

CULTIVATING HEALTH MINISTRIES AND ITS ENTITIES

We work collaboratively as a team to provide health awareness and community resources to best fit your needs, holistically. Below is a brief description of what each of our entities specialize in.

Advocate Health, Good Shepherd Hospital: Congregational Outreach, has served the faith community for over a decade, providing health and wellness programming encompassing body, mind, and spirit. The Education programs *include but are not limited to:* Diabetes, Cardiovascular, Stroke, Behavioral Health, Obesity and Ministry formation/Promotores de Salud, Health Ministry teams.

Daniel Garcia, Nutritionist: Educator in diabetes and certified Lifestyle Coach of the CDC Diabetes Prevention Program, he specializes in mindful eating and prevention of metabolic illnesses. As a lecturer and content creator, he helps individuals improve their health through education, healthy habits, and evidenced-based strategies

Veronica Villacis, Therapist: Therapist in human development with ample experience in techniques, such as, Gestalt therapy, Bioenergetics, Mindfulness, and Bars of Access Consciousness. Her passion is helping the Latino community improve their emotions, heal their past wounds and reach emotional wellness through workshops and individual therapies.

Harvard Community Senior Center: Serves all McHenry County seniors by providing evidence-based programs, services, and social activities at a pleasant, safe, and welcoming gathering place and/or in the senior's home or other comfort setting. HCSC's vision of being positive, healthful, and life enhancing includes connections to community-based supports and partner programs that help Older Adults achieve their lifelong human potential.

Illinois Migrant Council: Community-based non-profit organization with the primary mission of promoting employment, diabetes education, health, housing and other opportunities for migrant and seasonal farmworkers (MSFW) and their families to achieve economic self-sufficiency and stability.

McHenry County Department of Health: Providing health and wellness support for chronic disease including evidence based programs for diabetes prevention and management. Recognized by the CDC for provision of Diabetes Prevention Program. Education on vaping and smoking cessation. Offers programs for low income and uninsured including vaccines, Women, Infant and Children Program (WIC) and women's health programs including breast and cervical cancer prevention and heart health.

Elizabeth Rios, PhD, APRN ~ Project Director: Bilingual Family Nurse Practitioner with years of experience working with the uninsured and underinsured. University of Illinois at Chicago PhD graduate and Fellow for Life for the Schweitzer Fellowship Program and prospective researcher for the Latino community, focusing on diabetes prevention.

Nathan Kakish, M.D. ~ Medical Director: Multilingual physician (English, Spanish and Arabic) with a diverse multicultural background, providing expertise in the areas of Internal Medicine and Pediatrics. His primary practice is with Northwestern Medicine and volunteers at Family Health Partnership Clinic in Crystal Lake. Dr. Kakish has significant clinical expertise with diabetes and its impact in the community.

University of Illinois at Chicago School of Public Health: Anonymous data analysis.

Cultivating Health Ministries a Program under the Harvard Community Senior Center
6817 Harvard Hills Road
Harvard, IL 60033

For more information please contact Project Director:

Elizabeth Rios PhD, APRN

chm@harvardseniorcenter.org

(779)302-4703