

**Approved CHA Health Partners as of August 1, 2019**

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

Organization	Contact Person	Phone Number	Geographic Location (s)	E-mail	Approved Activities
1st Assist Home Healthcare	Pamela Canete	630-339-3688	* North *South	<a href="mailto:1stassisthhc@gmail.com">1stassisthhc@gmail.com</a>	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	* North *Central/Westside *South	<a href="mailto:lames@addus.com">lames@addus.com</a>	Health promotion activities; non-invasive blood pressure screenings, healthy eating workshops, and low impact exercise programs
Advantage P.T. Associates & Wellness	Jim Dallas	630-901-3870	*Central/Westside	<a href="mailto:jimdallas2@aol.com">jimdallas2@aol.com</a>	Provide education and instruction on fall prevention strategies, pain management, and improving balance and coordination.
Advocate Illinois Masonic Medical Center	Sandra Arellano	773-296-7355	* North *Central/Westside *South	<a href="mailto:sandra.arellano@advocatehealth.com">sandra.arellano@advocatehealth.com</a>	Health Education Programs on the following topics: Smoking Cessation, Better Breathers Club, Stroke Awareness, Heart Health, Managing Diabetes, Nutrition/Exercise, Comprehensive Continenence 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
American Lung Association	Michelle Hicks-Turner	312-445-2508	* North *Central/Westside *South	<a href="mailto:Michelle.Turner@lung.org">Michelle.Turner@lung.org</a>	Free smoking cessation programs. Dissemination of education materials on the negative impact of tobacco and secondhand smoke health outcomes.
Center on Mental Health Services and Research Policy-UIC	Bryce Goff	312-286-4618	* North *Central/Westside *South	<a href="mailto:bgoff@uic.edu">bgoff@uic.edu</a>	Present the Wellness Recovery Action Program (WRAP). Develop wellness plans and provide handouts and other helpful resources
Chicago Hope and Palliative Healthcare Inc	Jeff Uju	773-392-2088	* North *Central/Westside *South	<a href="mailto:info@chicagohopeandpalliative.com">info@chicagohopeandpalliative.com</a>	Interactive educational activities, fall prevention measures. Medication management, staying active and independent

Dr. Peter Hancock, DPM	Peter Hancock, DPM	847-409-5045	* North *Central/Westside *South	<a href="mailto:hancock30@sbcglobal.net">hancock30@sbcglobal.net</a>	Health and welfare program about lower extremities
Elite Medical Transportation	Mark Vandenberg	708-478-8880	* North *Central/Westside *South	<a href="mailto:mark@eliteambulance.org">mark@eliteambulance.org</a>	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	* North *Central/Westside *South	<a href="mailto:europeanfootandankle@gmail.com">europeanfootandankle@gmail.com</a>	Provide education/ instruction on disease process and medication
Evergreen Home Care	Eric Kim	773-666-5485	* North *Central/Westside *South	<a href="mailto:evergreenhc7@gmail.com">evergreenhc7@gmail.com</a>	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	* North *Central/Westside *South	<a href="mailto:echs100@hotmail.com">echs100@hotmail.com</a>	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.
Frontier HealthCare Systems	Craig Brown	708-890-2158	* North *Central/Westside *South	<a href="mailto:cbrown@frontierhcs.com">cbrown@frontierhcs.com</a>	General information and noninvasive screenings. Educational sessions on topics such as Diabetes, hypertension, pain/arthritis, respiratory diseases, fall and safety, and nutrition
Georgia Doty HIV & Hepatitis Community Outreach Inc.	Don Doty	312-282-1375	* North *Central/Westside *South	<a href="mailto:dondoty@ameritech.net">dondoty@ameritech.net</a>	Provide information on Hepatitis, HIV, and Diabetes
Grace Home Health Care Inc	Janis Luvert	708-566-4509	* North *Central/Westside *South	<a href="mailto:gracehh@att.net">gracehh@att.net</a>	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	* North *Central/Westside *South	<a href="mailto:info@greatlakesclinicaltrials.com">info@greatlakesclinicaltrials.com</a>	Provide presentations on Alzheimer's, diabetes, high cholesterol, and cardio vascular issues.
Health Care USA Incorporated/Newage Home Health	Hellivie Terrell	224-725-9006	* North *Central/Westside *South	<a href="mailto:hellivie@att.net">hellivie@att.net</a>	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	Amanda Montgomery	773-316-0844	*North	<a href="mailto:amontgomery@heartlandhealthcenters.org">amontgomery@heartlandhealthcenters.org</a>	Disease prevention, self-management techniques for chronic illnesses, promote wellness, health education classes.
Heritage Woods of Chicago	Lorraine Thomas	773-329-8063	* North *Central/Westside *South	<a href="mailto:marketing@hw-chicago-slf.com">marketing@hw-chicago-slf.com</a>	Medication management training, health education, health fairs. Bingo games, raffles, light refreshments.
Heroes Home Health	Alice Chiu	708-310-2735	* North *Central/Westside *South	<a href="mailto:achiu@heroeshomehealth.com">achiu@heroeshomehealth.com</a>	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
Howard Brown Health	Kelly Rice	773-388-8894	* North *Central/Westside *South	<a href="mailto:kellyr@howardbrown.org">kellyr@howardbrown.org</a>	Health and wellness workshops to CHA residents and chronic disease self management courses
Humana	Silvia Franco-Spiegel	630-659-8533	* North *Central/Westside *South	<a href="mailto:sspiegel@humana.com">sspiegel@humana.com</a>	Educational presentations on understanding Medicare and Social Security benefits, health and wellness presentations
Ico Care Home Health Agency	Belinda Brown	312-656-6852	* North *Central/Westside *South	<a href="mailto:belindabrown270@yahoo.com">belindabrown270@yahoo.com</a>	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	* North *Central/Westside *South	<a href="mailto:jhutch@idealcarehh.org">jhutch@idealcarehh.org</a>	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	*South	<a href="mailto:michaelapplegate@jacksonpark.com">michaelapplegate@jacksonpark.com</a>	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	*Central/Westside *South	<a href="mailto:Dick.Larkin@ChenMed.com">Dick.Larkin@ChenMed.com</a>	Educational events such as Doc Talks including cardiovascular issues, nutritionists, and primary care physician, entertainment such as sip and paint, bingo, and trivia.
LDDP LLC	Daphne Nwankpa	872-227-2881	* North *Central/Westside *South	<a href="mailto:lddp LLC@gmail.com">lddp LLC@gmail.com</a>	Provide education and instruction on disease process and medication. Health education on health issues and the impact, lower extremity neuropathy, arthritic conditions, and proper foot care.
Legacy Healthcare	Elliot Cohen	312-405-1842	* North *Central/Westside *South	<a href="mailto:ecohen@legacyhc.com">ecohen@legacyhc.com</a>	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	* North *Central/Westside *South	<a href="mailto:rich@yourlifsmart.com">rich@yourlifsmart.com</a>	Medicare informational sessions
McCormick Chamber of Commerce	Christine Bowden	312-996-6076	* North *Central/Westside *South	<a href="mailto:bowdenchristine8922@yahoo.com">bowdenchristine8922@yahoo.com</a>	Yoga chair exercises, line and ballroom dancing exercises, and pottery classes
Molina Healthcare of Illinois	Staci Diggs	773-241-9873	* North *Central/Westside *South	<a href="mailto:Staci.Diggs@MolinaHealthcare.com">Staci.Diggs@MolinaHealthcare.com</a>	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
Near North Health Service Corp	Berneice Mills-Thomas	312-337-1073	* North *Central/Westside *South	<a href="mailto:bthomas@nearnorthhealth.org">bthomas@nearnorthhealth.org</a>	Provide health education and healthy resources on substance use treatment, early intervention services, nutrition services, including cooking classes
New City Supportive Living	Aisha Burke	773-376-1223	*Central/Westside *South	<a href="mailto:marketing@newcity-slf.com">marketing@newcity-slf.com</a>	Educational, health, and wellness seminars, aged related wellness care, healthy eating, nutrition, dementia seminars, social activities

