



Promoting Better Health Through Better Eating

March 11, 2020
Via Electron Mail

**Honorary Directors &
Senior Advisors**

Ashwani Garg, M.D.
Life Style Medicine and PCRM
Member

Michael Kenyon
Award-Winning Master
Farmer

Silvia Abel-Caines, DMV, PhD
Veterinarian

Terri Dallas-Prunskis, M.D.
Illinois Pain Institute, Co-
Founder

Taffy Hoffer
Philanthropist

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Jo Ann Armenta
Executive Director and
Founding Member

Mr. Franklin Ramirez, Supervisor
Elgin Township
729 S. Mc Lean Boulevard
Elgin IL 60123

Dear Mr. Ramirez,

As required, this is the semiannual report relating to the \$10,000 grant that CHEF received to provide healthy eating programs for Elgin "seasoned citizens." *At the second of our programs, one of the participants vehemently objected to being called a "senior citizen." When asked what he preferred to called, he said, a "seasoned citizens" and the term stuck!*

As originally proposed, CHEF has not hired any staff to put on these programs except for an Elgin Community College Student Intern, a pre-med student. For him, it has been a glimpse into what front-line public health looks like. He was pleased to have been "mentored" by Dr. Ashwani Garg, who is a CHEF Honorary Director and Senior Advisor, who helped design this program, supervises and presented at the first program event. We have also included honoraria for presenters as part of our costs. Of course, there were the costs of food, supplies and equipment, and miscellaneous expenses, all within the budgeted parameters. In accordance with our mission statement, we have partnered with other non-profits, to provide the best and most current information available to our participants. Including the Gail Borden Public Library, the Visiting Nurses Association and others. Otherwise, all services have been provided by volunteers from within the community.

The original RFP stated that funds would be distributed in November, 2019. Although we were pleased to receive those funds earlier, in Augusts, we were not able to dramatically accelerate our time-line and we offered our first program to the residents of the Elgin Housing Authority on October 1, 2019. We took a hiatus in the winter months to avoid snow related concerns. Trustee Susan Van Wheelan was among the participants at the first event and she gave a verbal review that the program "hit the mark."

Since then, we have had 2nd and 3rd congregant programs, with a total of approximately 100 participants so far. An additional program was set for April 27th, however; due to the current health concerns, that program has been suspended until it is again safe to have large gatherings, especially for seniors who are considered more vulnerable to this disease.

All the programs have been very well received, after the original skepticism by some, who were wary of being offered a "free lunch." Susan Van Wheelan and two members of the Elgin Township Senior Committee have participated in these programs and have given the lectures, the food, and resource literature high marks. As our program becomes more widely known, thanks in part to a recent feature article in the March Issue of Bravo Magazine, and a well-attended March into Health with Plant-Based Nutrition program at the Gail Borden Public Library, we are convinced that more seniors will be willing to participate in these programs.

Please advise if you there is anything further that you need for this report.

Attached is some literature and photos of our programs for "visual effect."

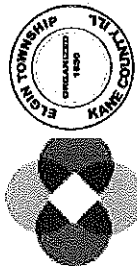
Sincerely,

Jo Ann Armenta/s/



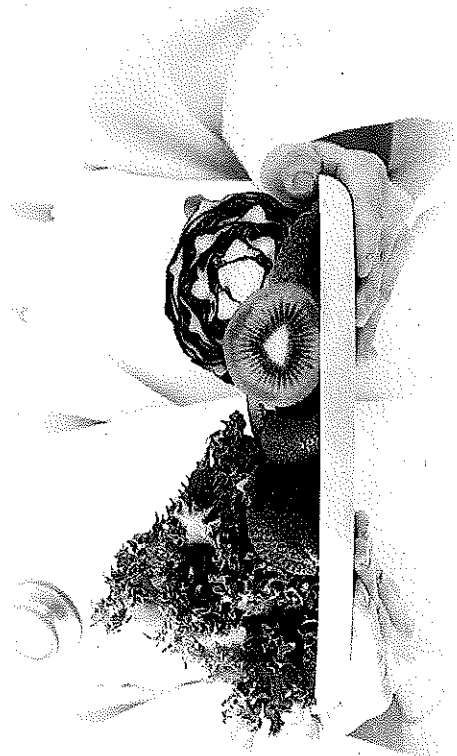
**Promoting Better Health
Through Better Eating**
www.chefillinois.org

Our Partners



CHEF's mission is *Promoting Better Health Through Better Eating* by partnering with local organizations to provide education, training, and food subsidies that encourages a healthy lifestyle throughout our community. CHEF is a 501 c 3 non-profit corporation.

Rx for Healthy Seniors: Nutrition



Lunch and Learn November 21, 2019 Elgin Illinois



CHEF is pleased to offer this *Rx for Healthy Seniors: Nutrition, Lunch and Learn* program. Established in 2016, CHEF's mission is to partner with like-minded

organizations to promote better health through better eating. Today's program is made possible, in part, by a grant from Elgin Township.

