



SPRINGFIELD

BUSINESS

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15 under Fifteen

HONORING OUTSTANDING SMALL BUSINESSES
WITH UNDER 15 EMPLOYEES

PAGE 3

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The Community Foundation for the Land of Lincoln & Springfield Business Journal present

2018 SPRINGFIELD PRESERVATION AWARDS

On Wednesday, Sept. 19, the recipients of the 2018 Springfield Preservation Awards were recognized at a reception held at the Illinois Realtors building. Springfield Business Journal partnered with the Historic Sites Commission for this event, which was sponsored by Illinois Realtors, and also served as a fundraiser for the Community Foundation Land of Lincoln - Historic Preservation Fund. Guests were asked to make a donation to the fund, and the recipients of the 2018 grants were announced. The Central Three Community First Project received funding to assist with the restoration efforts of the first black firehouse in Springfield while the Kidzeum of Health and Science also received a grant to help with stabilizing a wall.

The last award of the evening presented was Preservationist of the Year, which had not been announced in advance. Kyle Harvey, chair of the Historic Sites Commission, and Mayor Jim Langfelder recognized the Oak Ridge Cemetery Board of Managers with this award, noting their many efforts to preserve history in the City of Springfield. Most recently, the Oak Ridge board helped ensure that two internment books, important Lincoln-era artifacts, were restored to their former glory after they were nearly lost due to deterioration.

Justin Blandford, curator of the Illinois Executive Mansion, was the keynote speaker and provided an overview of the recent restoration project, along with a guided tour following the event.

Special thanks to the Springfield Historic Sites Commission for serving as this year's awards jury.



Kyle Harvey, Gary Hammons, Katie Spindell, Mitch Murdock, Mayor Jim Langfelder.

PHOTO BY LEE MILNER



Justin Blandford leads a tour of the newly restored Governor's Mansion.

PHOTO BY LEE MILNER



Frank Butterfield and Anna Margaret Barris present a check to Ken Page and representatives of the Central Three Community First Project.

PHOTO BY LEE MILNER



Guests enjoy a cocktail reception prior to the awards program.

PHOTO BY LEE MILNER



Ann Londrigan and Justin Blandford.

PHOTO BY LEE MILNER

16th ANNUAL 15 UNDER FIFTEEN

Airsman-Hires

Funeral Home

Apple Barn

**BSafe Home Inspections
of Illinois, Inc.**

**Cleaning General
Janitorial Services, Inc.**

GoWeb1

Henry's Service Center, Inc.

Hilda's Antique Mall

Legacy Theatre

Maddy's Tavern

Mosquito Joe of Springfield

Nelson Resource Center

**Rotherham &
Rotherham & Company**

Tacology 101

The Book Rack

The Rage Hair Studio & Spa



15 under FIFTEEN

RECOGNIZING EXCELLENCE IN SMALL BUSINESS

SNAPSHOT

Established: 1979
Owners: Terry and Mary Beth Airsman, Elizabeth and Greg May
Employees: 12 full time
Services: Funeral, cremation and pre-planning services

1405 Lincoln Ave.,
Jacksonville
217-243-1010
airsman-hires.com
info@ahfh.net

PROFILE

Airsman-Hires Funeral Homes was founded in 1979 in Greene County and has now grown to 10 locations serving families in Sangamon, Morgan, Scott, Pike, Cass and Greene counties. The business was founded by Terry and Mary Beth Airsman and continues today under the leadership of their daughter and son-in-law, Elizabeth and Greg May. Company highlights have included the construction of the Williamson Funeral Home location in Jacksonville in 1998 as well as other new facilities in Palmyra and Griggsville. A crematory was added to the Williamson location in 2007, the first in the immediate surrounding area.

“While we are not a ‘Springfield’ business per se, Airsman-Hires Funeral

Homes have been the leader in west central Illinois for nearly 40 years,” said Greg May. “Airsman-Hires provides outstanding funeral, cremation and pre-planning services to hundreds of individuals and families each year. The business is family-owned and operated, and employees are treated as family. Of the 10 licensed funeral directors on staff, two have been with us for 40 years or more, one for 33 years, and three others for well over 20 years. We provide an outstanding environment for our directors to work in with the focus being on meeting the needs of the families we serve.”

SNAPSHOT

Established: 1990
Owners: Dean and Gayle Johnson
Employees: 12 full time
Services: Garden center with flowers, ceramic pots, garden supplies, seasonal fruits and vegetables, bakery, seasonal items.

2290 E. Walnut St.,
Chatham
217-483-6236
applebarn.net
applebarn@comcast.net

PROFILE

Dean and Gayle Johnson have owned Apple Barn for more than 25 years and have seen the business evolve into a wonderful enterprise. “Besides growing several varieties of apples, making the best apple cider weekly, and our famous caramel apples, the bakery and fudge are in high demand,” said Gayle. “We have a huge variety of pumpkins, corn stalks, Indian corn, mums, all the important fall stuff. We also sell one-of-a-kind and unique ceramic pumpkins that you won’t find anywhere else.”

Apple Barn focuses heavily on the seasons. Spring is busy because of growing and selling all the beautiful flowers, along with unique ceramic pots that Apple Barn has become famous for offering. Summer is all about fresh

fruit and veggies, and fall is a very busy season. “Thanksgiving is a huge pie time for the bakery, as everyone likes our fresh pies and free-range turkeys for the holiday. Christmas brings another fun time with all our perfect Christmas trees, wreaths, roping and accessories,” said Gayle.

“We are now open all year to meet customer needs. We are very customer oriented at the Apple Barn. We truly love, and are very thankful for, all of our wonderful customers; that’s what makes our job so rewarding. We all feel so blessed,” said Gayle. “There is never a dull moment at the Apple Barn, and we are constantly changing with the seasons. Who could ask for a better job?”

SNAPSHOT

Established: 1995
Owners: Tim Kearney
Employees: 5 full time
Services: Whole-house inspections, radon testing

217-321-1000
www.BSafeIL.com
bsafe@bsafeil.com

PROFILE

Tim Kearney, owner of B Safe Home Inspections Of Illinois, Inc, has been performing home inspections since 1995, having been in the building and construction industry for over 25 years. A firefighter for more than 20 years, Kearney discovered a vast range of home problems, which led him to begin working as a part-time inspector on his days off. “I did it for something to do on my time off but also for extra money. Back then, I was doing one or two inspections a week and now we are up to 30 or 40,” he said.

B Safe provides home inspections for pre-inspection, renovation, home buyers, real estate agents and home sellers by trained, professional home inspectors. Their inspectors will cover the whole house, including the

roof, insulation, ceilings, walls, doors, windows, floors, electrical, plumbing, HVAC, structure and the foundation. Termite, radon, septic, and well water inspections are also on the checklist.

Through dedication, hard work, and a solid reputation, B Safe has become one of the top inspection companies in Springfield. “I saw the safety issues when I was a firefighter, so I went out and created the largest home inspection company in central Illinois. We serve Springfield, Jacksonville, Sherman and all the small surrounding cities.” Kearney belongs to Local First Springfield, as he believes in keeping money local. He also supports a number of local charities and youth sports teams.



Airsman Hires Funeral Home

FRONT ROW LEFT TO RIGHT: TABITHA BROWN, ANDY MOSS, MARY BETH AIRSMAN, TERRY AIRSMAN, SCOTT LUMMIS, AND NATHAN FREEMAN

BACK ROW, LEFT TO RIGHT: COLBY BROOKS, TIM BRUCE, JOE COULTAS, ELIZABETH MAY, GREG MAY, DANNY POWELL, RICK HIRES, RANDY HIRES.

Photo Courtesy of Arisman Hires Funeral Home



Apple Barn

LANCE HEDRICK, GAYLE JOHNSON, HANNAH HAMMAN, MIKE EDWARDS AND CHELSEA VAN LEER

Photo by Terry Farmer

B Safe Home Inspections



TOP: MARK LUPARELL, TIM KEARNEY
BOTTOM: TIM CURRY, DAVE HOUSE
DUSTIN BOLT, DOG IS BUDDY

Photo by Terry Farmer

15
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Cleaning General Janitorial Services

DUSHUN HOGAN

Photo by Terry Farmer

SNAPSHOT

Established: 2014
Owners: Dushun Hogan
Employees: 1 full time
Services: Commercial cleaning, carpet cleaning, vinyl tile stripping and waxing

P. O. Box 212414, Springfield
217-502-4108
cleaninggeneralspringfield.com
cleaninggeneraljan@gmail.com

PROFILE

Dushun Hogan started Cleaning General Janitorial Services back in 2014 out of a one-bedroom apartment. Initially, the company focused on residential cleaning and had much success. "After a year or so, it was suggested we focus our attention on the commercial cleaning side, and soon after we made the transition from residential to commercial cleaning," said Hogan. "We soon found our niche and haven't looked back. In 2016, we branched out to provide carpet cleaning and stripping and waxing services to better accommodate our clients."

Today, the company provides commercial cleaning services to small and mid-sized facilities throughout the Springfield area. "We pride ourselves

on our quality of work, professionalism and high level of customer service, while having dedication and passion in what we do. We focus on our clients and what we can do to make their experience with us friendly and enjoyable," said Hogan.

"We have Springfield in mind when it comes to buying our cleaning products locally, playing a role in creating jobs to help strengthen the economy and giving back to the community. Small business is the backbone of any city, and I understand we're not the entire spine, but we do our part whenever possible. We not only want to see Springfield grow, but also prosper economically, socially and as a whole."

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GoWeb1

LARA DONOVAN, KENNY MICHELETTA, MARK ROBERTS,
 EMILY MUELLER

Photo by Terry Farmer

SNAPSHOT

Established: 2005
Owners: Mark Roberts III
Employees: 5 full time
Services: Website design and development, web-based software development

400 S. Grand Ave. West
217.241.8554
www.goweb1.com
mark@goweb1.com

PROFILE

"GoWeb1 is proudly headquartered in Springfield and was established in 2005. We are committed to helping local and national clients succeed with all of their digital marketing needs and committed to giving back to the community," said Mark Roberts III, owner of GoWeb1.

GoWeb1 is a full-service digital agency that focuses on high-quality, custom website development and hosting, text and mobile marketing platforms, reputation management solutions, social media, digital content creation, search engine optimization (SEO), domain name management, and do-it-yourself website tools. Clients range from mid to large size global corporations to small businesses.

"We are one of Springfield's best small businesses, because we have a team who is committed to delivering the best solutions in the industry, while providing the best customer service. We have the ability to meet niche demands with enthusiasm and passion," said Roberts. "We love learning about our client's journey, and becoming a part of their success as a marketing partner is one of our greatest joys."

