Sunday Edition



f 🖸 У



WEST SIDE TIMES

V. 84 No. 19

P.O. BOX 50599, CICERO, IL 60804 • 708-656-6400



LUNOIS PRESS

Líderes Estatales y Defensores de la Salud Mental se Reúnen para el mes de Concientización Sobre la Salud Mental



Por: Ashmar Mandou

Líderes estatales y defensores de la salud mental se reunieron el miércoles en Springfield para conmemorar el Mes de Concientización sobre la Salud Mental y discutir iniciativas estatales en curso, como la Iniciativa de Transformación de la Salud Conductual Infantil, para mejorar los servicios para las personas que enfrentan problemas de salud mental y sus familias. "Este Mes de Concientización sobre la Salud Mental es un recordatorio importante de que los desafíos de salud mental afectan a muchas familias de Illinois y de que hay ayuda disponible", dijo la Dra. Dana Weiner, directora de la Iniciativa de Transformación de la

Salud Conductual Infantil. "Y hay más ayuda en camino, a través del liderazgo del Gobernador y nuestros socios en todo el gobierno estatal. Mientras que en el pasado navegar por el sistema de salud mental ha sido un enorme desafío, estamos derribando esos obstáculos y brindando a las familias las herramientas para encontrar la ayuda que necesitan".

La Iniciativa de Transformación fue lanzada por el gobernador Pritzker en marzo de 2022 para mejorar el acceso a los servicios de salud mental para los jóvenes. Entre las iniciativas que está desarrollando el equipo de Transformación se encuentra el portal BEA-CON, un recurso en línea integral que conecta a las familias con servicios de salud mental financiados con fondos públicos cuyo lanzamiento está previsto para este verano. El equipo también está desarrollando una Declaración de Derechos de Salud Mental, un conjunto de objetivos destinados a garantizar que todos los habitantes de Illinois que la necesiten tengan la capacidad de recibir atención basada en evidencia y basada en evidencia sobre el trauma. "La salud mental es un componente vital del bienestar general de una persona, y el Departamento de Servicios Humanos de Illinois continuará priorizando el acceso, la disponibilidad y la efectividad de los servicios de salud mental en asociación con organizaciones comunitarias, el gobierno local y federal, y nuestra agencias hermanas", dijo Dulce M. Quintero, Secretaria Designada del Departamento de Servicios Humanos de Illinois (IDHS). "Como Autoridad Estatal de Salud Mental, la División de Salud Mental del IDHS continuará satisfaciendo las necesidades de los habitantes de Illinois garantizando el acceso a recursos de salud conductual financiados con fondos públicos. Estamos

especialmente entusiasmados con la asociación de la División de Salud Mental con Google para lanzar BEACON, el portal de acceso a servicios de salud mental para jóvenes de Illinois que estará disponible en línea este verano".

Como parte de las actividades del Mes de Concientización sobre la Salud Mental, la Iniciativa de Transformación también está distribuyendo materiales para promover una sensación de calma v bienestar, incluida una lista de reproducción colaborativa de Spotify con canciones de defensores de la salud mental en todo el estado. Los materiales también incluyen consejos sobre cómo lidiar con el estrés, utilizando el acrónimo "IMPRESIONANTE".

• Atención: Sintonízate con tu respiración

• Observar: observe sus pensamientos

• Aceptar: permanecer en el momento presente

• Sentido: saborear las vistas, los sonidos o los sabores.

