

Approved CHA Health Partners as of February 28, 2019

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

Organization	Contact Person	Phone Number	E-mail	Approved Activities
*Center on Mental Health Services and Research Policy-UIC	Bryce Goff	312-286-4618	bgoff@uic.edu	Present the Wellness Recovery Action Program (WRAP). Develop wellness plans and provide handouts and other helpful resources
*Frontier HealthCare Systems	Craig Brown	708-890-2158	cbrown@frontierhcs.com	General information and noninvasive screenings. Educational sessions on topics such as Diabetes, hypertension, pain/arthritis, respiratory diseases, fall and safety, and nutrition
*Heroes Home Health	Alice Chiu	708-310-2735	achiu@heroeshomehealth.com	Healthcare Power of Attorney education, Diabetes Awareness and prevention, Cholesterol Management, cardiac care/wound care, hypertension and stroke awareness, holiday nutrition management, health literacy, exercise for chair bound or limited mobility residents, arts and crafts for arthritis prevention, fall prevention
*Near North Health Service Corp	Berneice Mills- Thomas	312-337-1073	bthomas@nearnorthhealth.org	Provide health education and healthy resources on substance use treatment, early intervention services, nutrition services, including cooking classes
1st Assist Home Healthcare	Pamela Canete	630-339-3688	1stassisthhc@gmail.com	Seminars/classes for disease presentation and management, fall prevention and blood pressure screening*, mobile van for HIV/AIDS testing. *These activities must be provided in the context of an educational session that is open to residents of a CHA building.
Addus Homecare	Lashun James	630-296-3400	ljames@addus.com	Health promotion activities; non-invasive blood pressure screenings, healthy eating workshops, and low impact exercise programs
Advocate Illinois Masonic Medical Center	Sandra Arellano	773-296-7355	sandra.arellano@advocatehealth.com	Health Education Programs on the following topics: Smoking Cessation, Better Breathers Club, Stroke Awareness, Heart Health, Managing Diabetes, Nutrition/Exercise, Comprehensive Continence Program, Fall Prevention, Alzheimer's/Brain Health, Understanding Medicare, Mental Health First Aid, Colon Cancer Awareness, Spine Health, Breast Health, and Chronic Conditions Self-Management
Air Help	Irena Volberg	847-657-0502	airhelpmail@gmail.com	Education sessions on chronic conditions and comorbidities (diabetic care, congestive heart failure, and sleep apnea). Interactive activities, proper food selection and portion control.
American Lung Association	Michelle Hicks-Turner	312-445-2508	Michelle.Turner@lung.org	Free smoking cessation programs. Dissemination of education materials on the negative impact of tobacco and secondhand smoke health outcomes.
Chicago Hope and Palliative Healthcare Inc	Jeff Uju	773-392-2088	info@chicagohopeandpalliative.com	Interactive educational activities, fall prevention measures. Medication management, staying active and independent
Dr. Peter Hancock, DPM	Peter Hancock, DPM	847-409-5045	hancocxk30@sbcglobal.net	Health and welfare program about lower extremities
Elite Medical Transportation	Mark Vandenberg	708-478-8880	mark@eliteambulance.org	Health and wellness presentations on staying healthy, avoiding the flu, private ambulance presentations for educational purposes only.
European Foot and Ankle Clinic	Paul Lebedev	847-502-3483	europeanfootandankle@gmail.com	Provide education/ instruction on disease process and medication

