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## Access to Care program recognized nationally

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The SIU School of Medicine Center for Family Medicine at Fourth and Carpenter, headquarters for the Access to Care program.

# Access to Care program receives national recognition

ARTICLE AND PHOTOS  
BY DAVID BLANCHETTE

A three-year collaborative effort to improve the overall health of a specific Springfield neighborhood has received national recognition and is poised to expand into another area of the capital city.

The American Hospital Association has recognized HSHS St. John's Hospital and Memorial Medical Center with the NOVA Award for the Enos Park Access to Care Collaborative, a joint effort to improve community health in a low-income neighborhood located between the hospitals. The two Springfield hospitals were among five recipients of the 2018 award, which was presented July 28 at a ceremony in San Diego, California. The two hospitals partner with SIU School of Medicine's Center for Family Medicine, a federally qualified health center, to administer the program.

The NOVA Award recognizes hospitals and health systems across the nation for their collaborative efforts toward improving community health. The award is an affirmation of the success of the Access to Care program, which has directly impacted more than half of the 2,300 Enos Park neighborhood residents, reduced emergency room visits, increased access to numerous types of health care and social services and has improved the daily lives of many in the

area. The program came out of a 2015 Sangamon County Community Health Needs Assessment, which was conducted by the two hospitals and the Sangamon County Department of Public Health. The assessment, which nonprofit hospitals are required to conduct every three years, identified access to care as a top priority for the community. The two hospitals decided to partner on a project to address that need in the Enos Park neighborhood, which is located within the boundaries of the Mid-Illinois Medical District.

The recently completed 2018 needs assessment survey identified that access to care is still a top priority. The Pillsbury Mills neighborhood, directly east of Enos Park, will be the next beneficiary of the collaborative program, with another Springfield neighborhood in the discussion stages. The program will then be called the Access to Health Collaborative, but efforts in Enos Park will also continue, according to Kim Luz, director of community outreach for HSHS St. John's Hospital. "The program has far exceeded our expectations in every area," Luz said. "It's an incredible feeling. We hear the stories and the impact this program has had in the lives of individuals and families in Enos Park."

"It feels really good, just knowing that we are able to make one simple connection and let an individual who perhaps is socially isolated or doesn't know the questions to ask or where to seek assistance, know they now have a trusted source to turn to," Luz said. "In the past, that person may have felt that nobody cared about them. It's giving an individual a sense of worth, in addition to improved health."

HSHS St. John's and Memorial have split the \$500,000 cost of the three-year initiative to address health care access and social issues in the 36-square-block Enos Park area. The investment is paying the salary of the project director and

three community health workers.

"We are two competing hospitals participating in something that is making such a huge difference," Luz said.

Paula Gramley is the community benefit program manager at Memorial Health System. She and Luz were among a group of health care leaders who first came up with the Access to Care idea in 2015.

"I have been amazed at what has happened in just under three years," Gramley said. "The program has really exceeded any expectations that I had. It's been very rewarding to watch; it's like ripples, and it just keeps going out."

"In the beginning, we had to decide if we wanted to do something really large but shallow, a community-wide thing, or did we want to take a deep, narrow dive into one geographic neighborhood and try to make a difference there," Gramley said. "Enos Park lies between the two hospital campuses, they had indicators showing need, and the Enos Park Neighborhood Improvement Association was a very strong collaborator to help us make inroads into the community. That was going to put us much farther ahead than starting from scratch with a neighborhood that didn't know us very well."

Step one was finding a person who could take charge of the program, and from the start

the same name kept coming up - Tracey Smith, director of population health integration and community outreach at SIU Medical School. Smith has a doctorate in nursing and the community-focused, holistic health model is a philosophy she has embraced for many years.



The Pillsbury Mills neighborhood will be the next to benefit from the Access to Care program.

"I was really excited to see the health care system taking the lead in looking outside of the box to address health care needs," Smith said. "We had not had this opportunity before, and we wanted to take full advantage of it."

Smith organized the Access to Care initiative around a team of three community health workers who have been a constant presence in Enos Park. They help residents understand how to better take care of themselves and navigate the health care system, but also assist with a variety of social issues such as living conditions, food, children's school attendance, crime, mental health issues and employment.

## COVER PHOTO

Tracey Smith, director of population health integration and community outreach at SIU Medical School and the Access to Care program director.

