes and advocate for affected communities. Strengthening CHW advocacy and training is critical now.

If you have any questions please fill out this form:

<https://forms.gle/7PmxkTcMxhxwHuJz7>

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