• Observar: observe su entorno

• Muévete: estira o ejercita tu cuerpo

• Experiencia: Salir a la naturaleza

New Campaign Empowers Youth and Young Adults to "Unfriend" Tobacco and Flavored Vape Products



Cook County Department of Public Health (CCDPH) launched the "Unfriend Tobacco: Your Lungs, Your Rules" tobacco use prevention and cessation campaign to raise awareness among youth and young adults about the harmful effects of using flavored vape and other tobacco products. The campaign encourages individuals to make healthier lifestyle choices. The campaign is serving ads on streaming audio and social media apps and took inspiration from a concept familiar to the

target audience. The nowcommon verb "unfriend," was added to the Merriam Webster Dictionary in 2003, and is defined as "to remove someone from a list of designated friends on a person's social networking website." The campaign calls for youth and young adults to "unfriend" tobacco products to remove the physical, emotional and social impacts such products could have on their lives. In 2022, more than 2.5 million U.S. middle and high school students stated that they currently used

e-cigarettes. Of those, 85 percent used flavored products, which play a key role in attracting youth to start using vape products and increase the likelihood they will become regular smokers. More than 480,000 Americans and over 18,000 Illinoisans die from tobacco-related illnesses every year. Join the community that's breathing easier and living better, every day. Visit unfriendtobacco.com, call 1-866-QUIT-YES or text "Start my Ouit" to 36072 for info and support.

¡Aplica Ahora!

Apply Now!



Escuela Católica Gratis Tuition-Free Private School







Grados: Niños 3-8, Niñas 3-6

5058 W. Jackson Blvd. www.cjacademy.org 773-638-6103 EN ESPAÑOL (872)266-2299



Fine Expands Access to Health Care Services with Cost-Free Vaccines

To ensure costs are not the deciding factor for considering residents getting a vaccination, State Senator Laura Fine advanced a measure to require insurance to cover certain vaccines without out-of-pocket expenses. "Vaccinations, whether it is for COVID or the flu, may mean the difference between life and death for some individuals," said Fine (D-Glenview). "The cost of a vaccine should not be an unnecessary barrier to protecting your health.' Under the measure, all group and individual insurance policies and managed care plans would be required to cover the fees associated with COVID-19 vaccines, flu vaccines and

respiratory syncytial virus (RSV) vaccines, including administration of the vaccination. Currently, individuals with certain insurance plans may have to pay administration fees. "Residents make the decision to get vaccinated for different personal reasons," said Fine. "When insurance plans meet the needs of consumers, we can increase access to essential health care services across the state." Senate Bill 2744 passed the Senate on Thursday and heads to the House for further consideration.





Appeals Court Rules that Saint Anthony Hospital's Lawsuit over Medicaid Payment Delays and Lack of Disclosure Can Go Forward

The United States Court of Appeals has reaffirmed the right of Saint Anthony Hospital to sue the state agency in charge of Medicaid to require compliance with federal law on timely payment and full disclosure of payment computations. Saint Anthony Hospital, a safety-net hospital in Little Village that primarily cares for Medicaid patients in the West and Southwest side of Chicago, sued the Illinois Department of Healthcare and Family Services in 2020, alleging that the agency fails to oversee the insurance companies the State hires to administer

and pay Medicaid claims. The result, according to the lawsuit, is late payments to providers, made without disclosure of how complex payment rules are applied. When the hospital sued, late or denied payments by insurance companies caused Saint Anthony Hospital's funds on hand to drop from six months operating costs, to barely enough to pay its daily costs. The sharp decline resulted from entrusting for-profit insurance companies, who keep any savings generated, to administer the Medicaid system, the hospital alleged. The hospital's lawsuit asserts that it has been

denied over \$20 million in payments due.

2023, Medicaid In insurance accounted for about 60 percent of all patient cases at Saint Anthony Hospital. Under the threat of this lawsuit, the insurance companies have improved timeliness in paying claims since 2020. But timely payment is only half the problem, as the state still doesn't require that the insurance companies explain how they compute payments. The federal trial court dismissed the hospital's lawsuit in 2021, on the ground that the Hospital had no right to sue the State



to require it to enforce federal law against the insurance companies the State hires to run the Medicaid program. In July 2022, the Court of Appeals reversed the trial court ruling, upheld Saint Anthony's right to sue the State, and sent the case back to the federal trial court. In 2023 the U.S. Supreme Court directed the Court of Appeals to consider whether an intervening Supreme Court decision had changed the law regarding the hospital's right to sue the State. In the decision released on April 25, 2024, the Court of Appeals found that the intervening Supreme Court decision reaffirmed the hospital's right to sue. It found no reason to alter its prior ruling in favor of Saint Anthony Hospital, allowing the lawsuit to move forward in the federal district court in Chicago. For more information, go to SAHChicago.org.