PHOTO/ BY DAVID BLANCHETTE



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"We had to take a look at how we build healthy communities for individuals to live in, places where people feel safer and more connected," Smith said. "We didn't just want to use the measurements of health that we were com-

heads," Medley said. "Another patient asked me to come into a psychiatric intake with him for the same reason."

"I then went to a couple of food pantries be-

cause a couple of our clients had run out of SNAP benefits and money and were short on food, so we did a food pantry referral and got them some food," Medley said. "Then a co-worker and I found a family with six kids who were all sleeping on the floor. We got six mattresses, all donated by people in Enos Park, and we became

Entering the Enos Park neighborhood.

fortable with before."

"The right starting point is listening to a client tell you what they need, not them listening to us tell them what they need," Smith said. "Sometimes it's health that needs to be addressed, but sometimes it's other life needs that need to be addressed first."

The community health worker approach is effective, Smith said. More residents have been linked to a regular health care provider and unnecessary emergency department visits have dropped more than 20 percent. Crime and 911 calls in the neighborhood are down. Clubs have been formed to provide area children with wholesome activities.

"If we only focus on individual lives, we will have very limited impact on community," Smith said. "But if we focus on community and individual lives together, that synergistic effect is huge. You have to do those jointly, and that is the strength of this program."

"I'm really proud of the folks who live in Enos Park," Smith said. "They show that you can take a diverse population of individuals, and you can live together and support each other."

Jim Medley worked at the Washington Street Mission before Smith contacted him about being a community health worker for the Access to Care program. He is now a part of the daily lives of many Enos Park residents, and that makes for some very long but gratifying days, including a memorable one in July.

"I started off the day taking a couple of people to doctors' appointments, both of whom asked me to come into the appointments with them to act as support and also as an interpreter, because a lot of times doctors talk over people's

furniture movers. We hauled the mattresses up to the family."

Medley ended his day bringing comfort to a family of five. "There was a young mother with four young kids and it was a really hot summer day, and they were just burning up in this house," Medley said. "So I went to a local church pastor and the congregation donated a window air conditioner that I installed that day."

Medley, fellow community health worker Brigett Virgin, and the rest of the Access to Care

Access to Care client Rosie Jackson returns home from a medical appointment with community health worker Jim Medley.

team can also help people access government benefits and obtain important identification documents and often literally walk them through the process.

"I had a nursing student shadowing me back in April and she asked me 'what do you do?' And I said 'everything.' And at the end of the day, she said, 'now I see what you were talking about,'"

4 ♦ September 2018 ♦ Springfield Business Journal



Medley said. "We are improving the health of the community one person at a time. It's not about the organization, it's about the people."

One of those people is 64-year-old Enos Park resident Rosie Jackson, a Chicago transplant who moved to Springfield nine years ago to be near her daughter.

"I look at Jim (Medley) more like a brother from another mother, and I tell him when he comes by that he looks good to me," Jackson said. "I'll be talking junk to the health workers, I keep 'em laughing. But I love them, I feel safe with them."

The community health workers helped Jackson find a regular doctor and specialists to take care of medical issues she has. They have also assisted with some non-medical concerns.

"They've been trying to get the rowdy people out of the neighborhood," Jackson said. "When they make a lot of noise across the street I tell the health worker about it, and I guess they tell the people who can take care of it. The police started coming around more."

Jackson has some advice for the folks who run Access to Care. "Keep on doing what they are doing. I'm really glad to be here," Jackson said. "Just keep up the good work is the only thing I can say."

The community health workers have worked closely with the Springfield Police Department to address Enos Park residents' concerns about crime and safety, and the neighborhood police officers are friends with many of the neighbors.

"They know who we are, we're not just somebody in a police car. They can put a face with a name, and that's a huge benefit," said Chris Jones, who is in his third year as a neighborhood police officer in a beat that includes Enos Park. "Calls for service have come down, it's a healthier community, residents are more stable, they have help in getting the things they need for daily living."

Jones participates in the bike club and takes Enos Park area children on bicycle rides through-

out the Springfield area. He also isn't shy about helping community health workers when they see residents in need.

"When Benedictine was closing down, my partner and I went there, grabbed some beds,

Access to Care program from the beginning. The association owns two duplexes and has rented them to Access to Care clients at a reduced amount to provide better living conditions and lower the incidence of homelessness in the

"Access to Care is a valuable resource for people in the neighborhood who don't have a lot of options and I like the idea that it's there," Maier said. "A lot of communities could use the program. I think we are kind of lucky to have it."