Evergreen Home Care	Eric Kim	773-666-5485	evergreenhc7@gmail.com	Developing healthy nutritional habits, pain management, managing chronic health conditions, the importance of physical activity, safety measures and fall precautions, benefits of maintaining strong cognitive health, benefits of companionship, promoting a clean-living environment. Organize certain events such as games and activities which promote cognitive health as well as providing general companionship for the residents
Excellent Care Health Services Inc	Sherry Holmes	630-893-9010	echs100@hotmail.com	Health Education Programs on the following topics: Cardiac care/blood pressure monitoring, pain management, arthritis, physical activity, mental health, cognitive decline, nutrition, and wound management.
Georgia Doty HIV & Hepatitis Community Outreach Inc.	Don Doty	312-282-1375	dondoty@ameritech.net	Provide evidence-based workshops to promote wellness for older adults, caregivers, and individuals with ongoing chronic health conditions; Take Charge of Your Health, Take Charge of Your Diabetes, and Matter of Balance
Grace Home Health Care Inc	Janis Luvert	708-566-4509	gracehh@att.net	Health education on chronic disease management, medication management, and safety. Healthy food options, cooking tips, and nutrition management to promote wellness. Educate on fall risk and fall presentation strategies and exercise programs. Health and wellness presentations and Bingo.
Great Lakes Clinical Trials	Steve Satek	773-275-3500	info@greatlakesclinicaltrials.com	Provide presentations on Alzheimer's, diabetes, high cholesterol, and cardio vascular issues.
Health Care USA Incorporated/Newage Home Health	Hellivie Terrell	224-725-9006	hellivie@att.net	Provide Education/instruction on disease process and medication, non invasive procedures such as blood pressure. Instruct residents on fire, safety measures and fall precautions. Health and wellness, health fairs, and sponsor activities
Heartland Health Centers	Laurie Odell	312-287-6062	lodell@heartlandhealthcenters.org	Disease prevention, self-management techniques for chronic illnesses, promote wellness, health education classes.
Heritage Woods of Chicago	Edmond Taveirne	773-722-2900	administrator@hw-chicago-slf.com	Medication management training, health education, health fairs. Bingo games, raffles, light refreshments.
Howard Brown Health	Kelly Rice	773-388-8894	kellyr@howardbrown.org	Health and wellness workshops to CHA residents and chronic disease self management courses
Humana	Silvia Franco-Spiegel	630-659-8533	sspiegel@humana.com	Educational presentations on understanding Medicare and Social Security benefits, health and wellness presentations
Ico Care Home Health Agency	Belinda Brown	312-656-6852	belindabrown270@yahoo.com	Health education including how to manage a mental health condition. Stress bingo, talking about fears, meditation, and exercises.
Ideal Care Home Health Inc.	Jodi Hutch	847-410-8785 Ext. 101	jhutch@idealcarehh.org	Health and wellness programs and presentations, health screenings (non-invasive such as blood pressure), provide healthy snacks, beverages or personal care samples
Jackson Park Hospital	Michael Applegate	773.326.8195	michaelapplegate@jacksonpark.com	Motivational and educational health care topics, music therapy, social engagement tips, relationship topics, low impact exercises, interactive sessions.

