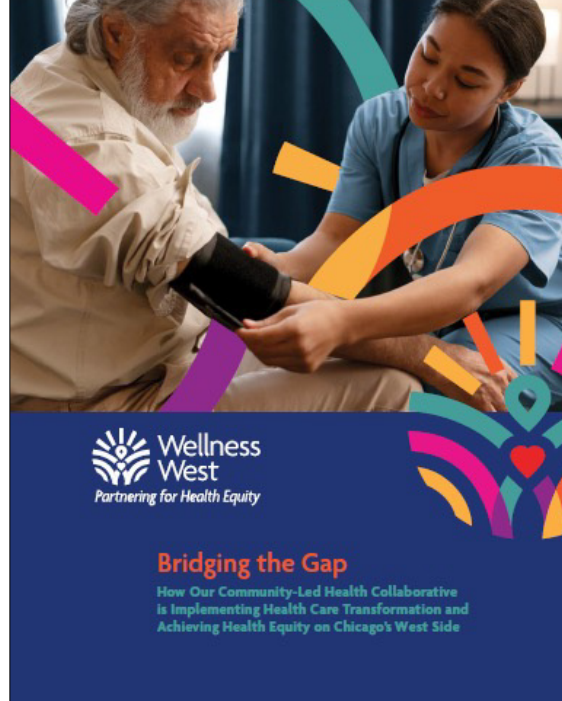


Wellness West Issues White Paper Featuring Results

Wellness West has produced a white paper outlining how our healthcare transformation collaboration operates and the results we have achieved in the past nearly three years. Titled "Bridging the Gap: How Our Community-Led Health Collaborative is Implementing Health Care Transformation and Achieving Health Equity on Chicago's West Side," the report provides important, detailed information about what Wellness West is going and how it is doing it.

You can read the white paper and other relevant documents on Wellness West's website.

[Read Now](#)



Wellness West and Instacart Unveil Results of Food Partnership

Wellness West and Instacart announced results December 12 of the first year of a partnership to leverage the scale and convenience of technology to address food insecurity and improve health outcomes for patients on Chicago's West Side.

[Read the two-page handout and accompanying news release –](#)

[English](#)

[Español](#)

49%
of patients with diabetes improved their hemoglobin A1c levels

59%
of patients with hypertension improved their blood pressure rates

7%
of patients with depression had an improvement in their symptoms

Wellness West's Impact Progress To Date

162K

Potential attributed lives (44,000 uninsured)

37,411

Health Risk Assessments completed

108

Total community workforce members added to integrated care teams at local medical, social, behavioral health providers

274

Workforce members trained

10,935

Disease management participants

64%

Overall control rate for patients with hypertension after 6 months of engagement

Expert Panelists Address Food Insecurity at Wellness West Event

Nearly 150 people attended Wellness West's third annual event, this time entitled "Bridging the Equity Gap: Food Insecurity on Chicago's West Side," Oct. 10 at Garfield Park Conservatory.

Six expert panelists addressed the issue of food insecurity and its effect on health equity. A wide range of perspectives from professionals who work on food insecurity every day enlivened a conversation that acknowledged challenges but also cited examples of what is working to help patients and to make a difference in the community.

The panelists were:

- Tesa Anewishki; President and CEO; The Loretto Hospital
- Julia Bassett, PhD, MBA; Office of Community Health Equity and Engagement, System Manager of Health and Community Benefit; Director, Food Is Medicine – Veggie Rx Program; Adjunct Faculty, Department of Health Systems Management; Rush University System for Health
- James Brooks, DMin, MDiv; CEO; Lawndale Christian Health Center
- Sarah Mastrocrocco; Vice President and General Manager of Health; Instacart
- Amy Laboy; Vice President of Programs and Community Partnerships; Greater Chicago Food Depository
- Carmen Vergara, RN, MPH; Vice President, Community Partnerships; Chicago Botanic Garden; Farm on Ogden

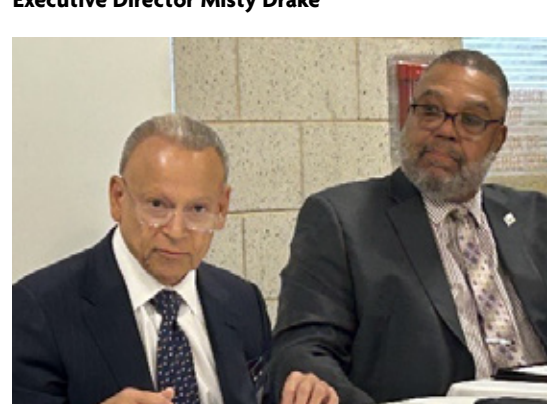
David Miranda, Journalist and Host, served as the panel's moderator, leading the discussion and asking the panel questions submitted by event attendees.