When the Access to Care program started in 2015, HSHS St. John's and Memorial also began paying for a mental health clinician to work on-site for three years in McClelland Elementary School in Enos Park. The clinician screens children to detect social and emotional difficulties and provides treatment to children with mental health problems.

The McClelland School initiative is part of The Children's MOSAIC Project, an acronym for Meaningful Opportunities for Success & Achievement through Service Integration for Children. While the hospitals are covering the costs in Enos Park, MOSAIC is supported in other parts of Springfield by Memorial Behavioral Health, the Southern Illinois University School of Medicine, Springfield Public Schools, The Springfield Project and the University of Illinois at Springfield.

Conceptualizing, funding and operating the Access to Care program was a risk for the two competing local hospitals in Springfield, but looking back, their leaders are pleased with what the partners have accomplished.

"Access to care was identified as one of the most significant issues in our community, so the two hospitals got together and decided to take a deep dive into one geographic neighborhood to identify and address issues that prevent residents from getting the care they need to live healthy lives," said Ed Curtis, president and CEO of Memorial Health System.

Dr. Charles Lucore, president and CEO of HSHS St. John's Hospital, agreed. "The outcomes demonstrate that if you provide access to the right type of health care in the right place at the right time, it's going to contribute to wellness and a better living standard," Lucore said. ♦



Neighborhood police officer Chris Jones enjoys some playground time with 11-year-old De'Elijah Grant and her brother, Christian Duncan, at Enos Park.

and took them to different houses for people who didn't have a bed," Jones said. "People are surrounded by good people who are pulling in the same direction with the same goal, and Enos Park is a good, lively community."

The Enos Park Neighborhood Improvement Association has been an active partner with the

neighborhood.

"It helps clean up the neighborhood physically. It takes someone who could potentially be living on the street and gives them decent housing," said association board member Linda Maier. "It has helped the overall outlook of the neighborhood."

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# New angle for economic development

BY RACHEL JOHNSON

All too soon we become desensitized to our surroundings, accepting what may have initially seemed strange or out of place as normal. Then, inertia takes over. An object at rest tends to stay at rest; an object in motion tends to stay in motion. Newly arrived, to kick Springfield's economic development back into motion, is Eric Berglund. A transplant from Florida and unanimously selected by the Land of Lincoln Economic Development Corporation as their first CEO, Berglund's fresh eyes on an economic situation bursting with unrealized potential are welcome.

The LLEDC was formed last fall with seed money from Sangamon County, the City of Springfield, and various community stakeholders. That groups often at loggerheads have come together says something. "We've been siloed here for a long time, and there hasn't been an individual or entity to be able to catalyst everybody to get together to work on economic development," Berglund said.

Formerly the president of the Southwest Florida Economica Development Alliance, expectations are high for Berglund, who is overseen by a 20-member LLEDC board. Berglund gives a lot of credit to the board, not only for coming together and hiring a CEO, but for creating a 69-page report with some "good, truthful analysis."

"That report was the impetus for the business community to say, 'we need to make a change,'" Berglund said.

Berglund is looking forward to exchanging two seasons (tourist and rain) for four seasons and tackling a more diverse business community. In Florida, he primarily dealt with hospi-

tility and tourism.

Springfield has plenty of tourism as well, and Berglund plans to capitalize on that. "We discovered in Florida that a lot of people's introduction to Florida is through tourism first. Then, they say, 'Hey, we like it, let's stay here. I think we have that same opportunity,'" he said.

Although Berglund will be working with the county and general region, he does confess to love-at-first-sight with downtown Springfield. The challenge of filling all those empty buildings and second stories doesn't faze him. "There's a lot of potential here. Having vacant buildings doesn't necessarily scare me, because I think it's an opportunity to bring in folks that can see the vision," he said.

At the top of Berglund's list is to take the board's report and look at the groundwork that's already been done. "Then, we really want to shore up our strategies, have some community listening sessions, some work groups to look at our strengths, weaknesses, threats, and analyze if it's correct," he said. "And then start to do some of those three, five, 10, and 20-year plans on what it would look like. More specifically, what do they perceive the challenges to be today? We have to be able to address those perceptions, because if it's internal, it might be external as well."