Oak and Ivy Counseling	Celia Hardamon	312-709-1342	* North *Central/Westside *South	<a href="mailto:therapist@oakandivycounseling.com">therapist@oakandivycounseling.com</a>	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	* North *Central/Westside *South	<a href="mailto:maria.rizzetto@oakstreethealth.com">maria.rizzetto@oakstreethealth.com</a>	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	Vivek Gupta	773-772-7858	* North *Central/Westside *South	<a href="mailto:Vgupta@omnihealthil.com">Vgupta@omnihealthil.com</a>	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	* North *Central/Westside *South	<a href="mailto:j.guzman@onsitehealth-care.com">j.guzman@onsitehealth-care.com</a>	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	* North *Central/Westside *South	<a href="mailto:atodd60613@yahoo.com">atodd60613@yahoo.com</a>	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	*Central/Westside *South	<a href="mailto:padraic_stanley@rush.edu">padraic_stanley@rush.edu</a>	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
Silverado Hospice of Greater Chicago	Julie Stoneburner	847-565-2355	* North *Central/Westside *South	<a href="mailto:jstoneburner@silverado.com">jstoneburner@silverado.com</a>	Provide educational seminars on: End of Life issues, DNR/POLST forms, and grief counseling
South Side Help Center	Pearl Jackson	773-701-4233	* North *Central/Westside *South	<a href="mailto:pjackson@southsidehelp.org">pjackson@southsidehelp.org</a>	Life saving presentations on subjects such as HIV/AIDS, Rheumatoid Arthritis, Breast Cancer and similar topics
Telligen, Inc.	Tracey Durns	630-928-5816	* North *Central/Westside *South	<a href="mailto:tdurns@telligen.com">tdurns@telligen.com</a>	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	*South	<a href="mailto:tbarnett@uchicagocharter.org">tbarnett@uchicagocharter.org</a>	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	* North *Central/Westside *South	<a href="mailto:lewist@uic.edu">lewist@uic.edu</a>	Health education information and presentations on diabetes, mammograms, and immunizations
Ujamaa Co-Op Farmer's Market	Jack O Taylor	872-713-4491	* North *Central/Westside *South	<a href="mailto:vonhen@yahoo.com">vonhen@yahoo.com</a>	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	* North *Central/Westside *South	<a href="mailto:info@ultimatehomehealthcare.com">info@ultimatehomehealthcare.com</a>	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	*South	<a href="mailto:jmolony@medicine.bsd.uchicago.edu">jmolony@medicine.bsd.uchicago.edu</a>	The Supporting Healthy Aging Resources and Expertise Network (SHARE) offers staff and residents expert trainings on topics related to older adult health and wellness. Topics include: cognitive decline, memory loss, dementia, stroke awareness, medication management, opioids, end of life care, depression, anxiety, and other emotional issues, heart health, diabetes, arthritis, joint health and replacement, managing your healthcare, caregiver support, and many more.
WellCare Health Plans	Alicia Jackson	312-632-0868	* North *Central/Westside *South	<a href="mailto:alicia.jackson@wellcare.com">alicia.jackson@wellcare.com</a>	Provide awareness through social engagement. Host game days to stimulate memory, sensory, and physical exercise. Provide themed events such as dancing