PCC Community Wellness Center

CARE CENTERED

AROUND YOU

Primary Care | Behavioral Health | Dental Telehealth | COVID Diagnostics & Care







Online Scheduling Available Specialty Care & ENHANCED COVID Diagnostics & Care (Coming Soon)

> (708) 383-0113 www.pccwellness.org

The New PCC Austin Family Health and Fitness Center

Coming Soon



This publication is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) as part of an award totaling \$57,498.00 with 0% percent financed with non-governmental sources. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by HRSA HHS, or the U.S. Government. For more information, please visit HRSA, port.

Registration Now Open for Summer Spanish Language Courses at Instituto Cervantes of Chicago



Instituto Cervantes of Chicago (31 W. Ohio St.), the city's primary nonprofit center for Spanish language and cultural exchange, is pleased to announce that registration for their summer Spanish language courses is now open. A wide range of Spanish classes and workshops are available for students of all ages and levels of proficiency.

Cervantes' Instituto Spanish language courses offer convenient schedules, affordable prices, state of the art facilities, and effective teaching methods that are designed to immerse students in the Spanish language from day one. To register and learn more, visit chicago. cervantes.es. Before registering, Instituto Cervantes asks that any

interested participants take an online skill placement test structured with the Common European Framework of Reference for Languages (CEFR), which is an international standard for describing language ability. It describes language ability on a six-point scale, from A1 for beginners, up to C2 for those who have mastered a language.



U.S. Department of Education Launches Next Phase of FAFSA Support

The U.S. Department of Education (Department) announced additional steps to support students and their families with the Better FAFSA. The Department is launching multi-million-dollar а program as part of the FAFSA Student Support Strategy to help school districts, state, nonprofits and other public and private organizations with efforts to boost FAFSA

completion. Since the new 2024–25 FAFSA form became available on Dec. 30, more than 8.95 million forms have been successfully submitted. The FAFSA Student Support Strategy funds will help grow capacity for organizations to expand the availability of advisers, counselors, and coaches to support students and contributors through the FAFSA applications,

including during extended hours through evenings, weekends, and the summer weeks. The FAFSA Student Support Strategy aims to continue increasing the number of high school students who complete a 2024-25 FAFSA and enroll in college, particularly firsttime college students and students of color. More information can be found at Ed.gov/better-FAFSA.

Clerk Valencia Launches New Appointment System for CityKey Events



As a part of two-phase approach, Clerk Anna

Valencia rolled out a new CityKey appointment system today to make mobile ID printing events

more effective and efficient. The implementation of the appointment system is phase one of ongoing efforts to meet the high demand for the program. Phase two of the plan is the development of an online platform that will allow residents to apply for their CityKey and receive it through the mail. To qualify for a CityKey, applicants must present the required Proof of Identity and Proof of Residency documents. Under the new system, applicants can view, schedule and cancel appointments. To schedule an appointment, residents can search by location

or time using CityKey's appointment website www. getcitykey.com. They will be instructed to select the number of applicants, no more than four, and their appointment time. Lastly, confirmation codes will be provided that must be shown at the time of the appointment. Applicants must arrive to their appointment on time, or they will have to schedule another appointment at a future event if they are still interested in obtaining a CityKey. CityKey is a free and optional governmentissued 4-in-1 ID serving as a Ventra card, library and Chicago Rx Prescription

Discount Card available to all Chicagoans and can be obtained through the City Clerk's mobile printing events.