CHEF does not promote any particular diet and this information is not intended to be in lieu of professional medical advice. CHEF, and our partners, provide scientifically sound information. You decide how you want to use that information.

The TEAM



Sherry Shrallow, LCSW, CPC, PLLC, Director of PBNM, is a highly sought-after speaker and author of **Staying Alive: Healing from Heart Disease - A Survivor's Story**. We are fortunate to have Sherry with us today to tell us about her harrowing experience and how she learned a new and easy way to dramatically improve her health just by changing a few, but important aspects of our everyday lives.

PBNM Team: Kathy Piwowar, Joan Davis, Donna Chin, Kay Gerry, Dale Shrallow

Elisa Lara, RN, Visiting Nurses Association will be taking blood pressure.

Colin Murphy, ECC student, interested in medicine, and a CHEF Intern.

Edith Pelcastre, CHEF Board Director & Jo Ann Armenta, CHEF ED

Today's Menu

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Tomato Bisque

Chickpea Salad

Kale Salad

Surprise Dessert

Infused waters: Lemon water or Cucumber water

Rx for Healthy Seniors:

Nutrition

11:00 a.m. Check-In

11:25 a.m. **Jo Ann Armenta**, Welcome Remarks and Introductions

11:30 a.m. Special Guest Speaker and Author, **Sherry Shrallow, LCSW, CPC, PLLC**, will share her story of recovering from heart disease and her passion for sharing this life-saving information.

12:00 noon Lunch will be served buffet style

12:45 p.m. **Sherry Shrallow** will offer a food demonstration to show just how easy it is to prepare healthy foods that even the pickiest eater will enjoy.

1:15 p.m. Question and Answer Session

1:30 p.m. Jo Ann Armenta, Closing Remarks

Resources

Booklet: **YOUR CHOICE**, although the focus is on young people, the advice is valid for everyone.

Article: **Cholesterol and Heart Disease**

We want to give a special thanks to the Zion Lutheran Church for their generosity in allowing us to use this facility!



PRAIRIE STATE LEGAL SERVICES

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GAIL WALSH, DIRECTOR OF PROGRAM DEVELOPMENT
3/12/2020

Mid-Year Report to Elgin Township July 1, 2019 to February 29, 2020

I am reporting on the 8 month period because we did not file a six month report and thought you would appreciate the updated information. The data we are providing is for services for Elgin residents aged 60 and older in this time period.

Unduplicated clients served from the City of Elgin

Count of Matter/Case ID#	Column Labels					Grand Total
	Asian	Blac k	Hispanic	Other	White	
Row Labels						
Ages 60 to 64	2	1	3	1	11	18
Ages 65 to 69					6	6
Ages 70 to 79		2	1		4	7
Ages 80+		2			1	3
Grand Total						34

There were 34 unduplicated clients served in 39 cases. These cases fell into the following categories.

Row Labels	Count of Matter/Case ID#
Advance Directives/Planning Issues	4
Consumer/Debt	9
Family/Guardianship	2
Health Benefits or Long-term Care	5
Housing issues	11
Income Benefits	8
Grand Total	39

The number of hours provided based on specific case problem codes is show below. Staff record their time in six minute increments.

(Multiple Items)

Case Type	Sum of Time Spent
01 Bankruptcy/Debtor Relief	4.7
02 Collect/Repo/Def/Garnishment	2.6
03 Contracts/Warranties	1.5
09 Other Consumer/Finance	0.8
31 Custody/Visitation	1
32 Divorce/Sep./Annul.	3.6
33 Adult Guardianship/Conservatorship	5
37 Domestic Abuse	2.5
44 Minor Guardianship/Conservatorship	1.4
51 Medicaid	1.4
52 Medicare	1.7
54 Home and Community Based Care	7.4
56 Long Term Health Care Facilities	15.8
62 Homeownership/Real Property (Not Foreclosure)	12.7
63 Private Landlord/Tenant	11.3
64 Public Housing	13.8
67 Mortgage Foreclosure (not Predatory Lending/Pract)	0.9
72 Social Security (Not SSDI)	4.8
74 SSDI	1.7
75 SSI	7.5
79 Other Income Maintenance	1.4
89 Other Individual Rights	1
94 Torts	1
95 Wills and Estates	11.7
96 Advance Directives/Powers of Attorney	5.5
Grand Total	122.7

Our average cost per hour of staff time is \$85 and on this basis over \$10,000 has been spent on services for Elgin older adults. However we calculate that if we spent 8/12th of the Township grant we will have spent \$4,667 as of the end of February.

If you have any questions about this report, please contact me at 815-668-4438 or gwalsh@pslegal.org.

Thank you for your support
Gail T. Walsh