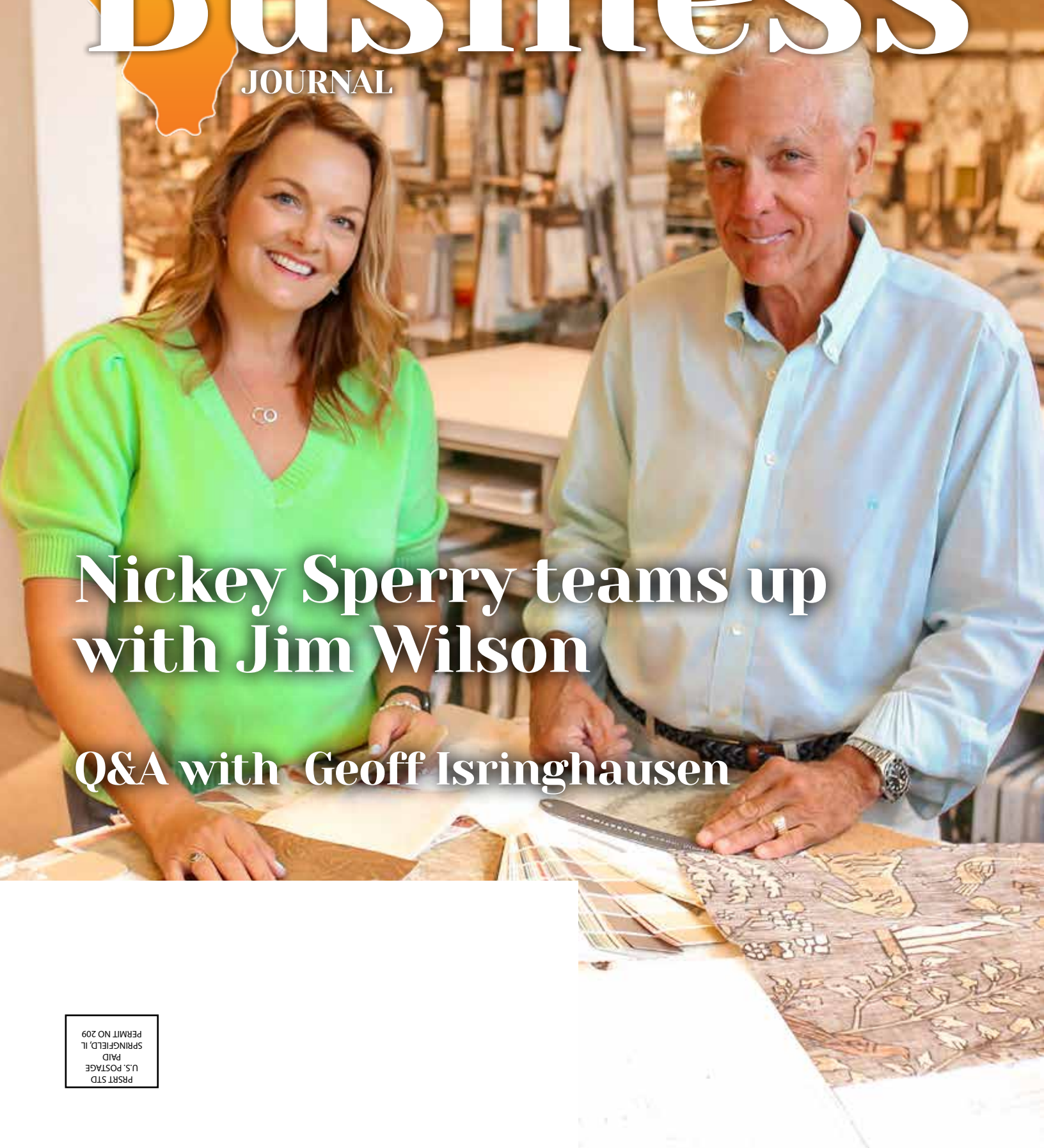




SPRINGFIELD  
**Business**  
JOURNAL

October 2024



**Nickey Sperry teams up  
with Jim Wilson**

**Q&A with Geoff Isringhausen**

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# Why I Chose to Help People with Their Taxes: A Personal Reflection

By Emmanuel Davis, Owner, TPH Strategies

When I decided to go into tax preparation and strategy, it wasn't just because I had a love for numbers and problem-solving. I wanted to help people by making the complex simple. By showing them that they could make smarter choices with the right guidance. It was after having this realization that I came into the opportunity to manage TPH Strategies, helping to drive it to new levels of client service and exceptional attention to detail.

I make sure to say it to every client that walks through my door: taxes are more than a once-yearly obligation. They affect your financial life in more ways than most people realize. I've learned that taking the time to really understand someone's financial pictures, and offering tailored guidance, can make a big difference. Many people miss out on tax-saving opportunities simply because they don't have someone in their corner who is thinking about their specific situation. For example, when deciding between the home office deduction and the

Augusta Rule, or deciding when to file as an S-Corp, having clear guidance can make huge impacts on your tax burden, potentially helping you keep more money in your pocket. And with tax laws constantly changing, it's essential to have someone on your team who stays informed and can help guide you on what's best for you and your business.

Having a partner who genuinely cares about the outcome—who's invested in helping you succeed—brings another layer of value. It's easy to get lost in the paperwork and compliance, but I see my role as helping people make sense of all that, and then use it to their advantage. When you have someone paying close attention to the details, you discover new ways to improve your situation that you might not have thought of on your own.

My passion for helping people navigate these challenges is what drives me, day in and day out. There's something incredibly rewarding about being able

to make a positive impact in someone's life. It's more than just numbers—it's about empowering people to take control of their finances in ways that reduce stress and improve their overall well-being.

If you're ready to take control of your future and make smarter decisions with your taxes, let's talk. Whether you're facing personal tax challenges or need guidance for your business, I'm here to help you navigate the complexities and find solutions tailored to your unique situation. Reach out today, and let's start building a financial strategy that works for you. ■

**To get started with TPH Strategies, visit [tphstrategies.com](https://tphstrategies.com) or call us at 217.241.4597.**



**Emmanuel Davis is the dedicated owner of TPH Strategies, driven by a passion for empowering individuals and businesses to maximize their financial potential.**

Recognizing the complexities of taxes and bookkeeping, Emmanuel leads TPH Strategies to offer clear, strategic guidance and support.

With a proactive year-round approach, Emmanuel ensures clients are always prepared and positioned for success. His commitment to helping others is evident in his personalized service and the trust he builds. He takes pride in demystifying financial strategies, enabling clients to make informed decisions and achieve their goals.

Before leading TPH, Emmanuel managed tax and accounting processes highly complex organizations, from venture capital to public accounting. His experience positions him well to tackle a variety of tax and business challenges.

Emmanuel holds an MBA from University of Illinois Springfield and a bachelor of science in accounting from

# Familiar faces. All at one familiar place.



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## The core of our community

Whether you are an ardent supporter of downtown Springfield or someone who rarely ventures east of Chatham Road, there's no denying that the vitality of our community is heavily influenced by the strength (or weakness) of the city's central core. In addition to serving as the seat of state government, downtown is also the main hub for tourists and conventions.

In August, Visit Springfield shared data compiled by Tourism Economics, a global tourism research firm, which showed that tourism generated \$18.8 million in tax revenue for Sangamon County, in addition to more than \$600 million in visitor spending and supporting 5,000 jobs.

The Mid-Illinois Medical District, immediately north of downtown, is one of only three medical districts statewide and a significant economic driver for the area. Sangamon County's health care industry is the largest, as a share of total employment, of any urban area in Illinois.

In summer 2022, efforts got underway on a master plan for downtown and the Medical District, after "a revitalized and resilient" downtown was listed as the No. 1 initiative in The Next 10: A Community Visioning Plan for Greater Springfield, released by the Community Foundation for the Land of Lincoln the year prior. Originally scheduled to conclude in summer 2023, the consultants' report – which takes into account stakeholder comments on land use and development, transportation, parking, streetscape and other issues – is now scheduled to be presented to the public at the end of October. A presentation will be held from 5:30-7 p.m. Thursday, Oct. 24 (location TBD) with another presentation scheduled for the Citizens Club at 8 a.m. the following day, Oct. 25.

With \$4 million appropriated in the current state budget for development of the Governor's Mansion block and feasibility studies for a Third Street Greenway already in the works in anticipation of the upcoming rail relocation, there are significant changes slated for the downtown area in the coming years. For every cheerleader for our historic downtown and its unique shops and restaurants, there are 10 more who complain about parking, one-way streets, vagrants or other perceived deterrents. Now is the time for both advocates and detractors to have their say and take part in shaping the future of our city core, which is inextricably linked to the future of our community as a whole.



*Michelle Ownbey, publisher*



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*a*  
**Q & A**  
*with*  
**Geoff Isringhausen**

*By David Blanchette*

A Springfield native, Geoff Isringhausen is the dealer principal for Isringhausen Imports, a family-owned business located just a few blocks from where he was raised.

He graduated from University of Illinois in 1982 with a degree in mechanical engineering and worked for a petroleum pipeline company in Atlanta before joining his brother, Rob, who had started a used car business focused on luxury vehicles. Geoff became the fourth employee for Isringhausen Imports. In 2023, Downtown-Springfield Inc. presented the business with its Cornerstone Award for being a downtown business that has enriched the community for many years. Geoff serves on the board of directors for the Springfield Sangamon Growth Alliance.

Geoff and his wife, Jennifer, have three adult children: Brittney, Hayley and Geoffrey, and three grandchildren.



Brittny, Lilly, Cory and Rome Libka, Geoff and Jennifer, Navy Libka, Hayley Isringhausen, Elle, Monique and Geoffrey Isringhausen on a family ski trip.

PHOTO COURTESY GEOFF ISRINGHAUSEN

**Where were you born and raised, and what was your first job?**

I was born in Springfield at Memorial Hospital in 1958 and lived on First Street, which is just five blocks from our dealership today. My first job was as a paperboy, and then after several paper routes I got a job at the Wabash Car Wash. I had a friend stop by the other day who worked with me at the car wash back in that era, and he likes to claim that he taught me everything I know about the car business from our days at the Wabash Car Wash.