Jencare Senior Medical Centers	Richard Larkin	773-999-1763	Dick.Larkin@ChenMed.com	Educational events such as Doc Talks including cardiovascular issues, nutritionists, and primary care physician, entertainment such as sip and paint, bingo, and trivia.
Legacy Healthcare	Elliot Cohen	312-405-1842	ecohen@legacyhc.com	Provide CHA residents with education on: Alzheimer's, Dementia, Diabetes, Fall Prevention, Heart Health, Insurance/Medicare coverage, Lung Health, Medication Management, and Nutrition.
LifeSmart Senior Services	Richard Kozlowski	844-543-3762	rich@yourlifsmart.com	Medicare informational sessions
McCormick Chamber of Commerce	Christine Bowden	312-996-6076	bowdenchristine8922@yahoo.com	Yoga chair exercises, line and ballroom dancing exercises, and pottery classes
Molina Healthcare of Illinois	Staci Diggs	773-241-9873	Staci.Diggs@MolinaHealthcare.com	Providing health education and healthy resources to those in the communities through health events for families and individuals through health fairs and health educational events
New City Supportive Living	Aisha Burke	773-376-1223	marketing@newcity-slf.com	Educational, health, and wellness seminars, aged related wellness care, healthy eating, nutrition, dementia seminars, social activities
New Visions Home Healthcare, Inc.	Katrina Albis	773-557-7810	newvisionshealth01@gmail.com	Informative and engaging trivia quizzes, games and musical interludes, health and wellness topics. Educate, inform and engage residents about vital health markers.
Oak and Ivy Counseling	Celia Hardamon	312-709-1342	therapist@oakandivycounseling.com	Focus on increasing coping skills, adjusting to changes as they age, building healthy relationships, advocacy, increasing social skills, relaxation, and positive management of mental health issues. Yoga and meditation offered
OakStreet Health	Maria Rizzetto	773-425 1513	maria.rizzetto@oakstreethealth.com	Blood pressure screenings; health and wellness presentations and education (various topics); organize walking clubs; host special events; provide access to community room activities at Oak Street health clinics.
Omni Health Care	Theresa Siaw	773-523-8600 ext 203	tsiaw@omnihealthil.com	Non-invasive screenings, educational events, fall prevention, medication awareness. Healthy eating, stroke awareness, nutrition classes. Therapeutic art and jewelry classes, memory classes, and bingo.
Onsite Health Care	Jorge L. Guzmán	224-338-4285	j.guzman@onsitehealth-care.com	Health and wellness programs, preventative care, nutritional, fall risks. Wound care, and benefits of staying active, Medicare workshops
Prime Care Home Health Services	Anthony Todd	312-375-6634	atodd60613@yahoo.com	Health education on topics such as dementia, Medication compliance, hypertension and diabetes
Rush University Medical Center Department of Social Work and Community Health	Padraic Stanley,	312-942-2089	padraic_stanley@rush.edu	Provide information on Hepatitis, HIV, and Diabetes
Silverado Hospice of Greater Chicago	Julie Stoneburner	847-565-2355	jstoneburner@silverado.com	Provide educational seminars on: End of Life issues, DNR/POLST forms, and grief counseling
South Side Help Center	Pearl Jackson	773-701-4233	pjackson@southsidehelp.org	Life saving presentations on subjects such as HIV/AIDS, Rheumatoid Arthritis, Breast Cancer and similar topics
Telligen, Inc.	Tracey Durns	630-928-5816	tdurns@telligen.com	Provide influenza and pneumococcal vaccination information. Mobile van for flu and pneumonia vaccinations (outside of CHA buildings). Facilitate diabetes self-management course.

Uchicago Charter School	Todd Barnett	773-834-4027	tbarnett@uchicagocharters.edu	Healthy cooking classes/Nutrition workshops, community gardening, exercise classes, Intergenerational book clubs, art projects, and games for community service learning hours. Recruit seniors to serve as volunteer readers and helpers at Donoghue and NKO.
UIC Miles Square Health Center	Tina Lewis	312-413-2740	lewist@uic.edu	Health education information and presentations on diabetes, mammograms, and immunizations
Ujamaa Co-Op Farmer's Market	Jack O Taylor	872-713-4491	vonhen@yahoo.com	Healthy cooking demonstrations, blood pressure, heart, and other non invasive screenings. Urban agriculture education workshops
Ultimate Home Health Care	Mabel Osaghae, RN	773-779-3177	info@ultimatehomehealthcare.com	Management of chronic conditions such as diabetes, heart failure. Diet compliance and how to prevent constipation. Health screenings such as blood pressure and weight.
University of Chicago Medicine Section of Geriatrics & Palliative Medicine	Jason Molony	773-702-9638	jmolony@medicine.bsd.uchicago.edu	The South Side Healthy Aging Resource Experts (SHARE) to offer staff trainings on topics related to older adult health and wellness. Provide training and health information to older adults, family, and caregivers. Training topics include: cognitive decline and dementia, hearing loss, end of life care options, assisted living and skilled nursing facilities, when to seek care, strength and balance, physical activity, depression and other emotional issues, cardiovascular problems, arthritis, and getting the most out of physician visits
Wellcare Health Plans	Alicia Jackson	312-632-0868	alicia.jackson@wellcare.com	Provide awareness through social engagement. Host game days to stimulate memory, sensory, and physical exercise. Provide themed events such as dancing
Wellspring	Richard Shroyer	630-842-7117	rshroyer@wellspringcare.com	Life enrichment programs (computer class, cell phone info, Medicare/insurance discussions, blood pressure checks, and yoga)