"We also have a fun work culture. When your job requires a ton of screen time, you can be sure a random dance song blaring or a quick lunchtime workout are welcome activities that help keep up morale and promote a healthy, balanced work day."

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Henry's Service Center, Inc.



TOM HENRY, RYAN HENRY

Photo by Stacie Lewis

SNAPSHOT

Established: 1987
Owners: Tom Henry, Jane Henry and Ryan Henry
Employees: 10 full time
Services: Outdoor power equipment sales, parts and service

2244 W. Morton Ave., Jacksonville
217-243-5400
www.henrysservicecenter.com
ryan@henrysservicecenter.com

PROFILE

Family, community and strong customer service are the driving forces behind Henry's Service Center. The owners have always believed in the philosophy that the satisfaction of their customers is the most important thing. Tom Henry began the business in 1987 after taking ownership of the farm supply store where he had been working in Virginia, Illinois. The business began with three employees, and in 2002, a second store opened in Jacksonville. Tom's son, Ryan, ran the Jacksonville location, which also employed three people. There was a shift in 2009, when Tom closed both stores and opened a new facility in Jacksonville, which the father-son duo continues to successful-

ly run today, but now with 10 employees.

As Tom used to work on tractors himself, it made perfect sense to open a store that deals in both sales and service of outdoor power equipment, such as tractors and mowers. Henry's prides itself on its sales and service departments, always paying close attention to detail on every repair. Not only is Henry's a family-owned business, but the family has been very active in supporting the Jacksonville community for more than 30 years. They are involved with the Policeman's Ball, Jacksonville High School, and even have a local baseball field named after them.

SNAPSHOT

Established: 2018
Owners: Nick Britz and Robert Britz, Jr.
Employees: 2 full time
Services: Antiques and collectibles

14266 Frazee Rd., Divernon
217-628-9192
facebook.com/hildasantiquemall
m.me/hildasantiquemall

PROFILE

Family is very important to Nick and Robert Britz, which is why they named their new venture after their mother. The Britz brothers took over Hilda's Antique Mall this past May and have been working diligently to get the 20,000 square foot mall renovated and looking like a first-class facility for the vendors and customers. Owners of NickorBobs Home and Gifts for nearly 25 years, the brothers had already run a successful small business with a similar model – renting out space for vendors to display and sell their art and merchandise.

At Hilda's, there is a wide variety of quality antiques, including both older and newer categories of collectibles.

"We did a lot of work on the mall. We have newly renovated booths for our vendors, as well as other areas in the building. We have close to 50 vendors in here and many we have known for 25 years or more, since day one," said Nick Britz. "All credit and success goes to our vendors. They stock the merchandise and make the business go. We are just management."

Hilda's is open from 10 a.m.-6 p.m., seven days a week, and customers can be on the lookout for a new tea room that is coming in the very near future.



Hilda's Antique Mall

NICK BRITZ, ROBERT BRITZ JR. Photo by Stacie Lewis

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SNAPSHOT

Established: 2011
Owners: Scott Richardson
Employees: Volunteer crew
Services: Plays, musicals, Broadway events, kids' shows

101 E. Lawrence Ave., Springfield
217- 528-9760
www.atthelegacy.com
info@atthelegacy.com

PROFILE

The Legacy Theatre building opened in 1951 as the original Springfield Theatre Guild, where hundreds of productions were staged until the building went dormant in 2004. Then in April 2011, Scott Richardson purchased the building, and it underwent a massive renovation. Three months later, this historic theatre was reopened with the Broadway musical, *The Marvelous Wonderettes*. "We used the name 'Legacy' to honor all those who came before us," explained Richardson. "In the 1940s after World War II, people began raising funds to build a theatre. They had bake sales, sold insurance policies and were eventually able to raise the funds to build it," he said. "So the name was picked to honor those folks who had that dream, but also

those who previously performed on that stage, volunteered at the theatre, or even bought a ticket to see a show."

Richardson produces three plays and musicals every year, featuring local actors. He also brings in other acts such as kids' shows, Broadway events, a Jedi Academy, and coming up is a magic show. Old films are screened at the theatre, and there is a unique film event beginning in January called Mystery Movie Monday. "This is fun, because they don't know what they are going to see," he said.

"This could not continue without our volunteers, though. We have 100 volunteers that keep this building rocking and rolling."



Legacy Theatre

AT THE LEFT, TOP TO BOTTOM: NANCY BUECKER, MARY MCDONALD, BETTY RING TO THE RIGHT OF THEM, TOP TO BOTTOM: JOAN SESTAK, WENDY HAYWARD CENTER ON LADDER, NICK WILLIAMS (LEFT) JEFF NEVINS (RIGHT) CENTER ON STOOL: SCOTT RICHARDSON TRIO AT RIGHT: BRIAN PIER (BACK), LUKE BECKER, SUSAN COLLIER Photo by Terry Farmer

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SNAPSHOT

Established: 2017
Owners: Dave and Brittney Catlin
Employees: 3 full time
Services: Full service bar

228 S. 1st St., Divernon
217-628-8046
facebook.com/pg/maddysdivernon
m.me/maddysdivernon

PROFILE

Maddy's Tavern opened in July 2017 and is not a typical bar, according to co-owner Dave Catlin. "We strive hard to be the best and are considered a hidden gem by many of our customers. We are located in a fully remodeled 100-year-old building and provide a clean and safe environment to relax. We utilize the latest technology to provide the best draft beer possible and consistent drinks across all bartenders," he said. "Maddy's is not in the business to sell alcohol but to provide friendship and relaxation. We aren't selling cold beer, but rather that feeling you get after your first sip of your favorite brew with friends after a long day. The culture we provide is one of family and friendship."

The story of Maddy's name can be

traced back to 1899 when the Madison Coal Company started prospecting for coal in what would become the town of Divernon. The bar was built to feel industrial but welcoming at the same time, with fun and activities at the forefront. Maddy's hosts a bags tournament every Tuesday, bingo every Wednesday and has different drink specials every night of the week.

Dave and his wife, Brittney, hold their employees to a very high standard, but they are also considered family. "I feel we are one of Springfield's best businesses because we invest our passion into Maddy's to ensure we grow as a fun and friendly place. We are also always hosting events and charitable fundraisers," said Dave.

Maddy's Tavern



JENNIFER STONE, DAVID CATLIN, BRITTNEY CATLIN, VICTORIA SKUBE

Photo Courtesy of Maddy's Tavern

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Nelson Resource Center

MELISSA HOSTETTER

Photo by Terry Farmer

SNAPSHOT

Established: 2018
Owners: Melissa Hostetter
Employees: 2 full time, 13 part time
Services: Tutoring, standardized test preparation and college admissions advising

319 Chatham Rd., Springfield
217-553-7779
www.nelsonresourcecenter.org
nelsonresourcecenter@gmail.com

PROFILE

Nelson Resource Center initially began when Deb Nelson started tutoring students at her kitchen table. As the business grew, she branched out into a retail space on Toronto Road. In 2005, Nelson moved into the current building at 319 Chatham Road, and today, the company offers everything from tutoring to ACT preparation to college admissions advising.

Melissa Hostetter is the new owner, but Nelson continues to work at the Resource Center. "Deb owned the business for 26 years," said Hostetter. "She is amazing and a wealth of information and support."

Offering ACT preparation as well as college admissions advising was a natu-

ral progression of the business, according to Hostetter. "Not only do students receive tutoring assistance, the Center is also a place free of distraction (no cell phones allowed) that allows students to complete their homework in a timely fashion. Quite often, students leave and are able to go home and focus on other activities," she said.

"I believe we stand out because we offer a full range of services to help students be academically successful in high school and beyond. Students feel at home and know that the Center is a place that welcomes them and goes the extra mile to make sure they are successful."

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Mosquito Joe of Springfield

ROB DALECHEK, JEFF SOMMERS, MICHELE SOMMERS, DAVID DOWN. NOT PICTURED: MELISSA EWING, JOSH ROSENDAHL

Photo by Terry Farmer

SNAPSHOT

Established: 2016
Owners: Michele and Jeff Sommers
Employees: 3 full time and 3 full time seasonal
Services: Outdoor pest control

1413 S. MacArthur Blvd., Springfield
217-717-4789
springfield.mosquitojoe.com
springfield@mosquitojoe.com

PROFILE

Outside is fun again. That is the slogan of Mosquito Joe of Springfield, a company that provides outdoor pest control treatments to residential and commercial customers in Springfield and surrounding areas. "We make outside fun again for our customers," said co-owner Michele Sommers, who opened the doors in April 2016.

"At the time, I was looking for a business to start, and Mosquito Joe popped up on my radar. Both my son and myself are allergic to mosquito bites but love being outside. We are bringing the community together to make yards a comfortable place to be. Some of our customers are able to garden for the first time, or even play baseball with

their kids, because they can now feel comfortable being outside."

With licensed and trained mosquito control experts, the company is dedicated to getting rid of mosquitoes so people can enjoy being outside.

"We are very adamant about making our customers our top priority and have a 100 percent satisfaction guarantee. We treat both our customers and our employees like they are our own family, because if not for them, we cannot function. We value what we have in our team and make sure to appreciate them so they pay it forward to our customers," explained Michele.

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Rotherham & Rotherham & Co.

BACK: SHANE FORD, JESSEY BRUCE
FRONT: LINDA ROTHERHAM, JOHN "JACK" ROTHERHAM, JOHN "CLAY" CLAY ROTHERHAM

Photo by Terry Farmer

SNAPSHOT

Established: 1961
Owners: John (Jack) Rotherham and John (Clay) Rotherham
Employees: 3 full time
Services: Accounting, bookkeeping and tax preparation

2145 S. 6th St., Springfield
217-523-9334
springfieldilaccountant.com
johnrotherham@att.net

PROFILE

John C. "Clay" Rotherham has accounting in his blood. As a co-owner of Rotherham & Rotherham & Co., he is the third generation of Rotherhams (all named John) to work in the firm. "My grandfather started a small accounting practice around 1961, and my father joined him in the mid-80s. When my grandfather passed away, my father ran the business by himself for several years," he said.

After finishing school, Clay joined the firm and began working with his father in 2008. "Now that I am here and we have maintained a solid business, Dad doesn't have to come in as much and can stay home more."

The company offers assistance with bookkeeping and tax preparation, along

with a number of accounting categories such as general, agricultural, business, construction and Quickbooks services.

"About 85 percent is dealing with businesses," explained Clay. "Of course, we are extra busy at the first of the year during tax time and will bring in more people to help around the office. But we are a year-round firm whenever we are needed for consulting or any other accounting needs," said Clay. "We are thorough, accurate, and do whatever it takes to earn our clients' trust."

