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Harvey and Judy Stephens were surprised at the Aug. 26 gala to receive the philanthropy award from the Community Foundation for the Land of Lincoln.

PHOTOS / COURTNEY WESTLAKE

Philanthropy is more than money

Judy and Harvey Stephens reflect on a lifetime of giving

BY JANET SEITZ

"Actions speak louder than words," reminds Judy Stephens. "My take on philanthropy is it's not just about giving money. It involves time, energy and a commitment to make things happen."

That's surely the case with Judy and Harvey B. Stephens of Springfield, this year's first recipient of the Community Foundation for the Land of Lincoln's Stephens Philanthropy Award. The newly created award, presented Aug. 26 in celebration of the foundation's 15year milestone, recognizes the achievements of those who have gone above and beyond to live their lives with an extraordinary commitment to philanthropy and community service.

CFLL President and CEO John Stremsterfer said when the creation of the Stephens Philanthropy Award was revealed to Judy and Harvey Stephens, they were surprised as the inaugural recipients of the award named after them

"Together Judy and Harvey have been a force for good in many areas of our community for years," said Stremsterfer. "Judy was the catalyst behind the launch of the Community Foundation 15 years ago and served as its first board chair. Harvey has served as our pro bono attorney this entire time. It's impossible to think of the Community Foundation's anniversary without also recognizing Judy and Harvey's vision and commitment to seeing this work grow and succeed." "As a couple, Judy and I did a lot together in the community," said Harvey. For Judy, originally from a small town in Massachusetts, that volunteer work began in the 1960s when she was invited to join the Junior League.

"That's where I really learned about Springfield," Judy explained. "The Stephens family, which had been in Springfield since the early 1900s, took me aside and taught me about the various families of Springfield, the leaders, banks and churches." That knowledge and network provided connections to make things happen.

The list of organizations the couple has supported and taken leadership and volunteer roles in is long. It includes Kiwanis, Friends of Memorial Medical Center, Springfield Board of Education, United Way, arts organizations and more. Education is the main theme, according to Judy, sourred by the

needs of their

mentally chal-

lenged daughter.

"If we don't have an educated population, we

Judy said one of the more notable orga-

nizations they've supported is the Hoogland

a 33rd degree Mason, and his life was built

Center for the Arts. Harvey's grandfather was

around the Masonic order. The men in Judy's

family in New England were all Masons. When

the Springfield building (Masonic Temple) be-

came available and offered a creative reuse of

won't stay number one in the world."

it, "the concept was really cool." The building became the Hoogland Center for the Arts. "A lot of effort went into it. If anything anchors downtown that's it, and the ALPLM."

The Hoogland Center for the Arts was very special, Judy continued, especially since arts education is limited or nonexistent in some schools. "The arts let young people expand

> their horizons and explore in intelligent and challenging ways.'

The Stephens' support has extended beyond the Springfield community. For example, Harvey served on the board of directors with Jackson Lab in Bar Harbour, Maine, a facility that uses and provides mice for research in cancer, epilepsy

support, the community is a much better place."

Through philanthropic services, strategic grantmaking and community leadership, the Community Foundation for the Land of Lincoln "connects people who care with causes that matter."

Of course, the foundation and community organizations need people to make a difference. "People like Harvey and I need to be able to change," said Judy. "We are change agents. If you don't change, you're going backwards. The foundation will assist in making a better way to live." •

Janet Seitz of Springfield is a marketing communications professional, writer and artist. She's written for a wide variety of area publications.

The Community Foundation's Transformation



special education Harvey and Judy Stephens share "a commitment to make things happen."

diabetes and more. "It's just mind-boggling," said Harvey. The facility plays a

very important part in the medical research community, which includes being instrumental in genome mapping.

Watching the community foundation grow has been rewarding, Harvey said. "The foundation is working to do more - be part of the Chamber, United Way, Innovate Springfield, Sangamon CEO. CFLL is a group that brings many people together to discuss and identify the needs of the community. If we can provide

The original Sangamon County Foundation had been a leading supporter of organizations throughout central Illinois since 1924. Three Springfield banks created the Sangamon County Foundation to provide financial resources to local charitable causes. Those banks were the First State Trust and Savings Bank (now US Bank), the Ridgely-Farmers State Bank (which no longer exists), and the Marine Bank of Springfield (now J.P. Morgan). The founders of the foundation included some of the community's most prominent citizens.



Michelle Ownbey, publisher of Springfield Business Journal presents the Preservation Advocate – Organization award to Joel Horwedel with Lincoln Memorial Garden. PHOTOS BY CAROL WEEMS

2017 Legacy Awards Ceremony



On Sept. 12, the Illinois REALTORS® and Springfield Business Journal hosted a reception to honor the 2017 Legacy Awards recipients. Started in 2015, the Legacy Awards recognize longstanding local businesses who have made significant contributions to the community, as well as an individual who has advocated for historic preservation. This year's recipients were Isringhausen Imports, Ace Sign Co., HSHS St. John's Hospital, Lincoln Memorial Garden and PJ Staab of Staab Funeral Homes.

The event also served as a fundraiser for the Community Foundation for the Land of Lincoln's Historic Preservation Fund. Representatives from CFFL -Historic Preservation Fund presented a check for \$7,500 to the Vachel Lindsay Association, the recipient of the group's 2017 grant.

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PRESERVATION AWARDS



Jennifer and Geoff Isringhausen, of Isringhausen Imports, with Sheila Feipel



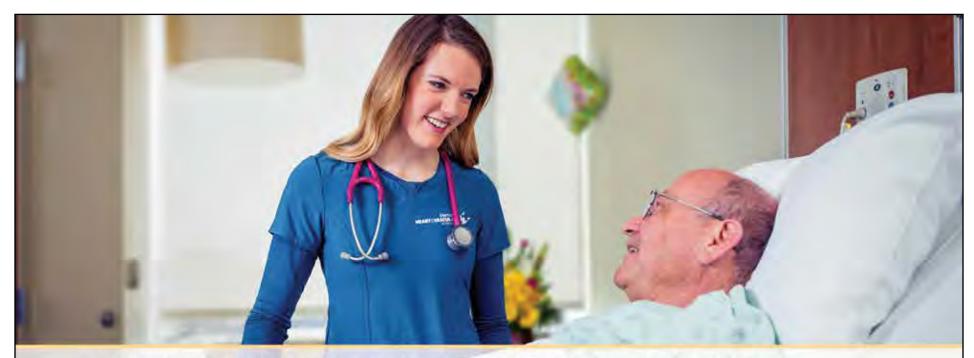
Nicole Overcash, of the Vachel Lindsay Association and Sue Massie of the CFLL Historic Preservation Fund



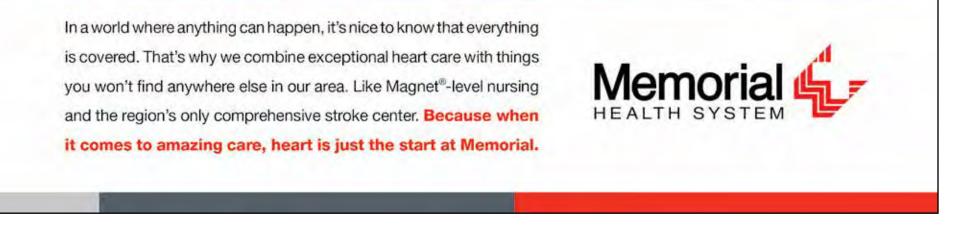
Dennis Bringuet, Joe Bringuet, JoEllen Higgins, Todd Bringuet of Ace Sign Co.



Recipients of the 2017 Legacy Awards



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Dream of high-speed rail lives on

Rick Harnish is enthusiastic about the bright future of faster trains

BY ZACH ROTH

"High-speed rail would allow you to get from Springfield to Chicago and back in a day," Harnish says, "and be home in time to tuck the kids in bed."

Harnish is the executive director of the Midwest High Speed Rail Association (MHRSA), an advocacy group that has been pushing for a high-speed network that would include not just major metropolitan areas like Chicago, but smaller towns such as Springfield.

"We help the public and civic leaders understand the benefits of high-speed rail," Harnish said.

To that end, Harnish has released the Phased Network Plan, a bold new idea for a series of high-speed rail lines connecting several cities across the Midwest, including Springfield.

"The Phased Network approach is like how we built our interstate highways,' Harnish said. "We upgraded a lot of highways at once, so that more cars could go over them safely."

Those interstate highways heralded a new era for American transportation, with segments that could be built every 25-50 miles, without railroad crossings, and built for all conditions. The Phased Network railroad approach hearkens back to that particular design, with segments of high-speed rail added on every 100 miles to the existing design of the track.

Rather than being an entirely new design that replaces tracks that have been used since the 1800s, Harnish says that the Phased Network Plan supplements the existing tracks, while allowing for a safer and cheaper journey. The projected time between Springfield and Chicago would be reduced by two hours, and the time between Springfield and St. Louis would be reduced by an hour and a half. "We have thought of high-speed rail as something different from the existing Amtrak service," Harnish said. "It's a mix, similar to the way that they are upgrading the Chicago-to-St. Louis corridor today, where they replaced the track. They worked with the railroads to modernize the entire operation."

how the state has been upgrading the current train lines. He does not consider, for example, the upgrades between Chicago and St. Louis as being high-speed rail, although he admits that some might consider it as such.

"High-speed rail for Springfield would be a train every hour," Harnish said, "that gets to Chicago within an hour-and-ahalf.'

High-speed rail could also provide Springfield with a major tourist and business boom, with local shops receiving more attention than they would have with cars or traditional trains. Documents provided by MHSRA suggest that Springfield could also see a growth of around 7,000 jobs as a result of the new lines, mostly in the construction industry.

"While people are on foot in downtown Springfield, they pass stores and are much more likely to buy things in Springfield," Harnish said.

Funding has been an issue for people seeking a high-speed rail line in Springfield and throughout the state. While Harnish has worked on trying to get politicians on board for years, he still thinks that the funding structure needs work.

What needs to happen is the Illinois DOT (Department of Transportation) needs to be much more aggressive in taking a big-picture role," Harnish said. "They really need to create a travel demand model for the state, so you can start having these discussions."

Harnish and his group want to create an easier way to travel, one on par with the rest of the world. His vision would benefit those who take day trips or those who have business needs in Chicago. Springfield or anywhere across the Midwest. "We need to be in front of each other to have the most meaningful interactions," Harnish said. "Travel is incredibly important. High-speed rail allows you to get to your destination faster, safer and with less expense."

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Harnish points out that the Phased Network Plan is entirely different from

Zach Roth is a freelance journalist from Springfield. He likes reading, the Cubs and sports in general. He is a recent graduate of Bradley University in Peoria, where he studied journalism.

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THE OWNERS AND STAFF OF CENTRAL STATES FIREWORKS

Photo by Terry Farmer

SNAPSHOT

established: 2001 owners: Larry and Vivian Lefferts employees: 5 services: fireworks sales and displays

18034 Kincaid St., Athens 217-636-7598 centralstatesfireworks.com

PROFILE

"We try to craft a good working relationship with our customers. We try to give our customers the best we can for their budget," says Larry Lefferts, president, who bought the business with his wife, Vivian Lefferts, 16 years ago. "We are a display fireworks company. We sell shows and shoot displays throughout the state."

Notable annual displays in Springfield include the Carillon Festival Fireworks and the Capitol Fourth in downtown Springfield. These are very different shows, explains Lefferts. "In our industry, the size of product we can fire depends on the safety zones around the site. Downtown, the shell size is limited to three inches. At the Carillon, we can shoot

up to six-inch shells."

Central States Fireworks also produces "close proximity" shows for even tighter areas, including productions for the University of Illinois football team and Chicago Fire soccer team.

Close, repeat customer relationships are important to Central States Fireworks' success. "A lot of them have become friends," says Lefferts. "Our employees are dedicated to partnering with our customers to design and shoot a display that meets or even surpasses their expectations. It's our passion ... whether you have a small or large budget we have ideas that will make your event be remembered fondly."

- DiAnne Crown

SNAPSHOT

established: 1972 owner: Roland and Stacy Law employees: 5 services: auto repair

PROFILE

"Law Automotive has been a family owned and operated auto repair shop since 1972, founded by Howard 'Butch' Law. Butch's son, Roland Law, bought the business in 1994. An ASE-certified Master Technician, Roland, along with his wife, Stacey, updated the business, converting the shop to computerized technology and modern tools," Law Automotive says on its website, www. lawautomotive.com.

"Law is our firm's name," says Stacey Law. "We take personally everything we do because it's the name on the shingle and sign out front, and everything we do represents our family."

In addition, Law says, "All of our employees have been here four to 16

1817 W. Jefferson St., Springfield 217-546-2332 lawautomotive.com lawautomotive@comcast.net

years. We're close with our staff, and that transfers to our customers' cars like they're another member of the family."

