

Approved CHA Health Partners as of October 1st, 2024

\*CHA welcomes new health partners this month

Organization	Contact Person	Phone Number	Geographic Location (s)	Partnership Expiration Date	E-mail	Approved Activities
1st Assist Home Healthcare LLC	Pamela Canete	630-339-3688	South Side	5/31/2025	<a href="mailto:pcanete.1stassisthhc@gmail.com">pcanete.1stassisthhc@gmail.com</a>	Classes on medication awareness, disease management (hypertension, diabetes, and arthritis), nutrition education, and fall prevention.
Advocate Medical Group	Nicholas Martin	901-497-8946	North Central/Westside	11/30/2024	<a href="mailto:nicholas.martin@aah.org">nicholas.martin@aah.org</a>	Workshops on healthy living. Topics include: smoking cessation, chronic disease management, Alzheimer's/brain health, nutrition & exercise, cancer awareness, comprehensive continence, mental health first aid, hoarding, stroke prevention & awareness, asthma prevention & management, substance use & misuse
American Lung Association*	Eva Book	312-445-2508	North Central/Westside South	10/31/2026	<a href="mailto:Eva.Book@Lung.org">Eva.Book@Lung.org</a>	Quit smoking programs, asthma education and management, lung cancer screening education and resources
Blue Cross Blue Shield of Illinois	L. Marie Asad	312-653-5524	North Central/Westside South	4/30/2026	<a href="mailto:L.Marie_Asad@bcbs.il">L.Marie_Asad@bcbs.il</a>	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	<a href="mailto:drp@bucktownfoot.com">drp@bucktownfoot.com</a>	Educational programs on fall prevention, diabetes, arthritis, osteoporosis, healthy eating habits, and chair yoga
Chicago Hope and Palliative Healthcare Inc	Jeff Uju	708-598-2509	North Central/Westside South	6/30/2025	<a href="mailto:info@chicagohopeandpalliative.com">info@chicagohopeandpalliative.com</a>	Educational workshops covering: Advanced Directives, Living Wills, Five Wishes, Hospice 101, End of life care and concern, Grief & Loss, Fall Prevention, Medication Management, and Disease Management
Chinese American Service League	Jinxiao Tan	312-791-0418	Central	11/30/2024	<a href="mailto:jinxiao_tan@caslservice.org">jinxiao_tan@caslservice.org</a>	Workshops on healthy living for brain and body, including Alzheimer's and related dementia. Presentations are available in Cantonese, Mandarin, and English.
Essential Home Healthcare, Inc	Belinda Brown	312-656-6852	North Central/Westside South	6/30/2026	<a href="mailto:belindabrown270@yahoo.com">belindabrown270@yahoo.com</a>	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	3/31/2025	<a href="mailto:echs100@hotmail.com">echs100@hotmail.com</a>	Educational Health Topics on: chronic disease management (HIV/AIDS, blood pressure, cardiac concerns, arthritis, etc.), pain management, nutrition, emotional challenges, dementia & cognitive decline, how to stay healthy, and fall prevention.
First Class Home Health Inc	Phyllis Sasu-Perez	773-474-3942	North Central/Westside South	4/30/2026	<a href="mailto:contact@firstclasshomehealthcare.com">contact@firstclasshomehealthcare.com</a>	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	<a href="mailto:info@frontlinehh.com">info@frontlinehh.com</a>	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.
Heroes Home Health	Alice Chiu	312-856-3848	North Central/Westside South	4/30/2025	<a href="mailto:achiu@heroeshomehealth.com">achiu@heroeshomehealth.com</a>	Health presentations on diabetes, cholesterol management, cardiac care, wound care, holiday nutrition management, health literacy, chair exercises, arthritis prevention/treatment, and fall prevention.
Humana	Silvia Franco-Spiegel	630-659-8533	North Central/Westside South	10/31/2024	<a href="mailto:sspiegel@humana.com">sspiegel@humana.com</a>	Health Education Workshops covering: Healthy Nutrition, Sleep Hygiene, Energy & Mood, Brain Health, Healthy Aging

Jackson Park Hospital and Medical Center	Michael Applegate	773-947-7500	South	2/28/2025	<a href="mailto:maegate1@aol.com">maegate1@aol.com</a>	Educational Health Topics on: Aging in Today's World, Preventative and Emergency Medical Care, Pain and Medicine Management, Overcoming Substance Abuse/Cigarettes, Behavioral Health, Managing Diabetes, Heart Disease, High Blood Pressure, Strokes, Feet
JenCare	Diane Dorsey	773-999-4595	Central/Westside South	4/30/2025	<a href="mailto:diane.dorsey@jencaremed.com">diane.dorsey@jencaremed.com</a>	Educational events on allergies/asthma, brain health, congestive heart failure, COPD, diabetes, immunization health, healthy aging, heart health, kidney health, and lung health
Prevention Partnership, Inc	Luther Syas	773-230-7281	Central/Westside	5/31/2026	<a href="mailto:luther.syas@yahoo.com">luther.syas@yahoo.com</a>	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	Anthony Todd	312-375-6634	North Central/Westside South	2/28/2025	<a href="mailto:atodd60613@yahoo.com">atodd60613@yahoo.com</a>	Senior Wellness Education Presentations: Alzheimer's Disease and Dementia Overview, Breast Cancer Overview, Fall Prevention Information, Medication Management, Why Black Aging Matters Too, Diabetes, Hypertension, Liver Disease, Prevention and Early Diagnosis, Cancer, Drug and Alcohol Abuse in Seniors.
Rush Generations	Padraic Stanley	312-942-2089	Central/Westside	4/30/2026	<a href="mailto:Padraic.Stanley@rush.edu">Padraic.Stanley@rush.edu</a>	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	<a href="mailto:rkroplewski@bsd.uchicago.edu">rkroplewski@bsd.uchicago.edu</a>	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
Tapestry 360 Health	Amanda Montgomery	773-751-7800	Northside	8/31/2025	<a href="mailto:amontgomery@tapestry360health.org">amontgomery@tapestry360health.org</a>	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	<a href="mailto:pilarb@uic.edu">pilarb@uic.edu</a>	Health presentations on nutrition, fall prevention, medication 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	<a href="mailto:mercedeslcsw.info@gmail.com">mercedeslcsw.info@gmail.com</a>	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	<a href="mailto:visitingnurses.maria@gmail.com">visitingnurses.maria@gmail.com</a>	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.