"It has been really successful here since my grandfather initially started the firm. From beginning to end, we are looking at almost 60 years in business, and we are constantly growing."

SNAPSHOT

Established: 2017

Owners: James and Sue Hamilton

Employees: 6 full time

Services: lunch and dinner service

219 S. 5th St., Springfield

217- 679-6448

tacology101.com

tacology101info@gmail.com

PROFILE

After spending 19 years in the restaurant industry, Chef James Hamilton decided it was time to do his own thing. Having begun his career in Hyde Park, New York, Hamilton graduated from The Culinary Institute of America before taking his skills to Philadelphia. While there, he worked at several critically acclaimed restaurants before moving back to the Midwest. In June of 2017, Tacology 101 opened on S. Fifth Street in the heart of downtown Springfield. The cuisine is based on authentic Mexican street food, including handmade tortillas, a variety of taco recipes, street corn and a large selection of beverages.

"I like Mexican cuisine, the ease

of bringing it all together with simple ingredients. I wanted to bring what I learned in Philadelphia to Springfield," he said. "Part of our shtick is the school theme. We will teach you about tacos when you come in. But my wife, Antoinette, deserves props for coming up with a lot of the terminology and the themes we use here."

The restaurant has seen great success since opening last year. Hamilton has shared his talents with the public, having appeared numerous times on the local Fox 55/27 station where he describes how he creates the delicious handmade tortillas and guacamole that can be enjoyed at Tacology 101.



Tacology 101

KESHAWN DOUGLAS, JAMES HAMILTON, STUART FORNEY

Photo by Terry Farmer

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SNAPSHOT

Established: 2016

Owners: Tami Frye

Employees: 2 full time, 3 part time

Services: Used books

2943 W. White Oaks Dr. Ste. 3, Springfield

217-241-2102

facebook.com/TheBookRack.SpringfieldIl

m.me/TheBookRack.SpringfieldIl

PROFILE

For years, The Book Rack has been a staple around Springfield for anyone looking for good, used books. In January of 2016, Tami Frye took over ownership of the business and is continuing the tradition of keeping book stores alive. "When I took over, we did some remodeling and cleaned it up a bit," said Frye. "We have our regular customers who come in all the time, and we get new customers every day as well."

The Book Rack is known for having a large and eclectic collection of used books that they not only sell, but will give credit in trade when people come in to sell their books. When they can't sell titles that they may be overstocked

on, Frye will donate to a number of local charities.

"We have everything you could ever imagine. It is mostly used books, but we do carry some new ones as well, mostly from our local authors who we like to promote. Every writer needs a place to start," said Frye. Local authors are even welcome to hold book signings at the store.

"Customer service is a major thing, especially being a small business. All of our employees know books, so when you come in and ask, we will help you find the title you are looking for. We love taking that extra step," said Frye.



The Book Rack

MEGAN POWERS, STEPHANIE BOND, TAMI FRYE, TESSA MARQUIS, KATIE KETCHUM

Photo by Terry Farmer

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SNAPSHOT

Established: 2010

Owners: Heidi Clark

Employees: 11 full time

Services: Hair salon, microblading, lash services and massage.

3231 W. Iles Ave., Springfield

217-546-6440

theragehairstudio.com

m.me/theragehairstudio

PROFILE

Seventeen years ago, Heidi Clark began her career as a stylist at a chain salon in the mall. As she eventually worked her way up to the role of manager, there was a longing for something more after working nights and weekends for nine years.

"I opened up about my dreams to a client one day, and he gave me the name and number of a business friend of his. It all took off from there," said Clark. Her dream would become a reality in May 2010, when Clark opened the doors of The Rage Hair Studio.

"The Rage Hair Studio & Spa is a warm and friendly salon located on the west end of Springfield. It is our mission

to serve every member of the family, and we don't end our day until every guest looks and feels amazing walking out the door! Aside from hair needs, we offer microblading, lash services and massage to accommodate everyone," said Clark.

"Our team is the heart of the business. Each one of our employees brings a unique vision to the salon and is a huge part of our success. We feel so blessed to be able to do what we love every day and we thank the community for their continued support of our small business."



The Rage Hair Studio

FRONT: HEIDI CLARK AND THEN FROM LEFT TO RIGHT: KAREN HORATH, REAGAN AKERS, ALYSSA JAROS, TAYLER IRONS, KRISTEN JEFFERIES, MADILYN FORNOFF, AND ALI KUHN. NOT PICTURED: ANNA CLARK, LACY NEEDHAM AND CHRISTIAN JEROME

Photo by Terry Farmer

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CONGRATULATIONS TO OUR PREVIOUS SELECTEES

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under
FIFTEEN
RECOGNIZING EXCELLENCE IN SMALL BUSINESS

2017

All in One On-Site Wash & Detail
The Deb Sarsany Team
Monty's Submarines
Bailey Hardwoods & Woodworking, Inc.
Fire and Ale

Rogers HR Consulting
Best Expo, Inc.
Gypsy Dreamer, Gypsy Tribe & Gypsy Soul
Springfield Jr. Blues
Central States Fireworks, Inc.

Law Automotive, Inc.
Springfield Travel Shoppe, Ltd.
CrossFit XLT
Masco Packaging & Industrial Supply
Your Corner Office, Inc.

2016

Bramley Funeral Home
L.A. Burton & Associates
Cooper's StrEATside Bistro
Dreammaker Bath & Kitchen
Fehring Ornamental Iron Works

Hill Meadow Apartments
Jan's Dance Studio
Nature's Select Pet Store
Kraig D. Osborne, DMD
PhysioTherapy Professionals

Prairie Dental Group
Sangamon Reclaimed
South County Publications
Taft Appraisal
Wiley Office Furniture

2015

AZ-T-CA Mexican Grill
Bath Planet
Capital City Crossfit
Chatham Dental Center
Cherry Berry Springfield

Curry's Family Pharmacy
Donald Staten DMD
Farmland Solutions
Gypsy Soul
Kyle Killebrew & Company

L&M Gym & Kids
O3 Internet Consulting
Phoenix Collision
The Chiropractors
Zelle Title

2014

Boondocks
Café Moxo
Cookie Factory Bakery
CopperTree Outdoor Lifestyles
D&J's Café

Habitat for Humanity ReStore
Harry's Pharmacy
Jamie's the Diamond Mine
KB Consulting
Kinner Kennels

Kulavic's Auto Body
Lauterbach Tire
Maid-Rite
The Organized Home
Springfield Running Center

2013

Andrews Landscapes
Capitol Chiropractic Health Center
Country Market, Inc.
Craig Ladage Builders, Inc.
Dick's Shoe Repair

Gorham's, Inc.
Hoogland Center for the Arts
Lee O'keefe Insurance Agency
Life Safety Resources
Marriott Real Estate Services

Paul Tree Farms
PhysioTherapy Professionals, LLC
Robert's Seafood Market
Thirdwave Data/Comm, Inc.
Velo Mine

2012

The Barkmeier Group, Inc.
Campo Realty, Inc.
Capital Area Association of Realtors®
Central Illinois Foodbank
Creasey Construction of Illinois, Inc.

Emerson Press
Flowers by Mary Lou
Harmony Limousine & Luxury Coaches
Long Bridge Golf Course
Martin Engineering Company of Illinois

Modern Mailing & Printing Services, LLC
Perrino & Associates, PC, CPAS
Rolling Meadows Brewery
Signature Event Rental
Walton & Associates Architects, PC

2011

AppleBarn
BLH Computers
Capitol Storage
Chadito's Mexican American Grill
D. Lance Taylor, D.M.D., M.S., P.C.

Denney Jewelers
Donnie B's Comedy Club
FWAI Architects Inc.
GoWeb1
Heartland Publications Inc.

Macy Construction
Mike Carter's Westside Automotive
Nickorobbs Home Decor
R. R. Ross, D.D.S.
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2010

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Homes at River Birch Senior Living, located at 4012 Cockrell Lane.

PHOTO COURTESY OF RIVER BIRCH

Many different options for senior living

BY DIANNE CROWN

Like many seniors, Angie Squires and her husband had moved from a house to a condo where they could still enjoy independent living; but, in the years after Chet died, Angie began falling and needed a different housing solution. She chose River Birch Senior Living from Springfield's wide variety of options, and it became a safe, welcome home when she arrived in May 2017.

"In the condo, I had to make my own bed, make my own meals, take my own showers. I had someone coming in to help, but it got to be a problem because I was falling all the time. One day, I counted 24 falls the year before. The last time, I had fallen in the bedroom and, while I was waiting for the fire department to come, I thought, 'I've got to do something.' I started to look for someplace else to live.

"I had seen some other places when I visited people. I looked at this room on a Monday and moved the next day. Here, everything is done. The room is cleaned, meals are prepared, the bed is made, laundry is done. They take me to doctor appointments and make sure my medications are administered. If you have to be someplace, this is the place to be."

Co-owner Tom Hardy explains that services in the three homes provide meals, housekeeping, assistance with self-care, recreational activities, medical care and transportation, in addition to being licensed for memory care. Hardy says, "It's not set up to fit the lifestyle of an independent person with a car. Our goal is to help seniors improve or stabilize

their health situation to avoid the need to live in a nursing home." The contemporary color scheme, common room furnishings, dining rooms and lack of long, bright hallways, create the feeling of a lovely hotel.

"It's homey," not like an institution, Squires says. "You walk through the front door into a living room, and there's a formal dining room with French doors that close so you're private. I've had people out several times. I had my 85th birthday there. My room has a private bathroom and a view of the golf course out the window. I like the scenery."

Lewis Memorial Christian Village, on West Washington Street, is another residence option that offers everything from independent living to skilled nursing and long-term care. Set on 19 acres among woods and flower beds, senior living advisor Kelley Tierney says, "It's a country-like, peaceful setting."

LMCV is a continuing care retirement community where residents can enter independent living and transition through increasing levels of care without moving to another facility. It was built in the 1970s as a nursing care center and now offers 38 independent living garden homes and apartments, 20 beds in two assisted living villas for people who need a little more care, and the 42-room GracePoint short-term rehabilitation facility, which helps transitions people back home or directly into Lewis Memorial Christian Village housing.

A Christian spirit and welcoming attitude are two of LMCV's strong points, says Tierney. "We exist to honor God. We have a full-time chaplain, church services, Bible study and more." Wellness directors and volunteer resi-

dents provide a kind of welcome wagon experience to make sure new people find their place in the community. "Our residents feel we really care about them. The wife of one of our couples told me, 'Even if I won the lottery, I wouldn't move away from Lewis Memorial,'" said Tierney.