Law Automotive invests in training for the team every year. "We realize with the fast-paced technology of the industry that we have to stay up to date with our equipment and our training," Law says. "Our technicians have 100 hours per year to go to training and make sure we're up to date on the advancements. That expense of time and money is an investment in our staff to make sure our customers are getting the best service possible 'allowed by Law.' The dealers have no information or training over us." - DiAnne Crown

Masco Packaging and Industrial Supply



SNAPSHOT

established: 2000 owners: Cress Maddox employees: 14 services: wholesale distributor for packing materials, janitorial supplies and equipment

PROFILE

"We are a wholesale distributor for by using environmentally safe, greenpackages, boxes, sealing tape, void fills certified cleaners. By reducing the toxicity (peanuts, foam, padded mailers and bubble

290 North St., Springfield 217-744-0303 mascopackaging.com cress@mascopac.com

that is put back into the environment we are protecting our environment and improving our human safety. Customer satisfaction is our priority," Masco says at www.mascopackaging.com.



STACY AND ROLAND LAW

Photo by Terry Farmer

wrap) and also provide janitorial supplies and equipment," says Cress Maddox. "We offer value and service, and try to partner with our customers. We service just about every manufacturing plant in central Illinois by giving them ideas on how they

can save money."

"Masco is dedicated to creating a healthier, safer and more effective way to clean our homes, offices and school

Masco's product list includes a wide range of packaging and sealing, chemicals, paper, and equipment for floor care. "Safe, simple, natural" are the Masco values.

- DiAnne Crown

LAURIE AND CRESS MADDOX, JENNIFER WAGNER

Photo by Terry Farmer

CrossFitXLT, Exceeding Limits Together



THE TRAINERS OF CROSSFIT XLT

Photo by Terry Farmer

Best Expo



COLIN AND MELANIE JACOBS

Photo by Terry Farmer

Fire and Ale



SNAPSHOT

established: 2014 owners: Bryan Bridges and Jon Salvacion employees: 7 services: fitness classes and training

251 Walnut Dr., Chatham 217-416-0066 crossfitxlt.com crossfitxlt@gmail.com

PROFILE

Located in Chatham in a 9,000-squarefoot facility, and founded in 2014 on principles of fitness, community, accountability and integrity, CrossFitXLT is dedicated to improved health through teaching and encouragement. Its mission is to offer the best possible service focused on assisting people of all fitness levels and improving quality of life. CrossFitXLT also offers "WOD" (Workout of the Day) fundraisers, and makes the heart of their program the community of individuals who support and encourage each other every day.

"CrossFit is the way to go in gaining quick results, building your strength and joining a community that believes in supporting and encouraging one another,"

says www.crossfitxlt.com. "In the world of fitness, everyone has to start somewhere and it's good to have support as you begin and move along on your own personal journey for health."

"We provide both private and group training to individuals of all ability levels, even if you have zero CrossFit knowledge. Our coaches are with you for every workout, they genuinely care about your fitness goals, and they specialize in how well you move so you get a fun, safe and effective workout in under an hour. Every workout is completely scalable and can be tailored to your exact needs," says Jon Salvacion. "We are not just a gym, but a FITFAM."

- DiAnne Crown

SNAPSHOT

established: 2007 owners: Colin and Melanie Jacobs employees: 2 full-time, additional part-time as needed services: event rental equipment and services

PROFILE

Owner Melanie Jacobs is known for complete service on jobs of every size in a niche market providing exhibition, event, meeting and trade show services. "We are a full-service trade show company," says Jacobs. "We offer vendor servicing, material handling, show labor, graphics and dayof-show-services. We help foundations, agencies, nonprofits, associations, companies, universities and other groups with their events, including festivals, fairs, awards programs, weddings, fundraisers and much more."

"Best Expo was founded on a belief that the convention services industry should be about more than just rental equipment and rushed deadlines," says Jacobs'

bestexpoinc.com mjacobs@bestexpoinc.com

P.O. Box 107, Sherman

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website www.bestexpoinc.com. "It should be about good service and even better relationships. That's why we believe in a more personalized approach in assisting with the production of your event. ... At Best Expo, we're large enough to be able to handle just about any task, but small enough to care about every detail. We feel that 'Our job is to make your job easier.'

"We can custom-design a to-scale floor plan of any facility, print your signs and banners, and give expert advice. The only thing we can't do is provide the attendees."

"Our reputation is of flexibility, hard work and friendliness," says Jacobs. - DiAnne Crown

SNAPSHOT

established: 2012 owners: Steve Fickas, Bill Hahn and Calvin Kirk employees: 12 services: bar and restaurant

PROFILE

Owners Steve Fickas and Bill Hahn say they took over the local sports bar in Sherman about four months ago and now feature an updated menu that includes homemade pizzas baked in a wood-fired pizza oven, new desserts and wines, and a variety of craft beers. In addition, customers can watch their favorite sports teams on the 18 televisions, sit at an outside patio with two fire pits, and play video games on site.

135 Illini Blvd., Sherman 217-496-2236 fireandale.net contact@fireandale.net

wood-fired oven fully cooked in only a few minutes. Try our selection of wines and craft beer. And book our back room for your event (equipped with a projector for presentations). Come relax and listen to local talents play live music every week. Can't wait to see you here!," say owners Fickas and Hahn at www.fireandale.net.

"Come see our patio that is equipped with two firepits, TVs and comfortable seating. Or check out the 90-inch TV above the bar. Watch your pizza come out of our

"We're service-oriented," says Fickas. "We've learned that to be successful, we work on providing good service every day." Visit Fire and Ale on Facebook, and see their current menu at www.fireandale.net/

menu.

- DiAnne Crown

STEVE FICKAS

Photo by Terry Farmer

Gypsy Soul, Gypsy Tribe and Gypsy Dreamer



CHANEL, ELLE, AND SUE SCHWARTZ

Photo by Terry Farmer

SNAPSHOT

established: 2012 owner: Sue Schwartz employees: 2 full-time, plus part-time help services: boutique for clothing, accessories and gifts

PROFILE

The Gypsy store boutiques successfully provide a personal shopping experience, says owner Sue Schwartz, including "the hands-on attention needed to accomplish the best gift giving and the very best frame of mind when you walk out your door in our unique clothing brands and ideas."

"Gypsy Tribe is a children's store providing items from birth to size 16. Gypsy Dreamer is a treasure with fun clothing and accessories and kitschy gifts," says Schwartz. "We are now the only place between St. Louis and Chicago that you can purchase the LULULEMON athletica brand. Gypsy Soul is a boutique that is ever-changing in fun and functional clothing, accessories and fun gifts. Our Gypsy Soul-2939 Montvale Dr. Gypsy Tribe-2920 Plaza Dr. Gypsy Dreamer-2935 Plaza Dr. GS-217-679-0174 GT-217-679-5649 GD-217-679-1736 gypsystores.mybigcommerce.com

team is always eager to help you get THE question -- 'Where did you get that outfit?' We built our business on it.

"We are a true family business. My daughter, Chanel Schwartz, manages Gypsy Dreamer. My daughter-in-law, Elle Schwartz, manages Gypsy Tribe and I manage Gypsy Soul." The Facebook page for Gypsy Tribe features cute kids in cute clothes — "Local children's boutique in Springfield, featuring a wide array of unique clothing and accessories for ages 0-16 along with special gifts and toys." Described as a "fun and eclectic boutique with amazing clothing and jewelry at great prices," Gypsy Soul "also offers a selection of baby/kids items and home goods."

- DiAnne Crown

SNAPSHOT

established: 2013 owner: Melissa Hamilton employees: 6 services: office space, consulting and marketing services

PROFILE

With multiple business partners and six employees, Melissa Hamilton, president and community founder, is able to help businesses succeed. "We provide office space, consulting, networking and direction for business marketing, strategy and more," says Hamilton.

Open at her downtown location since February 2016, Hamilton describes her business as a networking partnership. "This co-working environment is designed to help yield higher productivity while encouraging you to grow personally and professionally.

"We are committed to help our members build relationships within the community by fostering a networking atmosphere with a diverse group of entrepreneurs, freelancers, small business owners, remote workers, travelers and working professionals. Your 427 E. Monroe, Suite 200, Springfield 217-679-4653 urcorneroffice.com mhamilton@sylutionsinc.com

Corner Office offers services like workshops, training, business mentoring, recruiting and social networking events to help support your career development and grow your business.

"Across the country, the concept of a dedicated co-working space is expanding as companies move towards virtual work environments. Your Corner Office aims to meet the needs of smaller companies, sole proprietors and community groups looking to expand from their home or the local coffee shop to more professional settings. Whether you are a start-up, nonprofit or small business, large leases may not make sense when you can share business resources and connect with other like-minded individuals and groups."

- DiAnne Crown

All in One On-Site Wash and Detail



SNAPSHOT

established: 2002 owner: Pamela Frazier employees: 5 services: detailing, power washing, and cleaning services

PROFILE

"All In One provides on-site detailing, powerwashing, steam cleaning and construction cleanup for residential, commercial, industrial/agriculture and government sectors," says Pamela Frazier, owner, as well as "self-contained mobile units offering personal/commercial, one-on-one care including but not limited to automobiles, RVs, boats, fleets, planes, buses, trucks, trailers, bridges, construction heavy equipment, homes and building exterior, driveway, walkway, deck, cleanup and more. Our primary business goals are customer satisfaction, unique comprehensive solutions and quality work. Our mission is simple: 'Get it clean.'"

P.O. Box 2754, Springfield 217-415-8587 allinonesite.com allinonesite@yahoo.com

com. "We at All In On bring to you mobile detailing, power washing and steam cleaning and construction cleanup. We also provide the same level of expertise

Your Corner Office



All in One cleans anything on wheels, says Frazier's website, www.allinoneonsite.

to your automobile, RV, boat, motorcycle, fleet, plane, bus, truck, trailer, equipment, home, building, patio and driveway. ...You'll receive a personal touch and a dedicated appearance expert whose goal it is to leave you completely satisfied.

"As a member of The Greater Springfield Chamber of Commerce, Illinois Women in Leadership, Local First Springfield and Central Illinois Networking Group, we proudly maintain the standards of excellence that have made our 13 years in business so successful."

- DiAnne Crown

Bailey Hardwoods and Woodworking



THE OWNER AND STAFF OF BAILEY HARDWOODS

Photo by Terry Farmer

SNAPSHOT

established: 1983 owner:Jennifer Bailey-Desart employees: 6 services: custom woodworking and flooring

628 E. Kimble Ct., Springfield 217-529-6800 baileyhardwoods.com jdesart@baileyhardwoods.com

PROFILE

"We've been here for 35 years," says owner Jennifer Bailey-Desart who bought the company from her father, Tom Bailey, in 2006. "I'm surrounded with the same people I've worked with for more than 25 years. I do all the creative design work on kitchens, custom entertainment centers, custom cabinetry and more, and the guys who have been here forever make me look like a genius. Anything I can draw or create, they can build."

One of Bailey-Desart's most creative jobs was producing custom built-in shelving with mixed woods. "It was one of the most unique things I've ever done. It was a custom built-in unit with a unique, contemporary design for decorations, books, vases and pictures in the living room. The wood is two species -- walnut and eucalyptus grandis. The combination of colors and geometric shapes created with the shelving and depths created from floating drawers in the middle made it a really fun project."

"I have really great clients," Bailey-Desart says. "We spend so much time together we become friends. It's sad when the job is over. They've told me that. We miss each other when it's over."

Bailey-Desart takes time with each project. "I take a real hands-on approach with my clients. I spend a lot of time with them. Ninety percent of my business is referrals and repeat customers."

- DiAnne Crown

SNAPSHOT

established: 1984 owners: Frank and Jill Bowen employees: 2 full time, 1 part time services: travel agency

PROFILE

Explore. Dream. Discover. So begins the inviting description of the Springfield Travel Shoppe at www.travelshoppeil. com. "Established in 1984, Springfield Travel Shoppe is proud to be a small, locally owned full-service travel agency. As experienced travel consultants, we are dedicated to providing outstanding customer service while sharing our love and passion for travel. With so many travel options out there, it can be overwhelming. ...We will find amazing experiences that exceed your every desire but not your budget (and) can save you time and money and assist with every aspect of your travel. We will be your advocate in the event an issue arises with any part of your travel experience. We pride ourselves on our 552 S. MacArthur Blvd., Springfield 217-753-0255 travelshoppeil.com jill_bowen75@hotmail.com

personalized service."

"We are the oldest established travel agency in Springfield with a combined experience of over 65 years," says Jill Bowen who owns the Springfield Travel Shoppe with her husband, Frank. "We pride ourselves in personalized service, and we consider our clients to be family. We work together as a team and we love what we do. We help our clients navigate through the numerous choices and decisions of travel, as the travel industry is continuously changing. We know that whatever the travel needs, we are able to offer help and professional guidance and always look forward to making their travel dreams come true."

- DiAnne Crown

Springfield Jr. Blues



SNAPSHOT

established: 1993 owners: Dan Ferguson employees: 6 services: hockey team

PROFILE

"We do a lot of things with few people," says sports franchiser Dan Ferguson. "We have six full-time people and we sell sponsorships, tickets, merchandise, There

Nelson Center, 1601 North 5th St. Springfield 217-525-2589 jrblues.com info@jrblues.com

schools, and more.