The pre-panel program, held in the Conservatory's Horticulture Hall, featured five speakers:

- State Representative Camille Lilly (District 78)
- Illinois Department of Healthcare and Family Services' Special Assistant to the Director Jesse Lava
- Wellness West Board Chair Jose R. Sanchez
- Wellness West Board Vice Chair Donald Dew
- Wellness West Executive Director Misty Drake



HFS' Jesse Lava and Wellness West Executive Director Misty Drake



Wellness West Board Chair Jose R. Sanchez and Vice Chair Donald Dew

The program was highlighted by a presentation outlining Wellness West's work to address food insecurity on the West Side and an accompanying five-minute video. The program included live Spanish-language translation and American Sign Language interpretation.

The event's pre-program reception – surrounded by a wide variety of large, leafy trees and plants in the Conservatory's Show House – featured heavy hors d'oeuvres and an accompanying live acoustic guitar performance. After the program, attendees enjoyed additional hors d'oeuvres and had the opportunity to tour the Conservatory.

Prior to the Oct. 10 program and panel discussion, chief executive officers, executive directors and other representatives from many of Wellness West's 48 partner organizations gathered to discuss nearly three years of results and plans for even more impact going forward.

Jesse Lava, Special Assistant to the Director at the Illinois Department of Healthcare and Family Services, represented HFS Director Elizabeth Whitehorn at the briefing held in the Conservatory's Community Room. He shared input from HFS, which oversees Illinois' Healthcare Transformation Collaboratives program. He lavished praise on Wellness West and expressed appreciation for everything our collaborative has accomplished and for its consistent record of delivering results.

Wellness West Board Chair Jose R. Sanchez, Board Vice Chair Donald Dew and Executive Director Misty Drake thanked HFS for its support and also briefed partner organizations' representatives on the collaborative's activities and praised them for the vital role they play in our overall success.

Patient Profile: Addressing Long-Neglected Healthcare Needs



Tomas Arias, patient



Santa Najera Galen, CHW

Tomas Arias is 63 years old. He works collecting scrap metal to support his family who all live in the basement of a residential property on the West Side. The financial and physical hardships he and his family face are enormous.

Earlier this year, Tomas walked into Alivio Medical Center, a Wellness West partner, needing help. He was weak with an infection. He was an uncontrolled diabetic and faced several other conditions. He had not seen a primary care provider in years.

Santa Najera Galan, a CHW at Alivio, took him in. At that first meeting, Santa could see in Tomas' deeply felt emotions how the weariness and struggle he had been enduring for years was giving way to a relief that he was now taking action.

Over the following months, Santa helped Tomas obtain health coverage and taught him how it all works. She enrolled him in the Food Connections program, an Instacart partnership. She has coordinated rental and bill assistance resources for Tomas. Santa keeps frequent tabs on Tomas' progress in his diabetes management and is now helping him find alternative housing for his family.

Today, Tomas is managing his health, and he's receiving a range of key wellness supports. He is working as hard as always and still faces challenges. But now Tomas feels better and appreciates the Wellness West team now in his corner.

Meet Our New Partner



ASI Home Care has joined the Wellness West healthcare transformation collaborative.

Since 1975, ASI has provided various home care services, employment, and training programs. ASI's services are available to people of all backgrounds, with a special emphasis and commitment to Chicago's Hispanic and African American communities.

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North Lawndale Employment Network

Karen Sheehan, MD
Ann & Robert H. Lurie Children's Hospital of Chicago

Our Partners

Community Health Centers

- Access Community Health Network
- AHS Family Health Center
- Alivio Medical Center
- Aunt Martha's Health Center
- Chicago Family Health Center
- Community Health
- 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

- 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

- Bobby E. Wright Comprehensive Behavioral Health Center
- Habilitative Systems, Inc.
- Rincon Family Services
- Healthcare Alternative Systems (H.A.S.)

Community-based Organizations

- Alternatives Inc.
- ASI Home Care
- 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
- YMCA of Metropolitan Chicago

Other Partners

- Medical Home Network
- Benford Brown & Associates
- West Side United

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