Along with the family feel, Tierney continues, "It's completely maintenance-free living, from snow removal to lawn care and appliance repair." LMCV is licensed by Illinois Department of Public Health, and Tierney says she is proud of their deficiency-free annual inspection reports.

"The Illinois Department of Public Health licenses long-term care facilities, often called nursing homes, as well as assisted living facilities," explains IDPH public information officer Melaney Arnold. "Sup-



Entrance to Lewis Memorial Christian Village, located at 3400 W. Washington.

PHOTO BY STACIE LEWIS

portive living facilities are under the purview of the Illinois Department of Healthcare and Family Services. Retirement communities and senior living apartments are not regulated by IDPH.”

Arnold continued, “IDPH inspects the facilities it licenses. Nursing homes and assisted living facilities are inspected annually and upon complaint. Inspections ensure compliance with the Nursing Home Care Act or the Assisted Living and Shared Housing Act, depending on the type of facility. Rules specify what is required of facilities to ensure that residents are safe and healthy. The rules address things like quality of care, medication administration, abuse, neglect, supervision, rehabilitation services, physical activities, diet, physician’s orders, etc.”

IDPH serves an important role in senior care, says Kathleen Cross, executive director of Fair Hills Residence of the Illinois Presbyterian Home. “Family members know somebody is overseeing residents’ medical care and that facility practices are in compliance with the regulations.”

A facility’s senior housing and care classification is complicated, depending on services and funding, according to Cross. Locations may offer independent living, assisted living and nursing care. From there, nursing care classifications may be intermediate, skilled, or Medicare; and, further, maybe provided by facility staff or through an outside agency. Payment sources may be private, public, Medicare, or short-term stay.

The Illinois Presbyterian Home “has a history of 65 years providing assisted living and sheltered care services,” says Cross. “We have a very social model. Our residents live in an active faith-based community enjoying social activities and exercise programs.

“The staff blends in more as a family than employees, and we have a very structured volunteer program both through churches, and



Fair Hills Residence of the Illinois Presbyterian Home, located at 2005 W. Lawrence.

PHOTO BY STACIE LEWIS

the Kings Daughters Organization, that serves as an extension of our care and ministry monthly and on holidays.

When beginning to consider options, Cross encourages families to tour facilities, “It’s okay to have several tours,” she says. “Do you feel at home, comfortable and secure? Talk to staff and other residents. Is this a place that would make you feel happy? And, be sure to ask about the contract. Are there minimums?”

Some facilities, such as River Birch, provide a checklist for prospective residents. “Questions to assist in Evaluation Process” is a helpful note-taking guide to compare up to

four locations, staff, nursing care, medication administration, food service, resident care and caregiver-resident ratios and transportation. It allows family members to objectively evaluate how services and costs measure up.

And don’t assume a published monthly cost is set in stone, Hardy added. Room size and availability may put a desired residence within reach. “Educate yourself. Compare apples to apples, not just quoted rates. Learn whether fees are flat rate or menu based. Ask questions about the average recorded response time when residents press a button to request assistance.

“If you’re a family member who sees the day ahead when a parent will need assistance to improve quality of life, start your search sooner than later. Know your options before you need them.” The right choice will make all the difference. “When I found out I was going to have to go someplace,” says Angie Squires, “it was traumatic for me at first. But, once I got here, I was fine.” ♦

DiAnne Crown is a frequent contributor to Illinois Times’ publications and creator of www.seasonsofparenting.com.

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	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	Aperion Care - Capitol 555 W. Carpenter St. Springfield, IL 62702	217-525-1880 217-789=4560 mosaicsspringfield.com	220	Skilled beds	Kawanna Robinson	210	On-site therapy staff, Wi-Fi, transportation, beauty salon, day room, library, business center, private rooms, refrigerators, pet friendly.	2018
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 lewismemorialchirstainvillage.org cschaaf@chliving.org	171	Independent and assisted living, short-term rehab (physical, occupational, speech, aquatic therapies), skilled nursing care	Cindy Schaaf Brandy Black	240	Maintenance-free living set on 19 acres includes independent and assisted living, short-term rehab and long-term care. Three beauty salons, community Wi-Fi, tree-lined walking paths, pet friendly, wellness center with therapeutic pool, wide array of activities and events, staff chaplain, church services and Bible studies.	1974
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 Wi-Fi 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 and on-site outpatient therapy.	1986
7	Montvale Estates 2601 Montvale Dr. Springfield, IL 62704	217-546-5577 217-529=8590 holidaytouch.com Daniel.butler@holidaytouch.com	121	Independent living	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.	N/A
8	Seasons Active Senior Living 3511 & 3201 Conifer Drive Springfield, IL 62711	217-698-5780 217-698-2829	120	Independent living	Ruth Engleman	8	Garages and covered parking, covered patios, library, exercise rooms, private party room, walking paths, fishing lake.	
9	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 doctors' appointments, physical, occupational and speech therapy on-site, Wi-Fi, computer access, library, cat friendly, private suites with 4 floor plans available, beauty/barber salon, respite care option, bistro and chapel with mass multiple times weekly.	1981
10	Brenden Gardens 900 Southwind Rd. Springfield, IL 62703	217-529-4586 217-529=4625 brendengardensretirement.com Jbalota@5ssl.com	112	Independent living	John Balota Carolyn Balota	18	3-meals a day, weekly housekeeping, all utilities and cable included, 5 day per week bus service, 100% maintenance service, year-round activities, 24-hour coffee café, laundry service, bed linens provided, 6 laundry rooms and 2 elevators.	2006
11	The Villas Senior Care Community - Short Term Rehab & Skilled Nursing 100 Marian Pkwy. 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, and Prairie Cardiovascular cardio consultant.	1987
12	Aperion Care 1021 N. Church St. 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
13	Regency Nursing Care Residence 2120 W. Washington St. Springfield, IL 62702	217-793-4880 217-793=4894	99	Skilled beds	Shana Lister	90	Salon services, therapy, speech therapy, private bath and shower in each room. Cafeteria menu service, Medicare suites, Wi-Fi.	1991
14	Fair Hills Residence and Fair Hills Apartments of the Illinois Presbyterian Home 2005 W. Lawrence Ave. Springfield, IL 62704	217-546-5622 217-546=5645 fairhillsres.com info@fairhillsres.com	88	Independent living, intermediate 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 housekeeping, laundry activities, 3 meals a day, religious services and transportation. Fair Hills Apartments is another independent living option.	1954
15	St. Joseph's Home of Springfield 3306 S. Sixth St. Rd. Springfield, IL 62703	217-529-5596 saintjosephshome.org	84	Sheltered, intermediate, memory care	Maxine Bergman	151	St. Joseph's Home is a 115-year-old home offering individualized sheltered, intermediate and memory care with round-the-clock medical care. Private and semi-private rooms are available with all of the activities of daily life including chapel, exercise room, housekeeping, library, recreation, salon services and sit-down dining room. All faith traditions are welcome.	1903
16	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	Lisa Kluge	DND	Therapy, movie theatre, four seasons, lake with fishing, restaurant style dining, person centered dementia care, secured care.	2016

	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
17	The Bridge Care Suites 3089 Old Jacksonville Rd. Springfield, IL 62704	217-787-0000 217-787=0001 bridgecaresuites.com	75	Skilled beds	Tanisha McCullogh	59	Spa, business center, beauty salon, restaurant style dining, cafe, theater, therapy gym, game room, Wi-Fi, private suites, transportation.	2013
18	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	Ryan Carney	DND	Independent and assisted living up to 5 levels of care. Home-like setting with meals served restaurant 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
19	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 management, individual and group therapy, dentist, podiatrist, and optometrist, diabetic management, pain management.	N/A
19	Auburn Rehabilitation and Healthcare Center 304 West Maple Auburn, IL 62615	217-438-6316 auburn@tutera.com	65	Short-term rehab, skilled nursing and long term care.	Lori McKinnon	50	Physical therapy/occupational therapy/speech therapy.	1966
20	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	60	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
20	Timberlake Supportive Living 2521 Empowerment Rd. Springfield, IL 62703	217-321-2100 217-321=2130 Timberlakesl.com chliving.org jhilliard@chliving.org	60	Independent living	Jo Hilliard	31	Providing lifestyle enrichment programming, 3 meals per day plus snacks, 24-hour/day aide support, nurses 8 hours/day, housekeeping and laundry, transportation to doctor visits and shopping, refrigerator/microwave.	2009
21	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 Alzheimer's 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
21	The Villas of Holly Brook 825 E. Walnut St. Chatham, IL 62629	217-483-4655 217-483=4662 meridiansenior.com vcha.adm@meridiansenior.com	50	Assisted living, independent living	Shannon Moore executive director	DND	All inclusive pricing: three meals a day, transportation, activities, weekly laundry and housekeeping, assistance with ADL's, medication management, pet friendly, spacious apartments, movie theater, indoor fish pond, game room, all-inclusive care fees.	2012
21	Centennial Pointe and The Arbors of Centennial Pointe 3440 Hedley Rd. Springfield, IL 62711	217-546-9301 217-546=9765 americareusa.net jfisher@americareusa.net	50	Assisted living, senior day program, respite, memory care	Shannon Myer, executive director	35 F/T 25 P/T	Smaller, close-knit community, 24/7 nursing on-site, daily social enrichment programs, restaurant style dining, beauty/barber shop, exercise area including outdoor walking path and garden and we welcome pets. Our "Best Friends" approach focuses on creative ways to help manage 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
22	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	Home-like environment. 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. Free consultations and tours.	N/A
23	Elmcroft of Wyndcrest 4817 Oak Hill Road Rochester, IL 62563	217-498-6959 Elmcroft.com	37	Independent and assisted living	Tami Foster	25	Assistance with bathing, dressing, grooming, medication reminders and supervision, three meals a day, weekly house-keeping and laundry, transportation to and from medical appointments, fun activities throughout the day, exercise class and trips out to restaurants and shopping. All utilities except phone and cable.	2006

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Geriatric psychiatry focuses on continuum of care

BY CATHERINE O'CONNOR

Statistics show that more than 60 percent of older adults with mental health problems do not receive the treatment that they need. This, coupled with misconceptions based on ageism that promote the myth that treatment won't be effective and everyone should expect to suffer when they age, is just wrong. Understanding the impact of behavioral health issues on those over 50 is crucial, because it is widely accepted that these issues impact overall health outcomes including health care utilization costs, illness complication, increase in caregiver stress, disability and functional impairment, compromised quality of life, higher risk of suicide and illness-related mortality.

From dementia to depression to delirium, best practice treatment can mean collaborative behavioral health care options that often involve providers from different specialties, disciplines or sectors working together to offer complementary services and mutual support, according to Dr. Stephanie van Uft, assistant professor at SIU School of Medicine.