"And part of what makes the players special is they live with housing families in the community," adds Ferguson, "A lot

Springfield Travel Shoppe



THE OWNER, STAFF, AND PLAYERS OF SPRINGFIELD JR. BLUES

Photo by Terry Farmer

are many facets to what we do.

"We're a community-driven program, as well. We have student athletes trying to achieve their goals as professional hockey players or get collegiate scholarships. We bring in players from all over the world - from Europe, the United States and Canada – who are after a collegiate or pro contract.

"Our players participate with more than 2.000 community service hours in such organizations as the Central Illinois Foodbank and the Ronald McDonald House, they read and work with kids in

of times those families look at the players like a big brother and role model for the younger kids in the family.

"I think that's a lot of what makes us unique as a 15 Under Fifteen organization." Schedule, events highlights, free mobile app information, news features and more are all available online at www. jrblues.com, which describes the franchise on the sponsorship page. The Jr. Blues are entering into our 25th year in the North American Hockey League and the sixth year under FERZOW LLC ownership.

- DiAnne Crown

Rogers HR Consulting



DONNA ROGERS

Photo by Terry Farmer

SNAPSHOT

established: 2002 owner: Donna Rogers employees: 1 services: human resources and training 2712 Cronin Dr., Springfield 217-414-1297 rogershr.com rhrc@rogershr.com

PROFILE

"I assist small to medium-size businesses in all their human resources and training needs as an outsourced HR professional," says owner Donna Rogers. "If they need advice on what to say, do or write, they can call or email me to work hourly or by the project."

Rogers describes her services at www. rogershr.com: "Helping businesses with 'Hiring to Firing' and everything in between and after when some employees come back to challenge something that happened during that employment time frame." Now in her 15th anniversary year, the site continues, "Rogers HR Consulting is available to assist you and your company in achieving tomorrow's objectives with today's employees. We will work with you on your special HR projects or just be 'on call' for those unexpected hard to handle employee situations."

Rogers offers such project services as writing employee and safety handbooks, conducting compensation studies, creating affirmative action plans, and more. "I have been doing this for more than 25 years," says Rogers. "I have two HR certifications and a master's degree, so my clients know they can believe in me and trust me to know the answers for compliance at the state and federal levels, and even when to refer them to an employment law attorney.

"I have so much experience in so many different industries, in everything from complex and sensitive legal matters to routine procedures", says Rogers, "clients know they can count on me."

- DiAnne Crown

SNAPSHOT

established: 2015 owner: Deb Sarsany employees: 4 services: residential real estate

PROFILE

"Let's work together to find a home you love," is the welcome Deb Sarsany's website visitors receive at www.debsarsanyteam. com.

Sarsany attributes much of her success to her team's emphasis on listening, communication and personal service. "Our primary thing is communication and listening," she says. "We listen and have incredible follow-up and customer service. Our team members handle all of our listings personally. We do a good job every Friday of checking our listings to see how the market has adjusted (and) touch base with our clients at least once a week."

"We are hands-on, available and approachable," Sarsany continues. "We live

3701 W. Wabash Ave., Springfield 217-313-0580 debsarsanyteam.com dsarsany@thegroup.com

in Springfield, we buy in Springfield. We're neighbors and friends. We do a lot with charities and are a part of local organizations.

"We have a wide variety of experiences on our team," which, she says, is increasingly moving their services into social media. "Some of the younger girls bring their experiences to the table and help us all keep our ideas fresh."

For more information, tips, and listings visit www.debsarsanyteam.com. "We take our customer service very seriously and will respond within 24 hours. Your satisfaction is our number one priority and we look forward to being able to help you in any way that we can."

- DiAnne Crown

Monty's Submarines



SNAPSHOT

established: 1989 owners: Robert and Patty Lanser employees: 6 full time, plus part time as needed services: restaurant

PROFILE

Monty's Submarines has been serving thick, fresh sandwiches since owners Bob and Patty Lanser started this local business in 1989. Now 3124 Montvale Dr., 217-546-3020 725 Bruns Ln., 217-546-6000 1760 Sangamon Ave., 217-789-4575 montyssubs.com montys.brc@gmail.com

While some subs are tidy to-go fare, Monty's meals are best enjoyed as two-handed, sit-down experiences, so the generous toppings stay on

Deb Sarsany, The Real Estate Group



THE OWNERS AND STAFF OF MONTY'S SUBMARINES

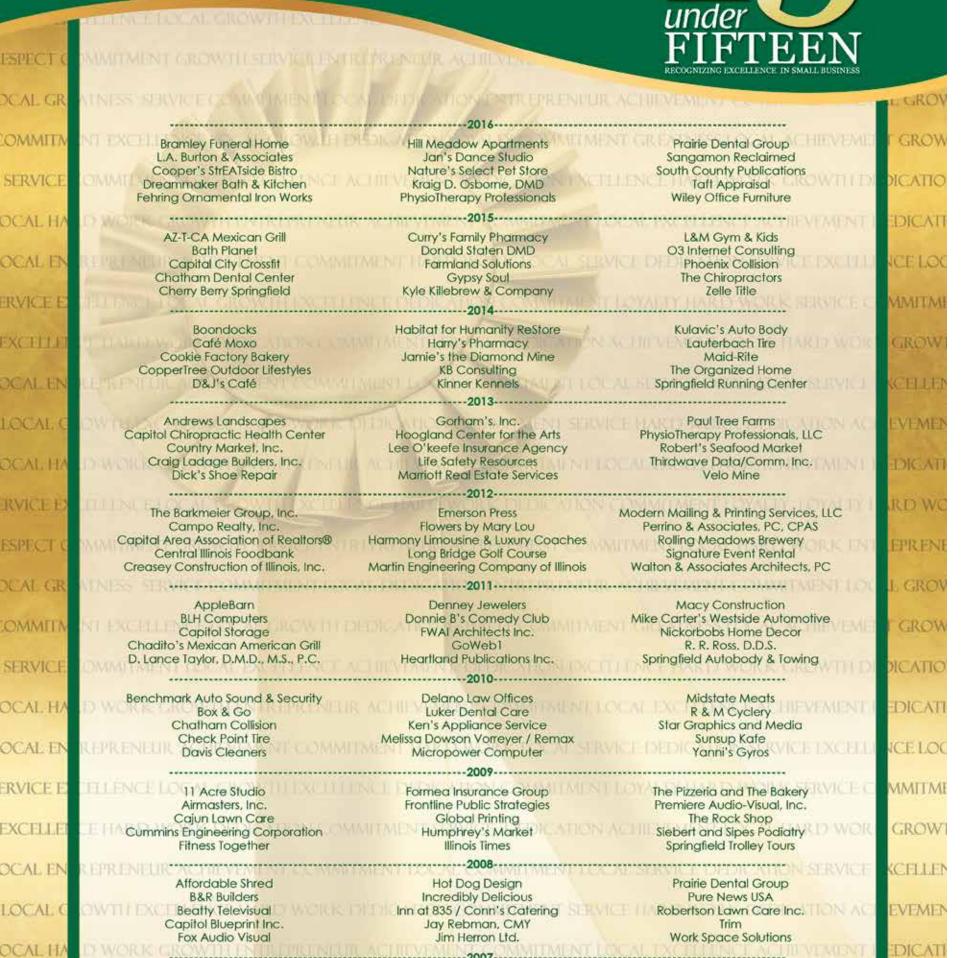
Photo by Terry Farmer

in three Springfield locations, the business' Facebook page sums it up – "Fun and fresh local Submarine shop located in the heart of Springfield. We offer all fresh ingredients and nothing less. Hearty flavors and smells. Come join us for some hot oven-toasted submarine sandwiches, colorful salads and delicious soups!"

"We use real bread we bake here every day, real meat, real cheese, and our sandwiches are toasted in a real oven," says Bob Lanser. "You get value for your money." the table, not your tie. Sandwiches are either \$6.44 or \$7.44 with a choice of bread and toppings. Add a soup, salad, bag of chips, sweet treat and drink for a hearty meal in a convenient location.

"We stress customer service," says Lanser. "We treat each customer like they're the only one of the day." For the menu, photos and reviews, visit www.facebook.com/Montys-Submarines-211015808919941/ - DiAnne Crown

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SPECIAL SECTION: SENIORS



A Garden Villa at Lewis Memorial Christian Village offers a home-like feel.

PHOTO / COURTESY OF LEWIS MEMORIAL CHRISTIAN VILLAGE

Retirement and care communities grow

Facilities and care options expand during challenging times

BY SCOTT FAINGOLD

Despite the closing of the Oak Terrace nursing home in September due to financial concerns, the number of Springfield-area retirement communities continues to grow, along with options for care of people suffering from dementia and Alzheimer's disease. Here are just a few recent developments in residential options for elders.

Cedarhurst Memory Care in Jacksonville is part of a regional chain from St. Louis which will soon be opening a Springfield location at Old Jacksonville Road and Koke Mill Road. "Our team gets to know who our residents and their families are and what each resident finds most fulfilling," said Lisa Kluge, community relations director for the Jacksonville location. "Before they were diagnosed, how late did they sleep in? What time of day did they shower? Do they like to be outdoors? What is their favorite snack? Knowing these things, Cedarhurst of Jacksonville empowers each resident to make their own choices leading to genuine fulfillment every day.' Country Lane Memory Care in Riverton has recently begun implementing music therapy, with a program called "Using music to combat anxiety and create harmonv."

and administrator Cari Claussen. "Then we get a playlist together for them – some of our gentlemen like Johnny Cash and some of our ladies like the big band music. We find that it tends to make them feel better and brighten their day and changes their mood." Other recent activities at Country Lane have included visits from ponies and a live performance from a pianist.

"We can do anything for the residents outside of hands-on services," said Paulette Buch Miller, executive director of Pleasant Hill Village in Girard. The facility has 48 apartments on its campus, 25 of which can float between independent and assisted living. "A resident can come in as independent living and let's say six months from now they need more services - they can stay right where they live and we will transfer them to assisted living.' Pleasant Hill Village offers washers and dryers in each apartment, allowing residents to do their own laundry if they wish (if not, staff takes care of it). They also have planned activities on a daily basis and a bus which takes them to different events. Recent trips have included a visit to the Brass Door restaurant in Carrollton and a shopping excursion to Kohl's.

very small, home-like feel. Everyone has their own private bedroom and private bath but we also have a beautiful central hub in the center of the house. We want residents to be out of their rooms and mingling and socializing." All meals, housekeeping, laundry, utilities, cable television and phone services are provided, along with transportation to and from doctor appointments. Also included is membership to the Lewis Memorial wellness center, which includes an indoor pool. Many of the organized activities take place in the house, including Bible studies with their on-site, full-time chaplain. "We also have cookouts and include families of the residents," said Tierney. "They can be as busy as they want to be." The assisted living villas are part of a continuing care retirement community at Lewis Memorial, which also offers independent living, and short-term rehabilitation at GracePoint Short Term Rehab, located on-site, along with long-term care. "Someone can virtually come in as independent or assisted living and stay here until their very last day on earth," said Tierney. 'We have been open and had a single owner for 60 years and we are managed by a local board of directors," said Kathleen Cross, executive director of the Illinois Presbyterian Home, which includes the Fair Hills Apartments and Fair Hills Residence. "We are a nonprofit and independent, which makes us look much

different than other places that are corporate, for-profit and investor-owned."

Located on 26 acres of land at the corner of Chatham Road and Lawrence Avenue, Illinois Presbyterian cares for about 60 residents at any given time, providing three meals a day, housekeeping, laundry, maintenance and around-the-clock nursing care. "We have nurses on all three shifts who can pass meds and call doctors and certified nurse aides who provide for care needs on all three shifts." The facility's activity program includes the ever-popular bingo games along with regular church services, fellowship nights, Bible study, crochet groups, singing groups, arts and crafts and musical entertainment in a unique music parlor, complete with grand piano. "Our goal is to provide a comfortable, caring environment," said cross. The people here have a close-knit feeling." In addition, The Villas in Sherman recently partnered with St. John's Hospital to open a new facility there. And Abundant Faith Church in Springfield, which already administers Timberlake Supportive Living and Timberlake Independent Living (both of which serve lower-income and fixed income populations) reportedly plans to build a third senior facility in the near future.

"We talk with the families and get music that our residents like," said owner Lewis Memorial Christian Village has two assisted living garden villas on its campus at 3400 W. Washington in Springfield. According to Kelley Tierney, director of sales and marketing, each villa is licensed for 10 residents. "It's a

Contact Scott Faingold at sfaingold@ illinoistimes.com.

Caring for seniors at home

Help at Home allows clients to keep living in their favorite place

BY WHITNEY BARNES

Leaving home is scary, especially for seniors who have worked all their lives to make their home a place of comfort and belonging. Understanding this fact of getting older, Help at Home LLC and its sister company, Oxford Healthcare, have been providing alternatives to nursing home placement for over three decades.

Last year, the organization did 26 million hours of home services for 65,000 consumers, 40,000 of whom lived in Illinois, according to CEO Tom Ford.