Despite Illinois' recent reputation as a bad place to start a business, Berglund feels Illinois and especially, central Illinois, has a lot of pluses. "I think, overall, we have a low cost of living. Taxes may sound bad, but look at what you get for those taxes," he said. "Businesses are still moving to Illinois even with the budget impasse. It's a great place. It's a central location, there's a lot of opportunity. We just have to be able to tell the story on what that really

means."

Diversification and not relying on the state or the medical community is important. "It's building on the strengths," Berglund said.

Berglund feels Springfield has a strong base of qualified, well-educated potential employees connected to state jobs or higher education. "You have really smart people and highly talented folks that work in all of those and may be looking for new opportunities. We also probably have some folks that are underemployed," he said.

He wants to strengthen the existing industries and build off their strengths. "Firms have been successful here for one reason or another, so what's made them successful? What assets do we have?" he asked.

Berglund's other challenge is to get the county, city and local businesses to work together. They've taken the first step by creating the LLEDC, but Berglund's diplomatic skills will be put to the test. Berglund says in high school he was a shy band geek who played chess. It wasn't until college that he got involved in student government, eventually serving as student body president at Colorado State University. "I really got to cut my teeth and make mistakes then, which was theoretically a safer environment, because I'm in college and I'm learning," he said.



Eric Berglund

PHOTO COURTESY LLEDC

Berglund's excitement about Springfield's potential is contagious. Other capital cities like Nashville, Madison and Austin have their own attractions such as tourism, higher education and a thriving business community as well. The quality of life here is good, the cost of living is low and Berglund sees a similar potential. "We need to make this a fun, funky capital city that attracts people," he said. ♦

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# New tariffs may harm ag, steel industries

BY SCOTT FAINGOLD

On July 27, the Citizens Club of Springfield presented its most recent Public Policy Breakfast, “A Local Conversation on Tariffs” at the Hoogland Center for the Arts. The discussion featured panelists Dr. Patricia Byrnes, a professor in the economics department at the University of Illinois Springfield; Mark Gebhards, executive director of government affairs and commodities for the Illinois Farm Bureau; and Mark Selvaggio, president of Selvaggio Steel.

The discussion was moderated by Bruce Sommer of the UIS Center for Entrepreneurship. The session focused on the Trump administration’s ongoing trade war with China, along with recently imposed tariffs on imports of steel and aluminum from Mexico, Canada and the EU. The panel also discussed the administration’s July announcement of \$12 billion in subsidies intended to help farmers cope with loss of revenue due to the tariffs.

“Our current president has decided we should put tariffs on steel and aluminum, as well as other products, in order to combat what he considers unfair trade,” explained Byrnes. “But at what cost? Consumers will see higher prices on protected goods and higher prices from industries that use protected goods in production, such as automobiles and electronics.”

She went on to point out that 18 percent of aluminum is used in packaging of products such as beer, candy and pharmaceuticals, all of which are likely to see price increases. Byrnes also explained that China has placed restrictions on exports of soybeans, corn and other products, with Illinois being among the top five states to be impacted. “In 11 counties surrounding Sangamon, we can expect about 2,072 jobs to be

potentially impacted by just the first and second rounds of Chinese export tariffs,” Byrnes said.

Byrnes pointed out that the U.S. imports \$505 billion in Chinese goods, while China imports only \$103 billion in U.S. commodities. “There’s not a lot of wiggle room for China to retaliate, so we could end up bigger winners in tit-for-tat retaliations,” she said. However, she warned that Beijing can find other ways to hurt U.S. businesses, ranging from slowing down customs on imports from the U.S. to stepping up



PHOTO/ PEXELS

regulatory checks on U.S. operations in China or even introducing negative campaigns to convince Chinese citizens not to buy U.S. products.

“We have taken an initial hit, because our material prices have gone up without us being able to protect ourselves or our clients in a proper way,” said Selvaggio, describing the dangers of material prices going up after having provided a quote to a client. He cited the example of a recent \$46,000 job which resulted in a loss of \$6,000 due to tariffs, just from material escalation. “Six thousand dollars isn’t a staggering amount of money, but you have to protect your clients, who are protecting their clients,” he said,

adding that over the past few months Selvaggio Steel has made contracts with steel mills and warehouses to set aside material already on hand, agreeing ahead of time on a firm price.