Van Uft, who serves as medical director of senior behavioral health services at Decatur Memorial Hospital said, "The work of geriatric psychiatrists differs from general psychiatry in that with an aging patient the focus is more toward functioning and maintaining independence, rather than just looking at a specific diagnosis." From the very first behavioral health interaction, the geriatric aspect evaluation will examine medical conditions, medications and family and support systems; this recognizes the importance of spiritual and social background, not just looking for psychiatric symptoms. For this reason, evaluations will take longer, may involve more imaging studies, more lab work, and anecdotal information gathering, which is used to make decisions about the course of inpatient or out-

patient treatment.

Van Uft, who is certified in both adult and geriatric psychiatry, has a particular interest in treating patients with Alzheimer's and Parkinson's disease. She explains that often, what seems to be the onset of mental health problems, especially in aging patients who have lived many years without symptoms, may actually be a byproduct of physical health deterioration, possible over-medication and the side effects of treatment. Her experience as director of a broad range of inpatient geriatric

of aging relatives. Geriatric specialists can take the lead by viewing the "whole body conditions" of older patients. This will include an assessment that goes beyond physical, cognitive and intellectual ability to take into account the specialists, support system, role of home caregivers and belief systems, which can play a major role in the behavioral health of aging patients. This type of evaluation often takes longer, and costs more because it is so in-depth.

For elderly patients, who are often being treated by between four to six specialist doc-

result in an inability to handle self-care, but also present combativeness, depression and psychoses that are completely out of character with the person their family has known and loved for years. Added to this, the effects of urinary tract infections in seniors can result in symptoms of confusion, agitation and fatigue, causing hallucination, paranoia and delusions. For many dementia patients, there is a lower baseline for effective communication and clear thinking, which can complicate the diagnosis and treatment as well.

Specific issues that may be impediments to getting treatment for the geriatric population are patient reluctance to accept mental health services due to shame, guilt or fear of being labelled "crazy." Often in families there is a lack of urgency about treating mental health issues, due to a misunderstanding of symptoms particular to aging people.

Most older adults are dealing with a great deal of loss – of jobs, independence, spouses, friends, family, strength, mobility – which can have an impact on personal identity. However, according to van Uft, there are studies which have shown that older persons who experience loneliness with depression respond very well to human contact and daily calls from health care provider teams. And older adults often have higher success in outcome for alcoholism and substance abuse treatment because they have a more accepting response to authority.

Van Uft acknowledges the strong relationship between faith, spirituality and health for the elderly population. Insurance providers and Medicare also now recognize the importance of providing a wide array of continuum of care options that nurture family and community support systems to improve behavioral health outcomes for all ages, from early prevention all the way through end of life care. ♦

Catherine O'Connor retired from the Illinois Historic Preservation Agency in 2015. She is an advocate for the benefits of therapeutic recreation and the power of social connections for mental, physical and emotional fitness.



PHOTO/ PEXELS

psychiatry units, in residential hospital and skilled nursing facilities, coupled with work as the psychiatric liaison for the state of Missouri's Medicare Advisory Committee and Division of Aging Task Force has helped her to gain particular expertise in management of behavioral consequences of diseases which are common in aging populations.

Public education and changing attitudes about mental health intervention, coupled with changes at the policy level, can lead to better care for the geriatric population. According to van Uft, families should think in advance about how they will respond to the health care needs

tors, coordination of care is essential and can often begin with analyzing the array of medications many patients are taking. According to van Uft, after a comprehensive evaluation, physicians will often be able to decrease the number of medications a patient is using and identify medications that are not being taken as prescribed. This can ensure that older individuals who are experiencing behavioral, mental health, or psychiatric issues receive the most effective service from the most appropriate provider in the most suitable location, as quickly as necessary, with a minimum of obstacles.

Dementia can stress the brain in ways that



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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	AGENCY MANAGER	NUMBER OF FULL TIME EMPLOYEES	PRIMARY SERVICES OFFERED	YEAR EST'D
1	Advanced Healthcare Services, LLC 3900 Pintail Dr. Springfield, IL 62711	217-726-6956 217-726=7082 ahsllc.org	Juanita Jones	35	Home health services.	2007
2	Alterna-Care Home Health System 319 E. Madison, Suite 2M Springfield, IL 62701	217-525-3733 217-525=3739 alterna-care.com cboerke@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
3	Anchor Home Health Care 1999 Wabash Ave. Springfield, IL 62704	800-853-5292 855-230=5482 anchorhomehealthcare.com beth@anchorhomehealthcare.com	Beth Albert	DND	Pediatric, adult and senior private duty nursing, aide and personal care attendant services.	1999
4	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
5	BrightStar Care Springfield 426 S. 5th St., Suite 200 Springfield, IL 62701	217-318-3396 217-717-2619 brightstarcare.com/springfield-decatur julie.miller@brightstarcare.com	L. Christopher Miller	14	Home care, medical staffing.	2015
6	Comfort Keepers #526 #3 Lawrence Square Springfield, IL 62704	217-744-2226 217-744=2228 comfortkeepers.com	Debra Romanotto	18	Non-medical, in-home care on a 24/7 basis for both Sangamon and Menard counties.	2003
7	Encompass Home Health of Illinois 2970 Baker Dr. Springfield, IL 62703	217-542-7138 217-542=7119 encompasshealth.com	Jessie Cooper, RN/branch director	3	Skilled nursing, physical therapy, occupational therapy, speech therapy.	1984
8	Great Lakes Caring 924 Clocktower Dr. Springfield, IL 62702	855-727-9111 855-727=7111 greatlakescaring.com	Kristina Joslin	34	Skilled nursing, physical therapy, occupational therapy, speech therapy, hospice, social worker.	2015
9	Help at Home, LLC 1873 Sangamon Ave. Springfield, IL 62702	217-753-0211 217-753=0305 helpathome.com	Tina Hutson	300	Housekeeping, laundry, shopping, meal preparation, personal care.	1975
10	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, Alzheimers care and more.	2004
11	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, Alzheimers care and more.	2011
12	PRN Healthcare Services 526 S. Grand Avenue West Springfield, IL 62704	217-522-6862 217-522=6941 prnhealthcaresvcs.com	Polly Marchizza, clinical director	DND	CNA/LPN/RN.	1974
13	Visiting Angels 2800 Montvale Dr., Suite G Springfield, IL 62704	217-568-6308 visitingangels.com	Rod A. Lane, owner/director	8	Personal in-home care: hygiene, meal preparation, medication reminders, housekeeping, errands, companionship and memory care. No minimum hour requirement. 1-24 hours care available.	2017

Aging in place

BY DIANNE CROWN

When the activities of daily living become too difficult to manage alone, where would you like to be? In a nursing home? Assisted living? At home? Local services, combined with proposed health care industry legislation, can help make aging in place a reality in the coming year for those who plan ahead.

Make your space work

Curt Trampe, president of DreamMaker Bath & Kitchen and a certified aging in place specialist, helps create safe, efficient home spaces in a variety of large and small ways.

"Many people enjoy the independence of being at home in the neighborhood they want, with the neighbors they socialize with," says Trampe. "That's an appealing option. And, the monthly expense of institutions can be staggering, depending on the level of care. You can do quite a bit of improvement in your home for one year's cost."

Trampe encourages people to incorporate "universal design" changes that will be helpful to a broad population and reduce the need for future, larger changes. He suggests smart home programmable thermostats, increased lighting with motion-sensor or command-driven features and smooth flooring with the proper coefficient of friction for good traction.

In the bathroom and kitchen, Trampe installs easily accessible shower spaces, wall-mount toilets, grab bars that are well-anchored into blocks behind the walls and kitchen appliances with advanced features to help cook, load and unload a dishwasher, and more.

Larger changes such as widening doorways and halls, creating zero-entry-point (no step) doorways and chair lifts, and installing kitchen adaptations can make a home wheelchair accessible. "We can add after-market organization pieces to kitchens, such as roll-out trays, mechanized shelving that raises and lowers, pull-outs for corner lazy susan storage, roll up-and-under sinks and islands and modified counter top heights," Trampe explained. In kitchens with enough room for multiple workspaces, Trampe can provide counters at different heights to allow everyone to comfortably use the same kitchen.

When someone's medical needs increase, "we incorporate occupational and physical therapists for consultation. This is very important," said Trampe.

Helping hands and helpful equipment

Alterna-Care administrator Kathleen Sgro describes the many types of assistance available to people who need help to stay at home:

- Home health skilled intermittent care provided by registered nurses, therapists and social workers;
- Hourly "private duty" home care for help with the activities of daily living – eating, bathing, getting dressed, toileting, transferring and continence;
- Durable medical equipment providers;
- Pharmacies for home infusion;
- Hospice care, for patients who aren't seeking curative treatment, have an estimated six months or less to live and

want to live at their fullest ability with support;

- Groups and programs such as Daily Bread meal service (funded by the Department on Aging); Meals on Wheels (provided by the Red Cross); the Illinois Department of Rehabilitation Services care programs and others.

With the exception of the meal and transportation programs, these services may be, or become, covered by different kinds of insurance. When speaking to an insurance provider, it's important to know which of these is needed to determine whether services are covered by regular insurance, long-term care insurance, employee assistance programs, veterans programs, the current Medicare regulations, or the proposed Medicare benefit for 2019 which may cover certain non-skilled private duty support.

Rod Lane is the owner and director of the Springfield franchise of Visiting Angels, a national company of senior care professionals doing business for more than 20 years.

Lane said, "We provide support for individuals who need help with meal preparation, transferring from point to point within the home (such as bed to chair, chair to commode, etc.), transportation to appointments, light housekeeping, bathing or showering and medication reminders."

Like other private duty home care providers, Visiting Angels charges by the hour. The range across the industry, Lane says, is about \$15 to \$30 per hour, based on expertise, experience, licensure, bonding and insurance, to name a few of the factors. Other features to ask about when interviewing prospective providers, says Lane, are contracts, whether the patient or provider's vehicle will be used to transport a patient and mileage rates. For example, says Lane, "Visiting Angels has a service agreement that details what we do and what we do not do, not a contract,

and hourly charges are based on time spent on location, not including travel time."

"We are home care specialists, not nurses," says Lane, "but we do also work alongside agencies that provide nursing and hospice care. "Everyone can benefit from home care services," he adds, because there is so much more to life than medical care. "We provide support to help individuals stay independent for the rest of their lives. Studies have shown that people live longer and happier at home, and agencies like Visiting Angels can make that a reality for any family wanting to make their family member feel secure in his or her own environment."

For those who do choose assisted living, says Sgro, home services may also be available so people who currently enjoy the social aspect of their new community can stay longer without needing another move into a nursing home.