While the company at large provides a variety of services in 12 states, the primary function of their Springfield location at 1873 E. Sangamon Ave. is to serve as homemakers, home care aides and companions. They offer personal care assistance with bathing, dressing and grooming, light housekeeping and laundry, meal preparation, including shopping and assistance with meal planning, errands or transportation and companionship.

The core mission for all their services is to help keep their customers at home for as long as possible.

"Compassionate care for us means providing seniors with the ability to stay in their own home, on a schedule they like for receiving services," Ford said.

Ford says the program allows seniors more independence to eat what they want and have visitors at their leisure in a personal, comfortable setting, surrounding by their belongings, photos and freedom.

"Some people, once they have to give up some of their possessions and independence, feel they have given up some of themselves," Ford said.

While their customers benefit from companionship and assistance, they can go to sleep every night in their own bed.

Ford said the service can be completely free to the consumers through the Illinois Department on Aging and the Illinois Department of Veterans' Affairs.

"What the state may pay us for the entire year is much less than one month of nursing home care the state could be paying for," Ford said.

Their in-home program is centered around their customers' individual goals, whether it is to go to the bathroom by themselves, walk to the mailbox, hold a grandchild or just sit and chat.



The Help at Home Springfield-area home care staff.

"With us, seniors feel they are getting better, not worse," Ford said.

To continue with their mission, Help at Home provides an Adult Day Care located at 919 Spring St. in Springfield. The center is a safe place for seniors to go full or part-time, from 7 a.m. to 5 p.m., Monday through Saturday.

They accept all payer sources, including Medicaid, VA and private pay.

They serve three dietician-approved meals a day and offer activities, crafts and outings. A nurse is on site to distribute medication. The service helps family members or caretakers fulfill their commitments during the day, and the seniors to spend the evening in their own home.

"We come and pick you up in a brand new van so loved ones can work, go to school or just have a break," Ford said.

"You know they are going to be safe and get to be with other people who are similar in age and health," Ford said.

Interactions with other seniors and the trained staff can make life less lonely and more fulfilling, he explained.

"Our workers are making a difference. They aren't just taking care of someone — they are helping them improve," he added.

To encourage these relationships, the company places a high value of respecting their employees so they return that respect to their customers, he added.

"We put many people to work. We have 20,000 screened and trained union members. They get a decent wage in addition to free health care if they work 18 hours a week," Ford said.

The reason they have so many offices, 65 in Illinois alone, is to make it easier for their employees to get to work, Ford explained.

"We believe that if we are a better employer and if we treat employees well, they will go forth and do the same. It cuts both ways," Ford said.

For him, finding the right employee makes all the difference.

"This is a job that requires compassion. You're dealing with someone who may be in pain or may not be as responsive as we would like, and we're trying to make a difference in their life. In doing that, we have to encourage our workers PHOTO / COURTESY OF HELP AT HOME

to accept their compensation as a reward, but also the difference we make," Ford said.

Not limited to senior care, Help at Home offers similar in-home services to members of the community with developmental disabilities at their office at 1875 E. Sangamon Ave. in Springfield.

"I've owned Health at Home for 15 years now... Seeing the company grow to employees in twelve states means we are making a difference to our seniors and the people we employ," Ford said.

You can find out more information about their senior services online at helpathome.com or by calling 217.753.0211. ◆

Whitney Barnes has found her way back to Springfield, after years of exploring other sides of the fence. She has dabbled in political, professional and corporate communications, but mostly enjoys writing about the people, places and ideas that paint the masterpiece of home. She can be reached at whitneyleighbarnes@gmail.com.





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RETIREMENT AND CARE COMMUNITIES

Sources: The individual facilities. N/A - Not Applicable (Ranked by total number of beds)

	NAME STREET ADDRESS CITY/ST/ ZIP	PHONE (-) FAX (=) WEBSITE / EMAIL	TOTAL BEDS	SERVICES OFFERED	FACILITY MANAGER	NUMBER OF FULL TIME EMPLOYEES	AMENITIES	YEAR EST'D
1	Concordia Village, Senior Living Community 4101 W. Iles Ave. Springfield, IL 62711	217-793-9429 217-793=1333 LSSLiving.org concordiavillage@lssliving.org	316	Independent living, skilled beds, assisted living	Jacque Bogner, executive director	233	Chapel, movie theatre, restaurant-style dining, private dining rooms, outdoor dining courtyard, market, wellness clinic, fitness room, indoor pool, game room, juice bar, art studio	1995
2	The Mosaic of Springfield 555 W. Carpenter Springfield, IL 62702	217-525-1880 217-789=4560 mosaicspringfield.com	220	Skilled beds	Barb Lowry	210	On-site therapy staff, Wi-Fi, transportation, beauty salon, day room, library, business center, private rooms, refrigerators, pet friendly	2002
3	Heritage Health of Springfield 900 N. Rutledge Springfield, IL 62702	217-789-0930 217-789=6465	178	Skilled and intermediate beds	Dana Larson	160	Short term rehabilitation unit, physical, occupational, speech, and respiratory therapy services, beauty salon, transportation, Wi-Fi, Memorial Garden Courtyard, pet friendly	1982
4	Lewis Memorial Christian Village 3400 W. Washington St. Springfield, IL 62711	217-787-9600 217-787=9601 christianhorizonsliving.org bblack@chliving.org	171	Independent living, assisted living, skilled nursing and long term care, short-term rehab, aquatic therapy	Cindy Schaaf Brandy Black	240	GracePoint short-term rehabilitation providing speech, occu- pational and physical therapies. Scheduled transportation, maintenance-free living, full-time chaplain, remodeled garden homes and apartments, aquatic classes daily, full calendar of activities, library, pet friendly, bistro with daily specials, salon services, private Medicare suites, beautiful courtyards, groomed mature landscaping, VIP placement to all levels of care. Convenience of the city, but feels like country living.	1974
5	Springfield Supportive Living 2034 E. Clear Lake Ave. Springfield, IL 62703	217-522-8843 217-522=8803 springfieldsupportiveliving.com jenniferh@springfieldslf.com	135	Supportive living	Shawn Braley	33	Nurses 10 hours per day, CNAs around the clock, assistance with medications, bathing, laundry and housekeeping, three meals daily, fenced in outdoor patio with walking path, daily activities, weekly out trips, all utilities included except phone, free WiFi and Dish Network.	2005
6	Hickory Glen 1700 W. Washington St. Springfield, IL 62702	217-793-0431 217-793=0525 hickoryglenil.com manager@hickoryglenil.com	129	Independent living	Jill A. DelValley	11	Restaurant style dining, gym, transportation, full-time lifestyle coordinator, cinema, library, lounge	1986
7	Montvale Estates 2601 Montvale Dr. Springfield, IL 62704	217-546-5577 217-529=8590 saintjosephshome.org Ihighland@ saintjosephshome.com	121	Independent	Rebecca Siltman	30	Transportation, housekeeping, chef prepared meals, 24/7 emergency response services, pets welcome, salon, social activities, utilities included, no buy-in fees, some Wi-Fi, sit down dining, excercise room, billiards, weekly trips	
8	St. Joseph Home of Springfield 3306 S. Sixth St. Rd. Springfield, IL 62703	217-529-5596 217-529=8590 saintjosephshome.org Ihighland@ saintjosephshome.com	113	Intermediate sheltered care beds, memory care	Sr. Lenore Highland	135	A home-like environment in a park-like setting, private and semi-private rooms. Religious services, activities, beauty shop/ barber, housekeeping, round the clock medical care.	1903
8	The Villas Senior Care Community – Sheltered Care 100 Stardust Dr. Sherman, IL 62684	217-744-9891 217-744=8378	113	Sheltered care	Donna Heneghan	69	24-Hour nursing, transportation to doctor's appointments, physical, occupational and speech therapy on-site, wi-fi, computer room, libraries, pet friendly, private rooms with 4 floor plans available, beauty/barber salon and respite care, bistro, chapel.	1981
9	The Villas Senior Care Community – Short Term Rehab & Skilled Nursing 100 Marian Parkway Sherman, IL 62684	217-744-2299 217-496=3165 VillasSeniorCare.com kandring@heritageofcare.com	109	Skilled beds	Sharon Reynolds	78	Accessible van and bus for outings, courtyard with walking paths and gazebo, therapy gym, on site nurse practioner, Wi-Fi, jacuzzi tubs, daily activities, aviaries, café, private and semi-private accommodations, salon, new therapy wing including 10 private suites and expansive therapy gym.	1987
10	Aperion Care 1021 N. Church Jacksonville, IL 62650	217-245-4174 217-243=0650 aperioncare.com	102	Skilled beds	Peg Turke	70	private suites, beauty salon, great food, hospice care, respite, Wi-Fi	2015
11	Regency Nursing Care Residence 2120 W. Washington Springfield, IL 62702	217-793-4880 217-793=4894	99	Skilled beds	Anthony Twardowski	90	Salon services, therapy, speech therapy, private bath and shower in each room. Cafeteria menu service, Medicare suites, Wi-Fi	1991
12	Fair Hills Residence of the Illinois Presbyterian Home 2005 W. Lawrence Springfield, IL 62704	217-546-5622 217-546=5645 fairhillsres.com info@fairhillsres.com	88	Independent living, intermedi- ate and sheltered care beds	Kathleen Cross	45	All private rooms, handicap showers and walk-in closets with 24/7 nursing care offering medication pass and assistance with ADL. Therapy on site. Supportive services of housekeep- ing, laundry activities, 3 meals a day, religious services and transportation. Enjoy our fitness room, beauty shop, library and bay windows overlooking our 26 acres in a park-like setting.	1954



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	NAME STREET ADDRESS CITY/ST/ ZIP	PHONE (-) FAX (=) WEBSITE / EMAIL	TOTAL BEDS	SERVICES OFFERED	FACILITY MANAGER	NUMBER OF FULLTIME EMPLOYEES	AMENITIES (pool, workout,transport, etc.)	YEAR EST'D
13	Cedarhurst of Jacksonville 2225 W. Morton Ave. Jacksonville, IL 62650	217 245-2996 217 245=2989 cedarhurstliving.com bwoiwode@cedarhurstliving. com	76	Assisted living, memory care	Becky Woiwode	DND	Therapy, movie theatre, four seasons, lake with fishing, restaurant style dining, person centered dementia care, secured care	2016
14	Bickford Senior Living 2451 W. White Oaks Dr. Springfield, IL 62704	217-787-9000 217-241=0105 enrichinghappiness.com rachel.jackson@ enrichinghappiness.com	67	Independent living, assisted living	Bridget Beaty	DND	Independent and assisted living up to 5 levels of care. Home- like setting with meals served restarurant style, transportation plus daily activities. We have nursing staff 24 hours a day and coordinate all care for our residents. Our Bickford family is able to age in place within their homes. Enriching happiness is our goal!	2010
15	Mill Creek Alzheimer's Special Care Center 3319 Ginger Creek Dr. Springfield, IL 62711	217-726-7900 217-726=7297 jeaseniorliving.com jeanne.campbell@ jeaseniorliving.com	66	Assisted living, memory care	Jeanne Campbell	55	Meaningful Moments dementia care program, specially trained staff, supervised, success-oriented activities program, supervised outings, three meals a day, linens and house- keeping, landscaped secured courtyard with walking areas, electronically monitored security system, support groups, educational programs, referral services.	2006
16	Aperion Care Springfield 525 S. Martin Luther King Dr. Springfield, IL 62703	217-789-1680 217-789=0199 jliddell@aperioncare.com	65	Intermediate beds	Jacqueline Liddell	40	Wound care, on site x-ray, infection control, medication man- agement, individual and group therapy, dentist, podiatrist, and optometrist, diabetic management, pain management.	N/A
17	Timberlake Supportive Living 2521 Empowerment Rd. Springfield, IL 62703	217-321-2100 217-321=2130 Timberlakesl.com chliving.org	60	Independent living	Barbara Varwig	31	Refrigerator/microwave, 3 meals a day and snacks, transportation for appointments and shopping, activities, CNA's 24 hours a day, nurse on duty 8 hours a day, housekeeping and laundry service	2009
18	Country Lane Memory Care – Assisted Living 875 Riverton Rd. Riverton, IL 62561	217-629-4265 217-629=5490 CountryLaneMemoryCare.com Cari@countrylanememorycare.com	50	Assisted living, memory care	Cari Claussen	32	New assisted living that is family owned and operated locally. Specializes in memory care with 24 hour licensed nursing and medication management. Staff trained for alzheimers disease and dementia. Offers private and semi-private rooms in a country setting. Three meals a day, daily housekeeping and laundry and individualized activities. Theatre room, lounge areas, dining and activity room, beauty shop, courtyard with country views overlooking fields and timber.	2016
18	The Villas of Holly Brook 825 E. Walnut St. Chatham, IL 62629	217-483-4661 217-483=4662 meridiansenior.com vcha.adm@meridiansenior.com	50	Assisted living, independent living	Tina Williams executive director	DND	All inclusive pricing: three meals a day, transportation, activi- ties, weekly laundry and housekeeping, assistance with ADL's, medication management, pet friendly, spacious apartments, movie theater, indoor fish pond, game room	2012
19	River Birch Senior Living 4012 Cockrell Ln. Springfield, IL 62711	217-547-0400 217-547=0401 riverbirchseniorliving.com office@riverbirchseniorliving.com	42	Assisted living	Kevin Jarvis	40	Unique home-like environment. Assisted living for seniors unlike any other in our area. Private rooms for every resident. All inclusive care, no buy in fees. CNA/Caregiver ratio 1:7. In addition, RN's and LPN's on site 24/7 providing all nursing care and administration of all medications. Locally and privately owned.	N/A
20	Centennial Pointe – Assisted Living by Americare 3440 Hedley Rd. Springfield, IL 62711	217-546-9301 217-546=9765 americareusa.net jfisher@americareusa.net	28	Assisted living, senior day program, respite	Jen Fisher, regional eldercare advisor	20 F/T 15 P/T	Private and semi-private accommodations with full private baths, 24/7 nursing on-site, assisted spa with whirlpool bath, daily social enrichment programs, restaurant style dining, beauty/barber shop, exercise area including outdoor walking path and garden, we welcome pets.	2015
21	The Arbors at Centennial Pointe – Memory Care assisted living by Americare 3430 Hedley Rd. Springfield, IL 62711	217-546-9301 217-546=9765 americareusa.net jfisher@americareusa.net	22	Memory care	Jen Fisher, regional eldercare advisor	15 F/T 10 P/T	Our "Best Friends" approach focuses on creative ways to help manage and treat the behavior-based symptoms of Alzheimer's disease before introducing or expanding the use of medications. We offer a controlled Multi-Sensory Environment (MSE) that is therapeutic for our friends with memory impairment.	2015



