

Approved CHA Health Partners as of August 1st, 2025

***CHA welcomes new health partners this month**

Organization	Contact Person	Phone Number	Geographic Location (s)	Partnership Expiration Date	E-mail	Approved Activities
Addus HomeCare	Rahma Hasan	734-945-1304	North Central/Westside South	12/31/2026	rhasan@addus.com	Educational programs on managing chronic conditions, in-home safety measures, fall prevention, and maintaining well kept living conditions.
Advantage P.T. Associates & Wellness	Jim Dallas	630-901-3870	Central/Westside South	3/31/2027	jimdallas2@aol.com	Health Presentations on fall prevention strategies, home exercise, and use of durable medical equipment
Advocate Medical Group	Nicholas Martin	901-497-8946	North/Central	2/28/2027	nicholas.martin@aah.org	Health Presentations on chronic disease (hypertension, diabetes, and cholesterol management), behavioral health, nutrition & exercise, comprehensive continence, stroke prevention and awareness, sleep apnea, and fall prevention.
American Lung Association	Eva Book	312-445-2508	North Central/Westside South	10/31/2026	Eva.Book@Lung.org	Quit smoking programs, asthma education and management, lung cancer screening education and resources
Blue Cross Blue Shield of Illinois	L. Marie Asad		North Central/Westside South	4/30/2026	L.Marie_Asad@bcbsil.com	Health aging discussions, Health education programs on chronic conditions (diabetes, high blood pressure, colorectal health), Healthy eating demonstrations, and provide Mental Health First Aid training.
Bucktown Foot & Ankle	Paras Parekh	312-444-0977	North Central/Westside	10/31/2026	drp@bucktownfoot.com	Educational programs on fall prevention, diabetes, arthritis, osteoporosis, healthy eating habits, and chair yoga
Chicago Fire Department Mobile Integrated Healthcare	LaTrice Moore MIH Command Line	312-810-4385 312-489-1601	Central/Westside South	TBD	Latrice.moore@cityofchicago.org cfdmih@cityofchicago.org	Educational workshops on chronic illness (Asthma/COPD, Congestive Heart Failure, Hypertension, Diabetes,) Demonstrate usage of medical devices used to managed chronic illnesses, distribute educational material and provide vital sign screening.
Chicago Hope & Palliative Healthcare, Inc*	Jeff Uju	708-598-2509	North Central/Westside South	8/30/2027	info@chicagohopeandpalliative.com	Educational presentations on Advanced Directives (Power of Attorney, Living Wills, DNR, and 5 Wishes), End of life care and concerns, Bereavement services, Workshops on loss, Fall prevention, Medication management, and Disease management.
Chinese American Service League	Jinxiao Tan	312-791-0418 x2232	South	1/31/2027	jinxiao.tan@casl.org	Facilitate workshops aimed at improving residents' knowledge and skills in general health, caregiving, Alzheimer's disease and related dementia
Council on Black Health	Jerica Robinson	336-569-4800 x 107	Central/Westside South	5/31/2027	jrobinson@councilbh.org	Health Educational Programs: stress and its impact on seniors, practical tips for managing stress, and recognizing signs of loneliness and its effects on mental health.
Essential Home Healthcare, Inc	Belinda Brown	312-656-6852	North Central/Westside South	6/30/2026	belindabrown270@yahoo.com	Health Education workshops covering mental health, substance abuse, grief & loss, and stress relief bingo
Excellent Care Health Services, Inc	Sherry Holmes	630-893-9010	North Central/Westside South	4/30/2027	echs100@hotmail.com	Health Presentations covering cardiac care, blood pressure, pain management, arthritis, physical activities, nutrition, medication, depression, HIV/AIDS, cognitive decline/dementia, Alzheimer's care, and chronic disease management
First Class Home Health Inc	Phyllis Sasu-Perez	773-474-3942	North Central/Westside South	4/30/2026	contact@firstclasshomehealthcare.com	Education seminars on chronic disease management, medication safety, maintain cognitive function, and fall prevention, physical fitness classes, and senior support groups including grief support.