There are many different options, and it is, frankly, very complicated. Sgro says, "I tell people, 'if you call me and tell me what your needs are, I can direct you through the maze.'"

But it's best to do that before you need it. "Everyone wants to stay at home, but home health is something you only think of the day you need it," says Sgro. "It's better to plan ahead for the time you might need some hourly care in the home." ♦



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Caring for the caregiver

The Area Agency on Aging for Lincolnland annual conference

BY CINDA ACKERMAN KLINKNA

People aged 85 and older make up the fastest growing segment of the population, which means more family and friends are becoming caregivers. The old are caring for the very old. On Sept. 15, the Conference for Caregivers, sponsored by the Area Agency on Aging for Lincolnland, drew over 100 people - caregivers and agency or assistant-care service representatives - who learned about issues facing caregivers.

Dr. Carolyn Peck, associate professor at University of Illinois Springfield, teaches courses on gerontology and death and dying. Sharing her own caregiver experiences, she offered some guidance in her presentation, "Balance or Burnout." Peck's advice: "Try to delegate tasks and responsibilities to others, maybe a family member, but also tap into resources in our community." Acknowledging it is hard to give up the role of constant caregiver, she says, "You must. The more intensive the situation, the harder it is, but asking for help is a sign of strength, not weakness. If you don't have help, you'll be worse off." She told of one caregiver who ignored her own health and died.

Peck says, "It is absolutely essential to treat yourself to things you want and don't need, but what you can afford. Maybe that is simply getting an ice cream cone or going to a movie."

Peck also says to plan ahead for what is the inevitable. Many difficult decisions will arise - from the type and amount of care to where a loved one will live - and waiting for the crisis to occur will lead to more stress and burnout. Peck says, "Burnout is the cumulative process of wearing down energy reserves with little recharging of that energy."

One participant shared her own feeling of grief in caring for her mother by saying, "I grieve the losses of what my mother could once do." Peck responded, "Be aware of what the person can still do and contribute, instead of focusing on lost abilities. Maybe someone can't cook any more, but they can still talk about a good meal. Engage in conversation. Long-term memory stays intact longer than short-term, so focus on that."

Ryan Croke, executive director of the Illinois Network of Centers for Independent Living (INCIL) spoke about social isolation or chronic loneliness. Not to be confused with solitude, chronic loneliness impacts health. "One is more likely to die early from chronic loneliness than from air pollution, obesity or excessive drinking," Croke explained. His group and others have formed the Central Illinois Campaign to End Loneliness. Their pledge reads, in part, "We commit to using our creativity, our energy, and our concern to make our neighborhoods, our city and our broader communities more connected, caring and joyful places."

National writer, speaker, and mind-body specialist, Lani Muelrath, shared a session on mindfulness. "Take care of yourself," Muelrath said, and advised using meditation. "You don't have to sit on the floor with your legs crossed. Just follow PAIR: Position, Anchor, Intention

gets focused on tasks, but "now I will take more time to sit and listen to my mom." A lady who shared she has hearing loss said, "When people can't hear, they often become isolated. I volunteer with many people, some who have hearing loss, and need to remember to make

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and Remind. Position yourself comfortably in a chair; anchor your focus on breathing; be intentional by practicing often; and when your mind wanders, remind yourself to focus on breathing." Muelrath shared that this can be used by the person being cared for also. Several participants later discussed with each other their thoughts on the presentations. One said, "My friend reminds her child to breathe when she gets upset. Maybe we should just remember to breathe." Another, who cares for her mother, said she always

sure they aren't feeling chronic loneliness." Community care groups were on hand at tables distributing literature about their services. The executive director of the Area Agency on Aging, Carolyn Austin, says, "We provide tools for caregivers, and our conference is one way to help caregivers find ways to relieve stress." ♦

Cinda Ackerman Klickna is a freelance writer and former English teacher at Southeast High School.



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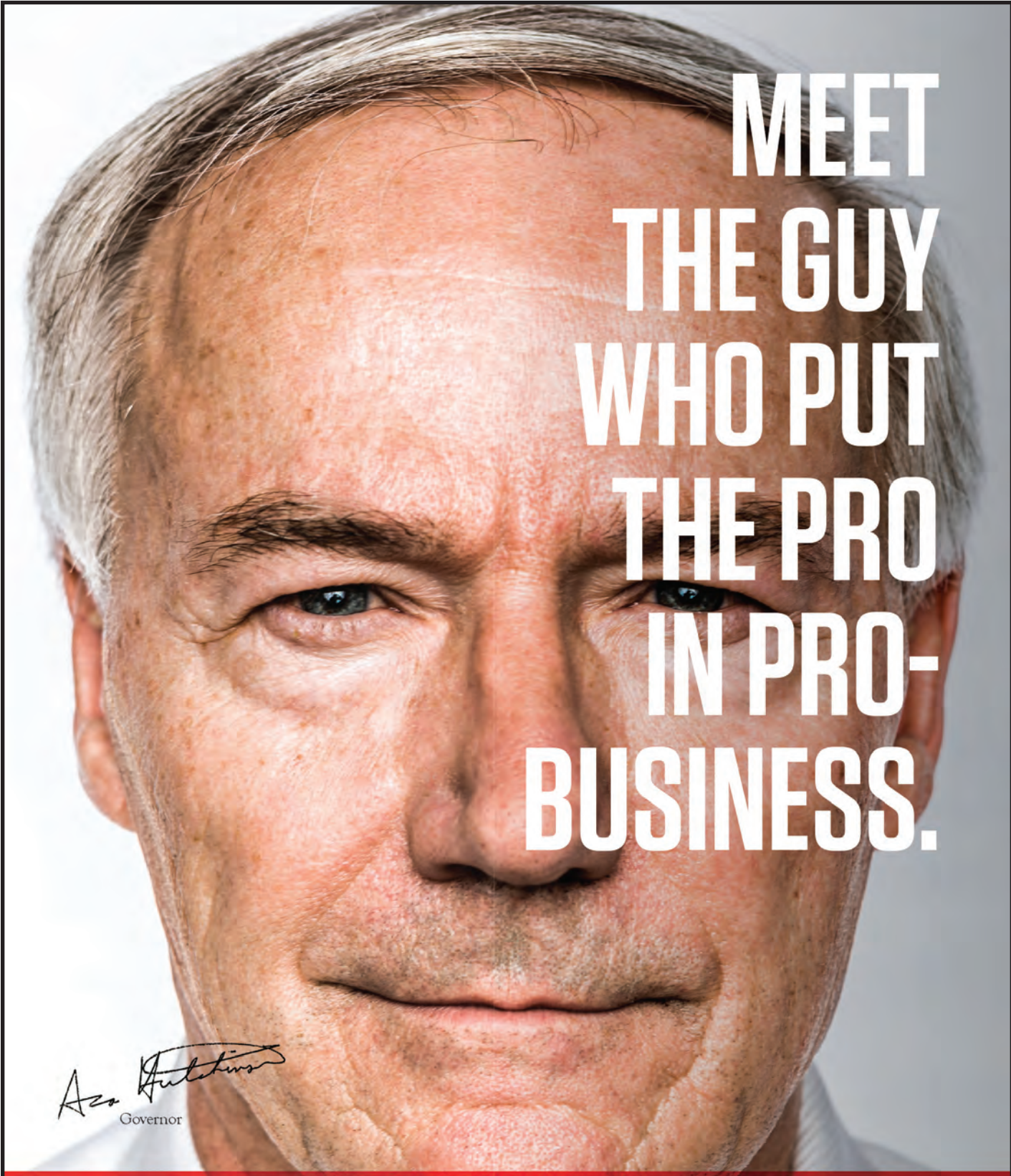
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Professional Women's Calendar of Events *You play a key role and we thank you for your contributions to our community.*

Association for Women in Communications (AWC)

AWC will host a lunch on Thursday, Oct. 11 from 11:30 a.m.-1 p.m. at the Sangamo Club. The program will be "Main Event Planning: The Bicentennial Plaza Dedication." Ann Londrigan, Vice President of Member and Association Engagement for the Illinois REALTORS, will explain the behind-the-scenes work that goes into planning an event of that magnitude. For more information or to make reservations, visit www.awcspringfield.org.

Illinois Women in Leadership (IWIL)

IWIL will hold their monthly lunch meeting on Thursday, Oct. 18 from 11:30 a.m.-1 p.m. at the Sangamo Club. Both members and guests are welcome. Registration is \$18 per person on or before Oct. 12 and \$23 afterwards or at the door. Visit www.iwil.biz for more information or to register.

Women Entrepreneurs of Central Illinois (WE-CI)

WE-CI will host a meeting on Wednesday, Oct. 10 from 11:30 a.m.-1 p.m. at the Sangamo Club. Three different WE-CI members will discuss ways to use technology to advance and improve your business. To register, visit weci.wildapricot.org/events.



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



Do your parents need your help?

BY SARAH DELANO PAVLIK

I have had two clients call me recently with the same problem. Each one had a parent who had been the victim of a scam. One scam started on Facebook, and, unfortunately, by the time my client found out, his mother had lost her life savings. My other client was luckier and learned about the scam early on. If your parent needs help, how can you assist, or even take over making decisions for him or her?

Let's assume Jane's father is getting older and needs some help. In order to allow Jane to pay bills, her father adds Jane to his checking account. This is very common and will allow Jane to pay bills for her father; however, there can be other legal consequences as well. If Jane and her father go to the bank and ask to add Jane to dad's account, the bank will almost always add Jane as a co-owner. As a co-owner, Jane can sign checks to pay dad's bills, but Jane can also withdraw all of the funds for her own use. At dad's death, the entire account will pass to Jane, which may not be what dad wants if Jane has brothers and sisters. And, if Jane has a judgment against her for an unpaid debt, her creditors can seize the entire account.

Instead of adding Jane to his account, dad could sign a durable power of attorney naming Jane as his agent. As dad's agent, Jane would have authority to pay his bills. Financial institutions would also be authorized to speak to her if she needed to get information for dad. In addition, unless the power of attorney specifies otherwise, Jane will be authorized to handle most transactions, including those regarding real estate, financial institutions, stocks and bonds, tangible personal property, safe deposit boxes, insurance and annuities, retirement plans, social security, employment and military service benefits, taxes, claims and litigation, commodities and options, business operations, borrowing and estates. However, it is important to note that even if the power of attorney purports to give Jane the power to handle social security matters and tax matters, the federal government is not obligated to honor a state law power of attorney. Each of these government branches requires its own form for a person to serve as agent.