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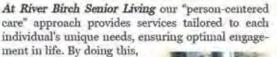
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Listening to Our Residents

Recognizing those services that are essential to them and integrating additional specialized needs into every aspect of their

life. We emphasize respecting individual preferences and providing these to the best of our ability. Our person-centered care with attentive 24-hour staff and a unique 1:7 caregiver-to-resident ratio make a difference in the level of care and familiarity we offer our residents. Our 24 hour caregivers provide assistance with all activities of daily living (bathing, toileting, dressing, eating and mobility). Being able to offer round the clock attention is critical to our mission.

Short-Term Stays/Respite Care

A short-term stay at River Birch Senior Living offers an ideal, no-pressure setting for older adults who want to experience assisted living on a trial basis, provide respite to their caregivers, live in a safe place during severe weather months, or regain their strength after a visit to the hospital. Our all-inclusive services enable guests to receive the support they need in a fulfilling, stress-free environment. Guests benefit from the same amenities and services that our long-term residents enjoy whether for just a few days, a week or two, or longer.

Basic Features

We offer private rooms for all residents. Our licensed memory care facility with trained staff is available for those who need redirection and additional assistance. All medications for residents are monitored and administered by nurses and health



ered by nurses and health care needs are assessed and communicated to resident's physician and family. Specialized cognitive, physical and social activity programs and events are planned and implemented by our full-time Activities Director and staff to provide and enjoyable experience for all. Residents are transported and accompanied by CNA

Activities

We have a full calendar of engaging activities for learning, creativity and socialization for all residents. Many take place on-site with the help of our Activities Staff. Daily devotions include gathering our community together for singing, discussion and fellowship. Chaperoned community outings for dining, shopping, or visiting local places of interest are also part of the overall River Birch experience. Cable TV & Internet service is available in common areas, private rooms, and suites at no additional charge.

Emergency Assistance

We have 24-hour assistance provided through an emergency call system that each resident wears as a pendant, as well as state of the art monitoring and security systems. The safety and peace of mind of our residents and their families is of upmost importance in our daily delivery of care.

Fitness

Our senior-friendly exercise programs maximize mobility, strength and overall health. In addition, the daily activities provided by our Activities Staff offer creative cognitive fitness opportunities as well as creative expression.

Housekeeping

We provide linen and laundry services, plus all maintenance duties and housekeeping for our residents' rooms and common areas.

Leisure and Luxury Services

Our on-site full-service beauty salon and barber service is available separately for those who would like that special touch to personal well-being. When weather permits, our res-

idents can enjoy our outdoor walking paths, or just a relaxing visit on the shaded patio areas.

Medical

Our licensed nurses are onsite 24/7 and assist with medication management and administration as well as supervising doctor's orders for residents. With the serv-

ice of our Director of Nursing, we cooperate with



Nutrition

We employ a qualified dietary staff to ensure delicious meals that are full of flavor and variety. Our dieticianapproved menus include three daily meals plus snacks in the comfortable family-style dining room, affording residents a relaxed and familiar home experience. Families are always welcome to join us for any meal. Providing meals for special dietary needs is not a problem.

Social Interaction

We offer a calendar filled with daily events to encourage social interaction with other residents, offering opportunities to meet and know those in other River Birch homes, as well as just enjoying a

card game with their house-mates. Residents are encouraged to help with baking, cooking, crafting, or any activity that they can safely do in order to feel connected and purposeful.



Transportation We provide chaper-

oned transportation for social activities, errands, medical appointments and other outings in our own safe, wheelchair accessible van. These services and activities at River Birch Senior Living are included for all residents.

Adult Day Care/Adult Evening Care

At River Birch Senior Care we are offering this new service to our community. We will have staff designated to provide this care for specific hours for those seniors who currently live at home with family, but need care for only daytime hours or evening hours short term. Please call today to find out how we can provide the best atmosphere and care for your loved ones.



River Birch Senior Living, providing assisted living services to seniors, invites you to meet Sharon Halverson, RN who brings 27 years of experience working with Seniors



trained nursing staff to all medical appointments.

family physicians, area home-health agencies and hospice programs as residents' needs change.

Memory Care

We are licensed to provide memory care with trained staff who are involved in ongoing education related to working with older adults with memory impairment to provide security, stress-management, consistency and compassion. with and without dementia and/or Alzheimer's. Sharon is knowledgeable about senior services in the SpringBeld and surrounding area. If River Birch Senior Living cannot meet the needs of your loved one, then Sharon will help you narrow your search.

This consultation with Sharon is free of charge. Call and schedule your appointment and tour

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Older adults: More women are alone

The 65-plus population will more than double by 2060

BY GARY ROSTEIN

Men and women differ in many ways as they age – no shock there, since they differ on so many things when young, too. One distinction is whether they're likely to be living with a spouse.

Fewer than half of women age 65 and older lived with a married or unmarried partner in 2016, while nearly threefourths of men did so. The gap only grew wider with age, with only 34 percent of women 75-plus living with a spouse.

A lot of this has to do with ratios: There are 126.5 women over age 65 for every 100 men. At age 85 and above, there are 189.2 women for every 100 men.

Those statistics are contained in "A Profile of Older Americans: 2016," a report recently released by the federal government's Administration on Aging. Part of the U.S. Department of Health and Human Services, the agency updates various data annually from the U.S. Census Bureau, National Center for Health Statistics and other sources.

The nation's 65-and-up population increased 30 percent from 2005 to 2015, compared to 5.7 percent for the rest of the population, and stood at 47.8 million. It is projected to more than double to 98 million by 2060. If you made it to age 65 in 2015, the government estimates you'll live 18 years beyond that if you're a man and 20.6 more years if you're female. **More fascinating findings**

• Minorities make up a steadily increasing percentage of the older population. They've increased from 18 percent of those 65 and older in 2005 to 22 percent in 2015, with projections that they will represent 28 percent in 2030.

• The percentage of older adults who are divorced or separated increased from 5.3 percent in 1980 to 14 percent in 2016.

• A relatively small number of people over age 65, just 3.1 percent, live in institutional settings such as nursing homes. The percentage living in such settings rises sharply with age, naturally, reaching 1 of every 11 people over age 85.

• In aggregate, older adults received 33 percent of their income from Social Security, 32 percent from earnings, 21 percent from pensions and 10 percent from assets. For one-third of Social Security recipients, their government retirement benefits made up at least 90 percent of their income.

• Labor force participation in the age group has increased throughout this century, so that 23.4 percent of men and 15.3

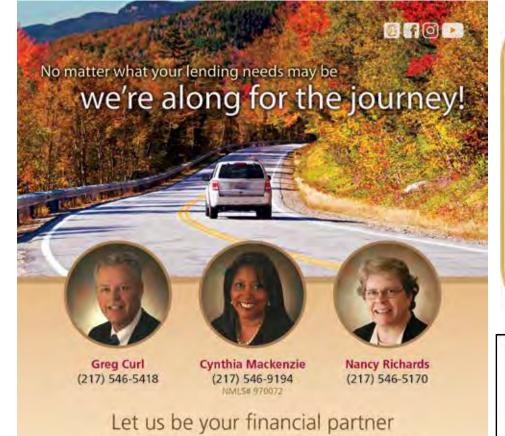


PHOTO / ISTOCK

percent of women are either working or looking for work. Only about 3.8 percent of those over 65 who sought work were unemployed in 2016.

• While the official poverty rate of older adults was reported at 8.8 percent in 2015, the federal government also

reports a Supplemental Poverty Measure designed to better reflect the status of the age group by taking greater account of their health expenses, regional housing costs and other factors. This supplemental measure placed their poverty level at 13.7 percent. \blacklozenge *-Tribune News Service*



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HOME HEALTH CARE

Sources: The individual home health agencies. DND = did not disclose Listed in alphabetical order

	NAME STREET ADDRESS CITY/ST/ ZIP	PHONE (-) FAX (=) WEBSITE / EMAIL	FACILITY MANAGER	NUMBER OF FULL TIME EMPLOYEES	PRIMARY SERVICES OFFERED	YEAR EST'D
1	Alterna-Care Home Health System 319 E. Madison, Suite 2M Springfield, IL 62701	217-525-3733 217-525=3739 alterna-care.com cboerk@alterna-care.com	Kathleen Sgro, DNP, MBA, RN	40	Nursing, physical therapy, occupational therapy, speech therapy, home health aide, medical social worker. Private duty, hospice, adult day care and assisted living.	1990
2	Anchor Home Health Care 1999 Wabash Ave, Suite 200A Springfield, IL 62704	800-853-5292 855-230=5482 anchorhomehealthcare.com beth@anchorhomehealthcare.com	Beth Albert	DND	Nursing and aide home care, eteral nutrition.	1999
3	Apria Healthcare 775 E. Linton Ave. Springfield, IL 62703	217-789-0461 217-789=1455 apria.com	Ron Bond	6	Home health care equipment, respiratory equipment, wound care, ventricular nutrition	N/A
4	BrightStar Care Springfield 426 S. 5th St., Suite 200 Springfield, IL 62701	217-318-3396 217-523=8352 brightstarcare.com/springfield-decatur julie.miller@brightstarcare.com	L. Christopher Miller	DND	Home care, medical staffing.	2015
5	Great Lakes Caring 924 Clocktower Dr. Springfield, IL 62702	855-727-9111 855-727=7111 greatlakescaring.com	Kristi Lamb	35	Skilled nursing, physical therapy, occupational therapy, speech therapy, hospice.	2015
6	Home Instead Senior Care 1440 W. Walnut, Suite A6 Jacksonville, IL 62650	217-245-9192 217-245=4590 homeinstead.com/545.1	Jerry Best, owner	12	Non-medical in home care including companionship, meal preparation, personal care, Alzheimer's care and more.	2004
7	Home Instead Senior Care 2055 W. Iles, Suite H Springfield, IL 62704	217-547-1300 homeinstead.com/762	Rob First Amy Best	85	Non-medical in home care including companionship, meal preparation, personal care, Alzheimer's care and more.	2011
8	PRN Healthcare Services 526 S. Grand Avenue West Springfield, IL 62704	217-522-6862 217-522=6941 prnhealthcaresvcs.com	Polly Marchizza, clincal director	DND	CNA/LPN/RN.	1974

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MEDICAL NEWS

HSHS St. John's Hospital begins cancer center renovations

Construction has started on renovations to HSHS St. John's Cancer Center in Springfield. Upon completion, it will include an infusion center, medical oncology physician clinics and radiation oncology as well as lab services, all inside the St. John's Pavilion at 301 N. 8th St.

This \$3.9 million renovation project will allow more patients to be treated in an enhanced healing environment with a great deal of natural light. Infusion chairs will face a bay of windows looking onto the lawn of the pavilion which will allow patients to see out, but not allow passersby to see in.

"We know if people are at a cancer center, it is a difficult time in their life," said Charles L. Lucore, MD, MBA, president and CEO of St. John's. "We are committed to bringing the best oncology services to our patients and making sure they and their families are as comfortable as possible while they are receiving treatment here."