**How did you become involved in Isringhausen Imports?**

As the name implies, it's a family-owned business. My late brother, Rob, started a used car business focused on luxury vehicles in 1981. I got out of college in 1982, and after a couple of years working in the industry, I thought this would be a fun career path, so I joined him in the automobile business. Rob's wife, Sue, remains a partner with my wife Jennifer and me, and two of Rob and Sue's sons work here as well.

**What is the secret to success for a family-owned business like yours?**

I think that a passion for what you do is one of the key ingredients to success. If you really, truly love and care about what you're doing and the people you're meeting – and sharing that passion with those people – that is one of the foundations of a successful business.

**How has the automobile business changed over the years?**

The technology in the cars is amazingly different. If you drive a car from the 80s and compare it to any modern car, the older cars seem

so antiquated. Modern cars are amazingly safe, fast, comfortable and a pleasure to be in.

The biggest change is probably the relationship with our manufacturers. We acquired franchises for Mercedes-Benz, BMW, Porsche and Volvo Cars, and how we interact with them has been very challenging. We are now under construction on two facilities, a whole new Porsche facility on Madison Street between First and Second streets, and we are simultaneously having to remodel our BMW building. We like the way it looks now, but the manufacturer has mandated what a BMW facility has to look like. They don't have the power to take away the franchise because of Illinois franchise protection laws, but they have ways to leverage us with bonus monies that they can take away if we don't comply.

Most inquiries with customers today are initiated through some type of technology, be it an email or a lead through a provider like cars.com or Autotrader. That's compared to the old days when people would just walk in the door.

**How do you successfully meet the challenges that a business like yours faces?**

It takes a mindset that you don't get too wound up in the details. Every day you have to live with some unknowns that are going to be coming down the road at you, and you have to be comfortable with that. You also have to really care about the people you work with, your family and your community. You need to be a person who isn't too self-absorbed.

**What future trends do you foresee in the automobile industry?**

There's been a tremendous push over the last few years for electrification of automobiles.

That's mostly been government mandates pushed upon the manufacturers. The buying consumers have been left out of the plan, and they are pushing back. The purchase rate of electric vehicles is not nearly what had been hoped for by the government and the manufacturers.

Electrification is still coming, but at a slower pace than had been initially planned. The manufacturers have invested billions of dollars to create facilities to produce these vehicles that consumers are slow to purchase.

**Why do you feel it is important to give back to the Springfield area?**

The community has given so much to Isringhausen Imports. It's important that the Springfield community thrives, and we want to help make the place where we live and do business to be the best it can be. We were raised with a value system based on caring about other people, whether those people need financial help or need exposure to the arts.

**What advice would you give to young people entering a career field today?**

Be open-minded to alternatives that maybe you haven't considered. There's a tremendous demand for trades today and that can make a very great and rewarding career. College is not always the answer for everybody.

**What might people be surprised to learn about you?**

I raced dirt bikes for 40 years, up until my sixties, and I did off-road racing around the country. I currently race Porsche race cars around the track at iconic race tracks. **SBJ**

# Nickey Sperry teams up with Jim Wilson

There's now a succession plan for Jim Wilson Interiors

By David Blanchette



Nickey Sperry, left, has joined Jim Wilson as a design partner for Jim Wilson Interiors. PHOTO BY KRISTI MITCHELL PHOTOGRAPHY

Jim Wilson Interiors of Springfield is celebrating its 40th anniversary this year, and its name-sake says he never tires of seeing an interior design project come to fruition.

"It's a great feeling, it's extremely fun to see something come to be that you have been working on," Jim Wilson said. "From taking flooring and fabric samples to the client to seeing a room evolve and exist, it's very fun to experience that."

The 69-year-old Wilson is still very much active in Jim Wilson Interiors, located in The Gables, and the business also encompasses the Homescapes store, a retail outlet for home furnishings and gifts. Wilson has also taken on a design partner, Nickey Sperry, and the two business co-owners' tastes and design styles complement each other.

"We work together on design projects, and I plan to continue working. Fortunately, I now have a situation with Nickey that allows me a little bit more of a relaxed schedule so I can enjoy my grandchildren," Wilson said. "We don't see a need to change anything. It's been a successful 40 years so we don't want to ripple the waters."

Wilson's long and storied career began when the Morrisonville native went to college at Bradley University to study architecture.

Wilson was advised that the job market at the time wasn't great for architects, and about the same time he met a fraternity brother whose family owned an interior-design business very similar to what Jim Wilson Interiors became. Wilson transferred to Iowa State University and graduated with a degree in interior design.

After graduation, Wilson landed a series of jobs in the Springfield area retail industry, including stints at Myers Brothers, Famous-Barr and 1501 Interiors, a subsidiary of Central Office Equipment. From there, he left to start Jim Wilson Interiors in 1984. Wilson brought a few 1501 Interiors clients with him but knew he needed to drum up a lot of new business on his own.

"It was pretty scary, but I was young at the time and it seemed like the right thing to do," Wilson said. "Fortunately, with the flow of projects and new clients coming in, the work came at a nice, steady pace."

There were only two periods of time during which Wilson was concerned about having enough business. The first was during the Gulf War conflict in the early 1990s when "everybody stayed home and watched it on TV, and no one came out to shop." The second was during 2008 "when the economy went belly up and everybody put the brakes on; it was a

tough time to get through that," Wilson said.

But get through he did, and Wilson has worked for scores of residential and commercial clients over the decades to design interior spaces and help people pick out flooring, furniture, wall and window treatments and even dinnerware on occasion.

"We did a Florida home where we went in ahead of the client and supplied all of the dinnerware, ran it through the dishwasher, provided the sheets and made the beds," Wilson said. "So when they walked in the door they could have a party right then. It was literally a turnkey operation."

Wilson is also happy to provide a wide, varied and ever-increasing selection of home décor and gift items, from furniture to lamps to greeting cards at the Homescapes store located in the same building as Jim Wilson Interiors.

Over the past 40 years, Wilson has witnessed interior design trends change from traditional designs to a more casual style. Clients also see designs they like on television or social media and often come into Jim Wilson Interiors with a particular style in mind.

Wilson and Sperry begin each design project by going to clients' homes or businesses to see the space and to gauge the



owners' personalities. The two designers then put together choices of plans, fabrics and finishes from which the client may select. The process continues until the client is happy, and then the physical work on the space begins.

Sperry became a co-owner of Jim Wilson Interiors last year after assisting Wilson for several years with design work. Sperry has a graphic design degree and worked for the corporate world for several years before becoming creative director for a local restaurant-design business. During that time Wilson approached her firm regarding a restaurant project he was working on, and Sperry had to drop off some paperwork as part of that project.

"I walked into Homescapes and it was amazing. I thought, where has this been all of my life?" the 44-year-old Sperry said. "I love beautiful things, and I wanted to find a way to



Dan and Nickey Sperry at a 40th anniversary celebration for Jim Wilson Interiors held Aug. 23.

PHOTO BY KRISTI MITCHELL PHOTOGRAPHY

be a part of that."

"I just took the leap and approached Jim and said, 'My restaurants are my portfolio,'" Sperry said. "I told him I had a lot of other assets I could bring – he took a chance on me, and here we are four years later."

Sperry said that their design styles comple-

ment each other.

"When we go to market to shop for new items, we gravitate toward the same pieces for the most part," Sperry said. "He leans a little bit more toward timelessness, and I like to use a lot of color at times, but behind the scenes we work on almost all of the projects together."

Wilson and Sperry both view their clients as friends because they get to know them so well during the design process, and the business has numerous multigenerational clients as a result. Wilson and Sperry have also become good friends.

"I'm very lucky that Jim had faith in me, because the passing of the torch

isn't always easy," Sperry said.

Wilson feels equally blessed.

"I'm just as lucky as she is," Wilson said. "This was really kind of meant to be, and it just happened on its own. There's now a succession plan for Jim Wilson Interiors, and I feel very lucky that this has worked out so well!" **SBJ**

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Client Becky Grummon, left, with Golden Bridges Springfield liaison Terri Hempstead. PHOTO BY KAREN WITTER

## Providing solutions in times of transition

golden Bridges helps people decide what to do with all their stuff

By Karen Witter

When seniors get together and socialize, grandchildren are often a topic of conversation. So is commiserating that “our kids don’t want our stuff.” It’s common that homes are filled with a lifetime of accumulated possessions. Deciding what to do with it all is an issue for many seniors. And, the next generation typically doesn’t want shelves of knickknacks and collectibles, silver that needs polishing, dishes that can’t go in the dishwasher and family mementoes that have been stored in closets and basements for a few decades.

Decluttering has become a popular term. There are many resources and businesses that help people organize and declutter. A house full of belongings can be especially stressful and burdensome when people decide to downsize, move to be closer to family or health issues force a move. This is even more stressful when the move happens in a crisis situation.

Professional “move managers” can provide valuable assistance and help people better manage the challenging and emotional process to sift, sort, organize, donate, move and dispose of possessions. The National Association of Senior and Specialty Move Managers

(NASMM) is a professional association of move managers that assists clients of all ages and life situations. A main focus is helping people, especially seniors, transition to another place. It also help people make changes in their current home to age in place or prepare for a future move. Members of NASMM must have general business liability insurance and meet strict requirements related to training and adherence to a code of ethics.

While there are often multiple businesses in large cities, smaller communities typically have only one business certified by NASMM. Golden Bridges, headquartered in Quincy, is the only move management business certified by NASMM that serves the Springfield area.

Suzanne Ellerbrock is president of this women-owned business. Ellerbrock, Susan Scholz and Nancy Waters founded Golden Bridges in 2013 after winning \$10,000 in a business plan competition sponsored by the Quincy Chamber of Commerce. Over the past 11 years, they have served 450 clients. Terri Hempstead is now a Springfield liaison for Golden Bridges.

“We provide help and expertise to people who are overwhelmed with the task of down-

sizing or moving. By working with them, and honoring their decisions, we enable them to live life better.” This is Golden Bridges specialty as stated on its website.

Sometimes there are no family members who are available, able or willing to help. Sometimes the client doesn’t want family members involved. The decision-making process can be very emotional. The Golden Bridges team provides professional expertise and an independent perspective with no emotional attachments. They can help clients document the significance of items so family members have that information. “We help keep relationships intact,” said Ellerbrock.

A time-consuming part of the process is helping the client make difficult decisions about what to keep and what will be moved, given to family members, donated, sold, recycled, shredded, pitched, etc. If the move is local, a team visits the new destination to take measurements and review the layout in order to propose a floorplan template to the client. If the destination is remote, a floorplan is requested. The move managers produce a plan for furniture placement and help the client select items that will fit, according to ADA

standards.

Our motto is, "We provide solutions in times of transition," says Hempstead. "What makes Golden Bridges unique in the Quincy-to-Springfield region is the 'soup-to-nuts' scope of our services. As professional move managers, we solve whatever needs to be done."

Things that differentiate a move management company include being licensed, bonded and insured; having professional certifications; and coordinating all elements of the timeline for the downsize and move. Services can include scheduling and coordinating a moving company, arranging for an auctioneer, determining where to donate items and unpacking and settling-in at the new home. The goal is to repurpose as much as possible. The team ensures all the items get to their final destination.

The timeline varies significantly. Golden Bridges works with some clients for a couple of weeks and others for more than a year. Golden Bridges determines one all-inclusive fee for specific services following a free consultation to better understand the client's goals and intentions. In some cases, this may be all a person needs to get started on their own.

Ellerbrock says that many people have to make decisions in crisis mode when something happens that triggers the necessity for a



Leslie and Sue from Golden Bridges sorting clothes to pack. PHOTO COURTESY GOLDEN BRIDGES

move. She recommends seniors start thinking about this well in advance in order to make decisions while they can and ensure their wishes can be carried out. For many, a big fear is their children putting everything into a dumpster.

What we hear all the time is, "I never knew such a thing as senior move management existed," said Hempstead. "It's a service business that is growing very fast in large cities, and we are bringing it to Springfield."

### Leaving the family home

Becky Grummon recently moved from a home that had been in her family for 66 years and was filled with six households of accumulated possessions. She learned about Golden Bridges through a chance encounter with someone from her church while looking into places to move. She says if she had tried to do this on her own, she likely would not have moved by now.

After an initial consultation in January, she signed a contract and a team from Golden Bridges came to the house weekly and worked with Grummon to help her choose what to move to her new home and what to do with all the rest. They helped her select a mover, packed and labeled boxes, and coordinated positioning of furniture on moving day. They helped sort and organize what would be auctioned, donated and disposed of. Grummon said it was a big relief for Golden Bridges to make all the arrangements with the various vendors so she didn't have to.

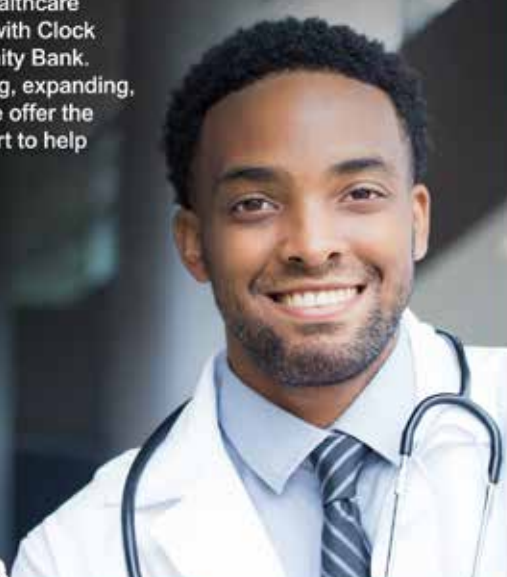
"They have all the connections and resources to organize and oversee everything," said Grummon. "They are full service and beyond."

The end result was an empty house and garage. She is happy with her decision to downsize and move to independent living at Lewis Memorial village. She has no regrets about the things she let go of and is grateful for the help provided by Golden Bridges.

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# RETIREMENT AND CARE COMMUNITIES

Sources: The individual facilities.  
DND - did not disclose  
Ranked by total number of beds.

	NAME STREET ADDRESS CITY/ST/ ZIP	PHONE WEBSITE/EMAIL	TOTAL BEDS	SERVICES OFFERED	FACILITY MANAGER	NUMBER OF FULL TIME EMPLOYEES	AMENITIES	YEAR EST'D
1	<b>Concordia Village, Senior Living Community</b> 4101 W. Iles Ave. Springfield, IL 62711	217-793-9429 LSSLiving.org concordiavillage@lssliving.org	316	Independent and assisted living, skilled beds and memory care	Jacque Bogner executive director	233	Chapel, movie theater, restaurant-style dining, private dining rooms, outdoor courtyard, several libraries, beauty salon, market, wellness clinic, fitness room, indoor pool, game room, juice bar, art studio, transportation.	1995
2	<b>Arcadia on the Hill</b> 555 W. Carpenter St. Springfield, IL 62702	217-525-1880 jliddell@arcadialtc.com.com	251	Skilled beds	Jackie Liddell executive director	150	On-site therapy staff, on-call med director, in-house practitioner, dialysis transport, daily activities, IV therapy, pain management, laundry service, in-house social workers, Wi-Fi, transportation, day room, library, business center, private rooms, refrigerators.	2018
3	<b>Lewis Memorial Christian Village</b> 3400 W. Washington St. Springfield, IL 62711	217-787-9600 lewismemorialchristainvillage.org cbanks@chliving.org	233	Independent and assisted living, skilled nursing care	Christine Banks administrator	240	Short-term rehab, physical, occupational, speech, aquatic therapies. Maintenance-free living set on 19 acres. Three beauty salons, community Wi-Fi, tree-lined walking paths, pet friendly, wellness center with therapeutic pool, wide array of activities and events, staff chaplain, church services and Bible studies.	1974
4	<b>Meadow View Landing</b> 2801 Montaluma Springfield, IL 62704	217-970-5098 liveatmeadowview-place.com	160	Independent living	Whitney Blakeman	4	Controlled building access, elevators, community spaces, salon, fitness center, unit and community space upgrades, interior mail rooms, covered parking available, pet friendly, on-site laundry, library. Shopping, dining and other small businesses and medical facilities are nearby.	1999
5	<b>Springfield Supportive Living</b> 2034 E. Clear Lake Ave. Springfield, IL 62703	217-522-8843 springfieldsupportiveliving.com jenniferh@springfieldslf.com	135	Supportive living	Shawn Braley	33	Nurses 10 hours per day, CNAs available 24 hours, assistance with medications, bathing, laundry and housekeeping, three meals daily plus snacks, fenced outdoor patio with walking path, daily activities, weekly trips, all utilities included except phone, free Wi-Fi and Dish Network.	2005
6	<b>Hickory Glen</b> 1700 W. Washington St. Springfield, IL 62702	217-793-0431 hickoryglenseniiorliving.com manager@hickoryglenseniiorliving.com	129	Independent living	Rebecca Siltmna	10	Restaurant-style dining, Sunday brunch, transportation, housekeeping, activities, social events, full-time lifestyle coordinator, cinema, library, lounge, gym, hair salon, store, pets welcome, utilities and basic cable included.	1986
7	<b>Montvale Estates</b> 2601 Montvale Drive Springfield, IL 62704	217-546-5577 holidayseniiorliving.com victoria.chamblin@atriaseniiorliving.com	121	Independent living	Victoria Chamblin	20	Transportation, housekeeping, chef-prepared meals, 24/7 emergency response services, pets welcome, salon, social activities, utilities included, some Wi-Fi, exercise room, billiards, weekly trips.	DND
8	<b>Seasons Active Senior Living</b> 3511 & 3201 Conifer Drive Springfield, IL 62711	217-698-5780	120	Independent active senior living	Ruth Engleman Debbie Deopere	8	Garages and covered parking, covered patios, library, exercise rooms, private party room, walking paths, fishing lake.	2004
9	<b>The Villas Senior Care Community - Assisted Lifestyle and Memory Care</b> 100 Stardust Drive Sherman, IL 62684	217-744-9891	113	Assisted lifestyle	Russ Bogdanovich	80	24-hour nursing, transportation to medical appointments, physical, occupational and speech therapy on site, Wi-Fi, computer access, library, cat friendly, private suites, beauty/barber salon, respite care and bistro.	1981
9	<b>Arcadia Care</b> 1021 N. Church St. Jacksonville, IL 62650	217-245-4174 arcadialtc.com	113	Skilled beds	Ali Morton	86	Hospice care, respite, IV therapy, Wi-Fi.	2015
10	<b>Brenden Gardens</b> 900 Southwind Road Springfield, IL 62703	217-529-4586 brendengardensretirement.com chubbell@5ssl.com	112	Independent living	Christine Brimer	20	Three meals a day, weekly housekeeping, bus service five days each week, 100% maintenance service, year-round activities, 24-hour coffee café, laundry service, six laundry rooms and two elevators.	2006
11	<b>The Villas Senior Care Community - Total Rehab &amp; Skilled Nursing Care</b> 100 Marian Parkway Sherman, IL 62684	217-744-2299 VillasSeniorCare.com	109	Skilled beds, in-house therapy	Tonya Alecia	100	Accessible van and bus for outings, courtyard with walking paths and gazebo, therapy gym, Wi-Fi, Jacuzzi tubs, daily activities, aviaries, café, private and semi-private accommodations, salon, therapy wing, therapy gym and short-term rehab.	1987
12	<b>Regency Nursing Care Residence</b> 2120 W. Washington St. Springfield, IL 62702	217-793-4880	99	Skilled beds	Tammy Riley	90	Private and semi-private rooms, restaurant-style dining, beauty salon services, activities, transportation, Wi-Fi, cable TV, laundry service and private party rooms. Long-term and respite care and short-term rehab including physical, occupational and speech therapy.	1991
13	<b>Illinois Presbyterian Home Communities - Fair Hills Residence, Cottages &amp; Apartments</b> 2005 W. Lawrence Ave. Springfield, IL 62704	217-546-5622 iphcommunities.org maryann.walker@iphcom.org	88	Independent and assistive living	Maryann Walker	45	Scenic, park-like campus, open to all faiths, month-to-month rent. Assistive living - spacious private rooms with walk-in showers, 24/7 nursing assistance, laundry, housekeeping, meals, plus social and spiritual activities. Independent living - apartments or cottages with senior-friendly accessibility, all appliances, light housekeeping, utilities and more.	1954
14	<b>Cedarhurst of Jacksonville</b> 2225 W. Morton Ave. Jacksonville, IL 62650	217-245-2996 cedarhurstliving.com vtempleton@cedarhurstliving.com	86	Assisted living, memory care	DND	54	Therapy, movie theater, lake with fishing, restaurant-style dining, person-centered dementia care, secured care, therapy gym.	2016
14	<b>The Pointe at Jacksonville</b> 20 Jacksonville Place Jacksonville, IL 62650	217-602-0930 thepointeatjacksonville.com	86	Supportive living, memory care	Kimberly Wiles	55	Private apartments, all inclusive, nurses 12 hours per day and CNAs 24 hours, outings, salon, cable and Wi-Fi.	2019
15	<b>Cedarhurst Senior Living</b> 3520 Old Jacksonville Road Springfield, IL 62711	217-203-6522 cedarhurstliving.com cwaldrup@cedarhurstliving.com	79	Assisted living, memory care	Ceressa Waldrup	54	Therapy, movie theater, restaurant-style dining, person-centered dementia care, secured care, 24/7 nursing care, all private apartments and suites, therapy staff, outings, transportation, medication management and more.	2019



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# RETIREMENT AND CARE COMMUNITIES

Sources: The individual facilities.  
DND - did not disclose  
Ranked by total number of beds.

	NAME STREET ADDRESS CITY/ST/ ZIP	PHONE WEBSITE/EMAIL	TOTAL BEDS	SERVICES OFFERED	FACILITY MANAGER	NUMBER OF FULL TIME EMPLOYEES	AMENITIES	YEAR EST'D
16	<b>The Bridge Care Suites</b> 3089 Old Jacksonville Road Springfield, IL 62704	217-787-0000 bridgecaresuites.com cschaaf@bridgecaresuites.com	75	Skilled beds	Cindy Schaaf	92	Spa, business center, beauty salon, restaurant style dining, cafe, theater, therapy gym, game room, Wi-Fi, private suites, transportation. Short-term care facility, post-hospitalization, post-surgical, wound care, IV therapy, physical therapy, occupational therapy, speech therapy, respite care, work with hospice providers for hospice care.	2013
17	<b>Trustwell Living</b> 2451 W. White Oaks Drive Springfield, IL 62704	217-787-9000 trustwellliving.com vtempleton@trustwellliving.com	67	Independent and assisted living, memory care	Victoria Templeton	22	Personalized care and services plans, private, spacious apartments, restaurant-style dining, licensed nurses, medication assistance, full activity calendar of educational, cultural, entertainment and social events, all utilities (except phone and cable), pet friendly community.	2022
17	<b>Timberlake Estates</b> 2423 Taylor Ave. Springfield, IL 62703	217-585-9400 projectmgr@timberlakeestatesil.com	67	Independent living	Janelle Jennings property manager	2	Beauty salon, ice cream socials, fitness center, theater room, wireless internet, billiard room, garden.	2008
18	<b>Mill Creek Alzheimer's Special Care Center</b> 3319 Ginger Creek Drive Springfield, IL 62711	217-726-7900 jeanne.campbell@sincerisl.com	66	Memory care	Jeanne Campbell	55	Dementia care program, specially trained staff, supervised, success-oriented activities program, supervised outings, three meals a day, linens and housekeeping, landscaped secured courtyard with walking areas, electronically monitored security system, support groups, educational programs, referral services.	2006
19	<b>Avenues at Springfield</b> 525 S. Martin Luther King Drive Springfield, IL 62703	217-789-1680 tgant@arcadialtc.com	65	Intermediate beds	Tanisha Gant	50	Wound care, on-site X-ray, infection control, medication management, individual and group therapy, dentist, podiatrist and optometrist, diabetes management, pain management.	DND
20	<b>Timberlake Supportive Living</b> 2521 Empowerment Road Springfield, IL 62703	217-321-2100 gardant.com/timberlakeslf.com execdir@timberlakeslf.com	60	Supportive living	Melissa Taylor property manager	30	Providing lifestyle enrichment programming, three meals per day plus snacks, 24-hour/day aide support, nurses eight hours per day, housekeeping and laundry, transportation to doctor visits and shopping, therapy services in building, financial assistance, refrigerator and microwave, maintenance.	2009
20	<b>Meadow View Place</b> 4305 W. Washington St. Springfield, IL 62711	217-970-5098 liveatmeadowview-landing.com	60	Independent living	Whitney Blakeman	4	All apartments on first level, pet friendly, interior mail rooms, laundry hook-ups, updated apartments and community spaces, controlled building access, private entrances with patios.	1995
20	<b>Carriage Crossing Senior Living</b> 1121 Community Drive Rochester, IL 62563	217-660-8872 carriagecrossingsl.com ccrelations@carriagecrossingsl.com	60	Independent and assisted living, memory care, respite care and adult day care	Jenni Stephens executive director	60	Chef-prepared meals, concierge services from housekeeping and laundry to chauffeur, salon or pharmacy services. Fitness classes.	2021
21	<b>Country Lane Memory Care - Assisted Living</b> 875 Riverton Road Riverton, IL 62561	217-629-4265 CountryLaneMemoryCare.com Cari@countrylanememorycare.com	50	Assisted living, memory care	Cari Claussen	32	Memory care with 24-hour licensed nursing and medication management. Staff trained for Alzheimer's disease and dementia. Private and semi-private rooms. Three meals a day, daily housekeeping and laundry and individualized activities. Theater room, lounge areas, dining and activity room, beauty shop, courtyard with country views.	2016
21	<b>The Villas of Holly Brook Chatham</b> 825 E. Walnut St. Chatham, IL 62629	217-483-4655 meridiansenior.com vcha.ed@meridiansenior.com	50	Assisted living	Theresa Schriber	25	Three meals a day, transportation, activities, weekly laundry and housekeeping, assistance with ADLs, medication management, pet friendly, spacious apartments, movie theater, game room, all-inclusive care.	2012
21	<b>Centennial Pointe and The Arbors of Centennial Pointe</b> 3440 Hedley Road Springfield, IL 62711	217-546-9301 americareusa.net centennial@americareusa.net	50	Assisted living, senior day program, respite, memory care	Chasity Albers executive director	35	24/7 nursing on site, daily social enrichment programs, restaurant-style dining, beauty/barber shop, exercise area including outdoor walking path and garden, pets welcome. Controlled Multi-Sensory Environment (MSE).	2015
21	<b>The Villas of South Park</b> 10000 S. Main St. Chatham, IL 62629	217-679-5415 villasofhollybrook.com/chatham-il-assisted-living/ chatham_director@villasofhollybrook.com	50	Independent, assisted living	Paige Wernsing executive director	25	Fishing pond, scheduled activities and daily exercise, two courtyards with a garden and fireplace, ice cream, cappuccino and juice machine, onsite therapy, salon, jetted bathtub in spa room, exercise room, pet-friendly rooms, outings, transportation to appointments, movie theater, pool table and three daily meals, plus snacks.	
22	<b>River Birch Living</b> 4012 Cockrell Lane Springfield, IL 62711	217-547-0400 christianhorizonsliving.org rbladmissions@chliving.org	42	Assisted living, memory care	Grace Allenberg executive director	40	Memory care with Pathway Memory Support Programming 24 hours. Assisted living nurse staff on site 24 hours, medication dispensing, home-cooked meals, person-centered care, on-site salon and stylist, linen and laundry services, housekeeping services, quiet and beautiful location.	DND
23	<b>Rochester Estates Senior Living</b> 4817 N. Oak Hill Road Rochester, IL 62563	217-498-6959 elmcroft.com dchapin@elmcroft.com	37	Independent and assisted living	Denny Chapin	35	Private apartments, assistance with bathing, dressing, grooming, medication reminders and supervision, three meals a day and two snacks, weekly housekeeping and laundry, transportation to and from medical appointments, fun activities throughout the day, exercise class and trips out to restaurants and shopping.	2006

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# Not ready for last call

Owner of Louie's Bar still going at age 88

By Ed Wojcicki

Louie Mancini doesn't have much time for hobbies because he works seven days a week – at the age of 88. He owns his own bar and is the primary bartender, opening at noon every day and leaving when the last customer leaves.

"I follow them out," he says. Often that's between 8 and 10:30 p.m., though his license allows him to stay open until 1 a.m.

He and his wife, Jean, have owned Louie's Bar and Beer Garden on Stanton Street for 36 years. For his 88th birthday on Sept. 1, Mayor Misty Buscher issued a proclamation honoring Mancini and his family's longtime run in the local tavern business. Among those attending the surprise party at the bar was former Mayor Jim Langfelder, who had issued a similar decree three years earlier.

When the bar opened in 1988, the area on the city's southeast side was bustling with car dealerships, the former Eagle grocery store and restaurants. Louie's has survived not only the departure of those businesses, which provided regular customers, but also the pandemic, which he acknowledges hurt business after the bar shut down for a while. Louie and his daughter, Angie Mancini McKinney, are now the bartenders, though Angie is part-time and works elsewhere as well. "It's not so busy now, but I'm not too fast any more, so I can handle it," Mancini says.

Mancini became an important resource for Bobby and Sandy Orr when the couple published two books about the history of Springfield's taverns a few years ago. Orr, a friend for more than 40 years, says Mancini has "a work ethic that has all but evaporated in today's society. His 10- to 12-hour days, seven days a week, are just routine to him, as he has been doing much the same all his life."

Louie's wife worked alongside him in the bar for a quarter century before moving to a local nursing home about 10 years ago. Paying for Jean's expenses is a big reason that Louie keeps working. "That is what keeps him going; the cost is astronomical," Angie says.

Many of the bar's displays and decorations feature Marilyn Monroe. It started when someone gave him a framed portrait of the famous actress, "and people thought I really liked her," he explains. That led to others routinely giving

him Marilyn-themed gifts, including a PEZ dispenser, a cardboard cutout and many pictures. Mancini seems to get as much enjoyment out of people thinking he's a fan as he does in the multitudinous Marilyn décor.

Another display is a mannequin wearing a Feitshans Flyers sweater, given to him by Fred

When he finished Feitshans High School, he briefly went to work at Pillsbury Mills. Then he enlisted for two years in the U.S. Marine Corps, serving as a field radio operator in California. He returned to Springfield and worked at Pillsbury again and then at the Allis Chalmers manufacturing plant. After getting laid off, he got into bartending and landed at the Elks Lodge for 18 years.

He has fond memories of the lively lodge on South Sixth Street, across from the current Obed & Isaac's in downtown Springfield. The Elks had many sleeping rooms, a barber shop, bowling alley, ballroom and meeting rooms – and more than one bar that kept Mancini busy.

"A lot of elderly people lived there – retired there – because it was cheap to live there," Mancini says.

Mancini describes his 10 years at the Elks downtown, starting in 1969, as his favorite work location, although he stayed with the Elks as a bartender and manager for eight years after the club moved to Lake Springfield. The absence of a retirement plan at the Elks prompted Mancini to establish his own bar, he said. He bought an empty lot on Stanton Street and erected the building, providing some of the manual labor himself.

Meanwhile, he and Jean had raised three children in Springfield. Daughter Angie still lives in the area, in Sherman, with her husband and two children. Another daughter, Gina, and her husband and two children live in Milwaukee, and son Nick lives in Sedona, Arizona.

Mancini still enjoys the bantering among customers – one group called

themselves the Liars Club because of the tales they told one another – and listening to customers and their stories. That, along with supporting his wife's care, keeps him going.

His friend Bobby Orr says Mancini "represents a dying breed of family bar owners. Many newer bar owners are corporations or partnerships. That family, neighborhood atmosphere is hard to find these days. People come to Louie's to see Louie, and at 88 he does know your name. It may not be your given name, but he'll have a name for you." <sup>SBJ</sup>  
*Ed Wojcicki freelances from Springfield.*



Louie Mancini behind the bar at Louie's Bar and Beer Garden on Stanton Street in Springfield. PHOTO BY ED WOJCICKI

O'Connor, a high school classmate with whom he is still in contact.

Louie's upbringing on Springfield's east side stemmed from his dad's and uncle's ownership of the Hi-D-Ho Tavern at 18th and East Adams streets. The family lived upstairs. As a boy of 12 or 13, he recalls going to the local newspaper building after school and then taking "the Register flash newspaper, called the red flash," to bars and the Levee District and selling individual copies to patrons for a nickel each. "But they wouldn't just give me a nickel; they gave me more, 10 cents or a quarter. That's where you made your money," he says.



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# Reading to reclaim memories

## Volunteers launch program to read to dementia patients

By Cinda Ackerman Klickna

Ten to 20 people sit in a semi-circle; in front of them a person opens a book and begins reading to the group. No, this is not a school classroom; it is an almost daily scene at Mill Creek Alzheimer's Special Care Center, located on the west side of Springfield. The group consists of patients in various stages of dementia.

John Record moved his wife, Gail, into Mill Creek in 2022. He wanted to find a way to keep her connected to familiar and enjoyable things. She had always been a voracious reader. He said, "We know from research that the one thing that connects with people who have dementia is music. I thought maybe reading out loud could tap into the same part of a person's memory and interest the way music does." He began reading magazine articles to his wife and watched how she became engaged and happy.

Reading aloud has been proven to help patients, with many studies about the effect on cognitive function through reading aloud.

Record met Jane Treadwell whose husband, Victor, had also moved into Mill Creek. She had been reading poetry and then a 900-page book to her husband. Record and Treadwell shared what they were doing and thought reading to more of the residents could be possible. They told a friend, Mary Addison-Lamb, about their idea; she had been reading to hospice patients and was ready to help. The three researched read-aloud programs as well as the most appropriate books for patients, frequency of readings and length of a session. The reading program was launched.

Record hopes that this work will motivate people to look at things differently. "So often, people tend to look at dementia patients with a focus of what has been lost – that the glass is half empty. True, memory is not what it once was. But, dementia patients are still

living their lives; finding a way to connect with the memory they have is important," he said.

Children's books offer the most appeal. They provide relatable themes that tap into memories of growing up, are easy to follow, often have chapters that can be read in a short time frame and have illustrations that



Volunteers read aloud to patients at Mill Creek Alzheimer's Special Care Center four days a week as part of a reading program. PHOTO COURTESY JOHN RECORD

provide visual stimulation. Addison-Lamb said, "Something intergenerational or with nature and just a good story appeals to people."

Each volunteer chooses one day each week to read and then chooses a book. Record began with the *Winnie the Pooh* series, Treadwell chose *Anne of the Green Gables* and Addison-Lamb, *All Creatures Great and Small*. The readers focus on choosing books that are happy, not serious, political or dramatic. A fourth person joined as a reader, making it possible to hold reading sessions four days a week. The sessions last around 30 minutes.

The impact on patients has been more than any of them imagined. Record said,

"The reaction from residents has absolutely blown me away." One example is a male resident who speaks very little, if at all. Many times, when Record visited his wife – prior to starting the reading program – he would say hello to the resident, but there would be no facial response. Later, the patient attended a reading. Record was reading *Winnie the Pooh*,

and said, "I looked over and this patient had the biggest smile on his face. That is when I knew that this was really connecting with people."

Program assistant Kristen Baalman shared that the program has been a huge success. "We have residents who are nonverbal; many show alertness during the readings. What started as a small group is now regularly attended and the residents enjoy the time."

Treadwell said, "As the reading activity grew, more residents became engaged, even asking to share their own story that had been triggered by the reading selection."

A female patient, totally nonverbal with no motor skills and in a reclining wheelchair, was brought into a reading. Record said, "At the end of the reading, two staff members commented how much the patient had

been engaged. They had never seen her look so happy and joyful. It was obvious her brain was still functioning, and in some way the reading connected with her."

Addison-Lamb donated a basket of books, and the group developed a flyer inviting family and friends to get a book and read to their loved one.

Record said, "This is something we hope can be replicated by others in other places where patients could benefit from having books read to them."

Cinda Ackerman Klickna has donated her children's book, *Out of the Beaks of Birds: Our Crazy, Pesky... Verbs to the program*.

# WOMEN'S EVENT CALENDAR

Members and guests of Women Entrepreneurs of Central Illinois are invited to "Spooky & Kooky Halloween Fun" from 5-8 p.m. on Wednesday, Oct. 9. WE-CI member Kaia Griffin will host the event at her venue, AR Luxury Event Rentals, 675 E. Linton Ave.

The \$25 cost includes finger foods and beverages. Must register and pay in advance at [WeCiSpringfield.org](http://WeCiSpringfield.org).

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Formal dresses will be donated to Be Like Emma to support the Emma Shafer Peace & Justice Fund.

Men's and ladies work clothes will be donated to Rise Springfield's professional clothing giveaway.


Children, teen and young adult clothes will be donated to the Family Service Center for foster and adoptive families.

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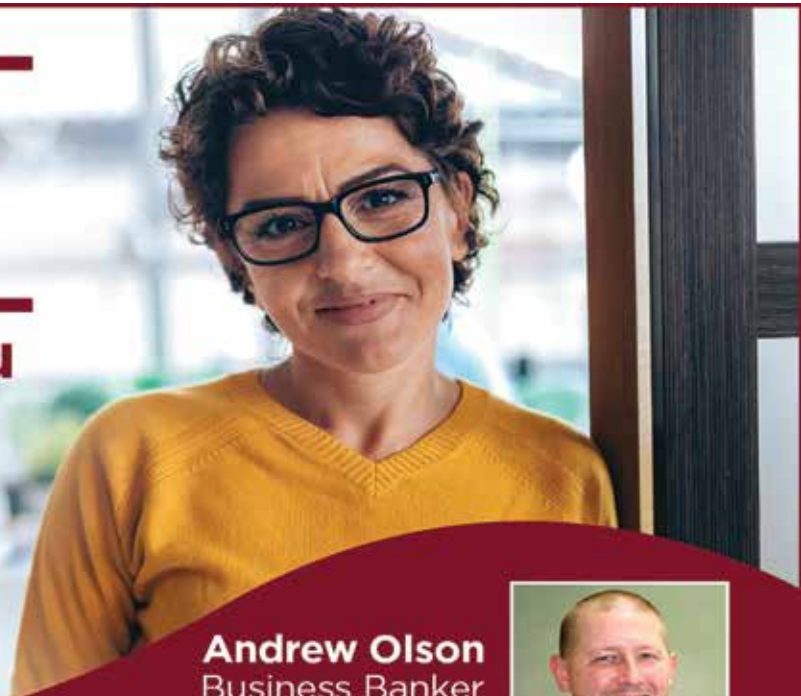
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# HOME HEALTH CARE

Sources: The individual agencies.  
DND - did not disclose  
Listed in alphabetical order.

NAME STREET ADDRESS CITY/ST/ ZIP	PHONE WEBSITE/EMAIL	AGENCY MANAGER	NUMBER OF FULL TIME EMPLOYEES	PRIMARY SERVICES OFFERED	YEAR EST'D
<b>Advanced Healthcare Services, LLC</b> 3900 Pintail Drive Springfield, IL 62711	217-726-6956 ahslc.org	Juanita Jones RN, WCC	47	Skilled nursing, physical therapy, occupational therapy, speech language pathology, medical social work.	2007
<b>Apria Healthcare</b> 775 E. Linton Ave. Springfield, IL 62703	217-789-0461 apria.com	Jamie Bell	9	Home health care equipment, respiratory equipment, wound care, enteral nutrition.	DND
<b>BrightStar Care of Springfield, Decatur and Bloomington</b> 801 S. MacArthur Blvd. Springfield, IL 62704	217-318-3396 brightstarcare.com/springfield-decatur julie.miller@brightstarcare.com	L. Christopher Miller	40	Home care, medical staffing, IV infusion, wound care.	2015
<b>Enhabit Home Health of Illinois</b> 2970 Baker Drive Springfield, IL 62703	217-542-7138 enhabithomehealth.com	Rachel Deilkes RN/branch director	26	Skilled nursing, physical, occupational and speech therapy.	1984
<b>Family First Home Care</b> 1999 Wabash Ave. Springfield, IL 62704	800-853-5292 familyfirsthc.com beth.albert@familyfirsthc.com	Beth Albert	DND	Pediatric private duty nursing.	1999
<b>Gentiva Hospice</b> 2815 Old Jacksonville Road Suite 201-202 Springfield, IL 62702	217-525-6200 gentivahs.com	Tracie O'Neill	30	Hospice care.	DND
<b>Help at Home, LLC</b> 605 W. Jefferson St., Suite B Springfield, IL 62702	217-753-0211 helpathome.com	Dana Platt	1,700	Housekeeping, laundry, shopping, meal preparation, personal care, errands.	1975
<b>Home Instead</b> 1440 W. Walnut St., Suite A6 Jacksonville, IL 62650	217-245-9192 homeinstead.com/545	Jerry Best owner	8	Non-medical in-home care including companionship, meal preparation, personal care, Alzheimer's care and more.	2004
<b>Home Instead</b> 2040 W. Iles Ave., Suite A Springfield, IL 62704	217-547-1300 homeinstead.com/762	Rob First Amy Best	100	Personalized in-home caregiving services including companionship, meal preparation, personal care, Alzheimer's care and more.	2011
<b>HSHS Home Care Illinois</b> 3051 Hollis Drive Springfield, IL 62704	1-800-551-6566 hshshomecare.org	Amy Frederking	224	Skilled nursing, physical therapy, occupational therapy, speech therapy, licensed social worker.	1997
<b>Memorial Home Care</b> 701 N. First St. Springfield, IL 62781	217-788-4663 800-582-8667 memorial.health	Christina King director	60	Skilled nursing, physical, occupational and speech therapy, home health aide.	1988
<b>SYNERGY HomeCare of Central Illinois</b> 3259 W. Iles Ave. Springfield, IL 62711	217-303-8555 synergyhomecare.com taylorstevens@synergyhomecare.com	Taylor Stevens regional community liaison	4	Personalized care plans, companionship care, assistance with personal care. Available 24 hours a day, 7 days a week.	2013
<b>Visiting Angels</b> 2731 MacArthur Blvd., Suite 201 Springfield, IL 62704	217-568-6308 visitingangels.com	Brittney Tremaine executive director	85	Personal in-home care including hygiene, meal preparation, medication reminders, housekeeping, errands, companionship and memory care. No minimum hour requirement.	2017

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# A workforce development program for seniors

AmeriCorps seeks to train seniors to become community health workers

By Holly A. Whisler



Dr. Tracey Smith at a Sept. 12 training session held at the Illinois Public Health Association to help seniors to become community health workers. PHOTO BY STEVE HINRICHS

A new program has launched to help seniors reenter the workforce by training them as community health workers who can effectively share their own experiences with others. The HAP Foundation has partnered with AmeriCorps to bring the AmeriCorps Seniors Workforce Development Program to Sangamon County.

The HAP Foundation, headquartered in Oakbrook Terrace, specializes in hospice and palliative care as well as education and research in that area. The foundation received a federal grant from AmeriCorps Seniors to develop and deliver the AmeriCorps Seniors Workforce Program in Sangamon, Knox, Macon and Rock Island counties over the next two years. Training is now underway in Sangamon County after a successful launch of the pilot program in Peoria County in January.

AmeriCorps is a decades old federal agency dedicated to national service and volunteerism. It provides opportunities for Americans of all backgrounds to serve their country in ways that address the most pressing challenges while improving the lives of individuals and communities.

The goal of the AmeriCorps Seniors Workforce Program is to train people ages 55 and older on the skills needed to reenter the local workforce as community health workers. Community health workers have been around since the 1960s, and serve as a trusted link among community members, health services and social-service organizations in order to provide greater access to those services and ultimately improve health

outcomes in Sangamon County.

Dr. Tracey Smith, director of community health at the Illinois Public Health Association, 500 W. Monroe St., is conducting the training. Thirteen qualified individuals are currently participating in weekly training to provide them with core competencies, covering everything from the basics of health insurance and public health knowledge to teaching them skills in advocacy, community outreach, service coordination and how to promote healthy lifestyles.

In exchange for their time, volunteers will receive a monthly stipend of \$200, and upon completion of the program each will receive \$1,000 from a grant through the Illinois Public Health Association and support in finding employment. Some participants may choose to seek volunteer opportunities with their newly acquired CHW skills.

Smith explains that this program focuses on training seniors to be CHWs because of their rich, lived experiences which provide them unique perspectives on life and health that will be valuable when working with other seniors. They represent the communities they live in and are more likely to be trusted by others in those communities. They appreciate the value of connection, and the people they serve may likely have a great need for connection. It's often seniors who have experience with serious illness, and having a CHW who is a senior lends credibility when providing assistance with navigating complex health needs. This opportunity from AmeriCorps gives seniors the opportunity to strengthen the health care workforce in their

local communities.


Those with complex health needs may also face barriers to accessing the care they need. Smith, along with Noelle Moore, vice president of strategy and implementation for The HAP Foundation, offered examples of such barriers during a recent training session. English may not be the client's first language, and those who are unhoused do not have their basic needs met in addition to unmet health needs and possibly mental health issues as well. A barrier might also be feeling the need to have permission to reach out and ask for help or not wanting to sacrifice one's dignity. Social media can often be a source of misinformation around health care issues, and this poses another barrier to care. A CHW is aware of the support and resources within the community which can help decrease the barriers to care for the people they serve.

Ultimately, as CHWs become active in creating bonds with community members, educating them about their unique health needs and connecting them with the appropriate health care resources, the expectation is that the overall health of people in our county should improve over time.

Smith said she has confidence in the people being trained in Sangamon County as they come from a variety of work experience backgrounds and the CHW skills they are learning will build upon their life experiences, which is how to effectively reach people in the community. **SBJ**

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# Support for LGBTQ+ seniors

OUTSafe program offers statewide training for service providers

By Michelle Ownbey

Growing reports of violence and abuse, coupled with a lifetime of fear of discrimination, have state officials working with service providers to better meet the needs of LGBTQ+ seniors every time they reach out for help.

OUTSafe: The LGBTQ+ Older Adult Violence Prevention Training Program is free training being offered across Illinois to law enforcement, health care, social service and other providers who support and interact with LGBTQ+ older adults.

According to the U.S. Department of Justice, in Illinois, hate crimes based on sexual orientation have increased by almost seven times (from 2020 to 2022) and hate crimes based on gender identity have increased by more than four times over that same time. Nearly 5% of Illinois' population is LGBTQ+, yet the reported numbers drop as people reach 50 and older – likely because of fears they will be treated differently as they leave their homes for more assisted care. Emotional abuse, financial exploitation and physical abuse are the most frequent challenges facing these seniors.

The OUTSafe program has been developed by AgeLinc, the Area Agency on Aging for Lincolnland serving central Illinois, and is funded through a state grant from state Sen. Doris Turner and the Illinois Criminal Justice Information Authority.

Program organizers point to examples of the need for the program, such as a central Illinois man who struggled after moving into a long-term care facility.


"When he moved into that community, he had to go back in the closet for fear of retaliation or discrimination," said Scott Linde, director of development at AgeLinc. "And he lived there for six years as a straight man. Thank goodness his daughter bought a duplex and she let him move in on the other side. So he escaped that."

OUTSafe is free competency and sensitivity training where law enforcement and other participants learn more about the unique needs of those in the LGBTQ+ senior community. They learn about appropriate language to use and how to offer safe spaces for these

seniors to seek services and support they need without fear of discrimination or stigma.

The training serves as an introductory course on violence prevention and improved competency on LGBTQ+ relations. AgeLinc and its allies hope to reach hundreds of service providers in the coming months to take the training and more effectively reach and serve LGBTQ+ seniors.

"OUTSafe serves as a powerful reminder that there are many people in our communities who have experienced decades of pain, abuse or feeling like they don't matter. That must end today," said Carolyn Austin, CEO of AgeLinc. "We thank Senator Turner, ICJIA and our training partners and allies who will help us reach office, caseworkers, care workers and others to make LGBTQ+ seniors feel safer and more respected. This is vital work, and we are ready for the challenge."

Service providers interested in scheduling a training session can learn more at <https://agelinc.org/lgbt-support/>. 

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# Scripting your funeral

By Sarah Delano Pavlik

Hunter S. Thompson's ashes were shot out of a cannon. Luke Perry was buried in a mushroom death suit. Aretha Franklin had three viewings with a different wardrobe for each and another outfit change for her burial. Elizabeth Taylor left instructions that she arrive late for her own funeral. If you want something unusual for your funeral, or you want to be sure you are not buried in a mushroom death suit, how do you go about it?

First, you can make your own arrangements. You can preplan your funeral, and you can prepay for your funeral. Both can be a relief to your family who will be grieving you. You can preplan your arrangements even if you do not prepay for them.

Regardless of your wishes, you need to consider how they will be paid for. Funerals are expensive, particularly if you have unusual requests. Many people assume a funeral will be paid for in a certain way, which does not always work out. I have seen many people name an individual as the beneficiary of their life insurance expecting those funds to be used for burial. However, if someone is named directly as the beneficiary of a life insurance policy, the money belongs to them, and they are not required to use it for the funeral.

I saw this for the first time as a young lawyer. My client knew she was dying of cancer. She was married to her second husband and had children from her first marriage. The whole family met and agreed to what the client wanted, including that she would name her husband as the beneficiary

of her life insurance which he would use, in part, to pay for the funeral. After she died, he refused to pay for the funeral, and could not legally be forced to do so. My client's estate paid for the funeral, which came out of her children's share of the property.

Adding insult to injury in these situations, the person who is refusing to pay can still be in charge of the arrangements. So how can these problems be avoided?

If you have concerns about your family disagreeing about your funeral or refusing to follow your wishes, you can appoint someone to handle your affairs. Under the Illinois Disposition of Remains Act, you can appoint an agent to control your remains. The document can also leave binding instructions such as whether or not you want to be cremated. You can give your survivors the right to override your decision to be cremated if you wish.

Under Illinois law, the person(s) who controls your remains are, in order:

- (1) the person you designate as agent;
- (2) any person serving as executor of your estate and acting according to your written instructions contained in your will;
- (3) your spouse;
- (4) a majority of your adult children;
- (5) your parents;
- (6) your next of kin such as your siblings;
- (6.5) any recognized religious, civic, community or fraternal organization willing to assume legal and financial responsibility;
- (7) in the case of indigents or any other individuals whose final disposition is the responsibility of the state, a public

administrator, medical examiner, coroner, state-appointed guardian or any other public official charged with arranging the final disposition of the decedent;

(8) in the case of individuals who have donated their bodies to science, or whose death occurred in a nursing home or other private institution and the institution is charged with making arrangements for the final disposition of the decedent, a representative of the institution; or

(9) any other person or organization that is willing to assume legal and financial responsibility.

Although this list is logical, it may be completely off-base in certain situations. If you are estranged from your spouse but not divorced, he or she would still be in charge. If you remarry later in life, you may want your children to be in charge of your funeral rather than your spouse. If you are estranged from a parent – or if you never even knew your parent – he or she would still have equal say with your other parent. Or, if the parent who raised you is deceased, the estranged parent could have complete control.

It's not necessarily the most pleasant thing to do, but making plans for your burial and who will be in charge of it can be a great gift to your loved ones, and, if it matters to you, even guarantee you get shot out of a cannon.

SBJ

*This article is for informational and educational purposes only and does not constitute legal advice.*



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## HSHS names system vice president of managed care



Jeff Sterling PHOTO COURTESY HSHS

Jeff Sterling has been named HSHS system vice president of managed care, effective Sept. 3, to join the executive leadership team and oversee all aspects of managed care services.

"We are pleased to have Jeff join our organization," said Diamond Boatwright, HSHS president and CEO. "His deep understanding of both the health care and payor perspectives provides him with extensive experience to develop and implement managed care strategies to help us meet and exceed our goals."

Sterling has more than 25 years of managed care experience, including over 10 years working on the payor side. He most recently spent the last 11 years working with Health First as the system

vice president of managed care in Rockledge, Florida.

Sterling was born and raised in Chillicothe, Illinois, and said he looks forward to returning to the Midwest.

"I am grateful to have this opportunity to return to Illinois and look forward to building upon HSHS' ongoing mission of providing high-quality Franciscan health care to all of the communities they serve," said Sterling.

## Prairie Cardiovascular adds new atrial fibrillation treatment

Prairie Cardiovascular and HSHS St. John's Hospital recently added a new technology to help treat atrial fibrillation (Afib). The FARAPULSE™ Pulsed Field Ablation (PFA) System is a unique alternative to thermal ablation, the traditional treatment for Afib.

In a typical ablation procedure, a catheter is placed inside the heart and generates extreme temperatures – hot or cold – to destroy the areas causing abnormal heart rhythms. Alternatively, the FARAPULSE PFA System uses a non-thermal electric field to disable atrial heart tissue, the tissue that is responsible for triggering atrial fibrillation, without harming surrounding structures.

"We are proud to add this life-changing technology to our high-quality heart care services

and treatments for patients throughout central Illinois," said Dr. Ziad Issa, electrophysiology physician with Prairie Cardiovascular at St. John's. "This equipment is used effectively around the world and now allows us to treat more local patients faster, while providing yet another way to treat the patient with ablations to reduce complications and improve patients' overall health."

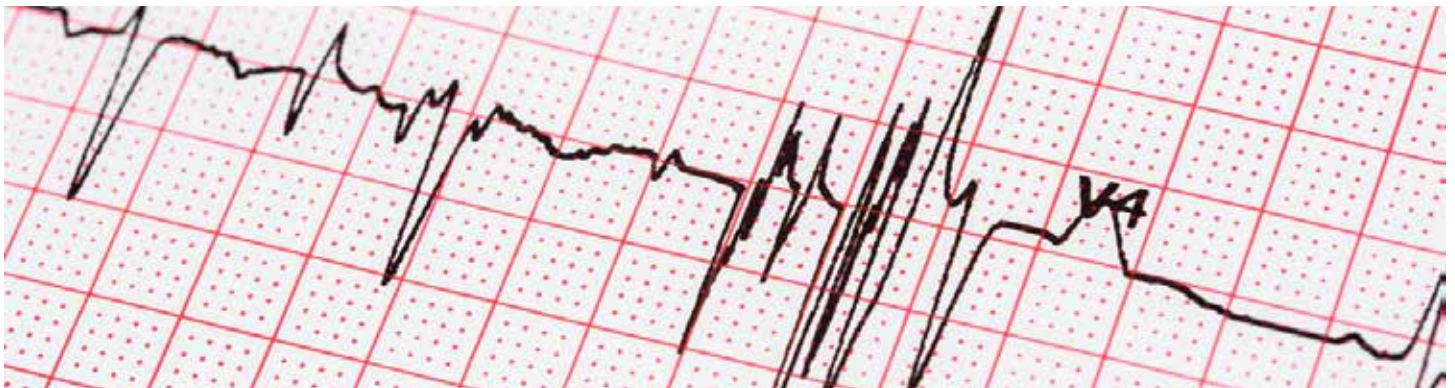
Atrial fibrillation is the most common heart rhythm disorder in adults, and with the aging of the population in the U.S., it is expected to increase. It is important for the public to understand who is at risk and that there are efficient therapies, like FARAPULSE PFA and others, available to reduce complications and benefit

overall public health.

People with one or more of the following conditions are at higher risk and should discuss any symptoms with their doctor:

- Advanced age
- High blood pressure
- Underlying heart disease
- Drinking alcohol
- Family history
- Other chronic conditions like diabetes, asthma or hyperthyroidism

For more information about cardiovascular services at HSHS St. John's Hospital, visit [hshs.org/prairie-heart](https://hshs.org/prairie-heart).



# Give new hires a better first-day experience

By Kelly Gust

Ever been on a bad first date? One where the person you were meeting didn't look like their dating app picture, the conversation was awkward and you didn't have anything in common? After two hours of fumbling your way through an uncomfortable dinner, would you want to go back to the dating app and repeat the process? Probably not.

Unfortunately, many companies are botching new-hire onboarding with awkward and disorganized first-day experiences, then wondering why new hires don't stick around. Here are some of the first-day horror stories I've heard:

- "I was put in a conference room and told to watch the company safety videos ... for six hours ... without an offer of water or anything."
- "I found out the job they were placing me in was different than the job I had applied for; and it wasn't something I was qualified to do."
- "My manager was on vacation for the first week. I had no work to do, and no one else in the warehouse seemed to know I had been hired."
- "I started on a Wednesday and found out there was mandatory overtime my first weekend."
- "They sent me to the wrong building; I was lost and couldn't reach anyone at the company, so after two hours I just went home."

After terrible experiences like these, it's not surprising to learn that, according to a survey by Robert Half Hiring Solutions, 91% of new hires admitted that they thought about quitting within their first month and 28% actually did quit.

How can you increase your chances of winning back your new employees day after day, and forging a relationship that will withstand the test of time? Here are six ways to roll out the red carpet for new hires:



## The big day

The supervisor, human resources professional or new-hire buddy should be ready to greet the new hire, provide them with a thorough tour, explain job duties, policies and important technology. New hires should have the chance to meet key leaders and coworkers, learn their way around and get their bearings. Don't leave them wondering where to park or the location of the break room.

## The next few days

The supervisor or new-hire buddy should

## Two weeks before the start date

A great first day doesn't happen on accident. Take the time to craft a thorough onboarding plan well before the actual start date. If you don't have a comprehensive onboarding checklist, it's easy to find a template online. Use the time between offer and start date to order company merchandise as well as laptops or other equipment that might be needed, and send calendar invites to key members of your team who will be involved in the employee's first day.

## One week before the start date

Reserve training rooms that might be needed. Make lunch reservations or place your take-out order if you'll be providing lunch on their first day. Line up a new-hire mentor or buddy. Arrange time with your safety trainer, supervisor, co-workers and anyone else the new hire will want to meet on their first day or during their first week. Make sure all participants know their role in helping the new hire be successful.

## One day before the start date


Set up the new hire's laptop or workstation so that all equipment is clean, organized and ready for use. Lay out the company merchandise you've ordered. Print any forms, documents, training materials or policy manuals the new hire will need.

check-in with the new hire daily (if not more) for the first week. This time is used for training, feedback and early correction of anything that might get off to a slow start. You want them to know how their performance is measured, what's expected and how to be successful. Don't leave them guessing. Get to know your new hire – their hobbies and interests outside of work – and help them assimilate to your organization and make a first friend at work. Making quick connections and fostering a sense of belonging increases retention.

## The next month

Keep the check-ins and feedback coming. Don't assume everything is fine. By offering performance feedback you'll help your new hire perform better, faster and gain confidence that they can reach their potential working for you.

Sink or swim, no training wheels or trial by fire are terrible onboarding strategies. Support your new hire through training, coaching and feedback. If they fail, you'll be starting right back at square one in the hiring process, with the added pressure of team and customer disruption after your new hire quits. Remember, the purpose of new hire onboarding is to help a new hire assimilate to your culture and become a high performer.

Hopefully these tips will prevent any more awkward first dates and leave your new hires impressed and committed for the long run. 

# Serving an aging population

## Calvary Church operates Capitol Retirement Village for low-income seniors

By Janet Seitz

In addition to holding church services and engaging in mission work, Calvary Church operates a day care, a private Christian school from pre-K through high school and a thrift shop which uses its proceeds to benefit children's causes locally and globally.

According to Ryan Mobley, Calvary's groups and discipleship pastor and business administrator, "Part of the vision of Calvary has always been to serve and minister to people from the cradle to the grave. In light of this vision, Calvary partnered with HUD (Department of Housing and Urban Development) to build the 60-unit Capitol Retirement Village 20 years ago to provide safe, quality, affordable housing to those over 62 years old who also meet financial guidelines."

Vicki Selvaggio, Capitol Retirement Village's service coordinator, said the complex at 500 Bruns Lane currently hosts 59 residents with another 51 people on a waiting list. The youngest resident is 64, the oldest 103, and the average age is 79. One tenant has lived at CRV for 19 years. All of the one-bedroom apartments are 540 square feet, and four have accessibility features for wheelchairs. Residents benefit from on-site laundry and a beauty shop, transportation and other amenities. Admission to CRV depends on meeting HUD qualifications.

"As the service coordinator," said Selvaggio, "I provide extensive services and resources to help our residents maintain their independence and save money. Services may include homemaker assistance with meal preparation, housekeeping, laundry and grocery shopping. I also assist them in obtaining durable medical equipment and medical alerts. The Illinois Department of Public Health has teamed up with CRV and provides annual flu shots."

Additionally, Selvaggio supplies residents with legal documents for property and health care and helps to update or implement a will and organize personal records. Because Medicare enrollment and comparing drug plans can be confusing and overwhelming,

she brings in resources to aid residents in choosing their annual health care plans. If a resident cannot afford the cost of a prescription, she will see if a patient-assistance program is available. She also assists with reviewing complicated medical bills.

"For those who qualify," said Selvaggio, "I assist with the application process to enroll them into Medicaid to receive medical, Extra Help and SNAP benefits. Residents can also meet with me for the recertification process to reapply for those benefits." She helps residents save money on winter energy costs



Four teams from Capitol Retirement Village compete in the Wii Bowling National Senior League, playing against other senior facilities around the country. PHOTO COURTESY CAPITOL RETIREMENT VILLAGE

with LIHEAP applications and other age and income-related benefits. CRV provides a food bank in the community room every other week at no cost. During the Thanksgiving and Christmas holidays, CRV partners with a food bank to provide each resident with a few meals.

For Selvaggio, the most enjoyable aspect of her role is "building a trusting relationship with our residents. Not only do I get to advocate for them, but I also feel as if I'm offering them a better quality of life."

Calvary Church is the managing agent for CRV. "We provide a board of directors to oversee financials, policies and procedures and deciding counsel for any resident issues or disputes," said Mobley. "Calvary is also contracted by CRV to provide maintenance and custodial services, IT support, billing and payroll operations. As the business administrator of Calvary Church, one of my

duties is to provide supervision and oversight to the management of CRV. I assist with budget reviews, HR issues and support the manager with day-to-day decision making as needed.

"We have very dedicated, quality and fun-loving staff at CRV that I get to work with each week," Mobley added. "They make my job very easy." While CRV has four staff members, church and community volunteers help with various seasonal or holiday events throughout the year at CRV, along with its 11-member board.

"One of the things I enjoy when I go to

CRV for meetings is seeing the residents sitting outside enjoying nice weather or gathering together in the common room" Mobley said. "Just being able to speak with them and see how much they enjoy living at CRV at this stage of their life is very gratifying. While the church built and oversees CRV, we have no requirements of faith for residents or mandate any involvement at Calvary. But we do have a number of residents who attend Calvary, and it is always a joy to see them at worship services or other church events. As people in

our church grow older, many of them look forward to potentially moving into CRV."

Selvaggio relayed various comments from residents. "One stated she could not describe the vast difference between her last apartment and CRV. Another resident noted the importance of socialization. She plays on one of our four teams competing in the Wii Bowling National Senior League. They compete against other senior facilities around the U.S.

She said one married couple told her, "CRV is not dull, there's a lot happening. The staff is helpful. It's a safe place to live, and we like it here." **SBJ**

*Janet Seitz is a local communications professional, writer and artist. To share your story, contact her at janetseitz1@gmail.com.*

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# A sampling of Springfield's chili

## Chili group meets monthly to rank favorites



By Thomas C. Pavlik Jr.

Chili club participants described Cousin Eddie's chili as having good spice and enjoyed the flavor of the beans and bean juice. PHOTO COURTESY COUSIN EDDIE'S

Every month for over more than 20 years, a group of four friends have been visiting Springfield restaurants and taverns to sample chili. They've all become good friends of mine, and we've shared hundreds of rounds of golf together. So, I was very pleased when they decided to add me and another friend as probationary members of the chili tour group around five years ago. It was like getting asked to sit at the cool kids table in the grade-school cafeteria.

With fall upon us, it seems appropriate to explore Springfield's chili scene and our chili tour group seemed like the best vehicle to do so. Thankfully, the group's scribe has kept detailed tasting notes on a spreadsheet, which makes this an easier task.

I grew up eating pretty bland chili that was based on a Betty Crocker recipe. And when I lived in Texas, almost everyone served Texas red chili, which never comes with beans. But I was not familiar with

Springfield's version, known as tavern chili (or chilli to be more precise, thanks to the legislature crowning us as the Chilli Capitol of the Civilized World). With tavern chili, the meat and beans are prepared separately. As a result, the amount of heat can be fine-tuned since the spice is in the meat. Also, a nice sheen of oil is required, usually coming from rendered suet (cow fat from around the kidneys). Tavern chili is usually thinner and soupier than most other chilis. But not every place in Springfield serves tavern chili.

Within the group, there are diverse views on what makes good chili. Some prefer a more tomatoey chili. (Thanks to these guys I learned that a blast or two of ketchup can salvage an otherwise unappealing bowl of chili.) Some maintain that all chili needs a hit of suet oil. And we all squabble about beans – their presence and quantity as well as whether canned beans should be rinsed or not. However, none of us like bland chili – which seems to be our most common critique.

When I am asked about my favorite chili, I usually respond that it's The Chili Parlor. It's good chili and you get your name on the wall if you can eat a bowl of the super spicy firebrand version. More importantly, it's also because it was my first bowl of Springfield tavern chili, which occurred in 1992 when I was completing a one-year clerkship after law school. Don't forget though, as one of our members says, "There's no such thing as bad chili."



Chili from Route 66 Motorheads Bar & Grill can be enjoyed on its own, with a variety of toppings available, or added to a hot dog. PHOTO COURTESY ROUTE 66 MOTORHEADS



Here is a smattering of tasting notes (anonymized, of course) over the last few years:

**Brickhouse Grill & Pub, 3136 W. Iles Aves.**

- Very hearty chili. I like it. "Everything that Tommy said"
- Really good mouth feel, got some fat to it.
- Very hearty, lots of meat, lots of beans.
- This is good chili. I like the consistency and the flavor a lot.

**Cousin Eddie's, 1951 W. Monroe Ave.**

- Good spice, good beans, maybe more meat. Overall, great flavor, ... it's a little thinner but I think it's because of the bean juice. Top four or five.
- Spicy. I like the bean-to-meat ratio. Starting to sweat a little bit.
- I think that is bean juice that you are tasting. I think it's pretty good.
- The red onions sweeten it up. I like the way the spice doesn't burn your lip and hits at the back of the throat.

**Charlie Parker's Diner, 700 W. North St.**

- Too many beans, crackers help, good size, good diner chili.
- I like beans. I like the consistency. I think it's good. ... It's like my mom makes.
- A generous portion of Tabasco sauce helps.
- I agree it's like diner chili. I also don't like the beans, too big and too many.

**Route 66 Motorheads Bar & Grill, 600 Toronto Road**

- I like it a lot. Good spice to it and it's hearty.
- Kind of oniony. Good spice and good meat but too many beans.
- That's not a lot of beans. I like them. Has a good bite.
- Love the heat. Everything about it is good. Man, I love it.
- Right amount of spice. I do want a little more tomato.
- Looks like red chili more than brown chili. Maybe needs a little more tomato flavor.

**Main Gate Bar and Grill, 2143 N. 11th St.**

- It's good, it's got good cumin. This is like a chili that I make at home, not too heavy on the beans.
- Oh, this is good. Has a little pop. Good fat content, spoon is too small and so is the bowl.
- Good taste, good color. Not enough meat but good spice. This could rank in the top 10.
- The onions are pretty good, they give it a new dimension. That's good stuff
- I like it. Could be warmer and greasier, but good.



Chili club participants enjoyed the cumin and onions in the chili from Main Gate Bar and Grill, and noted it was not too heavy on beans. PHOTO COURTESY MAIN GATE BAR AND GRILL

**Bistro Verde, Lincoln Land Community College**

- Kind of hearty. It's got a little spice that starts to come along. I like this chili. It ranks up there as one of my favorites.
- I would not call it tavern chili. It's got a little cumin. Good flavor and good spices.
- This is a well-balanced chili. Bean-to-meat and spice-to-meat ratios are in balance. One of my favorites.
- Decent grease factor. Good temperature and spice. Would prefer more meat. Good flavor.
- The bowl is more like a cup. Looks good. Good chili, I'm kind of surprised. **SBJ**



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# New businesses

Sangamon County new business registrations, August 16 – September 15, 2024

- Color Theory Studio Salon**, 901 Clocktower Drive, Suite 7. 899-7795. Rebecca Loman.
- Oxford Company**, 1300 E. Cook St. Rear. 899-3273. Michael R Oxford
- June & Locket**, 11561 Catholic Cemetery Road, Glenarm. 303-2116. Michelle Renee Dalby
- Concrete Contractors**, 3309 Robbins Road, #965. 645-1545. Ryan Keenan
- Z Maintenance**, 410 South Grand Ave. W. 801-1016. Gregory Wynley Zessin
- Shayna Gibbons Keeley**, 412 Yeoman Drive. 341-4823. Shayna Keeley
- Golden Money Transfer Inc DBa Inyo**, 45 Prospect St., Cambridge. 619-702-5600. Thani Adem.
- Inyo**, 801 Adlai Stevenson Drive. 619-702-5600. Thani Adem
- Shari's Training Academy**, 2900 S. 11th St. 303-3341. Shari V. Pierce
- Maddog Excavation**, LLC, 85 Union Road, Waverly. 691-5564. Cole Edward Madaus, Catherine Marie Madaus.
- Happy Hour Pilates**, 16 Archer Ave. 314-337-0072. Alex Bogusz.
- RiDel's Doll House**, 108 Mesa Road. 860-8696. Rikki D Williams
- Gears & Grinds**, 1528 E Glenn Ave. 441-3506. Jeremy M. Moughan.
- JK Photography**, 3816 Eagle Claw Drive. 413-1328. Jeremy L Hickey
- Wildflower Nails**, 901 Clocktower Drive, Suite 2. 691-9412. Kathy Prosser
- Central Illinois Notary & Imaging**, 2940 Flowerbrook Court. 727-266-5832 M'Linda Jo Brown.
- Rosas Home Renovation**, LLC, 2309 Lynnhaven Drive. 553-7721. David Rosas
- Beeyond Clean**, 324 E Harpole St., Williamsville. 622-2194. Linsey Renee Cain
- Coach Rena**, 4003 Pickfair Road. 720-7890. Cherena Douglass
- Pier 3043**, LLC, DBA Teeter Tots N Tumblers, 3043 Hedley Road. 801-4964. Tiffany Dawn Cianci
- PROPAINTERSXS2**, 2409 S. Eighth St. 217-717-0727. Thomas Ishmael
- Stonewall Services LLC**, 3 Penacook Drive, Rochester. 836-0095. Zachary Roy.



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