State Leaders, Mental Health Advocates Gather for Mental Health Awareness Month



By: Ashmar Mandou

State leaders and mental health advocates gathered on Wednesday Springfield in to Mental Health mark Awareness Month and discuss ongoing state initiatives, such as the Children's Behavioral Transformation Health Initiative, to improve services for people dealing with mental health issues and their "This Mental families. Health Awareness Month is an important reminder both that mental health challenges impact many Illinois families, and that help is available," said Dr. Dana Weiner, Director of the Children's Behavioral Health Transformation Initiative. "And more help is on the way, through the leadership of the Governor and our partners throughout state government. Where in the past navigating the mental health system has been enormously challenging, we are tearing down those roadblocks and giving families the tools to find

the help they need."

The Transformation Initiative was launched by Gov. Pritzker in March 2022 to improve access to mental health services for young people. Among the initiatives being developed by the Transformation team is the BEACON portal, a one-stop online resource connecting families to publicly funded mental health services that is slated to launch this summer. The Team is also developing a Mental Health Bill of Rights, a set

of goals aimed at ensuring that all Illinoisans who need it have the ability to

receive trauma-informed, evidence-based care. "Mental health is a vital component of a person's overall well-being, and the Illinois Department of Human Services will continue to prioritize the access, availability, effectiveness of and mental health services partnership with in community organizations, local and federal government, and sister agencies," our said Dulce M. Quintero, Illinois Department of Human Services (IDHS) Secretary Designate. "As the State Mental Health Authority, IDHS's Division of Mental Health will continue to meet the needs of Illinoisians by assuring access to publicly funded behavioral health resources. We are especially excited about the Division of Mental Health's partnership with Google to launch BEACON - the mental health service access

portal for Illinois youth that will be coming online this summer."

As part of Mental Health Awareness Month activities, the Transformation Initiative is also distributing materials to promote a sense of calm and wellness, including a collaborative Spotify playlist with songs from mental health advocates across the state. The materials also include tips on dealing with stress, using the acronym "AWESOME"--

• Attention: Tune into your breath

• Watch: Notice your thoughts

• Embrace: Stay in the present moment

• Sense: Savor sights, sounds, or tastes

• Observe: Notice your surroundings

• Move: Stretch or exercise your body • Experience: Get

outside in nature





INVITATION FOR BIDS CITY OF BERWYN

NOTICE IS HEREBY GIVEN by the Mayor and City Council of the CITY OF BERWYN, Cook County, Illinois, that sealed bids will be received for the following improvement:

PY 2023 CDBG SIDEWALK REPLACEMENT HUD ACTIVITY NO. 761

The proposed improvement consists of P.C. concrete sidewalk removal and replacement, P.C. concrete driveway removal and replacement, combination concrete curb and gutter removal and replacement, and all appurtenant construction at various locations throughout the City.

Said bids will be received up to the hour of 10:00 a.m. on the 31st day of May, 2024, at the office of the City Clerk, in the City of Berwyn, 6700 W. 26th Street, Berwyn, IL 60402, and will be publicly opened and read at that time.

Plans and proposal forms are available for download only from QuestCDN via the Novotny Engineering website, http://novotnyengineering.com, "Bidding" tab, for a non-refundable charge of \$40.00. Please contact Novotny Engineering (630-887-8640) to obtain the QuestCDN password. The Engineer has been authorized to refuse to issue Specifications and Proposals to any person, firm, or corporation that he or she considers to be unqualified. Proposals must be submitted on the forms provided. No Proposals will be issued to Bidders after **12:00 Noon** on the **30th day of May, 2024.** All proposals or bids must be accompanied by a Bid Bond, Cash, or Certified Check made payable to the City of Berwyn in the amount of not less than five percent (5%) of the total amount of the Proposal as a guarantee that if the Proposal is accepted, a Contract will be entered into and the performance of the Contract is properly secured.

No bid shall be withdrawn after the opening of the proposals without the consent of the Mayor and City Council of the City of Berwyn for a period of **forty-five (45)** days after the scheduled time of closing bids.