The expanded space will add 10,000 square feet to the existing cancer center, which doubles the size of the space currently in use at St. John's. It will house 11 open and private infusion bays with comfortable, reclining chairs, televisions and iPads; one private seat for injection treatment; seven exam rooms; two procedure rooms; dressing rooms; updated lockers; and a spacious family lounge with a hospitality station. ◆

Students underrepresented in medicine find home at SIU

Thirteen students who are underrepresented in medicine (URM) began their medical training in August at Southern Illinois University School of Medicine in Carbondale. The Association of American Medical Colleges (AAMC) defines underrepresented in medicine as "racial and ethnic populations that are underrepresented in the medical profession relative to their numbers in the general population." The students participated in a white coat ceremony on Aug. 11 in Shryock Auditorium.

"We continue to attract diverse students, which helps us address the health care needs of the population," said Wendi Wills El-Amin, M.D., associate dean for equity, diversity and inclusion. "Statistically, students from underrepresented groups in medicine are more likely to practice in underserved communities. Our commitment to diversity drives innovation and creates solutions to health disparities."

El-Amin attributes the number of URM students to focused recruitment strategies

from the Office of Admissions, increased advocacy by the school's diversity office, networking opportunities with local minority physicians and MEDPREP, a twoyear, post-baccalaureate program of SIU School of Medicine in Carbondale that has helped more than 1,000 students matriculate into medical or dental school since it began in 1972.

All students in the Class of 2021 began the year by participating in a "white coat" ceremony, which welcomes students into the profession. The class has 37 men and 37 women. The white coat ceremony is designed to establish a "psychological contract for professionalism and empathy" in medicine and is held at most US medical schools each fall.

Established in 1970, SIU School of Medicine is based in Springfield and Carbondale and focused on the health care needs of downstate Illinois. It educates physicians to practice in Illinois communities and has graduated more than 2,800 physicians since the first class in 1975. ◆



Poverty is down, health insurance up

Sean D Bull, Agent

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Heartland Alliance's Social IMPACT Research Center has released a new fact sheet on Illinois and Chicago region poverty, income and health insurance trends based on newly released data from the U.S. Census Bureau.

This recent data from the U.S. Census Bureau revealed that poverty in Illinois decreased from 2015 to 2016, aligning with national trends. Despite this improvement, poverty in Illinois remains stubbornly high – 13.0 percent compared to 11.9 percent in 2007 before the recession. This is in contrast to national trends that showed that U.S. poverty rates overall returned to pre-recession levels. In addition to the decrease in the poverty rate, the data found that health insurance coverage reached record levels in Illinois.

After a more than two-year-long impasse, Illinois passed a state budget in August, but the burden and consequences of the stalemate still impacts millions of Illinoisans in poverty. The resulting loss of services that help connect people to work, ensure low-income workers can access child care, provide MAP grants for students seeking an education and help survivors of violence recover will make it much more difficult for people to meet their basic needs and move out of poverty.

Additional findings from the recent release include:

• Extreme poverty – having income below half the poverty line – also declined in Illinois and is now at 5.9 percent. The number of Illinoisans who are extremely poor is 739,000.

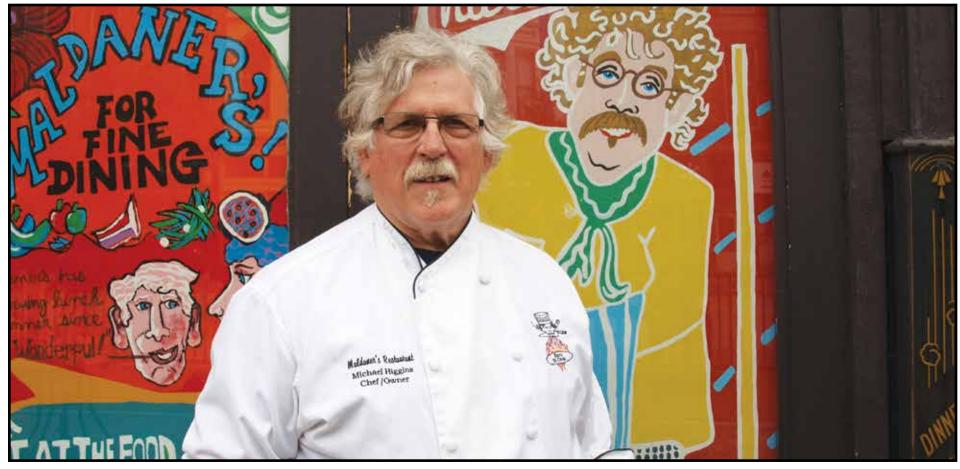
• Bucking national trends of income growth, income levels are stagnant in Illinois: Illinois median household income in 2016 was \$60,960, which is not significantly different from 2015. Income is still 4 percent below its pre-recession 2007 level.

• The rate of non-seniors in Illinois who are uninsured fell to 7.4 percent, a 0.7 percentage point decline from 2015 and a dramatic decline of 6.8 percentage points from 2008. The number of non-seniors who remain uninsured is 801,000.

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Chef Michael Higgins hosts the season finale Local Flavors dinner Oct. 19 at Maldaner's.

PHOTO / DAVE HINE

Dinner series grows business for small farmers Eaters get to taste the real flavors of Illinois

BY EMILY JANKAUSKI

Local restaurant owners and farmers elevate the capital city's food scene by providing unique, fresh central-Illinois-grown products with an artisan touch in the farm-to-table Local Flavors Dinner Series. Hosted by the Illinois Stewardship Alliance, the 10th annual Local Flavors dinner series occurs at alternating restaurants in the Bloomington-Normal, Champaign-Urbana, Peoria and Springfield areas.

On the third Thursday of each month from June through October, locally owned Springfield eateries craft a specialty menu of colorful dishes featuring foods grown in the heart of Illinois. Restaurants such as American Harvest Eatery, Augie's Front Burner, Engrained Brewing Company and Maldaner's Restaurant, open their doors to area foodies craving a farm-totable meal. The final dinner this year is Oct. 19 at Maldaner's.

Since its inception, the Local Flavors Dinner Series has generated not only new business for small farmers, but also awareness of local products for community members. Chase Sanert, business developer and operator of Sugar Grove Family Farms in Greenview, says the exposure to such an attractive event allows him to maintain relationships with restaurant owners as well as create an opportunity to engage interested community members in his products.

"The series allows that exposure to have a relationship with a new manager or chef, and you hope to keep that going," said Sanert. "It also brings awareness to the consumer as to what is in season, and that there are a lot of local farms producing great food right in our backyard."

Molly Gleason, communications director of the Illinois Stewardship Alliance, said the concept originated 10 years ago during a meeting held by the Buy Fresh Buy Local Central Illinois chapter, an organization consisting of area farmers, restaurants and retailers that promote food grown locally. The chapter's members brainstormed how to increase opportunities of growth for small farmers. Many small farmers heavily rely on farmers market sales; however, the success of market sales are often dependent on weather and turnout. The creation of the Local Flavors Dinner Series provides small farmers additional means to build stable business relationships.

"Having that relationship with the restaurant helps the farmer have a steady source of sales," said Gleason. "It's a huge help to local farmers. For local chefs, they get really fresh, unique ingredients. For eaters, they get to taste the real flavors of Illinois."

While remaining a relatively new trend for area foodies, the farm-to-table concept is by no means new territory for locally owned Springfield restaurants. When Michael Higgins, chef and owner of Maldaner's Restaurant, moved from California to Illinois in the 1980s he was shocked to learn the area only grew three to four kinds of tomatoes.

Higgins purchased the newly introduced – at least to the Springfield area – heirloom tomatoes from a local farmer at the farmers market and began featuring them on his menu. The more tomatoes Higgins purchased and provided to his customers, the more farmers and local community members began to notice.

"The whole thing took off because restaurants like us started buying and featuring the tomatoes, and people wanted to know where we got them," said Higgins. "That's why the Local Flavors dinners are important, because it brings an awareness and the whole community benefits." a rare farm-to-table meal experience for community members in the sense that chefs inform diners of the exact origins of each ingredient. For owner and founder of Engrained Brewing Company, Brent Schwoerer, purchasing and incorporating local foods on the menu is a normal part of everyday operations; however, communicating the transparency of each food item's origins proves a difficult task.

"We don't normally do as good of a job communicating to our guests where the local items come from; that changes day to day," said Schwoerer. "The dinner series is beneficial to guests who may not realize the farms are so nearby."

The unique tasting experience at the Local Flavors Dinner Series event encouraged previous dinner series attendee, Arlin Peebles, to seek out other farm-to-table restaurants while traveling for work.

"You're supporting your community and local farmers," said Peebles. "It [the series] helps support your local economy."

According to Gleason, the Illinois Stewardship Alliance's success of the Local Flavors Dinner Series in larger cities inspired the organization to try a spinoff project, the Local Flavors Week, in smaller communities, such as Jacksonville and Streator. ◆

Emily Jankauski is a Springfield-area native who contributes to the Springfield Business Journal as a freelance writer. As a former graduate public service intern for two state agencies, Emily knows the importance of communicating how local government and area businesses play a part in shaping the capital city. Emily holds a master's degree in communication from the University of Illinois Springfield.



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Aurora Coffey, general manager of the American Harvest Eatery, agrees that using fresh, locally sourced products is by no means a new idea. Nonetheless, Coffey says the utilization of farm-to-table is the "backbone" of her day-to-day operations.

The Local Flavors Dinner Series provides

Season finale

The next Local Flavors dinner takes place Oct. 19 at Maldaner's Restaurant in Springfield. Community members interested in attending the event should visit www.ilstewards.org for menu or schedule information.

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Resolve the immigration mess

We need to move forward. Respect for the law, and for people, demands it.

BY SARAH DELANO PAVLIK

The first federal U.S. immigration law was the Page Act of 1875, restricting immigration of Asian laborers. The first comprehensive law was the Immigration Act of 1882. The 1882 Act imposed a charge of 50 cents on entering the country and prohibited the entry of "convicts, lunatics, idiots, or any person unable to take care of him or herself without becoming a public charge." There was, however, an exception for people convicted of political crimes. National quotas were implemented in the 1920s. In 1965 the Immigration and Nationality Act changed the focus to family reunification and skilled immigrants. It also imposed the first limitations on immigrants from the Americas.

The Immigration Control and Reform Act was passed in 1986. The 1986 law was intended to balance the needs of people in the country illegally at the time and the need to control the U.S. borders. The 1986 law gave legal status (not citizenship) to approximately 3 million immigrants. In return, security at the Mexican border would be strengthened and new penalties imposed on employers who hired people who were in the U.S. illegally. As we know, the border has not been secured, and many of the harshest penalties on employers were dropped from the 1986 Act.

Current law sets legal immigration at 675,000 people annually. A separate number is set for refugees. As stated by the American Immigration Council, "Immigration to the United States is based upon the following principles: the reunification of families, admitting immigrants with skills that are valuable to the U.S. economy, protecting refugees, and promoting diversity.'

There is a family preference system, and in 2014 64 percent of legal immigrants were admitted based on family preference. In order to be admitted through the family-based immigration system, a U.S. citizen or sponsor must petition for an individual relative, establish the legitimacy of the relationship, meet minimum income requirements, and sign an affidavit of support stating that the sponsor will be financially responsible for the family member(s) upon arrival in the United States.

Another 140,000 people may be admitted each year based on employment qualifications, however, that number includes spouses and unmarried minor children.

In addition to legal immigration, there is obviously a significant amount of illegal immigration. The number of people entering the country illegally along the Mexican border in 2015 was estimated at 200,000, down from 1.9 million 10 years earlier. These numbers are people who made it into the country, not the many more who attempted to enter the country but were detained by border security.

It is estimated that 11 million people are currently living in the U.S. illegally, and our politicians can't decide how to treat these

people. Since it is not practical to find and deport 11 million people, and since polls show that a significant majority of Americans don't want to deport these people, discussing deportation seems like a waste of time. (In contrast, a recent poll of Canadians indicated that half of their population wants to deport people crossing into Canada illegally over the U.S. border.)

President Barack Obama acted to protect approximately 2 million illegal immigrants in 2012, creating the Deferred Action for Childhood Arrivals ("DACA") program by executive order. Under DACA, people who are here illegally who are at least 15 years old, entered the United States before the age of 16, have continuously resided in the United States since June 15, 2007, are enrolled in school, have earned a high school diploma or its equivalent, or are honorably discharged veterans, have not been convicted of a felony, significant misdemeanor, or three or more misdemeanors, and do not otherwise pose a threat to public safety or national security, can apply for deportation relief and a work permit.

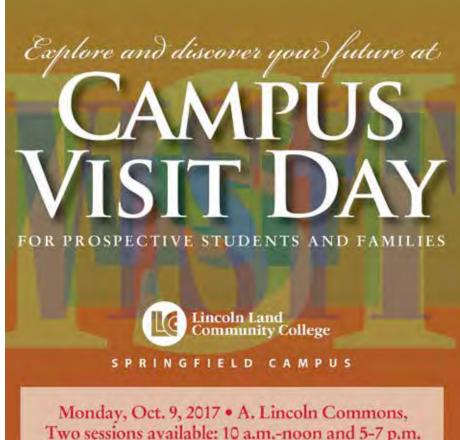
President Donald Trump announced that he was rescinding DACA, but is now negotiating with the Democrats, so DACA's ultimate fate is unclear. Republicans opposed DACA when President Obama signed it, but now many oppose President Trump's repeal. The situation is a legal mess and should be resolved, if for no other reason than respect

for the law. If people aren't going to be deported en masse, then their status should be resolved in some way so they and the country can move forward.