Selvaggio pointed out that tariffs are far from the only factor impacting prices of raw materials, with steel already having gone up approximately 37 percent between Sept. 2017 and June 2018 – well before the tariffs – along with the dollar taking a seven to eight percent hit in the past year. Still, the current climate of trade

war worries him. “If Trump is playing four-dimensional chess, I’d like to get to the point where the game is over and we see the fruition of what he’s trying to accomplish,” he said

“From an agricultural standpoint, this is one of the biggest issues we’ve dealt with in quite some time,” said Gebhards, explaining that Illinois exports about 44 percent of the grain it grows, making it the third largest exporting state in the country in terms of overall agricultural products.

“Illinois exports about 25 percent of its product to China – so one in every four rows of soybeans you see around here goes to that Chinese

market. That’s a big issue.” Gebhards went on to say that the U.S.-China trade industry provides 2.6 million jobs in this country, and that job loss as a result of the trade war is a real concern, one which is only just beginning. He quoted Dr. Chris Hurt, an agricultural economist with Purdue University, estimating that agriculture in the U.S. has lost \$20 billion in value since the tariffs went into effect.

Gebhard also said that the recent announcement by President Trump and Secretary of Agriculture Sonny Purdue of \$12 billion to assist American farmers raises a tremendous amount of questions. “If you subsidize one industry, how does that affect other industries?” he asked.

“I’ve been on three conference calls, with Washington, the White House and the USDA, this week alone, and I can tell you there is not a clear plan as to how we’re going to disseminate this money. What is that going to be based on?”

Gebhard said that he receives calls every day from farmers asking for details, which the Farm Bureau simply doesn’t have. “We have been saying since day one that these tariffs are not a good idea, (it’s) a terrible way to do business,” he said. “We were criticized for that by some of our members who said we need to let the president address the issue. Those same members are now calling me, asking what we’re going to do about this problem.” Gebhard explained the bureau’s preferred approach would be to negotiate with China, re-negotiate NAFTA and create a bilateral agreement with Japan.

“The only certainty we have in agriculture is uncertainty,” he said. ♦

Scott Faingold can be reached at [sfaingold@illinoistimes.com](mailto:sfaingold@illinoistimes.com)

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

The reception is to benefit the Historic Preservation Fund of the Community Foundation, which will announce the recipient of the group's 2018 grant. The CFFL Historic Preservation Fund has grown steadily since it began in 2008, and the available fund balance continues to grow, allowing larger annual grants to local organizations.

Past recipients are:

2012 – Downtown Springfield, Inc. received \$4,000 for a way-finding system to link historic sites.

2013 – The Greater Springfield Chamber of Commerce Foundation received \$4,000 for planning the Jackson Street Corridor project.

2014 – Springfield Art Association received \$4,000 for reproduction of 1850s wallpaper at Edwards Place.

2015 – Elijah Iles House Foundation received \$6,000 to restore the porch of the Strawbridge-Shepherd House.

2016 – Enos Park Development received \$7000 to help with the renovation of 711 Enos, a mixed-use turn of the century building in danger of demolition.

2017 – Vachel Lindsey Foundation received \$7500 for exterior painting and repair of the historic Vachel Lindsay Home to ensure the longevity of the historic structure.



Preservation Effort Involving a Public Facility

## **Abraham Lincoln Memorial Garden Foundation Joel Horwedel, Executive Director and Tom Wilton, President**

Plantings at Lincoln Memorial Garden began in the late 1930s, when the Civilian Conservation Corps worked to build a 70-foot span bridge with funds from the Walgreen Foundation. Due to its age, the wooden Walgreen bridge was recently replaced with a replica, constructed with more enduring materials. The new structure echos the form and style of the historic bridge, according to executive director Joel Horwedel.

"Preservation of the Garden is forever ongoing. Many of the trees are over 80 years old and we continue to battle invasive species, including the Bush Honeysuckle, a dense, woody shrub that can grow 10 to 16 feet tall and crowd out native species," said Horwedel. "In every phase of work we do, we try to stay authentic to the Jens Jensen landscape plan."

Jensen, one of American's foremost landscape architects, was a big fan of Abraham Lincoln and he contributed the design for the garden built in his honor, a project fostered by the Garden Clubs of Illinois. Jensen's original landscape plan, one of the last he created, is being conserved and can be viewed at the Abraham Lincoln Presidential Library and Museum.