The bidder is specifically advised that the City is a recipient of a grant made pursuant to the Housing and Community Development Act of 1974 as amended. Further, in compliance with the Stevens Amendment to the Department of Defense Appropriation Act of 1989, the estimated percentage of the total cost of this project to be funded with federal dollars is **one hundred percent (100%)** and the exact dollar amount of federal funds which will be set aside for this project will be based on the Contract amount awarded under this offering.

All laborers and mechanics employed by Contractor or Subcontractor(s) on construction work for this project shall be paid wages at rates not less than those prevailing on similar construction in the locality as determined by the Secretary of Labor in accordance with the Davis-Bacon Act as amended (U.S.C. 76-276a-5), and shall receive overtime compensation in accordance with and subject to the provisions of the Contract Work Hours and Safety Standards Act (40 U.S.C. 327-333) and the Contractor and Subcontractor(s) shall comply with all regulations issued pursuant to these Acts and other applicable Federal laws and regulations pertaining to labor standards. The Secretary of Labor has, with respect to the labor standards specified in this Section, the authority and functions set forth in Reorganization Plan Number 14 of 1950 (5 U.S.C. 113z-15) and Section 2 of the Act of June 13, 1934, as amended (40 U.S.C. 276c).

All Contracts and Subgrantees for construction or repair shall include a provision for compliance with the Copeland "Anti-Kickback Act" (18 U.S.C. 874) as supplemented in Department of Labor Regulations (29 CFR, Part 3).

Each Bidder is required to comply with Equal Employment Opportunity for Community Development Block Grants, a copy of which is on file with the City Clerk and is available for inspection.

Compliance with "Section 3", which calls for affirmative action by the Contractor to train and hire lower income residents of the project area and to subcontract with local small businesses, is required on this project.

An explanation of the applicable federal requirements previously mentioned is provided in the Special Provisions of the Bid Specifications.

The successful Bidder for the construction of the improvement will be required to file a Performance Bond equal to one hundred percent (100%) of the bid, with sureties to be approved by the Mayor and City Council, which Performance Bond shall be conditioned upon proper and faithful performance by the Contractor of the work specified in accordance with the Plans and Specification therefore, according to the time and terms and conditions of the Contract; and also that the Bidder and Contractor shall properly pay all debts incurred by the Contractor in the execution of the work, including those for labor and materials furnished.

The Contractor shall be required to furnish sufficient insurance or guaranty of indemnity to the City of Berwyn, Illinois, and the County of Cook, Illinois, against any and all claims which might arise for damages to persons or property due to the negligence of the Contractor or Subcontractor(s), or their officers, agents, employees or servants, during the construction of said improvement and until the said improvement has been finally accepted as complete by the Mayor and City Council of the City of Berwyn.

Bidders must be registered and active with SAM.gov prior to the bid date. The right to reject any and all Proposals or Bids is reserved.

Dated at Berwyn, Illinois, this 16th day of May, 2024.

MAYOR AND CITY COUNCIL CITY OF BERWYN

By: Robert J. Lovero, Mayor (s)

ATTEST:

By: Margaret M. Paul, City Clerk (s)



STATE FARM FULL-TIME P&C LICENSE INSURANCE ACCOUNT POSITION Looking for self motivated, detail oriented. Knowledge in Windows and other Computer Applications, with Excellent Communication Skills & Multi Tasker

Communication Skills & Multi-Tasker. Biingual Spanish preferred. We will train. Send resume to: Beth Cadwalader 5657 N. Milwaukee Ave.

Chicago Illinois 60646 Email:beth.cadwalader.cjf0@statefarm.com or Call: (773) 631-1460

Ask for Paula



LAWNDALE TOTAL STREET, STREET,

WHY LOCAL NEWSPAPERS ARE SO IMPORTANT?









LOCAL NEWSPAPERS HAVE LONG BEEN THE CONSCIENCE OF OUR COMMUNITIES.

Local Newspapers have the best access to the needs and opinions of our citizens

So pick up a copy of the Lawndale News... And put your hand on the pulse of Chicago's Hispanic Market