Moving forward must also include securing U.S. borders. America faces innumerable threats, including terrorism, drugs, crime and disease. Proper screening of people entering the country could greatly reduce these threats. Threats from terrorism are front and center in the news, and threats from drug cartels and other criminals are equally publicized. Threats from disease, however, could be equally damaging. As the world witnessed in 2014, a virus like Ebola can spread quickly with devastating results.

Screening for terrorists, criminals and people with communicable diseases does not mean stopping all immigration. Americans are generous and compassionate. If our country wants to allow impoverished people to move here to pursue a better life, then why not allow them to do so legally rather than paying dangerous people to drive them across the desert in the back of an unventilated truck? If the immigration laws do not reflect the views of the American people, the laws can be changed, but that requires our politicians to actually take a position and vote for (or against) something. Based on recent performance, that may be a long shot. •

Sarah Delano Pavlik is an attorney with Delano Law Offices, LLC.



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Upscale restaurant to open soon

A \$1 million renovation transforms the old Mansion View to Loukinens' on 4th

BY DAVID BLANCHETTE

A new casual, upscale American fare restaurant will open in October across from the Executive Mansion in the space once occupied by the Mansion View restaurant.

Loukinens' on 4th will feature a main dining area upstairs, plus a 1,500-squarefoot lower level with private dining space that can accommodate banquets, catered and private functions to serve up to 100 people. An outdoor dining patio out front will seat 20 people.

Laurie Loukinen, who owns the restaurant with her husband, Keith, said to forget everything you knew about the old Mansion View, as the \$1 million they have put into the new restaurant has completely transformed the building.

"The interior for all intents and purposes, except for the frame of the building, is 100 percent brand new," Loukinen said. "We have literally removed every inch of plumbing, electric, all the old boilers, all the old duct work, we have brand new heating, cooling and water."

Loukinen said the restoration and renovation began with a \$50,000 asbestos abatement in February and they have been working every day since in order to open in October.

Loukinens' on 4th will serve lunch and dinner six days a week, Monday through

Saturday, and will accommodate everyone from visiting families to politicians.

"We actually have a specific area created in our main dining room with a private table that can seat any group up to eight people, and we are calling that the Governor's Table," Loukinen said. "It doesn't mean it's reserved for him, but if he should come in, that table could certainly be his first pick."

"The lounge area has a backlit wall and we will put a photograph there of the governor's favorite view of the mansion," Loukinen said. "That wall will belong to every subsequent governor."

Keith Loukinen has served as the food and beverage director and executive chef at the Wyndham hotel downtown since 2009. Nick and Keit Nino's is his first concept restaurant in Springfield. Prior to that Keith had been executive chef at several properties for the family that owned the Adams Mark Hotel Corporation. Among his talents are exceptional ice-carving skills, which he hopes to showcase for guests at Loukinens'.

Laurie Loukinen has been in the food service industry since 1987 and served as general manager for Bellacino's and



Keith and Laurie Loukinens, owners, during the renovation of the old Mansion View into a "100 percent brand new" restaurant across Fourth Street from the Executive Mansion. PHOTO / DAVID BLANCHETTE

Bennigans and front of the house manager at the Pasta House. She has been the owner of Capital Commercial Properties in Springfield since 2001.

"We have been blessed to be able to take on this adventure and serve Springfield for what we hope to be many years to come. We hope to be the next generation of Springfield restaurant icons," Loukinen said. "Both of us have a love and passion for great food and great service. It will be exciting to see our dream become reality."

David Blanchette is a freelance writer from Jacksonville and the co-owner of Studio 131 Photography in Springfield.



Professional Women's Calendar of Events

You play a key role and we thank you for your contributions to our community.

Association for Women in Communications (AWC)

AWC is celebrating 40 years of professional development and mentoring across communication disciplines. Join us for a 40th anniversary event on Friday, Oct. 13 at the Illinois Realtors Plaza. The event begins with networking at 5:30 p.m.,followed by a program at 6:30 p.m. Carol Fowler, CEO and co-founder of KloboMedia Inc., Chicago, will be the guest speaker. She is an AWC-Springfield past president. When in Central Illinois, she was the statehouse bureau chief at WCIA-TV and the Illinois Radio Network, then went on to positions in Chicago, including vice-president/news director at WFLD-TV (Fox), WBBM-TV (CBS), WLS-TV (ABC 7) and WGN-TV. She will discuss

her company and share some expertise on social media. To register, visit www.awcspringfield.org.

Illinois Women in Leadership (IWIL)

IWIL will hold a luncheon on Wednesday, October 18 at the Sangamo Club from 11:30 a.m.-12:45 p.m. The guest speaker will be Stacey Skrysak, News Channel 20 anchor. She will share how she became determined to use her voice and her experience to inform others about how damaging hate speech is. Stacey's personal story has appeared on websites like The Today Show, Redbook and Daily Mail. The cost is \$18 if registered by Oct. 13 or \$23 for walk ins. Go to www.iwil.biz or email registration@iwil.biz.

Be Aware Women's Fair

Over the past 10 years, local women have pooled their resources to build a permanent endowment at the Community Foundation for the Land of Lincoln that now exceeds \$500,000. More than \$226,000 has been awarded to local nonprofits that address issues facing women and girls. Members who join the giving circle by October 26 are invited to attend the Fall Educational Luncheon that will be held that day at the Sangamo Club and hear updates from this year's grant recipients. For more information, call 789-4431 or visit www.cfll.org.

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To have your event added to the Women's Calendar of Events, please email your information to info@springfielbusinessjournal.com

FDIC

BY NAN KORDING

Measure, the U.S.'s leading drone services provider for enterprise customers, opened the doors to their Springfield franchise on Monday, Sept. 25, with a grand opening reception. The event featured drone demonstrations, equipment displays, a ribbon cutting, a company introduction, and the opportunity to mix and mingle with Measure employees. The Springfield franchise is the first for Measure, headquartered in Washington, D.C., with additional Denver, Colorado, and Dayton, Ohio, franchises currently in development.

Measure prides itself on offering "turnkey,

industry-specific solutions that combine bestin-class drone technology with professional drone pilots, data collection, data processing and easy-to-understand reporting." With drone capabilities that range from inspecting cell towers, wind farm and solar farm infrastructure; surveying and monitoring construction sites and project progress; and assessing crop yields, irrigation issues and pest infestations, Measure Springfield is primarily focused on businesses within the telecommunications, construction, energy and agriculture sectors, but can also provide aerial imagery for the commercial real estate, insurance, media and disaster response industries as well. The Springfield franchise is co-owned by Troy and Jackie Reiser. Troy is a Springfield native, experienced commercial airline pilot, and former CEO of a South Africa-based airline specializing in private flights and charters to luxury game lodges in Southern and East Africa. Troy's wife, Jackie, is a marketing specialist and alumna of Southern Illinois University. The franchise's chief drone pilot, Bryan Alexander, is a U.S. Air Force veteran, and has flown unmanned aerial systems as a contractor for the U.S. Navy since 2012 and commercial drones since the birth of the drone services industry in 2014.

According to Measure's senior vice



ENOS ELEMENTARY SCHOOL Springfield, IL (left) ROSE-HULMAN INSTITUTE OF TECHNOLOGY Terre Haute, IN (top) NORTH MONTGOMERY HIGH SCHOOL Crawfordsville, IN (bottom)

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president of financing, Dan Rothfeld, "With the Reisers' aviation and business backgrounds, as well as Bryan's commercial drone credentials, Measure Springfield will be a strong link in the chain we're building to advance the use of drone technology in the business world."

Springfield Measure can be reached via phone at 679-5742 or email at jreiser@ measurenationwide.com. For additional information about Measure, visit http://measure. com. ◆

SANGAMON COUNTY NEW BUSINESS REGISTRATIONS

Skyline Drone and Multimedia Productions, 529 Gatlinburg Dr., Chatham. 741-7328. Loredo Services, Inc., Todd Fallone, Adam Bugos JC Brockhouse Trucking LLC, 3031 E. Elm. 381-4075. John C. Brockhouse ABES Accounting, 77 Bonniebrook, Chatham. 670-7710. Edmond T. Huddleston Credit Queen. 2018 E. Laurel St. 816-8170. Michelle Herrin Eye Candy Salon and Spa, 3001 W. White Oaks Dr. Ste. C. 816-2424. Tye Hale Aunt Moes, 601 S. Ninth St. 726-5160. Corey Hoskins Demonesha Bundles & Wigs, 921 N. 11th St. 588-9479. Demonesha Coulter Ritual Apparel, 904 S. Cleveland Ave. 503-7203. **Tim Williams** Ziemer Electric Service, 2311 S. Windsor Road, Decatur, 428-6363, Milo Ziemer Country Cleanin, 107 E. Maple, Loami, 685-0201. Shauna C. Johnson Essentials by Benny Ray, 2608 N. Peoria Road.

220-5993. Benny R. Williamson Jr. Rainbow Spa, 348 Williams Lane, Chatham. 381-9096. Helen Shufang Peng

Zion Creative Co., 209 W. Main., Williamsville. 725-2031. Nicholas R. VanMeter

Sunny Massage Spa, 2609 Stevenson Dr. 816-6355. Lijun Huang, Yaqin Zhu

Let's Roll Tire and Auto, 2400 E. Cook St. 361-8119. Maher Mohamad, Samira Hussein

T.K. Farm, 316 E. First St., Berlin. 891-4504. Travis L. Atchison

Consign & Design, 2442 Denver Dr. 528-4723. Second Time Around Springfield, LLC

Outdoors Always Taxidermy, 311 Heather Lane, Auburn. 438-6269. Zack Pavich

True Green, 3535 E. Cook St. Lot 104. 761-4372. John Engebretsen, Tiffany Engebretsen

Jon Lock Home Improvement, Jon Lock Gen. Ptr., 321 Cedar St., Kincaid. 481-5463. Jon Lock TNT Construction, 1208 N. Osborn. 494-1576.

Max Harris Elodie Grace Boutique, 2061 Henley Road. 638-

4718. Meghan M. Ramirez

Lelys Enterprise, 312 W. North St., Auburn. 502-4258. Joseph N. Lelys, Matthew A. Lelys

Papa Bear Apps, 1106 N. Lincoln. 299-1268. Paul D. Bill

Your Business Partner, 324 Aspen Dr., Chatham. 872-216-5765. Shannon Blum

Capital Spa, 3915 Dirksen Pkwy. 303-2352. Douglas Becker Dani Chepulis Photography, 512 Orchard Ave., Chatham, 381-4723, Dani L. Chepulis Jarrad Construction LLC. 7673 Roberts Road. New Berlin. 895-8010. Roger A. Jarrad Laser Pain Centers of America – Sherman, 420 S. Crossing Dr., Sherman, 496-3636, John P. Folkerts Pure Synergy, 2200 W. White Oaks. 679-3156. Bapt Holdings LLC Carnahan Harker Media. 6386 Old Rt. 36. Riverton. 971-9190. Stacey Laatsch Karel Howard Construction. 1885 Central Point Road, Cantrall. 416-9620. Karel Howard Love of Sports Exposure, 205 W. Allen. 816-3881. Kendrick Carr



Mickey Mouse helps patients eat healthy

Disney grant aids Foodbank distribution of fresh produce

BY ROBERTA CODEMO

Bernice Bankston of Springfield was recently injured in a car accident and now has problems getting out to go to the store. On a recent Thursday morning she was taking advantage of a new program at SIU Center for Family Medicine that provides patients with access to fresh fruits and vegetables, thanks to the Central Illinois Foodbank.

"I really enjoy the fresh produce," she said, adding she has a 12-year-old who eats a lot of vegetables. She said this free program is a blessing for disabled individuals like herself who want fresh produce but have problems getting out.

At a Sept. 14 news conference, Central Illinois Foodbank officials announced it was awarded a \$15,000 grant from the Walt Disney Company to provide fresh produce to patients at SIU and Central Counties Health Centers. Each health clinic was provided with an industrial-grade, 72-cubic-foot cooler to store perishables. Cost for each cooler was about \$4,000.

"We've had a longstanding relationship with both health clinics," said Kristy Gilmore, food and agency resource director with Central Illinois Foodbank.

Dr. Janet Albers, chairwoman of SIU's Department of Family and Community Medicine, noted that studies show only about 20 percent of a patient's health is related to the health care that they receive, while the remaining 80 percent is related to economic and lifestyle factors. "This program will help patients with managing their chronic illnesses and in preventative ways to be healthier," said Dr. Albers.

Produce deliveries are every Tuesday and Thursday, and the only requirement to receive produce is for a patient to come in. On Thursday, patients received kale, peppers, potatoes, tomatoes, bananas and peaches. What's available is dependent on what the Foodbank receives from its suppliers. "We try to have four different varieties each week," said Gilmore.