Frontline Healthcare LLC	Tanya Foronda	847-219-3663	North Central/Westside South	8/30/2026	info@frontlinehh.com	Educational programs and presentations covering: Fall Prevention Exercises, Chronic Condition Management, Nutrition for Healthy Aging, Cognitive Health and Memory Support, Medication Management, and Stress Management.
Harmony Care Home Services, Inc	Merlie Raspado	708-315-3671 ext 405	North Central/Westside South	11/30/2026	harmonycareservices@gmail.com	Educational programs covering: Fall Prevention in the home, healthy habits/healthy lifestyle tips, healthy meal preparation/balanced diet tips, and low impact exercise.
Heroes Home Health	Alice Chiu	312-856-3848	North Central/Westside South	5/31/2027	achiu@heroeshomehealth.com	Health and Wellness Programs: chronic disease management (diabetes/hypertension), strategies for maintaining healthy blood sugar levels, heart healthy dietary choices, and how to incorporate exercise into daily routine
Humana	Wanda Bryant	312-459-4188	North Central/Westside South	5/31/2027	wbryant2@humana.com	Health and Wellness Programs: Healthy Brain, Headaches Decoded, Brain Boot Camp, Give Your Brain a Boost, Healthy Sleep, Fall Asleep and Stay Asleep, 10 Tips to Boost Energy, Boost Your Digestion, Stretch Your Grocery Dollars, and 5 Sneaky Causes of Weight Gain.
Jackson Park Hospital & Medical Center	Michael A. Applegate	773-326-8195	South	4/30/2027	maegate1@aol.com	Wellness Education Programs on topics: Aging in Today's World, Preventative and Emergency Medical Care, Pain and Medication Management, Overcoming Substance Abuse, Behavioral Health, Managing Chronic Conditions (Diabetes, Heart Disease, High Blood Pressure, Strokes, Foot Health, HIV, Kidney, and Lung Health)
JenCare	Diane Dorsey	773-999-4595	Central/Westside South	5/31/2027	diane.dorsey@jencaremed.com	Educational workshops covering: Allergies & Asthma, Brain Health, Congestive Heart Failure, COPD, Diabetes, Healthy Aging, Heart Health, Kidney Health, Lung Health, and Fitness.
Midwest Asian Health Association	Hong Liu	312-403-8899	Central/Westside South	12/31/2026	hongliu@maha-us.org	Disease management workshops, mental health workshops, and healthy living/nutrition workshops
Nightengale of Chicago, Inc	Aasia Khan	773-445-2378	North Central/Westside South	2/28/2027	nightengaleofchicago@gmail.com	Health Presentations on managing health, importance of preventative care, understanding how weather affects seniors, home safety, and the importance of exercise & fitness.
Prevention Partnership, Inc	Luther Syas	773-230-7281	Central/Westside	5/31/2026	luther.syas@yahoo.com	Educational workshops on opioid awareness, overdose recognition, and overdose prevention/intervention. Provide information on mental health resources including substance use disorders.
Prime Care Home Health Services	Anthony Todd	312-375-6634	North Central/Westside South	4/30/2027	atodd60613@yahoo.com	Wellness Presentations covering Diabetes Signs & Symptoms, Alzheimer's and Dementia, Breast Cancer, Fall Prevention, Senior Healthcare, Understanding & Managing Medication Needs, Hypertension and Blood Pressure, Liver Disease, Mental and Behavioral Health, Senior Sexual Health, Cancer, Drug & Alcohol Abuse in Seniors
Rush Generations	Padraic Stanley	312-942-2089	Central/Westside	4/30/2026	Padraic.Stanley@rush.edu	Evidence based workshops to promote wellness (chronic condition management, pain management, fall prevention, and emotional wellness) and balance screenings.
SHARE Network at University of Chicago Medicine Section of Geriatrics and Palliative Medicine	Renee Kroplewski	708-829-6958	South	2/28/2026	rkroplewski@bsd.uchicago.edu	The Supporting Healthy Aging Resources and Expertise Network (SHARE) offers trainings on topics related to older adult health and wellness. Topics include: cognitive decline and dementia, fall prevention, end of life care, advanced care planning, opioid overdose prevention, medication management, depression and other emotional issues, cardiovascular problems, arthritis, and getting the most out of physician visits

South Side Heroin Opioid Task Force	Walonza Lee	773-485-5678	South	12/31/2026	walonza@southsidetaskforce.org	Educational workshops on opioid awareness, overdose recognition, and overdose prevention/intervention. Provide Narcan and information on how to use it.
Tapestry 360 Health	Amanda Montgomery	773-751-7800	Northside	8/31/2025	amontgomery@tapestry360health.org	Educational workshops covering cooking and nutrition, benefits of sleep, stress reduction techniques, healthy aging, holistic health, COVID-19 information, chronic illness education (i.e. diabetes, heart health, blood pressure, etc.), explain the health care system (difference between emergency room, urgent care, and primary care).
UI Health	Pilar Carmona	312-355-5728	North Central/Westside South	5/31/2026	pilarb@uic.edu	Health presentations on nutrition, fall prevention, medicaiton management, mindfulness, and stroke awareness. Non-invasive blood pressure screenings and non-invasive dermatology evaluations.
U&I Family Wellness	Mercedes Williams	773-599-1198	South	6/30/2026	mercedeslcsw.info@gmail.com	Interactive wellness workshops covering depression, anxiety, stress management, self-care, grief & loss, and conflict management
Visiting Nurses of Illinois Inc.	Maria Thanugundla	773-728-6820	North Central/Westside South	8/30/2026	visitingnurses.maria@gmail.com	Educational programs and presentations covering: Chronic Disease Management, Nutrition & Healthy Aging, Fitness, Mental Health & Wellness workshops/stress management, Substance Abuse Prevention, and Fall Prevention Programs.