PHOTO COURTESY OF LINCOLN MEMORIAL GARDEN

Preservation Effort By a Not-for-Profit Organization

## **Edwards Place of the Springfield Art Association Betsy Dollar, Executive Director**

Like generations of other Springfield families, Don Walton and his family have been members of the Springfield Art Association (SAA) for over 45 years and have participated in many activities at historic Edwards Place. In 2010, a restoration plan was created with an outpouring of public support and a matching historic preservation grant from the Jeffris Family Foundation of Janesville, Wisconsin, resulting in completion of the first floor in 2015.

Students of all ages, community members and supporters like Walton can now appreciate the final phase of work, supported again by the people of Springfield and a second matching grant from the Jeffris Foundation. In a parallel effort, the Illinois Realtors and private donors funded the repair of the servant's staircase to the attic. The attic staircase is now stabilized and the second floor is accurately restored, bringing the home back to its full mid-19th century splendor, a time when Abraham Lincoln and the elite of Springfield were often guests.

"In addition to adding space to exhibit artifacts illustrating the early founding and history of the Springfield Art Association itself, this has made it possible for us to open the area which was servants' quarters and interpret a more multi-dimensional story of life in this home," said Betsy Dollar, the SAA executive director.



PHOTO COURTESY OF SAA



#### Private Effort For The Restoration of an Historic Structure or Structures

##### **Illinois Governor's Mansion Association Justin Blandford, Curator**

A trip to the recently restored Illinois Governor's Mansion is clearly a refreshed experience from the moment visitors arrive at the new north gate public entrance, where they will be greeted by a professional guide and then be escorted to the welcome center area with its multi-media overview and hands-on museum displays. The curator, Justin Blandford, is responsible for creating and implementing a new strategic vision, along with First Lady Diana Rauner. They are justifiably proud of the successful transformation of the Executive Mansion and new focus on visitor experience.

What was once a ceremonial home, functioning primarily as living quarters provided to each sitting governor, is now a professionally operated museum, fully staffed and open seven days a week. It is designed to interpret not just the story of the current first family, but of all Illinois' first families. That educational journey starts in an entry room, holding images of early 18th-century frontier maps, a rare early portrait of Native American leader Black Hawk and artifacts from early pioneers and fledgling governmental institutions. Throughout the house, niche areas have been created as mini-galleries to display a legacy of material culture treasures created by Illinois' great artisans, craftsman and designers, from Stone Age pottery to finely-crafted furniture, sculpture and a rotating collection of paintings.

Outside, birds and bees are also making return visits to enjoy the Mansion's stately lawn plantings, a kitchen garden that provides veggies and herbs used for official state functions and daily fare and native wildflower habitat areas. Seen from the perspective of the architects and landscape designers who had a hand in the work, the Executive Mansion renovation story encapsulates how structural renovation and ongoing environmental upgrades have been ingeniously envisioned to reinforce its 19th-century grandeur, while bringing the site forward with 21st-century security and thoughtful accessibility upgrades to serve every Illinois citizen. These renovations make it genuinely feel and function as "The People's House," said Blandford.



Illinois Executive Mansion curator, Justin Blandford, in one of the drawing rooms, decorated with pieces that evoke a sense of historic change over time.

PHOTO BY CATHERINE O'CONNOR



PHOTO COURTESY OF BRICK CITY APARTMENTS

#### Private Effort For The Restoration of an Historic Structure or Structures That Includes Residential Use (Multi-family)

##### **Brick City Apartments, LLC Seth and Ivy Molen**

With more than a decade of experience in dozens of remodeling projects, contractor Seth Molen explains that what he is most proud of "isn't any single building, but it is an ongoing effort to build a neighborhood." His vision for community improvement drives his commitment to provide affordable residential units, supporting both homeownership and investment, by promoting mixed-use development throughout the city. Molen has a progressive view of neighborhoods as places that should meet various diverse needs, with "all the working parts" from housing to retail, commercial and entertainment opportunities available without the need to drive across town.

"Springfield is not a suburb," he said. "It's a small city, with neighborhoods that can work with density where people can eat, sleep, work and play there." The biggest challenge he has faced is trying to figure out how to reuse old buildings and meet modern code standards and zoning restrictions, which have often not kept pace with the reality of changing economic dynamics, according to Molen. Seth and his wife, Ivy, are being recognized for work which has focused primarily on Wards 5 and 6 and the Aristocracy Hill neighborhood just south of downtown, home to historic landmarks such as the Governor's Mansion, Vachel Lindsay Home and the Dana Thomas House.

