



Wellness West

EQUITY IN ACTION

ISSUE 03
WINTER 2024

Wellness West Hosts Forum on Health and Housing

Available Now for Streaming and Downloading



The full program is available at <https://youtu.be/YJq6hHlebTg>.

Nearly 150 people gathered at Malcolm X College on Nov. 7 for "Bridging the Equity Gap: A Wellness West Forum on Health and Housing" to discuss the critical issues at the intersection of health and housing.

The event began with opening remarks from Toni Preckwinkle, Cook County Board President, and Tesa Anewishki, CEO of Loretto Hospital. A report of Wellness West's progress was provided by Misty Drake, Executive Director of Wellness West.

Next, three Wellness West clients took the stage to share their stories of recently being housed through the partnership between Wellness West and the Flexible Housing Pool.

The evening concluded with a panel of six health and housing leaders who discussed a wide range of policy and program-oriented issues. The panelists were:

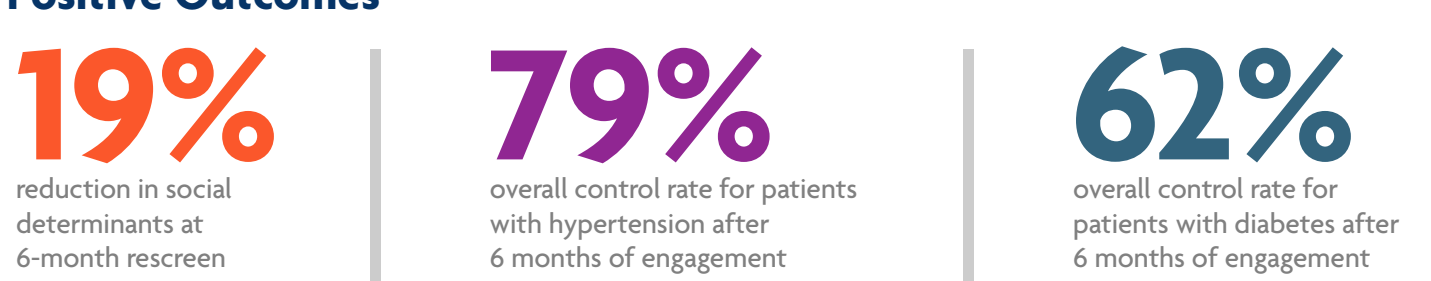
- Dr. Karen Barbee-Dixon, Habilitative Systems, Inc.
- Brandi Calvert, Center on Housing and Health
- Dr. Sadhana Dharmapuri, Cook County Health
- Dr. Thomas Huggett, Lawndale Christian Health Center
- Marisa Novara, Chicago Community Trust
- Athena Williams, Oak Park Regional Housing Center

Wellness West's Impact

Progress To Date

199K Potential attributed lives (44,000 uninsured)	23,456 Health Risk Assessments completed	107 Total community workforce members added to integrated care teams at local medical, social, behavioral health providers	260 Workforce members trained	10,935 Disease management participants	\$1.5M Investment in economic development with MBE/WBE firms in the first year	150+ Clinical leaders and community stakeholders recruited to provide governance and program oversight support
--	--	--	---	--	--	--

Positive Outcomes



Addressing Health-Related Social Needs

Nearly **600** will benefit from permanent supportive housing and housing stability support

Almost **1,000** will benefit from food access partnership with Instacart and local grocery stores

Wellness West Partners with Instacart to Combat Food Insecurity

Wellness West and Instacart have rolled out a new partnership to help patients who struggle with food insecurity on the West Side of Chicago.

Through the partnership, Wellness West has launched a new "Food Connections" program, which will offer eligible Wellness West members a monthly grocery stipend of \$79, delivered through **Instacart Health Fresh Funds**, that can be used to purchase nutritious foods like fresh and frozen produce for delivery via Instacart.

The digital stipend can be combined with other food benefit programs, like SNAP or eligible supplemental health benefits, allowing members to complete their full shop in one order, creating a more convenient and accessible grocery shopping experience.



Photo courtesy of Instacart

With CAREMINDr, Wellness West Brings Remote Monitoring to Patients

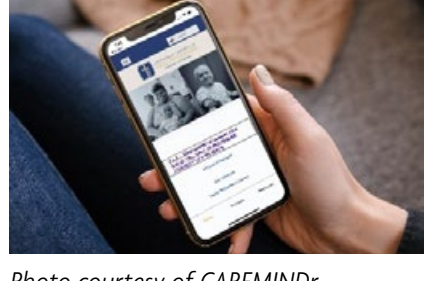


Photo courtesy of CAREMINDr

Wellness West is partnering with CAREMINDr, a leading developer of remote patient care technology and to bring daily monitoring of disease states to the most vulnerable populations on the West Side of Chicago. The partnership will allow qualifying participants in the Wellness West disease management program to stay in daily or weekly contact with their care team through a mobile app on their phone.

The CAREMINDr mobile-enabled solution allows patients to monitor and record key health data such as blood pressure and glucose levels and have it sent in real time to care teams. The technology is being rolled out to Wellness West patients who are managing diabetes, hypertension, or depression.

Impacting Lives, 1 Patient at a Time

Wellness West has helped improve the health and wellness of thousands of patients. Here's the story of one patient.

A young mother had stitches, the result of domestic abuse, removed at Humboldt Park Health. Clinical staff gauged that she may have broader needs. They called for a Community Health Worker to consult with her.