In addition to a power of attorney, dad could create a "living trust" and name Jane as the trustee. A living trust is a revocable trust that can be used to manage a person's assets while he is alive and can take the place of a will at his death. Even if dad has a living trust, however, he should also have a power of attorney for property for two reasons: (1) some assets, particularly retirement accounts, cannot be transferred to a trust. Jane, as trustee, would not have power to deal with those

assets, and (2) Jane may discover assets that are not in the trust and would need the power of attorney to transfer the assets into the trust.

Jane can use the power of attorney for property to assist dad, but what happens if dad becomes incompetent? If the power of attorney for property is "durable," Jane will continue to be able to use it even if dad is incapacitated (the legal term). As trustee, she would also be able to continue to manage dad's property. However, she will need a health care power of attorney to make medical decisions for dad if he is not able to do so.

As its name implies, a health care power of attorney governs medical decisions. It governs all medical decisions, including organ donation and the termination of life support (as specified by dad in the power of attorney). A health care agent has the power to admit dad to a hospital, nursing home or institution. However, dad can revoke the health care power of attorney at any time, even if he is not competent. Therefore, it can be difficult - if

not impossible - to involuntarily commit someone for mental health treatment using a health care power of attorney.

Financial and health care powers of attorney must be signed by dad while he is still competent. It is too late if dad has had a stroke, or dementia or Alzheimer's has set in, and dad no longer knows what he is doing. It is possible to sign the documents if, in spite of these conditions dad still knows what he is doing; however, far too many people only call a lawyer when it is already too late.

If dad does not have a power of attorney, then what? For financial transactions, the only other option will likely be to have a guardian of the estate appointed. If dad does not object to the guardianship or if he is undeniably incompetent, this can be a relatively straight forward procedure. An "interested person" (generally a family member) files a petition with the court. The petition must include an affidavit from a doctor stating that dad is incapable of handling his own affairs. Dad must be served

with process, i.e., the sheriff's office or a private process server must deliver the papers to him, and all other interested parties must receive notice as well. This includes a spouse, adult children, parents, adult siblings and any agent acting under a power of attorney.

The court will appoint a guardian ad litem to meet with dad and report back to the court if he thinks a guardian is needed, and if the proposed guardian is acceptable. If dad wants to challenge the guardianship proceedings, he will also hire a lawyer or the court will appoint one for him.

If the family is in agreement on who should be designated guardian, the court will generally appoint that person. If there is no agreement, the court will first look to the person designated by dad. A person generally designates who should be named guardian in powers of attorney. If dad does not have power of attorney, the court will make the decision as to who should be appointed guardian of dad's estate (his property) and of his person (his living arrangements, health care, etc.). Multiple people can be named as guardians, so siblings can be named co-guardians.

What happens if dad appoints Jane as his power of attorney and Jane's brother thinks Jane is misusing dad's money or making bad health care decisions for him? In that case, the brother can ask the court to order Jane to provide a full accounting for financial matters or ask the court to order a change in medical care. If Jane refuses to do so, or if improper conduct is found, the court can remove Jane as power of attorney and allow the alternate agent to serve, if there is one, or appoint a guardian for dad. Similarly, if Jane is serving as guardian, she must file an accounting with the court. If her brother believes she is not properly caring for dad, he can file objections to the accounting.

In order to avoid these disputes between siblings, the best practice is transparency. Dad should tell the children who he has designated as power of attorney so the children know that is what dad wants. The agent should keep the other siblings informed of her actions. If no information is provided, it is easy to suspect the worst. Finally, if Jane's brother thinks a power of attorney is being abused, he should act as soon as possible. There are too many cases where a power of attorney used all of mom's or dad's money, and by the time it was discovered, it was too late.

Remember, it is much easier to plan for incompetency than it is to handle matters after a person is incompetent. If you are a caretaker, encourage your loved one to address these issues sooner rather than later. ♦



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MEDICAL NEWS

SIU School of Medicine creates new department

The Department of Population Science and Policy, Southern Illinois University School of Medicine's first new department in nearly three decades, aims to be a champion for rural Illinoisans.

To improve the health and wellness in the 66 counties of central and southern Illinois, the department will identify community-based interventions and study how factors such as poverty, access to health care, education and housing affect people living in rural communities.

"This department provides a significantly new approach to health care that bridges data, health care delivery and social and environmental determinants of health," said SIU Medicine dean and provost Jerry Kruse, MD, MSPH. "It also reflects SIU Medicine's deep commitment to improving health care in our rural communities."

Sameer Vohra, MD, JD, MA, FAAP, has been named founding chair of the Department of Population Science and Policy. He also serves as an assistant professor of pediatrics, medical humanities, and law. He was recognized as one of *Springfield Business Journal's* Forty Under 40 in 2017.

"Our mission, as one of the first Departments of Population Science and Policy in the United States, is to understand the health challenges of people in central and southern Illinois and find innovative, sustainable solu-

tions to improve health in their communities," said Vohra. "We work in conjunction with community partners to improve health outcomes in our medically underserved, rural service area."

The Department of Population Science and Policy is the first of its kind: a department uniquely focused on understanding the health of populations and recommending policy solutions to improve health and wellness. The department consists of three divisions: Epidemiology and Biostatistics, Human and Community Development and Health System Science. These divisions will work together to assess the health of populations, measure the impact of social, biological and behavioral determinants of health, gauge health disparities and design population-level interventions and public policies to improve health outcomes. Furthermore, the department will create and implement academic curriculum to educate a new generation of physicians to practice through a population health lens.

Initial projects are addressing the opioid epidemic in the Illinois Delta Region, childhood growth and development, cancer disparities in rural communities and building community capacity for health improvement. "We are honored to uphold SIU's commitment to serving our state's rural residents and we look forward to improving health outcomes of our population," said Vohra. ♦



Sameer Vohra, founding chair of the Department of Population Science and Policy.

PHOTO COURTESY OF SIU SCHOOL OF MEDICINE

Memorial hosts Be Aware Women's Fair

The Be Aware Women's Fair, hosted by Memorial Medical Center, will return to the Illinois State Fairgrounds for its ninth annual event on Saturday, Oct. 13. An estimated 2,000 people are expected to converge on the Orr Building for Memorial's Be Aware Women's Fair, which will run from 9 a.m. to 2 p.m. A \$5 admission covers all exhibits and health screenings; children 12 and younger receive free admission.

"Memorial's Be Aware Women's Fair allows women to take some much needed time for themselves," said Tiffany Lowers, system director of patient experience for Memorial Health System and chair of the Be Aware Women's Fair organizing committee. "Many of them are often juggling careers, taking care of elderly parents and taking charge of their families' health care

needs."

More than 80 businesses and local organizations have been confirmed for the event. These exhibitors will cover topics such as apparel, education, finance, fitness, health and home life. A Kids' Corner, sponsored by Memorial Child Care, will feature craft activities for different age levels of children.

More than 25 free health screenings at this year's fair will include blood pressure, blood typing, cholesterol, aneurysms, blood sugar, spine health, anxiety and depression, kidney wellness, lung function, leg health consultations and migraines. Other health initiatives include stroke risk assessments by Memorial Stroke Center and bone density evaluations by Memorial Orthopedic Services.

Proceeds from Memorial's Be Aware Women's Fair support the Memorial Medical Center Foundation's breast cancer patient assistance fund, which provides financial assistance to breast cancer patients for items or services that can help meet basic needs, decrease stress or improve the healing process, such as compression gloves, wigs or premade meals.

The three women chosen as this year's "Super Survivors" will reveal their makeovers at noon. The women are breast cancer survivors whose cancer journeys have been an inspiration to others. They were chosen in a random drawing of nominations in July. This year's honorees are Laura Beth Pemberton of Rochester, Tamiko Bilbro-Nicholson of Pawnee and Kim Hart of Edinburg.

The American Cancer Society will hold its annual Making Strides Against Breast Cancer walk that same day at the Illinois State Fairgrounds. All registered walkers will receive free admission to Memorial's Be Aware Women's Fair. Registration for the walk begins at 8 a.m. at the Commodities Pavilion, just west of the Grandstand. An opening program begins at 9 a.m. at the pavilion, with the walk to follow through the Department of Natural Resources area. The closing ceremony will be held about 10:45 a.m. on the stage at the Be Aware Women's Fair.

For more information, visit BeAwareWomensFair.com. ♦

Healthy Jacksonville initiative announced

A partnership between Passavant Area Hospital, SIU School of Medicine and MacMurray College aims to increase access to health care using a holistic approach for vulnerable or at-risk residents of Jacksonville.

Healthy Jacksonville, modeled after a highly-successful and award-winning community health worker (CHW) program in the Enos Park neighborhood in Springfield, will initiate engagement with clients on Jacksonville's northeast side later this year. The Enos Park Access to Care Collaborative reached more than 450 individuals and helped to create self-sufficiency, improve access to care and establish neighborhood connections with community providers.

Preliminary results of the 2018 Morgan

County Community Health Needs Assessment (CHNA) identified access to care as a significant area of concern, followed by mental health, smoking/substance abuse and sexually-transmitted disease. Access to care was also a top concern in the 2015 CHNA.

Healthy Jacksonville aims to address more than access to care — studies have shown many factors that influence a person's health are linked to social issues, unrelated to health care. According to data from 2017, Morgan County is ranked 77 out of 102 counties in Illinois for overall health, as influenced by environment and other factors. That means Morgan County falls about halfway between the most healthy and the least healthy counties in the state based on factors such as violent

crime and unemployment rates, as well as the number of single-parent households.

In an effort to locate the neighborhood in Jacksonville most in need of assistance, a steering committee led by Christina Rollins, affiliate vice president of operations, quality and safety, examined Passavant Emergency Department visits, looking specifically at lower acuity visits and patients who returned to the emergency department within three days for follow-up care. Results pointed to a need in northeast Jacksonville, where organizers will initially focus their efforts.

The Passavant Foundation has provided a grant of \$169,000 to fund the first year of Healthy Jacksonville. A portion of the grant will support the integration of two community

health workers who will have offices in the target area and be tasked with building relationships with the residents in order to help them achieve better health. Sarah Karraker, supervisor of social services and case coordination at Passavant, has been selected to supervise the community health workers and help ensure the program's success.

Students from the social work department at MacMurray College will assist in gathering data as the project launches.

"This presents a huge opportunity for us to improve the health of those in our community," Karraker said. ♦

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Public transportation expands countywide

BY STEVEN SIMPSON BLACK

After years of delays and anticipation, county-wide public transportation in Sangamon County began in September. Due to federal regulations, the implementation of demand-response public transportation in Sangamon County was pushed back several years. However, transportation planners were able to maneuver the regulations and began service last month to communities outside Springfield.

