

# February

**Men's Health – Promoting Discussion and Strategy** is an event held in collaboration with the Illinois Community Health Workers Association and is intended to continue the conversation on how to shape and promote a healthy future for men in Illinois. The event will take place on Friday, February 20, from 12:30 PM to 1:30 PM and is **open to everyone**, including women. Participants are encouraged to share this opportunity within their networks and communities. You can join by scanning the QR code below or by registering through the following link:

## Register for webinar:

<https://illinois.webex.com/weblink/register/rcd896e5046a4656a129ef55260737ffc>



## Men's Health - Promoting Discussion and Strategy

**Friday, February 20, 2026 12:30 PM - 1:30 PM**  
(UTC-06:00) Central Time (US & Canada)

### Webinar Speakers:

Andrew Lerch - IDPH Men's Health Section Chief  
Leticia B. Price - Co-Director ILCHWA  
Will Naugles - UI Health Healthy Start

In collaboration with the Illinois Community Health Workers Association, the Illinois Department of Public Health Men's Health Section would like to invite you to participate in a conversation about men's health and provide valuable community input into the long-term strategy for Illinois.

### Potential topics include:

- The current state of men's health
- Underlying factors contributing to health outcome disparities
- Priority goals and health issues
- Key recommendations for policy and/or programming

Information and opinions gathered from this event will be used to help guide men's health activities and identify key stakeholders and public members interested in raising awareness and creating positive change.

Learn more about men's health by visiting the IDPH webpage and reading the most recent Men's Health Annual Report by following the link below

<https://dph.illinois.gov/topics-services/life-stages/populations/mens-health.html>

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<https://illinois.webex.com/weblink/register/rcd896e5046a4656a129ef55260737ffc>



This webinar will be recorded\*




# Trainings



## Vaccines Save Lives

Webinar  
February 17, 2026


Register here:  
<https://lp.constantcontactpages.com/ev/reg/zetj6zx/lp/f9bf8f87-b206-44cb-9adc-9988a510809c>



**80% Vaccination Coverage**  
Vaccination Rate Achieved

Support your local CHWs and help spread the word about the importance of vaccines in our communities.

**Join Us!**

Registration QR Code:  


When: **Tuesday, February 17, 2026**  
Time: **11:00am - 12:00pm**  
Cost: **Free**  
Via Zoom: **Link will be sent after registration is completed**

Questions, please e-mail us at:  
Maria.Chavez@ILCHWA@gmail.com  
<https://lp.constantcontactpages.com/ev/reg/zetj6zx>

**Register Here**

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.

Where: Nathan Davis Elementary School (Annex Building Parent Room) Class will be given in **Spanish**.

3050 W 39th Place

Chicago IL 60632

Register Here: <https://lp.constantcontactpages.com/ev/reg/pb66hs4>



## 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:**

Davis Elementary School  
3050 W 39th Place, Chicago, IL 60632

**When: (Mondays)**

February 9, 23, March 9,30, and April 6, 2026

**Time:**

8:30AM to 11:00AM 5-day workshop in Spanish



312-880.7820  
<https://ilchwa.org/>

Register here:  
<https://lp.constantcontactpages.com/ev/reg/pb66hs4>

[Register Here](#)

## Workforce Development Meeting

**Date:** February 17, 2026

**Time:** 10:00 AM - 11:00 AM

**Zoom Link:** <https://us02web.zoom.us/j/87591379552?pwd=TWxBcjEzeVI4RVhXRHBBeFBPbW5BUT09#success>

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

## Housing Policy Changes and What They Mean for CHWs in Illinois

Illinois is facing a serious affordable housing crisis, with only about 34 affordable rental homes available for every 100 extremely low-income renters, leaving many families struggling to stay housed and often spending more than half of their income on rent instead of food, health care, transportation, and other basic needs; homelessness has also increased in many parts of the state, adding further strain to communities. Although H.R.1 (“One Big Beautiful Bill Act”) increases funding for the Low-Income Housing Tax Credit to help build affordable rental housing, these developments can take years to complete and are generally targeted to households earning up to 60 percent of area median income—

levels that may still be out of reach for many individuals served by Community Health Workers who earn far less. While expanding housing supply is important, it does not address the immediate needs of families who are currently homeless or at risk of eviction, and the bill's significant reductions in safety net programs such as Medicaid and SNAP may further increase housing instability by leaving low-income households with fewer resources to cover rent after paying for health care and food.

To learn more please click on link below

<https://ilchwa.org/housing-policy-changes-and-what-they-mean-for-chws-in-illinois/>

## Recipe My Plate



Give yourself an extra dose of fiber and flavor tonight with this delicious salad featuring canned white kidney beans and beets.

### Ingredients

- **Dressing:**
  - 2 tablespoons cider vinegar
  - 1 tablespoon Dijon mustard
  - 1/2 teaspoon sugar
  - 1/4 cup extra virgin olive oil
  - salt and ground black pepper, to taste
- **Salad:**
  - 2 3/4 cups whole beets, well drained and each cut in half (or 16-ounce can)
  - 1 can white kidney beans (cannellini) (15-ounce can)
  - 1/2 cup reduced fat crumbled blue cheese
  - 1/2 cup coarsely chopped walnuts, toasted
  - baby arugula leaves (optional)

### Directions

1. Prepare dressing: In small bowl combine cider vinegar, Dijon mustard, and sugar. Gradually add olive oil until well blended. Season with salt and pepper.
2. Prepare Salad: In large bowl combine beets and white kidney beans; toss with dressing.
3. To serve, place arugula leaves on platter or in serving bowl; top with beet mixture.

4. Sprinkle with crumbled blue cheese and walnuts.

Text Link

<https://www.myplate.gov/recipes/braise-d-chicken-thighs-spinach>



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