#### Private Effort For The Restoration of an Historic Structure That Includes Residential Use (Single Family Home)

##### **In His Hands Orphans Outreach Stephanie Barton, Project Coordinator**

In His Hands Orphans Outreach (IHHOO) is a local nonprofit with a mission of helping foster children and orphans while supporting families through the adoption process. One innovative way the group raises funds for its ministry is by renovating blighted homes and selling them at market value, which also improves the neighborhood. Since 2014, the organization has brought together skilled volunteers for its home rehabs, and in 2016 partnered with Habitat for Humanity to provide a single mother and her three children with a completely restored home. Now, IHHOO is renovating 804 N. 7th St., the third house to be donated to the group by the Enos Park Neighborhood Improvement Association.

The current project is a late 1800s home that was occupancy-prohibited and nearly became yet another teardown and empty lot, according to Stephanie Barton, IHHOO project coordinator. Scheduled to be completed late this summer, the 3-4 bedroom, two full bathroom home will have hickory hardwood flooring throughout and an open concept first floor with a great room area. When finished, the home will have new electrical, plumbing, HVAC, furnace and water heater, along with new siding, roof and windows.



PHOTO BY STACIE LEWIS



# Changes in mental health services

BY CATHERINE O'CONNOR

In June, HSHS St John's Hospital temporarily suspended admissions to their adult behavioral health unit, which has made it necessary for patients and their physicians to find inpatient services elsewhere. According to a statement from Erica Johnson, manager of communications for HSHS Central Illinois Division, "Patients who were on the unit continued to receive care until discharge and colleagues were offered positions within St. John's or at HSHS St. Mary's Hospital. Our sister hospital in Decatur has a robust behavioral health program that can fully serve patients in our region until our modernization assessment and plans are complete." The temporary suspension of services at St John's is expected to last for approximately one year.

In explaining the temporary closure of St. John's behavioral health unit, Johnson said, "We are currently working with a consultant and our facilities team to evaluate the space and identify opportunities for modernization."

Providing inpatient care for the mentally ill is a much more complex issue than simply matching the number of beds with the expected number of patients. When individuals present with a wide range of disorders, including severe clinical depression, schizophrenia or personality disorders, there are rules in place that require prompt evaluation by trained experts who can recommend consensual admission to a hospital-based unit.

Just as often, there may be a need for

involuntary mandated admission, in cases where a person can be deemed a danger to themselves or others. This includes exhibiting psychotic, suicidal or other critical psychiatric needs which have risen beyond the scope of behavioral health counseling or therapy modalities. According to Jeffrey Bennett, M.D., SIU associate professor and division chief of adult psychiatry, a judicial petition can be the mechanism that requires law enforcement officers to take adults over 18 to an emergency room for observation and evaluation by a qualified examiner, within 72 hours of arrival.

Determining where a patient can best be served within the variety of settings, from primary care clinics, to therapeutic community mental health facilities, to residential nursing homes and inpatient units, is a top priority for SIU doctors. It is not only the type of facility that can have an impact on the quality of mental health treatment available in a community, but also the special expertise of the health care team.

"At SIU, we have devised an impressive model of integrated care in which psychiatrists consult directly with primary care doctors to help them navigate the complex dynamics of the mental health system of care," Bennett said. Often this can mean psychiatrists working "curbside" in a primary care setting, providing a gateway to help general health care practitioners determine the best path for mental health care.

In cases where inpatient treatment is

needed, it can become a question of funding resources, as much as health care practitioner availability, and the ability to meet varying criteria for conditions that enable service management for the acutely ill. According to Bennett, there have been periods of increased need for acute mental health emergency room services due to the heroin and opioid crisis. When dedicated mental health beds are unavailable, hospitals are then faced with the option of admitting psychiatric patients to "scatter beds" in units often not equipped to handle them, or to leave patients in an emergency room, which may not be appropriate for violent patients who can be exhibiting injurious behavior.

At this point, patients in the region who might previously have been admitted to St John's Hospital are being sent to Memorial Health System in Springfield, Decatur Memorial Hospital and HSHS St. Mary's Hospital in Decatur. McFarland Mental Health Center also plays a role in meeting the needs for mental health inpatient care, primarily in "forensic" cases where the law enforcement and judicial system play a role. However, when a patient at St John's Hospital with medical or surgical issues presents psychiatric symptoms such as psychosis or delirium, SIU psychiatrists often provide consultation services.