The CHW conducted a Health Risk Assessment, and the woman screened positive for food insecurity (among other SDOH metrics). The CHW helped her through the process of applying for Supplemental Nutrition Assistance Program (SNAP). Her application was approved, and she began receiving benefits.

The mother and her child are doing better today. She is rebuilding her life one step at a time.

Team Profile: Meet Sergio Guerrero, Community Health Worker

Born and raised in Chicago, Sergio Guerrero is a Community Health Worker (CHW) for Esperanza Health Centers, a Wellness West partner.

Sergio has helped lots of patients. He says that earning a patient's trust and following up on commitments are the keys to his job.

One of his patients is a 50-year-old female with diabetes and no health insurance. In April of last year, her A1C reading was 7.2%. By summer, it was 6.5% and falling. Impressive!



Earning a patient's trust and following up on commitments are the keys to the job

What made the difference? Sergio said it was a matter of the patient having someone supporting her. He helped develop nutrition, exercise and medication plan. He found a way to get her medicine at no cost. He educated and encouraged her. His patient started eating better, taking daily walks and making new smoothie recipes. Her life has changed in a dramatic way.

Sergio says patients succeed when they feel like they have an advocate; someone who listens, cheers, teaches, and reminds; someone who excites the patient to take the next steps.

Meet Our New Board Members

The following individuals have recently joined the Wellness West Board of Directors:

Bessie Alcantara Alternatives, Inc.	Esther Corpuz Alivio Medical Center	Andrea Gibson Cook County Health	Brenda Palms North Lawndale Employment Network	Karen Sheehan, MD Ann & Robert H. Lurie Children's Hospital of Chicago
---	---	--	--	--

Wellness West Welcomes New Partner

Congratulations and welcome to **Near North Health**, the newest partner of the Wellness West health transformation collaborative. See the complete list below of more than 45 Wellness West partner organizations.

Investing in Workforce Development

As part of its deep and ongoing commitment to develop a workforce from and for Chicago's West Side, Wellness West has awarded \$22,570 in education and professional certification scholarships to workers at partner organizations.

Recipients of Wellness West scholarships, their school, academic pursuit and Wellness West partner organization are:

- **Melina Cuevas**; Rasmussen University, Associate Degree in Nursing; PrimeCare
- **Melina Cuevas**; University of Illinois-Chicago, Master of Public Health; Humboldt Park Health
- **Presley O'Neil**; University of New England, Master of Public Health; Tapestry 360
- **Juan Quinones**; University of Illinois-Chicago, Master of Public Health; Alivio Medical Center
- **Simone Scott**; Dominican University, Master of Social Work; Lawndale Christian Health Center
- **Mirella Silva**; Wilbur Wright College, Associate Degree in Nursing; PrimeCare

Additionally, Wellness West awarded two scholarships for the New Hope School of Counseling (MHSC) Certified Alcohol and Drug Counseling (CADC) Certificate Program. This scholarship includes the full cost of all modules and internship support for students to prepare to take the CADC exam.

Wellness West recipients are:

- **John Tate**; Community Health Worker; Equal Hope
- **Cornelius Chandler**; Community Health Worker; Breakthrough

Congratulations to these members of the Wellness West team!

Board of Directors

Jose R. Sanchez Board Chair Humboldt Park Health	David Ansell, MD Board President Rush University Medical Center	Mahomed Ouedraogo Board Treasurer Access Community Health Network	Esther Corpuz Alivio Medical Center	Brenda Palms North Lawndale Employment Network
Donald Dew Board Vice Chair Habilitative Systems, Inc.	Tesa Anewishki Board Secretary The Loretto Hospital	Bessie Alcantara Alternatives, Inc.	Andrea Gibson Cook County Health Karen Janousek Sinai Chicago	Karen Sheehan, MD Ann & Robert H. Lurie Children's Hospital of Chicago

Our Partners

- | | | | |
|---|--|--|--|
| Community Health Centers <ul style="list-style-type: none"> • Access Community Health Network • AHS Family Health Center • Alivio Medical Center • Aunt Martha's Health Center • Chicago Family Health Center • CommunityHealth • Erie Family Health Center • Esperanza Health Centers • Friend Health • Lawndale Christian Health Center • Near North Health • PCC Community Wellness Center • PrimeCare Health • Tapestry 360 Health | Hospital Systems <ul style="list-style-type: none"> • Ann & Robert H. Lurie Children's Hospital of Chicago • Cook County Health • Humboldt Park Health • The Loretto Hospital • Rush University Medical Center • Sinai Chicago • Ascension Saints Mary and Elizabeth Medical Center Community Mental Health Centers <ul style="list-style-type: none"> • Bobby E. Wright Comprehensive Behavioral Health Center • Habilitative Systems, Inc. • Rincon Family Services • Healthcare Alternative Systems (H.A.S.) | Community-based Organizations <ul style="list-style-type: none"> • Alternatives Inc. • Bethel New Life • Breakthrough • Erie Neighborhood House • Equal Hope • Healthy Hood • Heartland Human Services • La Casa Norte • North Lawndale Employment Network • Oak Park Regional Housing Authority • Puerto Rican Cultural Center • Spanish Coalition for Housing • Taller de Jose • Thresholds • United for Better Living • Universidad Popular • Westside Health Authority | Other Partners <ul style="list-style-type: none"> • Medical Home Network • Benford Brown & Associates • West Side United |
|---|--|--|--|

Visit our website wellnesswest.org

Follow us on social media:

