



SPRINGFIELD

Business

JOURNAL

September 2024



Q&A with Dan Mahony, SIU System president

Springfield doctor returns
from Mars simulation

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LLC or S-Corp? How to Set Up Your Entity for Success

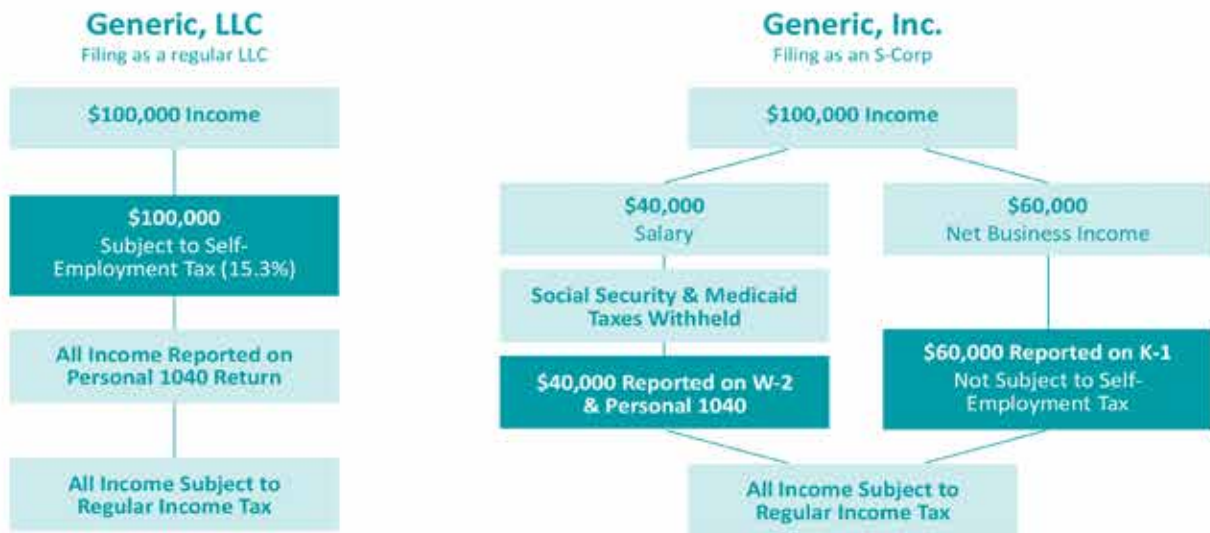
By Emmanuel Davis, Owner, TPH Strategies (Formerly Tax Partners Holdings)

As your business grows, one of the most important decisions you'll face is how to best handle your taxes, and choosing to file as an S-Corp can be a game-changer for your financial strategy. Knowing when it's the right time to start filing your LLC as an S-Corp can help you avoid unnecessary headaches and save you significant money in the long run.

Although a common misconception, LLCs and S-Corporations are not both business entities. An LLC is a legal business entity that offers, as the name suggests, limited liability protection to its owners, while an S-Corp is a tax election that allows business profits to pass through to the owners' personal tax returns, avoiding double taxation. So, what factors should a business owner consider before making the S-Corp election?

Feature	LLC	S-Corp
Tax Treatment	Disregarded entity for tax purposes	Separate tax status; must file Form 1120S
Self-Employment Tax	Pay self-employment tax (15.3%) on all profits	Only pay payroll taxes on salary; distributions aren't subject to self-employment tax
Profit Distribution	All profits subject to self-employment tax	Profits split between salary (subject to payroll tax) and distributions (not subject to payroll tax)
Tax Filing Requirements	Personal tax return (1040) with Schedule C	Corporate tax return (1120S) and personal tax return (1040)

One of the key differences here is how much of the business owner's income is taxable. To simplify it:



While tax savings are a major factor in deciding when to file as an S-Corp, this choice also has broad implications on how you run your business day-to-day. The shift can influence everything from payroll management to the way you structure your own income, so it's crucial to consider how these changes will affect your overall operations.

Ultimately, the decision to start filing as an S-Corp comes down to your business's specific needs. If you're a solo entrepreneur or have a small team, filing as a basic LLC might be your best bet. But if you're growing fast and want to minimize self-employment taxes, filing as an S-Corp could save you money in the long run. It's best to consult your financial or tax advisor to know what's right for you.

The TPH Strategies Advantage

At TPH Strategies, we believe your business structure should align with your long-term goals. Our experienced team will guide you through the complexities of choosing when to file as an LLC or S-Corp, ensuring you set your business up for success. We'll help you navigate taxes, payroll, and bookkeeping, so you can focus on what matters most: growing your business.

Ready to make the right decision for your future? Let's discuss your options and get your business on the right track today.

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Small changes have a big impact

The recent Adams Street fire in downtown Springfield has impacted more businesses than those that were damaged by the flames and smoke. Between closing the 400 block of Adams Street to vehicular traffic and relocating the Old Capitol Farmers Market – albeit just slightly to the west – many of the businesses untouched by the fire are suffering nonetheless, with no insurance payouts to assist them.

Krissy Prellwitz, owner of Itty Bitty Fashion Trunk, launched her business at the farmers market in 2015 and opened a brick-and-mortar store at 403 E. Adams in 2017. She told Illinois Times last month that her year-to-date sales for 2024 prior to the fire were trending up 5%, but in July sales dropped by 25% compared to July 2023. While there has (thankfully) been a strong show of community support for Café Moxo, The Cats' Pyjamas and the other businesses that had to close due to the fire, those that never ceased operations still need more customers.

As downtown supporters and consumers, we can help. Fortunately, small changes can also have positive ripple effects. At one point I worked with a wellness coach, trying to motivate myself to lead a healthier lifestyle. But the thought of becoming a vegetarian or even running a 5K seemed overwhelming. She advised me that too many people unwittingly sabotage their good intentions by setting unrealistic goals of going to the gym every day or never eating dessert again, only to give up when it proves unsustainable. Instead, she advised me to strive for walking five minutes a day for a week, then 10 minutes and so on. The idea is to create positive momentum and make the goal so attainable that it feels like an easy win, rather than something you dread doing.

Likewise, decluttering experts often advise setting a timer for a few minutes each day to address an area of the house rather than feeling like you can't get started until you're ready to tackle an entire room. It's much less overwhelming to think about spending 10 or 15 minutes doing a task, and the same principle can be applied to assist with almost anything else you've been putting off doing.

Imagine the difference it would make for our downtown and other area businesses if we each committed to eating one meal a month at a locally owned restaurant instead of a chain, buying one cup of coffee a week from a mom-and-pop business or purchasing one gift item or article of clothing from a brick-and-mortar store instead of online. We don't have to overhaul our whole lifestyle, but if we each made a small, sustainable change in our habits it would have a huge impact on our community.



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By David Blanchette

*Q & A
with
Dan Mahony*

Dan Mahony is originally from New Jersey and worked for higher educational institutions in South Carolina, Ohio and Kentucky before becoming president of the Southern Illinois University System in March 2020. He began his career in public accounting and later worked in intercollegiate athletics before holding faculty and administrative positions.

He and his wife, Laura, live in Springfield. They have been married for more than 25 years and have two children, son Gavin and daughter Elena.

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

I was born in Pennsylvania, and we lived there for 10 days and moved to New Jersey, and that's where I was actually raised. My first job was delivering a free paper in Clinton, New Jersey, and my first job out of college was as an auditor in Washington, D.C.

What drew you to the SIU education system, and after you were hired, what surprised you the most about the system?

I was a campus president before I was a system president, and there was a part of me that was wondering whether I would enjoy this role as well. I was a little hesitant at first but once I got into it, I really found it had a lot of appeal. I could do a lot more broad things than I could as a campus president. Having a good board to work with is critically important, and that helped me make the decision to want to come to SIU.

I was surprised about the passion of the alumni for the universities. I had one week on the job before COVID-19 hit, but in that first week we had a chance to interact with a lot of alumni and supporters and we got really excited about how much passion there was behind the universities.

The SIU School of Medicine in Springfield has been a respected local institution for many years. How do you intend to keep it vibrant, successful and relevant?

We want to continue trying to expand some of the things that we do and potentially have a slightly bigger medical school class going forward. A big part about keeping it vibrant is our relationship with the hospitals in the area. Having good partnerships across health care in Springfield is critically important.

I have been extraordinarily impressed by the health care in Springfield. My kids are still down in North and South Carolina, but if they need any medical help, we fly them here, and they see



the doctors here. They've been wonderful since we have been here.

What has your career in sports administration and management taught you about overseeing a multi-campus institution of higher learning like SIU?

One of the things you learn in sports management, particularly in college athletics, is you have a lot of coaches and all of them think their team is the most important team. You have to show a lot of love to a lot of people in the system.

All of our campuses want to know that you care about them and that you appreciate the work they are doing. I spend a lot of time here in Springfield, but I also spend a lot of time in both Edwardsville and Carbondale. I'm present on campus interacting with people, and I've been able to develop really strong relationships on each campus by being there physically quite a bit of the time.

What have you found that you like most about Springfield when you are here?

We enjoy getting out in Springfield and have gotten to meet more of the community, business and political leaders. We are excited about being part of the process in the positive things that are going on right now. We appreciate the support we've gotten from the legislature and the governor over the last few years, and that has made a huge difference for us.

What is the major challenging reality of higher education, and how must universities be prepared to meet it?

By far the biggest challenge is the fact that the population going to college is declining. We need to make it easier for transfer students. We need to make it easier for adult learners to come back to college, and we need to retain the students we have. We need to do a better job of using our financial aid dollars so we can be more competitive and put together a package that can meet the needs of families here in Illinois.

Why are diversity and outreach programs so vital for higher education today, particularly at a medical school like the one in Springfield?

The population is becoming more diverse. We need to be a place where people feel they belong and are included across all of our programs. For the medical school, all the research will tell you that having diverse doctors makes a difference in health care outcomes.

One of the things we're proud of at SIU is the medical-prep program at Carbondale which has produced a large number of doctors who are in underrepresented minorities over the past 40 to 50 years. Some of them come to SIU School of Medicine and some of them go other places, but the program has really helped a lot of people get into medical schools across the country.

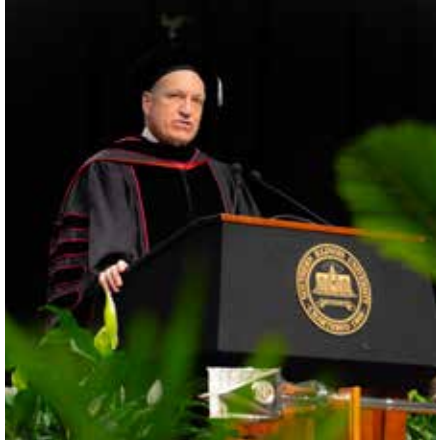
What advice would you give to young people who are entering the workforce today?

Be open to possibilities and opportunities and take advantage of whatever things you can get involved in. Some of that includes getting involved in your workplace, but it also means getting involved in your community. You never know what experiences may help you in the long run. I started as an accountant and had no idea I was going to be the president of a university system, but each step along the way I tried to get involved and engaged in everything.

I think a lot of people have a set idea of what they want to do in health care and sometimes may find there's a different path to get involved that keeps them in the health care industry but may not be exactly the role they thought they were going to have.

What might people be surprised to learn about you?

I've had 30 addresses in my life, and I've had driver's licenses in eight or nine states. So the amount of moving I've had to do throughout my life is probably unique.



SIU looks to Springfield for aviation school

“Activity breeds activity”

By Scott Reeder

Southern Illinois University has committed to expanding its pilot-training program to Springfield, enabling future aviators to earn bachelor's degrees without leaving the capital city, SIU President Daniel Mahony told Illinois Times.

“Aviation is one of our most popular programs, but because of the space issues we have (in Carbondale) we really can't expand that program. So, it seemed like something that would be beneficial to Springfield, but also allow us to expand the program in ways we would like to,” Mahony said.

There have been intermittent, behind-the-scenes discussions for several years on creating an SIU pilot training program at Abraham Lincoln Capital Airport. But on Aug. 20, the Springfield Airport Authority Board of Commissioners took its first public action when it voted to spend \$480,000 to renovate a building to accommodate teaching.

Mahony, who lives in Springfield, took the helm of SIU in December 2019.

“There had been some talk of this pre-COVID ... a year ago, we really got down and restarted that conversation,” he said.

Frank Vala, chair of the Airport Authority, said it is to the community's advantage having Mahony living in Springfield.

Airport Director Mark Hanna said the program will likely launch in the fall semester of 2025.

Hanna noted that there is a national shortage of pilots, which is causing major airlines to cut service to many medium and smaller communities. Last year, United Airlines eliminated its Springfield service, and Hanna said the aviation school may help regain service.

“It puts us in kind of a good stead with the airlines,” he said. “We know that United and some of the bigger airlines have relationships with SIU and they can say, ‘Hey, Springfield is trying to help us.’



When we do air service recruiting, we're also part of the solution. ... We can say, 'We're doing flight training to help support their cadre of pilots.'”

Hanna said the airport first made overtures to SIU in 2016. But he said the idea gained momentum when Mahony took the top spot at SIU, which has campuses in Carbondale and Edwardsville as well as a medical school in Springfield.

He said airport, university, economic development and local government officials worked together.

“There's been a community-wide collaboration – people have been working for the same goal, and that is to bring flight training to Springfield,” Hanna said. “Activity breeds activity. When you have flight training, there's more fuel being sold. ... Our aircraft controllers are getting more operations to manage. There's more opportunity for maybe someone to again, open a restaurant. There will be more people at the airport over the lunch hour.

“We talk about education and growing this in concert with the med school. And there's always been conversations about perhaps (an SIU) policy or law school satellite up here in Springfield as well.”

Robert Morgan, dean of the College of Health and Human Services at SIU, said the university plans to partner with Lincoln Land Commu-

nity College. Springfield students would take their first two years of college classes there and their final two at SIU's airport facility.

“We're going to start with about three employees: a chief flight instructor and then one or two assistant flight instructors, and then we'll build up,” he said. “So, we would be looking initially at 10 to 15 students. And as we increase our student enrollment, we would increase our faculty.”

Initially, two airplanes would be assigned to Springfield for the training, Morgan said.

When the program is fully built out, it will likely have 60 to 80 students and about 13 SIU employees. Just what timeframe it will take for the program to reach its zenith remains to be seen, he said.

While the fall of 2025 remains the target for the program's launch in Springfield, there are several bureaucratic hurdles that must first be crossed, including approval by the Illinois State Board of Education, Morgan said.

Springfield Mayor Misty Buscher said, “I think it is a wonderful thing for Springfield. President Mahony is very, very involved in our community and I'm thankful for his presence in our community through SIU. There is a shortage of pilots, which started during COVID and continued. So, adding to their flight school is going to be important for our entire nation. But the fact that we're – for the first time – going to have an aviation school in Springfield is very cool!” **SBJ**

Scott Reeder, a staff writer for Illinois Times, can be reached at sreeder@illinoistimes.com.



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PROCEEDS TO BENEFIT: *Sparc*

Springfield doctor returns from mission to simulate Mars

By Dean Olsen

Back from a 378-day NASA simulation of life on Mars, Dr. Nathan Jones says the mission at Johnson Space Center in Houston was a success, and he has no regrets about the time away from his family in Springfield.

"I missed out on a lot, but I still believe it was worth it," Jones, an emergency-room physician at Springfield Memorial Hospital and Decatur Memorial Hospital, told *Illinois Times*. "It was just an amazing experience, and I really believe in the work that NASA is doing there and the data that we were able to provide them."

Jones, 41, the married father of three children, ages 10, 12 and 14, was selected by NASA from thousands of applicants to be on the first four-member crew in a series of land-based missions known as the Crew Health and Performance Exploration Analog, or CHAPEA. He is a graduate of Springfield's Southern Illinois University School of Medicine and an adjunct professor of emergency medicine at SIU.

Jones, a private pilot who flew on helicopters for car-crash victims during his emergency-medicine training in Peoria, previously applied to be part of NASA's astronaut corps but was unsuccessful.

The CHAPEA missions, the second and third of which are scheduled to begin in 2025 and beyond, will help the federal agency "study how highly motivated individuals respond under the rigor of a long-enduring, ground-based simulation," according to NASA's website.

Planning for future manned trips to the moon, as well as potential stints of astronauts living on the surface of the moon, are underway. NASA is discussing but hasn't announced any timeline for a manned mission to Mars. Such a mission would require a seven- or eight-month journey each way to the fourth planet from the sun and a multiyear time commitment from crew members.

With a stipend from NASA helping to support his family during his absence, Jones, assigned the title of crew medical officer, departed Springfield in late May 2023 for about a month



Dr. Nathan Jones shows off some of the brushes that crew members used to clean equipment on a part of the NASA Crew Health and Performance Analog mission, an activity meant to simulate working outside on the surface of Mars. PHOTO COURTESY NASA/CHAPEA.

of training and then entered the 1,700-square-foot module, called Mars Dune Alpha, on June 26, 2023.

Jones and the rest of the crew emerged from the simulation on July 6, 2024, and went through two weeks of quarantine and debriefing sessions and other feedback before being released July 20.

Throughout the mission, he and his three fellow crew members – two women and a man – spent their days working, eating and sleeping in the enclosed area, with another area set aside for simulated treks on the lunar/Martian surface. The excursions are known as EVAs or "extravehicular activities."

CHAPEA missions will examine the challenges of living for extended periods with limited and delayed communication with NASA and crew members' families, and the effects of NASA food and exercise to combat the bone and muscle loss that can accompany reduced-gravity conditions and cramped quarters. The CHAPEA missions aren't simulating reduced gravity, however.

"We need to know that the food systems are going to be shelf-stable for the amount of time that they need to be," Jones said. "We need to know that the crews will be able to survive on them without losing critical body weight and malnutrition."

NASA isn't expected to publish studies and release data on results of the simulations until they are all complete, but Jones said he believes

the first mission was a success. One reason, he said, was because none of the crew members asked to leave early because of stress or other mental or physical complications.

"Based on our experiment, you could send four people to do a real mission like this, if you chose the right people," he said.

Jones declined to describe the exact situations and challenges he and the other crew members encountered, at least until the third mission is completed, because NASA doesn't want future crew members' reactions shaped by knowledge of what's to come.

But he said, "It was a little more intense than I anticipated in the end."

One of the challenges is the 22 minutes it takes, with radio transmissions traveling at the speed of light, for messages to travel between Mars and Earth, he said.

As a result, and because of the limited bandwidth available with current technology, Jones said he was unable to communicate with his family in real time, and instead sent emails, with short videos attached.

"I can say that certainly there were things that didn't go as planned that we had a chance to react to," he said.

Interviews with Jones and other members of the crew are included in NASA's "Houston We Have a Podcast," which is online at <https://bit.ly/HoustonPodcast>.

On the home front, Jones said he is happy to report that he remains married to wife, Kacie Jones, a registered dietitian and full-time stay-at-home mom to their three boys.

"Thankfully, the marriage is going strong," he said.

His kids thought he was cool before, "and then I went away to NASA," he said. "At the moment, at least, I think they think they have one of the coolest dads on Earth. We'll see how long that lasts." **SBJ**

Dean Olsen is a senior staff writer for *Illinois Times*. He can be reached at dolsen@illinoistimes.com, 217-679-7810 or x.com/DeanOlsenIT.

HOSPITALS

Sources: The hospitals.
Ranked by number of inpatient admissions.

	NAME/ADDRESS	PHONE/WEBSITE	NUMBER OF LICENSED HOSPITAL BEDS	INPATIENT ADMISSIONS (2022)	OCCUPANCY RATE	FY 2019 OPERATING BUDGET (MILLIONS)	TOTAL STAFF (FULL TIME EQUIVALENT)	ADMINISTRATOR	AFFILIATION	YEAR EST'D
1	Springfield Memorial Hospital 701 N. First St. Springfield, IL 62781-0001	217-788-3000 memorial.health	500	20,920	80%	\$805.3	3.124	Jay Roszhart president and CEO	Memorial Health	1897
2	HSHS St. John's Hospital 800 E. Carpenter St. Springfield, IL 62769	217-544-6464 st-johns.org	422	20,466	77.34%	\$665	DND	Matthew Fry president and CEO	Hospital Sisters Health System	1875
3	Lincoln Prairie Behavioral Health Center 5230 S. Sixth St. Road Springfield, IL 62703	217-585-1180 lincolnpriairiebhc.com	97	2,500	82%	DND	135	James Flynn CEO	Universal Health Services	2008
4	Jacksonville Memorial Hospital 1600 W. Walnut St. Jacksonville, IL 62650	217-245-9541 memorial.health	25	2,273	95%	\$115.9	500	Trevor Huffman, president and CEO	Memorial Health	1875



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BC012 CRC 3779956 08/24 CS 1289114-4772503 08/24

ADDICTION TREATMENT CENTERS

Sources: The individual addiction treatment centers.
DND = did not disclose
Listed in alphabetical order

	NAME STREET ADDRESS CITY/ST/ZIP	PHONE WEBSITE/EMAIL	PRINCIPAL	# OF LICENSED THERAPISTS	SUBSTANCE ADDICTION	IMPULSE CONTROL	BEHAVIORAL ADDICTION	INPATIENT	OUTPATIENT	ADULT	ADOLESCENT	DESCRIPTION OF SERVICES
1	Family Guidance Center 120 N. 11th St. Springfield, IL 62703 2924 Stanton Ave. Springfield, IL 62703	217-544-9858 217-441-6529 www.fgcinc.org	Robert Thompson	6	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		Family Guidance Centers, Inc.'s Springfield location provides outpatient (OP), intensive outpatient (IOP), residential, residential extended care, Medication Assisted Treatment (MAT), community-based prevention, mental health assessments and counseling services to Sangamon and surrounding counties. Patients receive counseling (group and individual) and case management services.
2	Gateway Foundation 2200 Lake Victoria Drive Springfield, IL 62703 1300 Lincoln Ave. Jacksonville, IL 62650	Springfield 217-529-9266 Jacksonville 217-280-8682 877-505-HOPE www.gatewayfoundation.org	DND	8	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		The Springfield facility offers residential and all levels of outpatient substance use treatment services for adults. The Jacksonville facility offers residential, recovery home (male) and all levels of outpatient substance use treatment services for adults. DUI services. Available for free phone consultations every Tuesday, Wednesday and Thursday.
3	Hopewell Clinical 801 E. Lawrence Ave. Springfield, IL 62705	217-223-0170 www.hopewellclinical.com	Steve Evans	2	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		Hopewell Clinic offers assessments/evaluations, treatment classifications/recommendations, DUI treatment service and general substance abuse programs, adolescent treatment, license reinstatement process and employee assistance program.
4	MedMark Treatment Centers 1227 S. Ninth St. Springfield, IL 62703	217-679-1406 medmark.com rparrish@medmark.com	Ralph Parrish	1	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		Individual and family counseling, medication-assisted treatment, case management services, referrals for community services such as mental health, biomedical services, anger management, pregnancy, domestic violence, housing and employment training.
5	Rose Medical Association, Inc. 3535 Mayflower Blvd. Springfield, IL 627011	217-670-0654 www.rosemedical.org	Dr. Ernest Rose	2	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		Substance addiction, behavior addiction, outpatient services, medical assisted therapy.
6	Thrive Center for Wellness 435 W. Washington St. Springfield, IL 62702	217-203-6600 thrivecenterforwellness.com	David Vail	4	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		Intensive outpatient and individual treatment.

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Scoop and run

When funeral homes ran the ambulance service

By Tara McClellan McAndrew

Today, the sick and injured are transported in mini-emergency rooms on wheels with staff trained to care for traumas. But in the old days, ambulances were horse-drawn wagons, and later, hearses with a driver who couldn't do much more than give a bandage. In much of the country, from the late 1800s through the 1960s, the police, private entrepreneurs and funeral homes provided ambulance service – forget paramedics and EMTs, they didn't exist until the 1970s.

Before that, it was “scoop and run,” said Terry Petty, who's worked with Bisch Funeral Home since 1968, the last year it offered ambulance service. The aim was to pick up the patient and get them to the hospital as fast as possible. In the earliest days, fast was relative and patient comfort was, too.

At the turn of the 19th century, Springfield police got the latest technology — a “new patrol wagon and ambulance” made at the local carriage factory, according to the June 25, 1900, issue of *Illinois State Journal*. The wagon had an “ambulance attachment” with a “stretcher, blankets, top and side curtains,” as well as electric lights and rubber tires, which would “prevent jarring of the sick and injured.”

By 1910, Bisch Funeral Home was in the ambulance business, according to an article in the Sept. 22, 1910, *Illinois State Register*. In those days, papers reported on local accidents and citizens' health issues, including whose ambulance took them to the hospital.

Funeral homes got in the business out of practicality. “Hearses were used for ambulances because they were the only vehicles in town where a body could be laid flat,” said P.J. Staab of Staab Funeral Homes in the May 23, 2018, *State Journal-Register*. Staab ran its own ambulance service for a while.

Local service sped up in late 1913 when



Bisch Ambuliners with drivers and lady attendants in front of Memorial Hospital in Springfield, circa 1950.
PHOTO COURTESY OF PHILLIP BISCH IV.

Dodds Brothers Undertakers advertised in the *Register* on Christmas Eve that it bought Springfield's “only automobile ambulance” and charged the “same price as a horse drawn rig.”

A couple decades later everybody was in the ambulance business, according to the National EMS Memorial Foundation (emsmemorial.org). In the 1930s and 40s, it was an “unregulated hodgepodge of service ... with fire departments, hospitals, funeral homes, towing companies and volunteers setting their own standards. Transportation of patients remained the primary focus until after the mid-century.”

Locally, several funeral homes ran an ambulance in the 1930s, including: Ellinger and Kunz, O'Donnell and Staab, Bisch and Son and W.T. Vancil, according to newspapers of the time.

Bisch flew ahead of competitors in the late 1940s when it bought a “twin-motored Cessna” for an aerial ambulance, reported the Sept. 2, 1947, *Register* and promised that a “registered nurse” would accompany the patient in flight.

Auto ambulances were the norm, though. That was the case in the 1960s when Petty worked in funeral homes. Some used what they called combination vehicles, which served as a hearse and ambulance, he said. “You got back from a funeral, put the red light on top, put the cot in, the oxygen in, your medical kit, set the

attendant seat up and you'd run your ambulance calls.”

Jim Dixon was a teenager in the 1960s when he went on ambulance calls for the now-defunct Willis Funeral Home in Auburn. “There were times when I went by myself. I would pull out of the garage at the funeral home and hope the local police officer would see me, so he could help me load. Then it was go like heck to the hospital in Springfield.”

The sole medical training Dixon and Petty had was basic first aid, the only training available. “We could give CPR and Band-Aids,” said Petty.

Dixon said, “That's why it was important to drive like heck.”

One time, Petty had a patient die before they got to the hospital, but that was rare, he said.

Bisch was the last funeral home in Springfield in the ambulance business, that ended in 1969. “Running an ambulance was expensive,” Petty said. They had to staff three people at night, one to take ambulance calls at the funeral home and two to respond to them. A 2011 book about funeral homes, *Humble Heroes*, said ambulances were a nonprofit venture for them, offered more to meet a need than make money.

The last year Bisch had ambulances, it charged \$15 a call, Petty said. “It didn't make any difference if it was a transfer (from a nursing home to a hospital, for example) or an emergency call at 2 a.m. When we got out of the business, two companies – Superior and America, took over our calls.”

Two years later, in 1971, Illinois improved trauma care under Gov. Richard Ogilvie and started to train EMTs, among other efforts, according to the Illinois Department of Public Health website. SBJ

Tara McClellan McAndrew is a freelance writer in Springfield who enjoys learning about local history.

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Sources: The Physician Groups. DND - Did Not Disclose.
Ranked by total number of physicians.

	NAME / ADDRESS	PHONE/WEBSITE	PARTNERS/PRINCIPALS	HOURS OF OPERATION	TYPE OF CLINIC	NUMBER OF PHYSICIANS	TOTAL # OF EMPLOYEES	SPECIALTIES	YEAR EST'D
1	<p>Springfield Clinic Main Campus, 1025 S. Sixth St. 800 Bldg, 800 N. First St. 900 Bldg, 900 N. First St. Carpenter, 401 E. Carpenter St. Center for Plastic Surgery, 2901 Greenbriar Dr. Chiropractic, 355 W. Carpenter St., Suite A Dermatology-Monroe, 1100 Centre West Dr. Downtown Drive-Up Lab, 1351 S. Eighth St. HSHS St. John's Health Center, 1100 E. Lincolnshire Blvd. HSHS St. John's Pavilion, 800 E. Carpenter St. Jacksonville-MOHA, 1000 W. Morton Ave. Jacksonville, 15 Founders Lane Koke Mill, 901 S. Koke Mill Road MOHA, 775 Engineering Dr. Optical Centre West Wabash, 4525 Wabash Ave. Optical Centre, 1025 S. Sixth St. Orthopedics Walk-In Jacksonville, 15 Founders Lane Orthopedics Walk-In, 800 N. First St. Pediatrics, 3501 Old Jacksonville Road Rehabilitation Services-Sherman, 129 Illini Dr. Rehabilitation Services-Monroe, 2325 W. Monroe St. Rehabilitation Services-West Wabash, 4525 Wabash Ave. Rehabilitation Services, 3020 S. Sixth St. Sherman, 400 St. John's Dr., Sherman Springfield Surgery Center, 1025 S. Sixth St. Taylorville - Cheney, 500 N. Cheney St. Taylorville, 600 N. Main St. Urgent Care - Main, 1025 S. Sixth St. Urgent Care Jacksonville - 1000 W. Morton Ave. Urgent Care Sherman, 400 St. John's Dr. Urgent Care West Wabash, 2200 Wabash Ave. Wabash, 2200 Wabash Ave.</p>	<p>217-528-7541 800-444-7541 SpringfieldClinic.com</p>	<p>Ray Williams, CEO Kenneth Sagins, MD, FAAP, CMO William D. Putman, MD Board Chair</p>	<p>All clinic facilities are open 8am-5pm unless noted below. Orthopedics Walk-In Clinic Springfield, Mon-Thu 7am-6pm, Fri 7am-5pm, Sat-Sun, 8-11am Orthopedics Walk-In Clinic Jacksonville Mon-Thu 8am-4pm Urgent Care Main, 1025 S. Sixth St., Mon-Sun 8am-8pm Urgent Care Jacksonville, West and Sherman Mon-Sun 8am-6pm (excluding major holidays)</p>	<p>Primary and specialty care, ancillary services, ortho walk-in clinic, surgical treatments, urgent care and telehealth.</p>	<p>390</p>	<p>3,200</p>	<p>Primary care and more than 80 medical specialties and sub-specialties serving 20 counties in central Illinois with services including an ambulatory surgery and endoscopy center, bariatric weight loss center, bone health center, breast cancer center, diabetes wellness center, infusion therapy, laboratory, medical spa, optical centre, orthopedics walk-in, pharmacy, radiation therapy, radiology, rehabilitation services, sleep disorders center, sports medicine, telehealth, after-hours telenurse and urgent care.</p>	<p>1939</p>
2	<p>SIU Medicine Center for Family Medicine, 520 N. Fourth St., 2833 South Grand Ave. East, and 345 W. State St., Jacksonville Ear Nose and Throat Clinic Hearing and Balance Center, 720 N. Bond St. Internal Medicine Clinic, 751 N. Rutledge St. Maternal-Fetal Medicine, 400 N. Ninth St. Neuroscience Institute at SIU, 751 N. Rutledge St. OB-GYN Clinic, 400 N. Ninth St. and 1100 Lincolnshire Blvd. Pediatrics, 400 N. Ninth St. Psychiatry Clinic, 319 E. Madison Child & Adolescent Psychiatry Clinics, 319 E. Madison Simmons Cancer Institute at SIU, 315 W. Carpenter St. Surgery Clinics, 747 N. Rutledge St. Institute for Plastic Surgery at SIU, 747 N. Rutledge St. SIU Cosmetic Clinic, 2201 W. White Oaks Dr. SIU Fertility and IVF Center, 751 N. Rutledge St. Women's Health Center, 610 N. Westgate, Jacksonville Psychiatry, 1600 W. Walnut St., Jacksonville Center for Family Medicine, 345 W. State St., Jacksonville Dale and Deborah Smith Center for Alzheimer's Research and Treatment, 751 N. Rutledge St.</p>	<p>217-545-8000 siumed.org</p>	<p>Jerry Kruse, M.D., CEO Michelle Lynn, R.N., COO Vidhya Prakash, M.D., CMO</p>	<p>Mon-Fri, 8am-4:30pm</p>	<p>Primary care, specialties and subspecialties including surgical treatments.</p>	<p>339</p>	<p>2,006</p>	<p>A variety of health care services including primary care, specialties and sub-specialties. For a list of services, make an appointment or to view provider profiles online, visit siumed.org.</p>	<p>1970</p>
3	<p>HSHS Medical Group Internal Medicine (Patients 64+), 2801 Mathers Rd. Family Medicine & Pediatrics, 125 E. Plummer Blvd., Suite A, Chatham Family Medicine & Pediatrics, 1745 W. Walnut St., Jacksonville Family Medicine, 300 Sattley St., Rochester Family Medicine, 806 E. Andrew Road, Sherman Foot & Ankle Specialists - 1745 W. Walnut St., Jacksonville and 2901 Old Jacksonville Rd., Suite C Diabetes & Endocrinology, 118 Legacy Pointe Dr. Multispecialty Care and Multispecialty Care Pediatrics, 2901 Old Jacksonville Road. Multispecialty Care, 1304 W. Burnett Dr., Taylorville Neuroscience Specialty Clinic, 1745 W. Walnut St., Jacksonville Neuroscience Specialty Clinic, 1304 W. Burnett Dr., Taylorville Priority Care, 1836 S. MacArthur Blvd. Pulmonology Specialty Clinic, 1304 W. Burnett Dr., Taylorville</p>	<p>217-321-9292 HSHSMedicalGroup.org</p>	<p>Dr. Kevin Lewis Chief Physician Executive</p>	<p>All offices: 8am-5pm Priority Care: 7 days a week, 8am-8pm Springfield Pediatric Walk-in Clinic: Mon-Fri, 8am-4pm</p>	<p>Primary and Specialty Care, Ancillary Services, Walk-in Care</p>	<p>223</p>	<p>856</p>	<p>Multispecialty group that offers integrated care, including an advocate to help patients find a primary care doctor, onsite lab and advanced imaging, adult neurology, corporate health and wellness, diabetes and endocrinology, epilepsy, hospitalists, intensivists, occupational health, pediatrics, podiatric medicine, podiatric surgery, primary care, urgent care, walk-in care.</p>	<p>2009</p>



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	NAME/ADDRESS	PHONE /WEBSITE	PARTNERS/PRINCIPALS	HOURS OF OPERATION	TYPE OF CLINIC	NUMBER OF PHYSICIANS	TOTAL # OF EMPLOYEES	SPECIALTIES	YEAR EST'D
3	Prairie Cardiovascular Consultants 619 E. Mason St.	217-788-0706 prairieheart.org	Dr. Kevin Lewis Chief Physician Executive	Mon-Fri 8am-5pm	Cardiac and Vascular Diagnosis and Treatment	119	401	Interventional Cardiology, Electrophysiology, Peripheral Vascular Intervention, Nuclear Cardiology, Transesophageal Echocardiography, Congenital Cardiology, Congestive Heart Failure, Percutaneous Valvuloplasty, Hypertension Management, Non-Invasive Vascular Diagnosis, Vascular Medicine.	1979
4	Memorial Care Primary Care Springfield Memorial Hospital 101 E. Plummer, Chatham Concordia - 4101 W. Iles Ave. 15 Founders Lane, Suite 100, Jacksonville 515 N. College St., Lincoln 1 Centre Drive, Petersburg 3132 Old Jacksonville Road 3220 Atlanta St. 2950 S. Sixth St.	Memorial.health	Memorial Health	Visit Memorial.health for hours.	Primary Care	50	396	Family Medicine, Internal Medicine, Medical Imaging, Outpatient Laboratory, Pediatrics.	1994
5	Prairie Eye and LASIK Center 2020 W. Iles Ave., Springfield 2000 W. Morton Ave., Jacksonville	217-698-3030 prairieeyecenter.com	Sandra Yeh, M.D. medical director	Mon-Fri 8am-5pm may vary by site	Ophthalmology, Optometry, Optical Center, Spesa	16	95	LASIK and Refractive Surgery, Cataract Surgery, Retina, General Ophthalmology, Oculoplastics, Optometry and massage.	1970
6	Orthopedic Center of Illinois 1301 S. Koke Mill Road	217-547-9100 orthocenterillinois.com	Gordon Allan, M.D., Frank Bender, M.D., Dane Church, M.D., Christopher Graves, M.D., Rodney Herrin, M.D., O.B., Idusuyi, M.D., Christopher Maender, M.D., Barry Mulshine, M.D., Kari Senica, M.D., Varun Sharma, M.D., Timothy VanFleet, M.D., John Watson, M.D.	Mon-Fri 8am-5pm Sat 8am-12pm	Orthopedics, Imaging, Physical Therapy, Medicine, Walk-in Clinic	12	125	Joint Reconstruction, Spine Surgery, Fracture and Injuries, Foot/Ankles, Upper Extremities, Sports Medicine, Interventional Pain Management, Imaging, Physical Therapy, Minimally Invasive Surgery.	1972
7	Central Counties Health Centers 2239 E. Cook St. 700 N. Seventh St. (dental only) Clinic for the homeless: At Helping Hands of Springfield, 2200 Shale St.	217-788-2300 (Springfield main) 217-788-2380 (Seventh Street dental clinic)	Heather Burton, President and CEO	Hours vary according to site. Call 788-2300 for specific site hours.	Primary Care Dental Care Behavioral Health	8	100	Family Medicine, Pediatrics, Internal Medicine, Dental, Behavioral Health. On-site laboratory.	1999
8	Memorial Care Urgent Care 101 E. Plummer Blvd, Chatham 901 W. Morton Ave., Jacksonville 3132 Old Jacksonville Road 2950 S. Sixth St.	Memorial.health	Memorial Health	All locations 8am-8pm daily	Urgent care, Walk-In Care	7	212	Urgent care for all ages. Out-patient laboratory and medical imaging (X-ray). Walk-in appointments with on-site physicians and advanced practice providers.	1999
9	Gailey Eye Clinic 1401 S. Koke Mill Road	217-529-3937 gaileyeyeclinic.com	Angela Oberreiter, O.D. Joseph Harman, M.D.	Mon-Fri 8am-5pm	Ophthalmology, Optometry, Optical Boutique	2	15	Vitreous Surgery, Cataract Surgery, iLasik.	1941



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Hands-on mental health training

State revives SIU residency program at Packard Mental Health Center

By Dean Olsen



Of the 150 patients at Packard Mental Health Center, 901 Southwind Drive, about 80% are “forensic” patients, which means they have had some involvement with the criminal-justice system. PHOTO BY DEAN OLSEN

The recent revival of a program at Packard Mental Health Center that gives young doctors hands-on experience treating patients in a state psychiatric hospital will benefit the public in Springfield and throughout Illinois, supporters of the relaunch say.

“This will help create that pipeline of future psychiatrists to serve both in our state-operated facilities and our state-funded outpatient services,” Dr. Kari Wolf, chairperson of psychiatry at Southern Illinois University School of Medicine, said at an unveiling of the program on July 30. “This is one of the most exciting points in my entire career.”

A \$2 million annual contribution from the state allowed Southern Illinois University School of Medicine to revive the program, which stopped operating at Packard and the other state-operated psychiatric hospitals more than 10 years ago because of a lack of funding.

The funding stopped because of “different priorities” in previous gubernatorial administrations, according to Ryan Rollinson, chief of staff

for the Illinois Department of Human Services’ Division of Mental Health.

The funding will be used to pay residents and SIU faculty members who supervise them, officials said. The money also will cover administrative costs.

The Packard Psychiatry Residency Program, which began July 1, will take doctors who are training to become psychiatrists and place them in one of the 150-bed hospital’s units at 901 Southwind Drive for parts of their first, second and fourth years.

Doctors who will participate are enrolled in either SIU’s four-year psychiatric residency program or the medical school’s five-year program combining internal medicine and psychiatry, Wolf said.

She and others who worked on the relaunch, the first of its kind in the state, said the residency rotation will help the state recruit more psychiatrists to its own hospitals.

Because of the nationwide shortage of psychiatrists, these specialists have their pick

of settings in which to practice, and Wolf said new psychiatrists tend to gravitate after their residencies to settings they have been exposed to during training.

“I know how imperative it is for residents to get experience working in state facilities, working with this population, because once they interact with these wonderful individuals, they become hooked, and they want to continue this work for the rest of their careers,” she said.

The Packard program will give SIU the resources to add two more students to each year of its psychiatry residency program. As a result, SIU will be able to produce more psychiatrists in the long run, Wolf said.

Residency programs serve newly minted doctors who have graduated from four-year medical schools such as SIU’s.

Because of physician shortages, there can be long waits for psychiatric care locally, nationally and statewide, Wolf said. The majority of medical specialists produced by SIU end up spending their careers in Illinois, she said.

The restart of the Packard program at the hospital – previously known as McFarland Mental Health Center – means the number of students in each year of SIU’s four-year psychiatric residency program will increase, beginning this year, to eight students from the current six.

Because psychiatric residents also spend time serving patients at outpatient mental health centers during their training, the additional psychiatric residents will mean more resources for outpatient centers operated in the Springfield area by SIU and nonprofit Memorial Behavioral Health, Wolf said.

DHS officials hope the Packard program will become a model for reviving relationships with other Illinois medical schools so their psychiatric residents can spend time during their training in other state-operated psychiatric hospitals, according to David Albert, director of the DHS Division of Mental Health.

“This relaunch represents more than just the beginning of a new residency program,” he said. “It signifies a crucial opportunity to rebuild and rethink and refine our approach to behavioral health care, which has, in recent years, evolved dramatically.”

The program is likely to “elevate the standard of care” at Packard, Albert said.

“There’s great research that shows that care in a teaching hospital is superior to care where education isn’t happening,” he said.

“There’s an energy that comes with training and an engagement with the work that is just very hard to do when you’re not training young physicians,” Albert said. “It’s better for patients, it’s better for staff, and it helps lift the quality of care.”

The residency rotation will involve a minimum of two psychiatric residents working at any one time at Packard. Residents will spend a total of one or more months during each of their first, second and fourth years at the facility.

Patients at state psychiatric hospitals tend to have more complex conditions and serious conditions, such as bipolar disorder and schizophrenia, that haven’t responded to treatments in short-term care settings such as in psychiatric units of private acute-care hospitals, Wolf said.



David Albert, director of the Illinois Department of Human Services’ Division of Mental Health, speaks at the July 30 unveiling of the Packard Psychiatric Residency Program at the state-operated psychiatric hospital. PHOTO BY DEAN OLSEN

Stays in those private hospitals tend to be limited to two weeks or less because of health insurance restrictions, she said. State institutions such as Packard don’t need to deal with insurance restrictions, and so patients at state facilities have the luxury of potentially longer stays to ensure that the type of medicine and other treatments used are effective, Wolf said.

Seeing psychiatric patients get better in real time is satisfying, said Dr. Rupa Maitra, a psychiatry specialist at Alton Mental Health Center who spent part of her SIU psychiatry residency at Packard about 20 years ago.

“You’re not fighting with insurance companies,” she said. “You’re actually making your decision with just one thing in mind – that is, the clinical condition of the patient and what will

make them be successful once they are released. And that is very rewarding for any provider, any doctor.”

Of the 150 patients at Packard, about 80% are “forensic” patients, which means they have had some involvement with the criminal-justice system. They are receiving treatment to restore their mental fitness for trial or have been found not guilty by reason of insanity.

The SIU residents and faculty members will be working only on a unit with non-forensic patients, Wolf said.

Dean Olsen is a senior staff writer at Illinois Times. He can be reached at dolsen@illinois.com, 217-836-1068 or x.com/DeanOlsenIT.

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FITNESS CENTERS

Sources: The Fitness Centers. DND - Did Not Disclose.
Ranked by number of members.

	NAME / ADDRESS	PHONE / WEBSITE / EMAIL	# OF EMPLOYEES	# OF MEMBERS	HOURS OF OPERATION	MANAGER(S)	AVAILABLE EQUIPMENT / AMENITIES	YEAR EST'D
1	YMCA of Springfield Gus and Flora Kerasotes 4550 W. Iles Ave. Springfield, IL 62711	217-679-1625 springfieldymca.org asowle@springfieldymca.org kprimus@springfieldymca.org jgreenwood@springfieldymca.org	200	20,000	5am-8pm Mon.-Thu., 5am-7pm Fri., 10am-4pm Sat., 8am-12pm Sun.	Angie Sowle Kenzi Primus	Free child care, fitness classes in studio and online 24/7, basketball courts, outdoor playground, sauna, steam room, y-cycling, lockers, Wi-Fi, free parking, TRX, weight training, cardio training, group fitness, personal training, warm water instructional pool, lap swimming, swim lessons, senior/older adults fitness programs, kids' sports leagues for soccer, basketball, softball, tee-ball, sports clinics, before and after school child care, summer camp programs.	1874
1	YMCA of Springfield-Downtown 601 N. Fourth St. Springfield, IL 62702	217-544-9846 springfieldymca.org downtownymca@springfieldymca.org	200	20,000	5am-8pm Mon.-Thu., 5am-7pm Fri., 7am-4pm Sat., 1-5pm Sun.	Angie Sowle Joey Greenwood	Free child care, fitness classes in studio and online 24/7, basketball courts, racquetball, pickle ball, TRX, sauna, steam room, y-cycling, lockers, Wi-Fi, free parking, weight training, cardio training, group fitness, personal training, martial arts, gymnastics, indoor track, lap swimming, recreational pool, swim lessons, senior/older adults fitness programs, kids sports leagues for soccer, basketball, softball, tee-ball, sports clinics, before and after school child care, summer camp programs.	1874
2	FitClub South 3631 S. Sixth St. Springfield, IL 62703	217-787-8348 fitclub.net	80	6,496	24-hour access	Justin Angel, Sherry Carigan, Carmine Gaudling, Jason Hernandez, Mike Purdy	Free child care, cardiovascular equipment, free weights, lap pools, whirlpool, steam room, sauna, warm water hydro therapy, Capitol Chiropractic Health Center, HSHS Rehabilitation Services, NASM certified personal trainers, nutritional coaching with our registered dietitian, senior exercise programs, group personal training, aquatic classes and group exercise classes, massage, CycleFit, Wi-Fi, locker rental, swim lessons, towel service.	1999
3	FitClub West 2811 W. Lawrence Ave. Springfield, IL 62704	217-787-8348 fitclub.net	60	4,253	24-hour access	Justin Angel, Sherry Carigan, Carmine Gaudling, Jason Hernandez, Mike Purdy	Free child care, cardiovascular equipment, free weights, NASM certified personal trainers, senior exercise programs, group personal training, aquatic classes, group exercise classes, nutritional coaching with our registered dietitian, lap pools, whirlpool, sauna, CycleFit, Wi-Fi, locker rental, towel service.	1999
4	Bob Freesen YMCA 1000 Sherwood Eddy Lane Jacksonville, IL 62650	217-245-2141 www.jacksonvilleymca.org	70	1,397	6am-8pm Mon-Fri., 7am-2pm Sat.	Joyce Bruett, Jared Maggart	Gymnasium, outdoor playground, outdoor tennis/pickleball courts, fitness center, baseball fields, soccer/football field, spinning room, racquetball room, free-weight room, six-lane swimming pool with Red Cross-certified lifeguards, lap swim times, water fitness classes, swim team and swim lessons, a registered Master's swim team membership, child watch, afterschool care, summer day camps, fitness classes, block therapies, senior fitness classes, monthly senior potluck, sauna, Wi-Fi, free parking, Redbird CrossFit facility, 1-mile walking trail with new StoryWalk® for families, Parkinson's class, Rock Steady Boxing.	1968
5	Springfield Racquet & Fitness Center 3725 Chatham Road Springfield, IL 62704	217-787-2460 springfieldracquetandfitness.com srfc62704@gmail.com	10	1,375	6am-10pm Mon-Thu., 6am-9pm Fri., 7am-7pm Sat., 7am-7pm Sun.	Ross Graham	Indoor sports courts, 30ft rock wall, cardio equipment, resistance equipment, free weight areas, individual workout programs, certified personal training, professional tennis lessons, clinics/drills by certified instructors - USTA designated, youth tennis excellence training center, adult and junior in-house/travel tennis teams, pickleball courts.	2010
6	Powerworks Fitness 347 Williams Lane Chatham, IL 62629	217-697-8727 www.pwfchatham.com pwfchatham@gmail.com	20	1,100	Gym open 24 hours	Brittany Bisch Libby Anderson	Two gym areas, studio classrooms, both indoor and outdoor turf and a sports performance facility. Class memberships have access to gyms and classes including yoga, Barre, HIIT, strength, kickboxing, Pilates, dance, TRX and more. Master's program for ages 60-plus and welcome Silver Sneakers.	2011
7	Rocket Fitness 326 Sattley Rochester, IL 62563	217-498-1175 rocketfitnesscenter.com rocketfitness@yahoo.com	5	1,000	24-hour access	Tracy Rogers	Full service gym, Hoist and Vision equipment, freeweights, basketball league, volleyball court, showers, group fitness classes included in membership.	2014
7	Anytime Fitness West 4307 Yucan Drive Springfield, IL 62711	217-679-2490 anytimefitness.com Facebook: Anytime Fitness West springfieldil2@anytimefitness.com	2	1,000	24-hour access	Dan Ishmael, owner	Stepmill, rowing machine, fully equipped free weight area including cables and squat racks, treadmills, ellipticals, bikes with own TV viewing, free weights, TRX bands, selectorized equipment, cable crossover, private showers.	2012
8	Snap Fitness 24/7 1061 Jason Place Chatham, IL 62629	217-483-5701 chatham@snapfitness.com	3	800	24-hour access	Chad Kent	Free weights, strength, cardio and functional training. Personal training, young athlete training and nutrition coaching. Heart rate technology, included with membership is Snapp App, which includes workout programming and virtual classes.	2005
9	Snap Fitness 650 E. Jackson St. Auburn, IL 62615	217-438-4348 snapfitness.com/Auburn	3	750	24-hour access	David Simmons	Free weights, strength, cardio and functional training. Personal training, young athlete training and nutrition coaching. Heart rate technology, included with membership is Snap App which includes workout programming and virtual classes.	2005
10	Snap Fitness 24/7 1362 Toronto Road Springfield, IL 62712	217-679-0081 snapfitness.com springfield@snapfitness.com	3	650	24-hour access	Hunter Tapscott	Free weights, strength, cardio and functional training. Personal training, young athlete training and nutrition coaching. Heart rate technology, included with membership is Snap App which includes workout programming and virtual classes.	2005
11	FitClub North 2701 E. Sangamon Ave. Springfield, IL 62702	217-788-8348 fitclub.net nathan@fitclub.net	20	600	24-hour access	Justin Angel, Sherry Carigan, Carmine Gaudling, Jason Hernandez, Mike Purdy	Free child care, cardiovascular equipment, free weights, NASM certified personal trainers, senior exercise programs, group personal training, group exercise classes, nutritional coaching with our registered dietitian, Wi-Fi, locker rental and towel service.	1999
12	Snap Fitness 24/7 131 Illini Blvd. Sherman, IL 62684	217-381-4951 snapfitness.com/sherman	3	520	24-hour access	Nic Anderson	Free weights, strength, cardio and functional training. Personal training, young athlete training and nutrition coaching. Heart rate technology, included with membership is Snap App which includes workout programming and virtual classes.	2005



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FITNESS CENTERS

Sources: The Fitness Centers. DND - Did Not Disclose.
Ranked by number of members.

	NAME / ADDRESS	PHONE / WEBSITE / EMAIL	# OF EMPLOYEES	# OF MEMBERS	HOURS OF OPERATION	MANAGER(S)	AVAILABLE EQUIPMENT / AMENITIES	YEAR EST'D
13	Orangetheory Fitness 2450 W. Wabash Ave. Springfield, IL 62704	217-953-0054 orangetheoryfitness.com Studio0805@ orangetheoryfitness.com	8	500	Open 7 days a week	Jillian Feucht, Richard England	Studio fitness, small group personal training.	2017
14	Anytime Fitness 2705 N. Dirksen Parkway Springfield, IL 62702	217-523-1541 anytimefitness.com	3	400	24-hour access	Jamal Everette	Cardio - each piece features its own TV viewing screen, treadmills, ellipticals, cross trainers, adaptive motion trainers, recumbent bikes, stairclimber, free weights- hammer strength plate loaded, 5-120 lb dumbbells, smith machine, olympic bench, precor/paramont circuit line, modular cable cross over system, private men's and women's shower/bathroom, personal training, rowing machine, squat racks.	2010
15	Achieve Fit 24/7 3045 S. Dirksen Parkway Springfield, IL 62703	217-670-2420 springfieldil3@ achievefit247@outlook.com	1	200	24-hour access	Kirk Withers	Cardio - each piece features its own TV viewing screen, treadmills, ellipticals, cross trainers, adaptive motion trainers, recumbent bikes, stairclimber, free weights- hammer strength plate loaded, 5-120 lb dumbbells, smith machine, olympic bench, precor/paramont circuit line, modular cable cross over system, private men's and women's shower/bathroom, personal training, rowing machine, squat racks, glute thrust machine.s	2024
16	Fitbodies 3430 Constitution Drive, Suite 116 Springfield, IL 62711	217-899-4127 See Facebook page fitbodies@yahoo.com	2	194	Classes at 5am, 6am, 7am, 9am, noon, 4:30pm, 5:30pm and 6:30 pm. Mon.-Fri; 9am Sat.	Chris and Kendra Schmulbach	Small group classes. High intensity interval training (HIIT). Nutritional coaching.	
17	Instinct Fitness and Wellness 301 South Grand Ave. West Springfield, IL 62704	217-414-8260 crossfitinstinct.com instinctfitnessandwellness@ gmail.com	10	120	5am-6:30pm	Tim Hahn Molly Hahn	Group classes, classes for those 55-plus, Bootcamp, free beginner programs. personal training, express classes, yoga classes, nutritional guidance. Full locker rooms with showers, two workout floors and yoga studio.	2010
18	Pure Performance Center 320 S. Fourth St. Springfield, IL 62701	217-891-0691 pureperformanceFC@ gmail.com	1	100	24-hour access	Jeremy Ferry	Treadmills, ellipticals, recumbent bike, dumbbells, leg extension/leg curl, side lateral machine, calf raise, half rack, 2 0-90 benches, cable crossover with lat pulldown, seated cable row, plate-loaded lat pulldown, adjustable flat decline and incline bench press, leg press machine, functional trainer, assisted chin-up and dip machine, GHD, Concept 2 rower, battle ropes, medicine balls, yoga mats, semi-private personal training and gym membership.	2016
19	Planet Fitness 1756 Wabash Ave. Springfield, IL 62704	217-546-4910 planetfitness.com info@planetfitness.com	12	DND	24 hours Mon.-Thu., 12am-10pm Fri., 7am-7pm Sat., 7am-12am Sun	Brody	Cardio machines, weight resistance machines, instruction included with membership, tanning, massage beds, total body enhancement.	2013
19	Planet Fitness 1873 Sangamon Ave. Springfield, IL 62702	217-408-4878 planetfitness.com info@planetfitness.com	DND	DND	24 hours Mon.-Thu., 12am-10pm Fri., 7am-7pm Sat., 7am-12am Sun	Brad	Cardio machines, weight resistance machines, instruction included with membership, tanning, massage beds, total body enhancement.	2024
19	LA Fitness 2501 Wabash Ave. Springfield, IL 62704	217-801-9007 lafitness.com contact@fitnessintl.com	40	DND	5am-10pm Mon.-Thu., 5am-9pm Fri. 8am-7pm Sat. and Sun.	Bailey C., Cornelius H.	State-of-the-art equipment, free weights, indoor basketball, cycling, variety of group fitness classes, indoor pool, sauna, whirlpool spa, personal training.	2013

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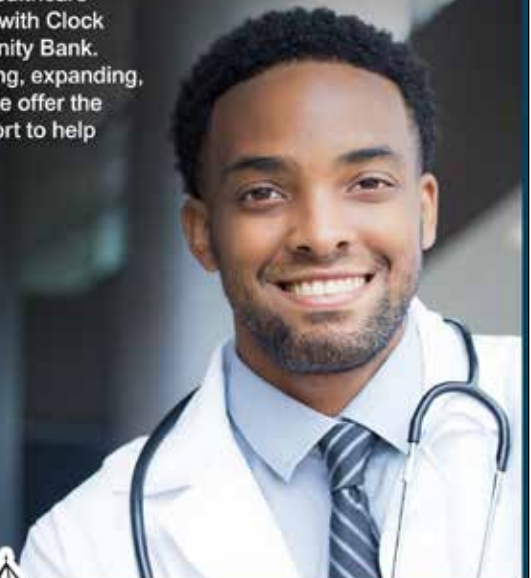
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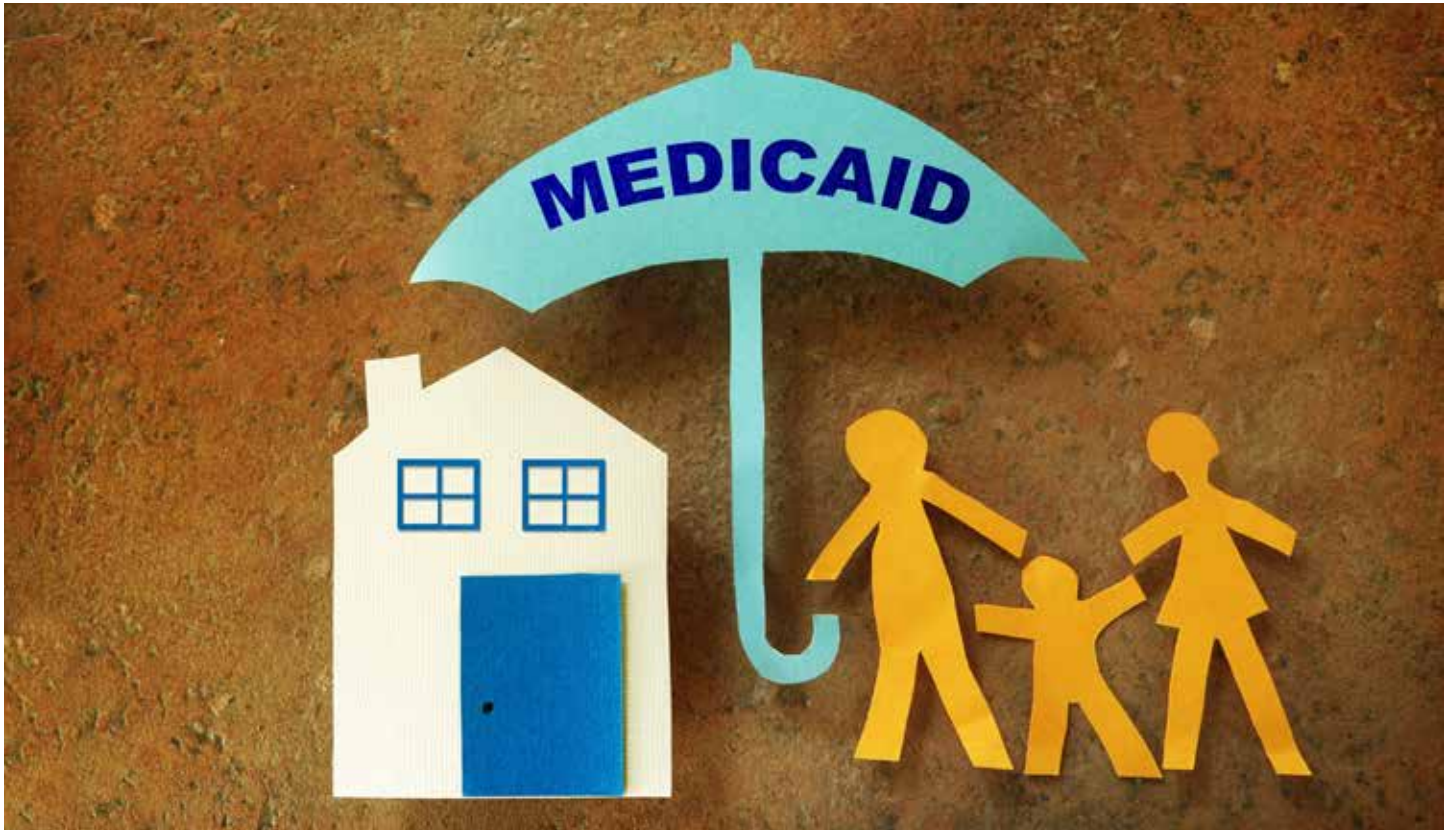


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Illinois expanding Medicaid to nonmedical services

Government-funded health program will cover 'social determinants of health'

By Peter Hancock, Capitol News Illinois



Many people enrolled in the state's Medicaid program will soon be eligible to receive a host of nonmedical services that could improve their overall health, including housing and nutrition assistance, violence prevention services, and services to help them transition out of incarceration.

Under a new policy that the Biden administration launched last year, state Medicaid programs can now apply for federal waivers to cover what many people call "social determinants of health" – the conditions in which people live that can have a direct impact on their health care needs.

The federal Centers for Medicare and Medicaid Services approved Illinois' application for such a waiver July 2. It extends through June 30, 2029, and may be extended beyond that. At the same time, CMS also approved a five-year extension of another waiver originally approved in 2018 that allows coverage of substance use disorder treatment for individuals in mental institutions.

"You've heard the expression, 'An ounce of

prevention is worth a pound of cure.' Well, that's what this waiver means for Illinoisans all across our state," Gov. JB Pritzker said at a recent news conference announcing the waiver approval.

"With this extension, we can build on the demonstrated success of programs that meet these needs – housing support, food and nutrition services, employment assistance, community reintegration, while developing and piloting new solutions to ensure that we're meeting the needs of all Illinoisans," he added.

Medicaid is a publicly funded health insurance program primarily for poor people that is jointly funded by states and the federal government. It was launched in 1965 alongside Medicare, the federally funded health care program for seniors.

For years, the federal government has allowed, and even encouraged, states to innovate with their Medicaid programs by granting them short-term waivers from standard Medicaid rules. This allows them to try out experimental, pilot or demonstration projects designed to bet-

ter serve the health care needs of the Medicaid population.

The waivers are authorized under Section 1115 of the Social Security Act and thus are known as "1115 waivers."

New Services

The new waiver adds three new categories of services that will be covered under the Illinois Medicaid program for individuals who qualify. But state officials estimate it will take at least a year to get the new services up and running.

The first and most far-reaching of those covers "health-related social needs," or HRSN services. That includes such things as housing and food assistance for Medicaid enrollees who either have or are at risk of developing costly chronic health conditions and who have a documented need for such services.

The waiver covers expenses such as first month's rent, moving expenses and utility hook-ups, as well as temporary housing before and after hospitalization. It does not, however, cover construction costs for brick-and-mortar projects

or services for people who are “not lawfully present in the United States or are undocumented.”

A second new category covers violence prevention and intervention services for Medicaid recipients who either have been victims of violence in the past, are currently experiencing violence, or are at risk of experiencing violence in the future.

Elizabeth Whitehorn, director of the Department of Healthcare and Family Services, said Illinois is the first state in the nation to receive approval for covering violence prevention and intervention under an 1115 waiver.

The waiver allows for reimbursement of a wide range of services for those who qualify, such as psychotherapy, grief counseling, mindfulness and relaxation-based treatments, art therapy, life skills training, and crisis intervention.

Finally, the new waiver authorizes Illinois to provide specific health-related services to incarcerated individuals for 90 days immediately before their expected release. That includes case management to assess their physical, behavioral, and health-related social needs. It also includes ensuring they have a 30-day supply of their prescription medications, along with any medical equipment or supplies they may need immediately upon their release.

As a condition of that waiver, Illinois will be required to provide Medicaid enrollment support for individuals entering a correctional facility, and it will only be allowed to suspend – not terminate – the Medicaid benefits of anyone already enrolled in the program once they enter the institution.

Expanding Medicaid’s mission

In the nearly 60 years since its inception, the Medicaid program in the United States has undergone many changes and grown exponentially. But its core function has always been that of a publicly funded health insurance program, paying the cost of health care services for its members, the bulk of whom are children, young mothers and low-income seniors.

In 2021, according to CMS, Medicaid paid for about 41% of all childbirths in the United States. The National Institutes of Health estimates Medicaid pays for the care of about 62% of all nursing home residents.

In Illinois, Medicaid covers about 4 million individuals, with a total cost in the current fiscal year of nearly \$27 billion, including both state and federal funds.

The new 1115 waivers, however, represent a fundamental change in Medicaid’s core function, moving it beyond the role of paying reimbursements for medical services into the role of funding a broader array of nonmedical social services.

State officials said they do not have an estimate of how much the new services will cost.

But Illinois Medicaid Director Kelly Cunningham said in an interview the new services covered under the waiver are still consistent with Medicaid’s original purpose.

“The heart of the Medicaid program is ensuring equity across the population we serve,” she said. “What we have learned, and what many other states have learned, particularly coming out of the COVID pandemic, is that what individuals need to be successful and healthy isn’t just health-related services. They need access – through transportation and through housing support and through food and nutrition – access to those types of services to really help them stay healthy.”

Cunningham said that in crafting the new policies covered under the waiver, IDHFS worked closely with the General Assembly, and specifically its Medicaid working group, an informal group made up of members from both parties and both chambers that meets privately to discuss and develop state health care policy.

State Rep. Robyn Gabel, D-Evanston, a cochair of the working group, said at the news conference in July she fully endorsed the new policy.

“Illinois is taking a truly transformative step in addressing the root causes of health disparities,”

she said. “Our health is not only our medical care, but it is the sum of all our experiences, our jobs, our homes. So in caring for some of the most vulnerable populations, we need to account for issues from housing, to food insecurity, to transition from incarceration.”

But Sen. Dave Syverson, R-Cherry Valley, the leading Senate Republican on the working group, questioned during a separate interview whether the state needs to set up new programs within its Medicaid system to provide services that are already being provided through other agencies.

“If programs were the answer, Illinois should have some of the best outcomes in the country,” he said. “Because we have so many programs that deal with each one of those social determinants, whether it’s housing, violence prevention. We have so many programs. The issue is, why are we getting the poor results that we’re getting with all these hundreds, maybe thousands of programs that we have throughout Illinois.”

Cunningham, however, noted that the federal waiver specifically prohibits the use of Medicaid funds to duplicate existing services.

“What we’re trying to do is to offer services to the Medicaid population that will help actually improve their health and improve their outcomes,” she said. “And the services we’re offering are really specifically defined – housing tenancy support, helping people learn to be a good tenant, how to search for housing, how to negotiate a lease – those specific services are what we are looking to cover in the Medicaid program.” **(SBJ)**

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Sources: The individual insurance agencies.
Ranked by number of local producers.

	NAME/ADDRESS	PHONE/WEBSITE/EMAIL	NUMBER OF LOCAL PRODUCERS	NUMBER OF LOCAL EMPLOYEES	MANAGERS/OWNERS	SPECIALTIES	YEAR EST'D
1	TROXELL 214 South Grand Ave. West Springfield, IL 62704	217-528-7533 troxellins.com info@troxellins.com	34	52	John Eck, Jr., Todd Sowle Dave White Chris Leming Jennifer Call	Commercial Insurance, Personal Insurance, Employee Benefits, Life/Health, Workers Comp, Bonds, HR Solutions, Financial Services	1887
2	Insurance Partners, Inc. 901 S. Spring St. Springfield, IL 62704	217-544-8644 best-coverage.com info@best-coverage.com	13	4	Doug Ryherd Bryan Ryherd Creighton Burrell Bonnie Ford	Home, Auto, Commercial, Life, Health, Worker's Comp, Bonds, Annuities, Senior Products	1999
3	Forsyth Insurance Group, Inc. 430 E. Vine St., P.O. Box 2229 Springfield, IL 62705	217-525-9500 217-528-1526 forsyth-ins.com dblankenship@forsyth-ins.com	11	17	Gregory A. Kennedy president	Personal Insurance, Commercial Insurance, Life, Health and Group and Financial Services	1946
3	Goodenow Insurance Agency, Inc. 719 North Grand Ave. East Springfield, IL 62702	217-523-5443 goodenowinsurance.com goodenow@goodenowinsurance.com	11	12	Donald Goodenow	Home, Auto, Life, Commercial, Health and Medicare health plans	1998
4	American Central Insurance Services 3300 Hedley Road Springfield, IL 62711	217-698-9000 americancentralinsurance.com andrew @americancentralins.com	10	20	Stan Travelstead Jeremy Travelstead Andrew Novaria Dennis Lister	Employee Benefits, HR Consulting, ACA Reporting, ERISA Compliance, Cafeteria Plans, Business Insurance, Personal Insurance	1987
5	Bailey Family Insurance 1625 S. Sixth St. Springfield, IL 62703	217-441-2342 baileyfamilyinsurance.com info@baileyfamilyinsurance.com	7	12	Christine and Mark Bailey Jourdan Kitchen	Commercial Insurance, Life/Health Bonds and employee benefits	2017
6	Gallagher (Arthur J. Gallagher & Co.) 3200 Pleasant Run, Suite C Springfield, IL 62711	563-388-2418 ajg.com	6	13	Tim Nicoud, Jr.	Commercial Insurance and Risk Management, Benefits and HR Consult- ing, TPA Services, Captives, Claims Management, International Solutions, Risk Control Services	1927
6	Lee/O'Keefe Insurance Agency Inc. 2501 Chatham Road, Suite 100 Springfield, IL 62704	217-528-5679 leeokeefe.com info@leeokeefe.com	6	9	Glenda Richards Brian Blough	Business, Personal, Life/Health Insurance Bonds	1934
7	Denton-Merritt-Dycus Insurance Agency 2800 S. Sixth St. P.O. Box 1179 Springfield, IL 62703	217-528-0408 dentoninsurance.com dmerritt@dentoninsurance.com	4	4	David R. Merritt John C. Merritt	Personal Lines and Small Commercial	1930
7	Formea Insurance Group, Inc. 512 S. Church St. Chatham, IL 62629	Phone/website/email 217-483-1536 ww.formeainsurance.com tformea@formeainsurance.com	4	5	Tracy Formea	Personal Insurance, Commercial Insurance, Bonds and Life Insurance	2003
8	Godfrey Insurance Agency 3261 S. Meadowbrook Road, Suite 300 Springfield, IL 62711	217-679-5442 godfreyinsuranceagency.com rustin@godfreyinsuranceagency.com	3	3	Rustin Godfrey Lisa Godfrey	Crop Insurance	2002
8	Dimond Brothers Insurance Agency 3931 Wood Duck Drive Springfield, IL 62711	217-793-6655 dimondbros.com	3	5	Mark Donaldson, CEO	Commercial Lines, Personal Lines, Employee Benefits, Farm, Health insurance	1867
8	The Group Insurance Agency, LLC 7000 Piper Glen Dr., Suite E Springfield, IL 62711	217-787-7447 thegroupinsuranceagency.com service@thegroupinsuranceagency.com	3	5	Jason Dolby	Commercial Insurance, Personal Insurance, Life Insurance, Bonds	2008
9	Preston Insurance Agency, Inc. 3307 Robbins Road Springfield, IL 62704	217-529-9711 prestoninsurance.com prestonins83@yahoo.com	2	2	Bill and Angie Preston	Auto, Home, Life, Business, Health, Medicare Supplements	2000
10	Boehler Insurance Agency, Inc. P.O. Box 9017 Springfield, IL 62791	217-546-5546 boehlerinsurance.com jesse@boehlerinsurance.com	2	2	Jesse Boehler	Personal lines and commercial lines	2022
11	Jumper Insurance 1800 N. Wolfe St. Springfield, IL 62702	217-303-3842 jumperins.com mjumper1969@gmail.com	1	1	Marilyn Jumper	Senior health plans, supplemental and advantage plans. Cancer, heart attack and stroke insurance, dental, recovery care, hospital indemnity, life.	2020



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Medical students get practice through Standardized Patient Program

By Cinda Ackerman Klickna

Eight private exam rooms, each with a large, one-way mirror, line a curving corridor. On the other side of the mirror is a room where instructors watch what is happening in the exam room while listening through headphones. In the exam room is a patient dressed in a gown awaiting the entrance of a medical provider. The patients are actually actors role-playing as patients for the purpose of providing simulated experiences for medical students in the SIU School of Medicine Standardized Patient Program.

The standardized patients are called SPs and are trained in how to portray a character according to the case details they are to assume – age, physical or mental ailments and various symptoms to present such as a cough or a broken leg, for example. The SPs are coached to make the simulation as real as possible. There is even a chewing gum that can be used to give the SP's breath a certain odor that could be a symptom of a particular condition. Each case helps medical students, residents, nurses and other providers hone their skills, get assessed by faculty and learn the best techniques for when they interact with actual patients.

Mary Aiello served as director of the Standardized Patient Program for 23 years. Although she retired in 2023, she still works part-time assisting with the program.

Dr. Amelia Frank is the current director of the Standardized Patient Program and a physician and associate professor of Family and Community Medicine at SIU. She has come full circle as both her parents were doctors and teachers at SIU and says she knew she wanted to pursue medicine and someday work at SIU.

The Standardized Patient Program began in the 1970s, and SIU was the first medical school in the nation to have a formalized program. In the 1980s, SIU was credited with having the first comprehensive performance-based program, and Dr. Howard Barrows was instrumental in making this a reality.

Barrows came to SIU from McMaster University Medical School in Canada where



An exam room with a one-way mirror where instructors can watch medical students, residents, nurses and visiting doctors interact with people who are role-playing various types of patients through SIU's Standardized Patient Program.

PHOTO COURTESY SIU

he was a pioneer in training actors to become simulated patients. Barrows later became the associate dean for educational affairs and chair of medical education at SIU. His work helped the school build a strong program that "is used by an overwhelming majority of medical schools across the country," Frank said. "Our program allows students to get hands-on skills learning. Students can try approaches and possibly fail, but that is part of the learning. With SPs, medical students won't actually hurt anyone if they make a mistake. They are observed in an unobtrusive way and given feedback from the faculty who watch them as well as the SPs."

Aiello adds, "I feel blessed to have worked with Barrows in the SP program. At first students were skeptical, but over time that changed to


their appreciation for the simulations. Issues such as how to give bad news to a patient or deal with an abuse case can be practiced before encountering a real case."

Wen Fritsch, a fairly new SP, said, "We are given a case with specific details and spend a couple of weeks practicing. We are given instructions on what to say or not to say, what symptoms we are to present and what to watch for from the students. This training is so important. I love doing this, and have been impressed with the medical people I have met. The cases are all over the board. One time I had to act like a drunk who suffered a broken leg from jumping off a bridge in a small, rural town. The medical team who came in to see me had to come up with a solution about what they would do in a real situation."

Those being evaluated might be medical students (72 are enrolled at SIU), residents, nurses or visiting doctors. The simulation cases could be as minor as a sore throat and cough or as serious as a sexual assault. Frank said, "We work with other groups on external cases, such as training in social work or with the police in certain types of situations."

A beginning medical school student learns basic physical exam skills through simulation experiences. In subsequent years, assessment and

skill development increase with a larger number of cases using SPs. In senior year, a student must complete SP cases along with a clinical reasoning exam to determine readiness for residency. By the time a student graduates they will have seen more than 50 SPs.

The program is always seeking new SPs. Pay is given to the participants. Currently, there are around 125 SPs, and more are welcomed. Information and an application can be found at <https://www.siu.edu/oec/sp> 

Cinda Ackerman Klickna is a frequent contributor to *Illinois Times* and *Springfield Business Journal*.



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Allison Paul named chief nursing officer for HSHS Central Illinois Market



Allison Paul PHOTO COURTESY HSHS

Hospital Sisters Health System has appointed Allison Paul to chief nursing officer of the HSHS Central Illinois Market. In this role, Paul is responsible for leading and coordinating nursing operations at HSHS ministries in central Illinois, which includes St. John's Hospital in Springfield, St. Mary's Hospital in Decatur, St. Anthony's Memorial Hospital in Effingham, St. Francis Hospital in Litchfield and Good Shepherd Hospital in Shelbyville.

Paul joined HSHS in 2015 as the executive director of St. John's Children's Hospital and Women's Services. Since that time, she has served in various leadership roles at St. John's and with HSHS, including past roles as Central

Illinois Division CNO, HSHS Illinois CNO, and Interim President and CEO of St. John's Hospital. She most recently served as chief nursing officer of HSHS St. John's Hospital.

Prior to joining HSHS, she served at OSF Saint Francis Medical Center in Peoria where she was the director of children's care services after starting there as a pediatric nurse in 2003. She received a bachelor of science degree in nursing from Illinois Wesleyan University, a master of science degree in nursing from Saint Francis Medical Center College of Nursing and a doctor of nursing practice from Rush University College of Nursing.

Colors of Health Fashion Show planned for Sept. 6

The Alliance for Women in Medicine and Science will host the Colors of Health Fashion Show and Community Engagement Awards on Friday, Sept. 6, at the Hoogland Center for the Arts, 420 S. Sixth St., Springfield.

This annual event celebrates the vibrant intersection of community engagement and health through fashion. The evening will begin with a reception at 5 p.m., followed by the fashion show at 6 p.m. Tickets are available for \$20 and can be purchased online.

Proceeds from the event will benefit the Springfield Immigrant Advocacy Network. This grassroots advocacy organization protects the rights and promotes the well-being and inclusion of Springfield's immigrant and refugee community through advocacy, education and assistance.

The highlight of the evening will be the presentation of the AWIMS Community Engagement Award, recognizing an individual or organization that exemplifies AWIMS' mission

of promoting gender equity, career advancement, work-life balance and community engagement.

"We are thrilled to host this event and celebrate the incredible work being done in our community," said Erica Austin, deputy director of the SIU Medicine Office of External Relations. "The Colors of Health Fashion Show is not just about fashion, but about highlighting the diverse and meaningful ways our community is improving health and well-being."

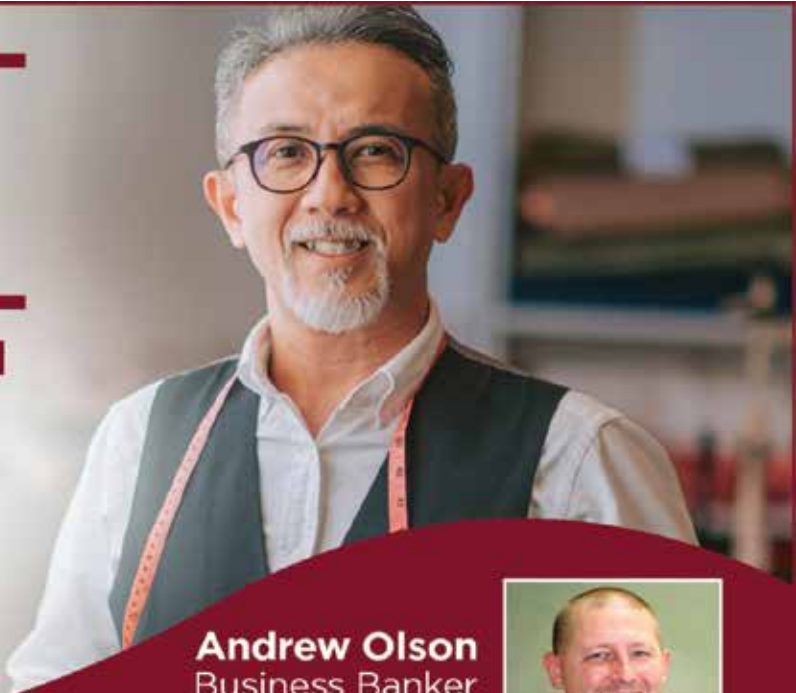


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Ensure the future of your small business

Prepare new leaders to step up

By Kelly Gust

Imagine building your small business over a period of 20 or 30 years of hard work, then, a few years ahead of your planned retirement, a health scare takes you away from work for several months. During your time away, your team doesn't know how to handle all aspects of the business, customer service suffers and vendors aren't getting paid. We all think that it will never happen to us, but the reality is that none of us will live forever.

But how does a small business owner retire? While the thought of stepping away from the day-to-day operations of your business to golf, hit the beach, spend time with grandkids, or even attend to the health needs of yourself or a loved one might fill you with apprehension, with thoughtful planning and preparation your business will continue to thrive in your absence. One of the most critical steps on your path towards retirement is identifying and grooming new leaders who can step up and lead your business forward.

Here's how to prepare your business for this transition and retire with confidence, knowing that your legacy will be in good hands.

1. Identify potential leaders early

The first step in preparing for your retirement is identifying potential leaders. Look for employees who excel in their current roles and demonstrate leadership qualities such as problem-solving, effective communication and interpersonal skills, and a strong understanding of your business's vision.

A best practice is to continuously evaluate your talent for future potential – assess early and assess often. Developing experienced leaders takes time. Potential successors will need the opportunity to grow into their new responsibilities gradually.

2. Invest in leadership development

Once you identify potential leaders, invest in their development through formal training, mentorship and opportunities for increased responsibility. Encourage your high-potential individuals to lead projects, manage teams and make decisions that will prepare them for the challenges they'll face. Provide feedback will help them navigate challenges and develop insights.

3. Gradually transfer responsibilities

A smooth transition doesn't happen overnight. Start by delegating smaller tasks and gradually increase the level of responsibility. This helps to build confidence and allows you to assess their readiness for leadership along the way. During this transition period, it's important to maintain open communication, provide feedback, acknowledge successes and address any areas where they need to improve.

4. Transfer knowledge intentionally

One of challenge in transitioning leadership is the need to pass along institutional knowledge. Make sure that critical processes, systems and key contacts are well-documented. This includes everything from day-to-day operations to less frequent (but important) strategic tasks that don't occur as often. Having your possible successor involved in building the documentation ensures they have a clear understanding of how the business operates and will allow them to build upon the systems you've established.

5. Communicate with your team

Transparency is key when preparing for a leadership transition. Keep your team informed about upcoming changes. This helps alleviate concerns, ensures everyone is on the same page and fosters a sense of stability among employ-

ees. When employees see that there is a plan in place for the future, they're more likely to remain committed.

6. Plan for contingencies

Even with the best planning, things don't always go as expected. Consider contingency plans in place in case your chosen successors are not ready or able to take on the leadership role when the time comes.

This could involve identifying an interim leader, external firm or potential buyer for the business. Having a contingency plan ensures that your business is prepared for any scenario.

7. Consider your exit strategy

Your retirement plan should include a clear target date and exit strategy. Decide how and when you will officially step down, and whether you will remain involved in the business in an advisory role or if you plan to completely step away. It's important to clarify your intentions and set expectations for your successors and the rest of your team.

Conclusion: Leaving a legacy

Retirement doesn't mean leaving your business behind; it's about passing the torch to the next generation of leaders who can build on the foundation you've established. By identifying potential leaders early, investing in their development, gradually transferring responsibilities and planning for contingencies, you can ensure a smooth transition and the continued success of your business.

Taking these steps secures your business' future and allows you to enjoy your retirement with the peace of mind that comes from knowing your legacy is in capable hands. **SB**

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Real estate commissions have changed

By Sarah Delano Pavlik

Important changes to the way real estate agents are paid went into effect Aug. 17, but will buyers and sellers be affected significantly?

In the past, the seller of a property has generally paid the entire commission, which is typically a percentage of the property's sale price. The commission is then split between the seller's agent and the buyer's agent. The standard rate has been between 5%-7% of the home's sale price. Some claim that these commissions inflate home prices.

Several lawsuits were filed alleging that the commission system violated anti-trust rules. The National Association of Realtors settled the suits, agreeing to pay \$418 million and to change its commission rules.

Probably the most noticeable change in the new rules is that technically buyers will now pay their own agent, rather than the seller paying the buyer's agent. However, since buyers can stipulate the terms of the sale in the offer they make to sellers, the net effect may not change.

Julie Davis, head of the Julie Davis Team at The Real Estate Group, said, "The changes in how Realtors do business are really changes in process and procedure, giving buyers more clarity and transparency. That's a good thing for consumers, especially those buying their first home."

Proponents of the new rules emphasize the ability of the consumer to negotiate commissions now. However, Davis notes, "Commissions



have always been negotiable. Individual companies and agents set their own policies, based on their cost to deliver the level of service they choose to provide."

The major practical difference in the buying process will be the paperwork. Davis said, "The largest paradigm shift for consumers is that they must sign some type of agreement outlining their relationship to the Realtor prior to viewing a home. Realtors all across the country are prohibited from showing a house without a signed agreement."

So how will the process work going forward?

Commissions will not automatically be split between seller and buyer agents. A seller can still pay a buyer's agent, but the seller can no longer include that information on the multiple listing service. Before, a listing on MLS could state that the commission was 6% to be split between the agents. Now, the commission can still be 3% paid to the seller's agent and 3% paid to the buyer's agent, but the paperwork will be different.

The intent in not allowing the commission in-

formation to be posted in MLS is to avoid steering, where a buyer's agent would not show a client homes solely because the seller was offering below-market commission rates.

In time, buyers may pay their own agents and sellers may pay lower commissions to their agents, but at least in the near future, sellers will likely continue to pay the entire commission.

Proponents believe the new rules will lower overall costs, increase competition among real estate agents, and make home ownership more accessible for many individuals and families.

The lawsuit settlement also has implications for anyone who sold a home in the last seven years, who may be able eligible for payment. Per realestatecommissionlitigation.com: "To be eligible to receive the benefits of the Settlements, you must have: (1) sold a home during the Eligible Date Range; (2) listed the home that was sold on a multiple listing service ("MLS") anywhere in the United States; and (3) paid a commission to any real estate brokerage in connection with the sale of the home. The Eligible Date Range depends on which MLS you listed your home for sale on." You can obtain more information and file your claim on the website. The amount sellers receive will depend on the number of claims filed.

As with any business, the sale of real estate will evolve over time, and we will have to wait to see how the new rules play out.

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By Thomas C. Pavlik



Chicken and dumplings soup
PHOTO CREDIT Brandon Turley

I love diners, and the closing of the Ritz's Jefferson Street location hit me pretty hard. Thankfully, two former staff members from Chatham Café decided to go out on their own to open a new diner in the former Jungle Jim's space on Peoria Road. They delivered exactly what you expect – basic but good food at an affordable price.

I hadn't been to Jungle Jim's in many, many years and so don't have a recollection of what the interior looked like. However, I feel fairly confident that the new owners did a substantial makeover. The shades are primarily grey and whites, and the seating looked to have been reupholstered. The flooring is made of tile, which tied in nicely with the half-tiled walls. The seating was a mix of booths and tables.

We arrived at 11:30 a.m. and Fairgrounds Cafe was about 90% full of what mostly appeared to be families and friends out for a good meal. We were quickly seated, given menus and our drink orders were taken. As to those drinks, as all good diners do, Fairgrounds Cafe was obsessive about keeping up with refills. Another thing we noticed with pleasure was that, unlike some of its competitors, the ketchup bottles at each table appeared to be completely full. It's a small thing, but it makes a difference.

About half of the menu is dedicated to breakfast items, including a variety of egg Benedict and skillet. The crab cake Benedict caught our eye, as did the breakfast burrito and steak and eggs. The remainder of the menu is devoted to salads, burgers, wraps and sandwiches.

All sandwiches come with a bowl of soup

and fries. Tater tots and a side salad can be subbed in at a small additional cost. The day we visited the soups offered were chicken and dumpling and beef and rosemary. I went with beef soup. It had good flavor, but the orzo was too mushy, an inevitable problem when soup is kept around all day. I still ate the whole bowl and sponged up the residue with the roll that was served alongside.

I intended to try Fairgrounds' chili, but unfortunately, it's not a popular enough dish during the summer months, so Fairgrounds only serves it in the fall. Reason enough to return again.

My guest and I considered the BLT wrap (bacon, lettuce, tomatoes, mayo, cheddar cheese and avocado at an added cost), the gyro sandwich (sliced gyro meat on pita bread, topped with onions, tomatoes and gyro sauce on a side), and the hot pork tenderloin sandwich (served with mashed potatoes and gravy instead of fries).

My guest decided to stick with the breakfast side of the menu and went with the bagel sandwich. She's a bit of a picky eater and asked for her hash browns and bacon to be extra crispy – both requirements for a good bagel sandwich. Fairgrounds delivered in both respects, especially with the hash browns. They had that nice darker brown color that provide extra taste and some necessary texture. She also appreciated that it contained two eggs and that the bagel itself had been nicely browned. All and



all she advised that each bite had a satisfying mix of creamy, tangy and salty flavor notes.

I went with the turkey club sandwich (turkey, bacon, tomato, lettuce, mayo and Swiss cheese on toasted white bread). I love club sandwiches but can be easily disappointed when they don't stand up to my expectations. A good club sandwich is a classic tower of flavor and texture, with each layer contributing to a satisfying and balanced bite. Fairgrounds' version more than met those expectations. It was the classic club with thicker slices of turkey, fresh lettuce, ripe tomatoes and crispy bacon for its savory crunch and smokey flavor. It was one of the larger club sandwiches that I've seen in Springfield. I did note that instead of Swiss cheese mine came with American cheese. I was fine either way and actually may have preferred the creaminess of the American cheese. Also, as a pickle lover, I particularly appreciated that it came with a small stack of dill pickle slices in case I wanted to add those to the mix.

The sandwich (cut up in quarters and secured with toothpicks, naturally) were then covered with a very generous serving of fries that must have just come out of the fryer. They had a small amount of coating on them, which I usually don't prefer, but the flavor and texture were spot on.

Fairgrounds is a welcome addition to Springfield's diner scene. With good service, food made with quality ingredients, generous portions and reasonable prices it's not surprising that I've been hearing good things about Fairgrounds. I wish it much success.

Address: 1923 N. Peoria Road, Springfield
Phone: 217-572-1416
Website: fairgroundscafeil.com
Kitchen Hours: Monday - Sunday 6 a.m. to 3 p.m.



Chipotle burger with fries
PHOTO CREDIT Brandon Turley



New businesses

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

JAK Life Coaching, 2067 Briarcliff Drive, 971-1975. Jacqueline Keller.

Cherished Image Media, 42 Groton Drive. 415-0456. Mallory Webster.

CA Construction, 3500 N. Dirksen Parkway, Lot 120. 415-6158. Chance J. Alexander.

Lifestyle Systems, DBA, 1515 Governor St. 220-5360. Diane Adair Hopewell.

Printholix LLC, 2501 Wabash Ave., Suite E14A. 413-2532. Michael Gay.

Now Or Never Construction, 209 W. Scarritt St. 371-7276. Dustin Levi Chaplin.

Now Or Never Ink, 209 W. Scarritt St. 371-7276. Dustin Levi Chaplin.

EE & Crew LLC, 12 Lansing Drive. 416-4916. Marek Mudrik, Rebekah Rempert.

Lewis Customs, 301 Keystone Drive, Chatham. 318-464-0600. Jeremy Lewis.

Pelican State Pizza Company, 301 Keystone Drive, Chatham. 318-464-0600. Jeremy Lewis.

The Soul Shoppe, 1052 Stanford Ave. 415-6785. Chelsey Farley.

Fresch Scent Cleaning Service, 3914 Lear Drive. 413-813-7221. Omari Murray.

G & S Handyman Services, 1504 E. Stanford Ave. 609-369-1784. Courtney Stewart.

Dre's Residential & Commercial Cleaning Services, 504 Harriet Court. 381-2057. Dandre R. Hale.

Dyer Family Business, LLC, D/B/A Razzos Family Pizzeria, 129 John St., Rochester. 801-3734. Nathan Alan Dyer, Katherine A. Dyer, Brad Dyer

Dr. Virginia Voyles, DC, 4211 Westgate Drive. 816-2753. Virginia Mae Voyles.

Hannah Evans Photography, 1914 E. Keys Ave. 553-5026. Hannah Evans.

LLW & Wig, 407 S. Fourth St. 816-5854. Lisa Lanya Williams.

R.H. Military Police & K-9 Unit, Inc., 3343 S. Sixth Street Road, #10, Southern View. 622-5869. Royzell Hall Sr.

JD's Ventures, 5215 Bakutis Road. 523-7162. Joy Ann Dougherty.

Comic Service, 1000 Stanford Ave. 553-6546. Tina Boarman.

KP Tax Accounting, 731 South Grand Ave. W., Apt. 5. 494-6226. Katherine Nelson.

Moongazers Dot Space, 2309 Hampton Drive. 760-613-5840. Marcella Moore.

Nailed by Ny, 901 Clocktower, #12. 816-6852. Nykirra Maryon Renee Henderson.

Dalby's DirtWorx LLC, 7760 Wesley Chapel Road, Chatham. 725-9339.

The Art of Beauty Studio, 1731 N. Dirksen Parkway. 299-0116. Kerri Merriman.

WOMEN'S EVENT CALENDAR

Enjoy a day of leadership tips, inspiring personal growth and networking with Springfield-area women at the at the IWIL Women's Symposium on Wednesday, Sept. 25. From 8 a.m.-5 p.m. at the Crowne Plaza Springfield, you'll find inspiration, motivation and actionable tips for personal and professional fulfillment. All adult professionals of any experience level are welcome to attend. You don't need to be a member of Illinois Women in Leadership.

Registration will close Monday, Sept. 23, at 11:59 p.m. The cost is \$249, or buy five registrations and get one free (use the code 6FREE to save). Visit iwil.biz to register or for more information.

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The Samaritans of HSHS St. John's Hospital

By Janet Seitz

Volunteers can be the life force of an organization. HSHS St. John's Hospital's volunteer group, the Samaritans, provide vital services that add to the comfort of patients and their families while offering an opportunity to give back to the community.

Katie Sundby, who until recently served in the Children's Miracle Network at HSHS St. John's Children's Hospital, began her new post as director of volunteer services earlier this year. "After 10 years in my last position, I thought it was time for a change," said Sundby. "There was an opening and I thought about how much I enjoyed the volunteers I worked with in CMN. I thought it would be a great next step and fit for me."

Sundby's job entails overseeing all of the volunteers and the gift shop, which is run by volunteers. Sundby said the hospital currently has about 250 volunteers who fill a variety of roles. "Our volunteers have a wide range of opportunities from running a coffee cart for patients and their families, helping run the gift shop, escorting patients out after discharge, greeting patients and families as they enter, helping on patient floors with stocking supply closets, cleaning toys, doing activities on the pediatric floor, organizing and the list goes on," she said.

Samaritans can volunteer as little as four hours a week. Sundby said an online application is posted under the community tab on the hospital's website for those who want to get involved. After passing a background check, volunteers go through an orientation and tuberculosis test.

Volunteer Mary Payne said when she retired, she did not want to just sit around and do nothing. That resulted in volunteering three days a week for a four-hour shift working in the hospital's gift shop.

"I have been working there for 12 years and just love it," Payne said. "I really feel like I am appreciated there and that I make a difference in people's lives. It is wonderful to get up in the morning and feel like I have a purpose. And just putting a smile on my face and greeting



Barb Butler, one of the HSHS St. John's Hospital Samaritans, works in the hospital gift shop. PHOTO BY KATIE SUNDBY

my customers and asking them how I can help them can make a difference in their day."

"The thing I find most fulfilling," Payne added, "is when a loved one of a patient in the hospital comes in and you can tell they have received bad news and they just need someone to listen and care. There are many times, if there aren't any other customers in the shop, they will open up and begin to talk about their struggle and feelings. I feel that I have the opportunity to listen and show compassion and that someone cares about what they are going through. We have so many different kinds of customers – from a nurse or tech who are just running in on their break to pick up a quick

item for themselves or their patient or a new dad or grandparent that is getting flowers or balloons to celebrate the happy arrival of a new baby into the family. It always makes me feel good to fill that need."

Sundby said one of her most cherished moments is when she asked if a volunteer would sit with a patient and keep them company. She said she had an outpouring of responses to her email request for that role. "That filled my heart so much to see the support from these volunteers that they wanted to come in on their day off to be there for someone else. These volunteers take this so seriously, and I love that they love being a part of St. John's as much as the colleagues do."

Barb Butler said she became a volunteer about 20 years ago as a Eucharistic minister. "I had been a Eucharistic minister at my church, and felt it was a wonderful mission to minister to the patients undergoing significant medical challenges. I was still a nurse at the time and knew the value this was to many patients. This role continues to help me in my own faith journey. I also work in the gift shop where I love and enjoy meeting and talking with the families, our St. John's workers and everyone else who comes to the gift shop.

"I have met many wonderful patients and people over the years, and this is why I continue to volunteer. I also feel I am keeping the spirit of the Hospital Sisters alive by doing what I do. Most enjoyable, or perhaps making an impact, is actually feeling the Holy Spirit helping you when interacting with the patients. I have cried and laughed at times with them as they cry and laugh. It is a blessing that helps me in my journey of life. I think we all have to help each other in this life by using any talent we have been given by God to help others, and that is why I volunteer."

To learn more visit <https://www.hshs.org/st-johns>.

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



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