Rural areas of Sangamon County will now be served by call-ahead public transportation. Passengers call ahead and schedule a ride with Sangamon-Menard Area Regional Transit (SMART). Unlike traditional fixed-route transit, SMART picks up passengers at their door and takes them directly to where they need to go.

For passengers beginning trips within the U.S. Census Bureau's designated "urbanized area," they will be served by fixed-route shuttle service. The urbanized area consists of Chatham, Rochester, Riverton, Spaulding and Sherman. The Sangamon Mass Transit District is providing this service, since it already provides public transportation to Springfield, the largest community within the urbanized area. The new services are being funded by federal and state grants, and local taxpayers will not see an increase in their property or sales taxes as a result.

Shuttles between these communities and the medical district will run during peak morning and afternoon times. District officials say they are emphasizing the connection to jobs with the new service. Having public transportation serving the areas of economic growth in Springfield will help attract employers, advocates say. Businesses and employers now often see public transportation as a crucial part of employee retention, as evidenced by Amazon including a requirement

for public transportation in the competition to locate their second headquarters.

Sangamon County has long been an anomaly when it comes to public transportation in Illinois. Almost every other county in the state has had countywide public transportation for several years. Southern Illinois has had countywide public transportation for over a decade.

In addition to expansion of public transportation into all of Sangamon and Menard counties, Springfield and the immediate area will see major changes to existing bus services come January. These changes were initially supposed to occur in August 2018; however, construction of the new off-street transfer center near the BOS Center was delayed due to the state budget impasse.

Existing fixed-route bus routes within Springfield proper will be restructured in January. The Sangamon Mass Transit District says the restructuring of routes will serve over 9,000 more residents and connect employees with 9,500 more job opportunities. By finding efficiencies, the district will be able to cover more territory with



Sangamon County has significantly expanded public transportation routes.

PHOTO BY STAGIE LEWIS

the same number of buses. Areas currently unserved, such as far West Wabash Avenue, will be connected by express buses to a second transfer center at Junction Circle.

Another project delayed by the state budget impasse was the installation of GPS technology on SMTD buses. This technology will allow passengers to use a smart phone to determine the location of any bus in the system and have time-specific information for their particular bus stop. District officials hope that these improvements will increase ridership and make the agency eligible for more federal and state grant money.

The American Public Transportation Asso-

ciation says that for every one dollar invested in transit, four dollars of economic activity is generated. Advocates of rural transportation point to the older median age of rural residents as an important reason that demand-response transportation be made available countywide. According to the American Community Survey, the percentage of rural residents that are 65 or older has grown from 12 percent in 2005 to nearly 20 percent in 2015. As the Baby Boomers continue to age, this number will only increase. Providing accessible transportation to rural areas will be a vital part of keeping seniors in their homes, advocates say. ♦

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Automotive and Route 66 memorabilia are prominent at Motorheads.

PHOTO BY STACIE LEWIS

Motor on in to Route 66 Motorheads

BY TOM PAVLIK

Business isn't just conducted Monday through Friday from the hours of 9 to 5. In the legal field, it can be conducted seven days a week. Just like recently, when we had clients in to sign contracts late on a Saturday morning. Wanting to celebrate our clients' good fortune, we decided to go out for a celebratory lunch – which took us to Route 66 Motorheads on Toronto Road.

Motorheads is located in the long vacant Stuckey's building, located west of I-55 and Toronto Road. If you're lost, just look for the racing car on the top of the beer garden, and you'll know you're in the right place.

I'm not into cars. You either are or aren't. But even if you're not a gearhead, this place is neat. As you would expect, there's plenty of Route 66 memorabilia festooning the walls, together with motorcycles and restored classic cars. There's even an adjacent "museum" with more vintage décor that's available for private events.

The bar itself is one of the most unique that I've seen in Springfield. Beer taps are integrated into classic car trunks on the bar's back wall. But perhaps most interesting is the bar itself. It extends almost the whole length of Motorheads and has retro pictures of Springfield built right into it. You could spend a whole hour checking them all out.

Of course, there are tons of TVs lining the walls, some of which were on traditional sports and some of which were tuned to auto-related channels. (Staff was quite helpful about changing channels for us – something Motorheads' competitors sometimes can't seem to figure out.)

Seating is a mix of bar, low-top and high-top tables. We visited around 1 p.m. to find a steady stream of patrons, the vast majority of which

were diners. Motorheads was staffed generously and other than a slight initial delay on our drink orders, we were well taken care of.

Motorheads menu (currently called a "limited menu" which suggests more is to come) is about what you would expect from a bar and grill, with some fun twists thrown in. Two items were out on our visit, the cheese curds and a particular beer that was on tap. Usually that would frustrate me, but it tells me that Motorheads is watching its inventory and is keeping things fresh.

Since we were four for lunch, we covered quite a bit of the menu. Items that didn't make the cut included the shrimp and chicken jalapeno bacon skewers (\$9), the buffalo chicken sandwich (\$8, served with one side) and the smoked chicken quesadillas (\$8).

For starters, we went with the sampler platter (\$10 – cordon bleu bites, fried pickles, fried mushroom and jalapeno corn nuggets) and the bourbon siracha chicken wings (\$9 for eight wings). The wings were not chewy and still juicy – kudos to the kitchen. I found the bourbon siracha sauce to be too sweet for my palate (and too sticky on my fingers), and would go with the classic buffalo hot sauce next time. But that's my fault for not following my initial instincts and

instead going with a friend's pre-meal recommendation.

The sample platter was generously sized and well-fried. The cordon bleu bites were a fun surprise – little balls of cheese and meaty goodness. But the jalapeno corn nuggets stole the show. They were well-balanced and shouldn't be too spicy for even the tamest of tongues. Finally, we particularly appreciated that Motorheads was quite generous with the ranch

dressing – something that they monitored as if it was a drink glass. Nice touch.

For entrees we opted for the pizza (pepperoni only, \$16 for the 16 inch large pizza), the Italian beef (\$7), the sweet bourbon burger (\$9.50) and the grilled pork tenderloin sandwich (\$9). Each sandwich comes with one side – French fries for all of us on this trip.

The Italian beef was the only weak spot of the lineup, it was reported as on the dry side. My one guest, however, compensated by just ordering more beer – problem solved.

The bourbon burger was cooked exactly to my guest's request – medium with just a touch of pink. She liked the caramelized onions, gooey provolone and mushrooms that accompanied the pretzel bun and didn't find it too sweet. I was able to snag a bite and truly enjoyed it.

My grilled pork tenderloin, while not as large as some of Motorheads' peers, was appropriately sized and not overcooked. I think it would have

benefited from a pretzel bun, but it was just fine as served.

All sandwiches came with an ample helping of French fries, which had just come out of the fryer but were a little under-seasoned. I usually don't salt my fries, but these needed a dash or two of the good stuff.

The pizza was quite possibly the best dish of the afternoon. It was of the thin crust variety and had an appropriate ratio of cheese to sauce to crust. And, the kitchen followed our request for it to be cooked well done. I was glad that we ordered the large as I knew I'd be able to take it home as a leftover – which is pretty good praise.

All in all, we were pleased with our weekend visit to Motorheads and, when in the neighborhood, plan to be repeat customers. ♦



Ron Metzger, Kristin McLaughlin, Theresa Sullivan, Kenya Goodrich

PHOTO BY STACIE LEWIS

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Compass for Kids received a donation to help fund Camp Compass, a summer day camp for homeless children.

PHOTO BY COURTNEY WESTLAKE

100+ Who Care funds local nonprofits

BY JANET SEITZ

There is strength in numbers, especially when armed with checks.

Building that reserve is the goal of 100+ Who Care in Springfield, a grassroots organization that aims to recruit 100 people to pay \$100 each to attend an event at which local nonprofit organizations vie to earn the evening's proceeds. Three randomly selected nonprofits have a chance to tell their stories, and the group votes on which organization gets the funds. This year's event, intended to raise and award \$10,000 in one night in less than 100 minutes, takes place Thursday, Oct. 11 from 5-6:30 p.m. at Illinois Realtors. It is the third annual event for the 100+ group.

According to 100+ board chair Jamie Stout, the group started through a Leadership Springfield community project. Leadership Springfield is a training program offered through the Greater Springfield Chamber of Commerce in which participants interact with community leaders and decision makers who share diverse perspectives on significant accomplishments and opportunities within the Springfield community.

Each year, the Leadership Springfield class participants are to reach out to various nonprofits and work on a project to further develop their mission," said Stout. "Founding board member of the 100+ Who Care of Springfield, James Koepp, knew about this concept from a family friend and wanted to start a chapter here in Springfield. There are hundreds of 100+ Who Care chapters popping up around the nation, with over 29 here in Illinois. You can see some are just for women, men, or anyone and some are based on youth. There are even virtual chapters."

Stout, whose day job is director of membership and annual giving at the Abraham Presidential Library and Museum, has used her nonprofit networking skills to expand awareness of 100+. That's included letting nonprofits know of the opportunity and gaining support for the event.

While 100+ has not reached 100 attendees in the past two years' events, it has been able to provide Compass for Kids more than \$6,000 toward making their summer day camp for homeless children a reality, Stout reported. The previous recipient, The James Project, was able to pay on their mortgages and replace some appliances.

Compass for Kids founder and executive director Molly Berendt said 100+ Who Care is a unique group. "They do not have an agenda to serve a nonprofit, but are hoping to spread awareness about many nonprofits and financially support a nonprofit in a way that is easy and helpful," she explained. "We were striving to make Camp Compass 2018 our biggest and best yet, so their financial support was a blessing. We were able to serve 106 kids and 100 percent of our students maintained

or improved in math and in reading."

Compass for Kids' mission is to provide academic and social-emotional support to empower at-risk children and families. As a way to say thank you to 100+ for last year's support of Compass, Berendt joined the 100+ board to help plan the upcoming October event.

Stout explained that people are asked to attend the event by purchasing tickets that night (\$100 per person or \$150 per couple) or ahead of time online at illinoistimestix.com. Upon arrival, attendees submit their names, along with a favorite local charity. Three names are drawn, and the person selected (or a designated person) has three to five minutes to tell the audience why that charity deserves the money. The crowd then votes for their favorite charity, and the agency with the most votes gets 100 percent of the donations. "This is a grassroots fundraiser like none other in Springfield. Any nonprofit has the chance to walk away with the \$10,000 at the end of the night," said Stout.

We encourage a charity to bring multiple people from their agency, including board members," said Stout. "The more potential votes you have in the room, the better your chances are of winning. This is a great networking event to meet new people as well."

The event includes food, wine and beer. For more information, visit www.facebook.com/100PlusSpringfield. ♦

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



An assistant camp counselor helps two students with their reading.

PHOTO BY COURTNEY WESTLAKE



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