Each health clinic receives a minimum of 1,000 pounds of produce each week. "This program is a great thing for patients," said Jeannette Waters, community affairs specialist with SIU. She will often hear patients tell the dietician that they can't afford to purchase fresh produce.

The health clinics also hand out healthy recipes to patients with ideas on how to prepare fresh produce.

A press release noted that often when patients seek medical care, physicians recommend more fruits and vegetables. For low-income individuals, access to fresh fruits and vegetables can be a challenge due to the higher cost of purchasing fresh produce and limited hours of operation of local food pantries, especially for working families.

Since the program started in July, the Foodbank has distributed more than 30,000 pounds of fresh produce to the health centers. The program is so popular that the produce runs out before the next delivery.

The program has had a tremendous impact. "The patients appreciate it and look forward to it," said Heather Burton, executive director with Central Counties Health Centers.

Waters said it's always rewarding to know that parents can go home and feed their kids a healthy meal.

The Foodbank is in the process of applying for another round of grant funding to continue this program in 2018, said Gilmore.

The grant will supplement the two-year-old Healthy Foods Distribution program at each health clinic. Once a month, the Foodbank sets up in the parking lot outside each clinic and distributes healthy food to the public. "People will be lined up around the corner," said Iris Wesley, executive director

cooking demonstrations.

of the SIU program. SIU will serve more than 1,000 people. The program teaches healthy food preparation, and includes a mobile kitchen cart provided by Sysco Central Illinois. There is room for hands-on



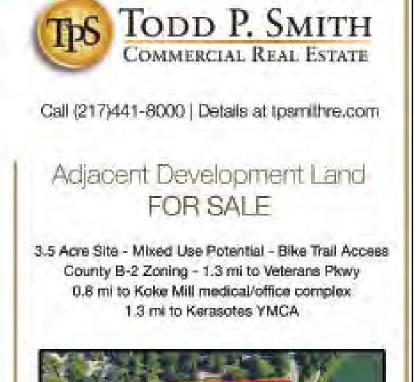
Dr. Janet Albers, chairwoman of SIU's department of family and community medicine, and Heather Burton, president and CEO of Central Counties Health Centers, showcase SIU's produce cooler, one of two coolers purchased with the Walt Disney Company grant funds. COURTESY CENTRAL ILLINOIS FOODBANK

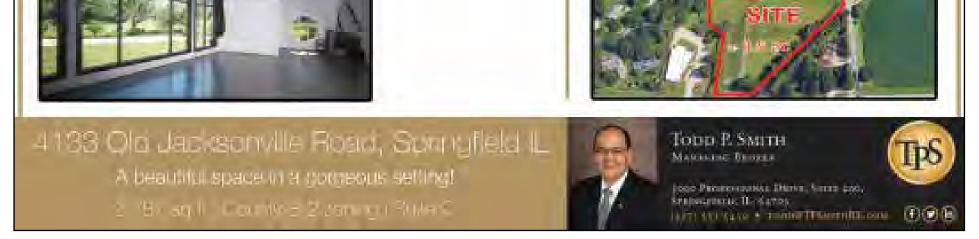
The Foodbank is always looking for more corporate sponsors for the program, said Gilmore.

"It really makes a difference," said Donna Reeves, director of community engagement with Central Counties Health Centers. "It improves the quality of life."◆

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No Agenda at 321 owner Jamie Loftus

Chef Andrew Spade, left, Casey Wichmann, Tom Cerri.

PHOTOS / BRIAN BOWLES

Try this new restaurant with No Agenda

BY THOMAS C. PAVLIK JR.

No Agenda at 321 is the area's newest "small plate" restaurant. It opened a few months back and is located in Chatham. No Agenda holds itself out as a "lounge-meets-industrial-setting stopping point for great drinks, wines, conversation and food."

We went for lunch, expecting some of the charcuterie, cheeses and tapas that I'd been hearing about. Unfortunately, those items are available only at dinner – so we were relegated to an abbreviated lunch menu. That initial disappointment aside, No Agenda delivered a very pleasant lunch.

My guest and I arrived right at noon and, as the only diners present, we had our pick of tables. Surprisingly, we were the only guests who showed up that day – which is a shame, as there's some good stuff going on here.

No Agenda's space is pretty clean, angular, minimalist and industrial. If I were neat and tidy at home, this is how I'd like my house to look. We loved the lighting fixtures, the tufted booths along the wall paired with the deep seats and the bar area. There's plenty of light, thanks to a wall of windows, but if the sun's bothersome there are easily operable shades to dim it down. If the weather's nice, there's also the option of patio dining. Even though of no particular use for us as lunch diners, we noted with approval that the seating area along the far wall was flexible enough to allow guests to arrange things to accommodate a more social setting. Nicely done. The menu is pared down - you've got sandwiches, salads and soups. I get it - keep it simple and focus on doing fewer things well rather than being mediocre at many things. Still, I think it could have handled a few more options. There was one special the day we visited. More on that later.

to \$8.25). All salads can be upgraded with the addition of charbroiled or blackened chicken (\$4), smoked salmon (\$5) or shaved ribeye (\$4). Both my guest and I were also tempted by the Ribeye Sandwich (shaved ribeye, melted provolone, grilled onions, horsey crème freche, served on a brioche bun - \$9). All sandwiches come with house-made chips and a pickle.

We opted to start with cups of the corn and sausage chowder and the rustic roasted tomato bisque (each \$4.50). The tomato bisque was earthy, rich and warming. I loved the generous parmesan crisp served alongside. This would be the perfect winter soup – and I suspect a bowl would be enough for a dish by itself. My guest loved how the smokiness of the sausage paired with the summer sweetness of the corn in his chowder. When paired with some chopped bacon



pressed and crispy — \$8.50).

My guest was very pleased with the tacos. He reported that the pork was appropriately cooked and that there was a generous helping in each taco. The tacos were served with what he assessed as a crème freche slaw and garnished



Choices of charcuterie meats, pickles, fruits, nuts, crackers and sauces are available as an appetizer, along with daily selections of cheese and crackers.

with chips. He thought that the richness of the pork belly was balanced by the freshness and crunch of the slaw. I confess to being a bit envihowever, disagreed and found them to be top notch. That being said, we both scarfed them all down.

Since we were the only diners, service was efficient and our food appeared quickly. Nonetheless, we had the sense that this was a welltrained wait staff and that all would have been well had it been crowded.

My guest and I both work in the downtown area, so one of the drawbacks was a fairly lengthy trip out to Chatham during the workday. But if you're in Chatham or the far west side of Springfield, that's not an issue. Because of the drive we probably wouldn't come out every week, but if in the neighborhood you should make a point of stopping by. Hopefully lunch picks up and No Agenda doesn't opt to go dinner only. ◆

Thomas C. Pavlik Jr. is an attorney at Delano Law Offices, LLC.

NO AGENDA

- 321 North Main Street, Chatham
- 217-247-9040
- www.facebook.com/noagendabar
- Menu available at capitalcitymenus.com Hours:
- 11 a.m. 12 a.m. Monday Saturday

Although I wasn't in the mood for a salad, I did eye with envy the Quinoa Salad (shaved parmesan, soft-boiled egg, arugula, snap peas and radish with a lemon Caesar dressing - \$6.25 No Agenda's daily mix of sliced or stick bread with spinach artichoke dip and garlic chipotle butter.

and roasted red pepper crema, he pronounced it delectable. I take that as high praise indeed as my guest is a bit of a foodie as well.

For lunch itself, we went with the Pork Belly Tacos (\$8) and the Cuban sandwich (house-made carnitas, smoked ham, dill pickle, mustard sauce, ous of his order.

Despite my love of pork, I'm generally not a fan of ham. But the lure of house-made carnitas got me to order the Cuban. I'm glad I did. It was perfectly crispy on the outside, with just the right amount of gooiness on the inside. The carnitas held up well against the mustard sauce, the ham gave a hint of smoke, and the dill pickles gave some acidity and crunch. It was a well-balanced sandwich.

I found the chips were a bit lacking for a house-made version – perhaps it had been some time since they'd come out of the fryer. My guest, 12 p.m. - 9 p.m. Sunday 11 a.m.- 2 p.m. Monday-Saturday (lunch) 5 p.m. - 8:30 p.m. Monday-Saturday (dinner) Wheelchair access: Yes Credit cards: Yes Atmosphere: **** Service: **** Food: **** Price: **** Suitability for business lunch: **** OVERALL: ****1/4

EDITORIAL



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Gateway to the future Amazon, meet me in St. Louis

Lately we hear that the Silicon Valley behemoth Amazon is casting about for a location for a second headquarters, which would employ about 50,000 people. It is enough jobs to turn the heads of governors everywhere, and cities are getting in line to make their bid. Near the front are trendy places like Denver, touting nearby mountains and its new weed economy, Portland, Oregon, where millennials love to live, and of course big cities like Boston and Washington, D.C., which offer amenities like airports, the arts and, in the case of the latter, the federal government.

But what if a major corporation like Amazon would choose its location based on where it can do the most good? What if the business fed all of its decision-making data – including its values – into a computer and the computer came up with a city like, say, St. Louis?

Really. It's not such a stretch. Amazon is getting hammered these days for killing off bricks-and-mortar retail, emptying out malls and finishing off downtowns with its online offerings, often tax-free. Why not use this headquarters decision as an exercise in corporate citizenship, to give back to a once-great city fallen on hard times? St. Louis, in the heart of Trump country, is suspicious of the coastal elites and struggling with its own identity and its fragile economy. The current racial unrest in St. Louis goes beyond the current court decision to reflect the feeling that this country no longer cares about its unemployed workers. What better time and place is there for Jeff Bezos to come to the old Gateway to the West and make it the gateway to the future once again?

Business is not charity, of course. No matter how big or profitable they are now, corporations that lose track of their earnings and their shareholders can go down as fast as they rose. So St. Louis needs to make sense for Amazon economically. There would be intangible benefits to Amazon from having a city of its own to put its stamp on, and old housing stock that could be repurposed for the youngsters that would be attracted to those jobs. Amazon could make the numbers work. The *New York Times* recently quoted an economist on this topic: "No matter where Amazon goes, they will have to build their own fundamentals."

In other words, if a business big or small wants to do the right thing as a corporate citizen, it can find good business benefits for doing so. On a smaller scale, Springfield businesses have been demonstrating that principle for many years. Last month *Springfield Business Journal* honored five longtime local businesses with our Legacy Awards for their history of investing in this community as part of their business model (see page 5). Isringhausen Imports, Ace Sign Co., HSHS St. John's Hospital, Staab Funeral Homes and Lincoln Memorial Garden have all taken the long-term approach that "giving back" comes back.

So here's hoping Amazon will make lightning strike in River City. Gov. Bruce Rauner has pledged to do his part to make the case for either side of the Mississippi. But if it doesn't happen this time, maybe another major corporation will soon discover the hidden beauty of the heartland, where doing the right thing has always made good business sense.

CWLP needs community involvement

The most disturbing part of the Sierra Club's study of the economics of CWLP's four aging Dallman power generating units wasn't that they are losing the city money, and have been every year for the past nine years. Thomas Vitolo, Ph.D., from Synapse Energy Economics, Boston, studied the publicly reported revenues and expenses of the city-owned power plants and concluded that Springfield would have been \$261 million better off next 20-25 years. "The \$261 million lost in the past eight years cannot be reclaimed," says the study, "but CWLP is not obligated to continue operating the Dallman units at a loss, nor is it obligated to sink over \$5 million a year in capital improvements at Dallman between now and 2022." It is not obligated, that is, unless Springfield fails to chart a different course for CWLP's future.

The Springfield citizenry, especially the business community, needs to get involved. Unlike private power plants, where decisions are made by regulators and investors, often behind closed doors, CWLP is owned by the people, so the planning process must be open and public. It is expected that the local community will act in its own best interests to chart the future wisely. Planning its energy future can involve ensuring a reliable, safe and clean power supply, taking care of the CWLP work force kindly through retirements and transfers, and factoring in the costs for retiring the old power plants. The best time to have planned for the demise of coal-generated electricity would have been before Springfield built the Dallman 4 generating unit, completed about the time the bottom fell out of the electricity market. "We all make good decisions that turn out badly," said Tom Vitolo about that lost chance. The next best time for Springfield to plan a better energy future is now. ◆

during that period had it been buying power off the market rather than producing its own juice. Results of the Sierra-sponsored study were presented Sept. 22 at a meeting of the Citizens Club of Springfield.

Nor was the most disturbing part the stark report that the market for coal-generated electricity is not going to come back anytime soon, so it does no good to hold on to the power plants while waiting for a better day. Gas-fired electricity plants are coming online all the time, their energy source cheaper than coal because of fracking and lower emissions. Wind turbines are catching on, even in Illinois, and the appeal of solar is growing. Meanwhile, coal-generated electricity is costing the average CWLP residential customer an extra \$20 a month more than market price, and the average commercial customer is paying \$200 a month more. The most disturbing part of the report presented to the Citizens Club, disputed by nobody there, is that nobody is planning a way out of this mess. There is no comprehensive plan – at least no public plan – for the



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