

September 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://jp.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.

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!

My Plate

Sweet Potato Pancakes

Ingredients

For Sweet Potato Pancakes

- 3 medium sweet potatoes or yams (orange flesh)
- 1 cup non-fat milk
- 1 egg, beaten
- 2 tablespoons vegetable oil
- 1 cup whole wheat flour
- 2 teaspoons baking powder
- 1/4 teaspoon salt
- cooking spray, as needed

For Balsamic Maple Mushrooms

- 1 pound cremini and/or white button mushrooms, quartered
- 1 tablespoon vegetable oil
- 1/3 cup maple syrup
- 1 tablespoon balsamic vinegar

Directions

1. Microwave sweet potatoes until soft; let cool. Peel and mash potatoes, using an electric mixer.
2. Add milk, egg, and vegetable oil to potatoes; mix. Sift together dry ingredients and add to potato mixture. Mix on low until just blended.
3. Heat non-stick skillet or griddle over medium heat; coat skillet with cooking spray.
4. Use 1/4 cup of batter per pancake, ladling into hot skillet. Wait until pancake bubbles and looks slightly dry on top before flipping over.
5. While pancakes are cooking, heat 1 tablespoon vegetable oil in another skillet (do not use non-stick) over medium flame.
6. Add quartered mushrooms and toss coat with oil. Let simmer, stirring occasionally, until juices run.



7. Add maple syrup and balsamic vinegar to pan. Let simmer until sauce reduces and thickens.
8. To serve, stack 2 or 3 pancakes, alternating with balsamic maple mushrooms.

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

**My
Plate**

Trainings

DIABETES Empowerment Education Program workshop (DEEP™)



The flyer features the DEEP™ logo (a stylized 'd' with a flame) and the ILCHWA logo (a green starburst with 'ILCHWA' text). The title is 'DIABETES EMPOWERMENT EDUCATION PROGRAM WORKSHOP (DEEP™)'. Below the title, it states: '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.' An image shows a stethoscope, a bowl of fruit, and a clipboard. Text on the flyer includes: '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.' It lists the location as Parker Elementary School, 5800 S Stewart, Chicago, IL 60621, in the Parent room. The schedule is Mondays, October 27, November 3, 10, 17, and December 1, 2025, from 9 AM to 11 AM. Contact information includes phone number 31288.7820 and website <https://ilchwa.org/>. A QR code is also present for registration.

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

Accepting Nominations for CHW of the Year, CHW Supervisor, and Employer or Organization of the yearNom

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](#)

Deadline: September 15, 2025

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

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



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](#)

BLOG

Free Online Community Health Worker Certification

Have you ever thought about a career where you can make a real difference in your community? Where are you not just clocking in and out but actually helping people live healthier lives? Becoming a

certified Community Health Worker might be your calling. And guess what? You can get certified online for free.

In this guide, we'll break down everything you need to know:

- What exactly is a Community Health Worker (CHW) Certification?
- What does CHW certification involve?
- Why get certified in the first place? (Hint: it opens doors!)
- Where to find the best free online CHW certification programs.

Speaking of community, as the **Illinois Community Health Workers Association (ILCHWA)**, We are all about empowering CHWs and improving health outcomes across Illinois.

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

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!