Another business aspect that health care facilities must consider are legal and environmental precaution safety regulations that govern facilities receiving public Medicaid and Medicare funding. In some cases, the need to

make building safety modifications imposed by accreditation bodies, coupled with substantial levels of unfunded patient care, have resulted in struggling hospitals facing difficult choices.

"They can spend millions of dollars, or close down," Bennett said. But closing, even temporarily to make changes to the units, can be costly in other ways as well. According to Bennett, the dispersal of and later reassembling of qualified teams, including psychiatric nurses that were engaged in this type of specialized mental health care, is a challenging issue for any facility that goes through temporary closure.

Bennett said, "Data shows that life expectancy is 20 years shorter for those with psychiatric illness, so getting proper care needs to be seen from a public health perspective." SIU is leading the field with a pioneering model of initiatives to provide early intervention for those with psychiatric needs, including a community services team approach to layer services such as crisis beds, medium term residential facilities like West Lake Center and community-supported treatment through Memorial Behavioral Health Services.

"It has been a challenging transition, but under the leadership of SIU Professor Dr. Kari Wolf, who is chair of the department of psychiatry, we have now begun to assemble a system of care to provide those with limited funding the treatment they need, at a rate that can be sustained, based on their available resources," said Bennett. ♦



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Wellness lifestyle. She is extremely thorough in asking the questions that are specific and important to you and your family's well-being, because she is vested in helping you. Her patients

say it is refreshing to have a doctor who listens and notices the unspoken details of her time with you. She is caring, compassionate and gives her patients 110%. Her easygoing

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research indicates that chiropractic adjustments using the Webster Technique may have a positive effect on birth outcomes by addressing the three causes of difficult labor. Parents report back that her treatments help their kids get relief from colic,

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**Susan E.**

"Best Chiropractor Ever!!! Works on all ages and is excellent with kids!"

**Kim and Gracie P.**



PHYSICIAN GROUPS

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

	NAME / ADDRESS	PHONE / FAX (=) / WEBSITE	PARTNERS/PRINCIPALS	HOURS OF OPERATION	TYPE OF CLINIC	NUMBER OF PHYSICIANS	TOTAL # OF EMPLOYEES	SPECIALTIES	YEAR EST'D
1	<b>HSHS Medical Group</b> Anesthesiology & Perioperative Services – 800 E. Carpenter St. Cancer Center at HSHS St. John's Hospital – 301 N. 8th St. Children's Surgical Services – 301 N. 8th St. Family & Internal Medicine Panther Creek – 2801 Mathers Rd. Family Medicine – 125 E. Plummer Blvd., Suite A, Chatham Family Medicine – 1745 W. Walnut St., Jacksonville Family Medicine – 300 Sattley St., Rochester Family Medicine – 2806 E. Andrew Rd., Sherman Foot & Ankle Specialists – 1745 W. Walnut St., Jacksonville Foot & Ankle Specialists – 2901 Old Jacksonville Rd., Suite C Gastroenterology – 301 N. 8th St., Suite 3B300 General Surgery – 301 N. 8th St., Suite 3B300 Hospitalist Program – HSHS St. John's – 800 E. Carpenter St. Intensivist Program – HSHS St. John's 800 E. Carpenter St. Joslin Diabetes Center – 1118 Legacy Pointe Dr. Multispecialty Care – 2901 Old Jacksonville Rd. Multispecialty Care Pediatrics – 2901 Old Jacksonville Rd. Neuroscience Center – 421 N. 9th St. Neuroscience Specialty Clinic – 1745 W. Walnut St., Jackson-ville Pediatrics Specialty Clinic – 125 E. Plummer Blvd., Suite A, Chatham Pediatrics Specialty Clinic – 1745 W. Walnut St., Jacksonville Priority Care – 1836 S. MacArthur Blvd. Trauma Surgery – 301 N. 8th St., Suite 3B300 Walk-in Clinic – 4200 Conestoga Dr. (inside Meijer)	217-321-9292 HSHSMedicalGroup.org	Melinda Clark, CEO; Loren Hughes, MD, President	All offices: 8AM – 5PM Priority Care: 7 days a week, 7AM – 9PM Walk-in Clinic at Meijer: Monday – Friday, 11AM – 9PM; Saturday 9AM – 7PM; Sunday 10AM – 6PM Springfield Pediatric Walk-in Clinic: Monday – Friday, 8AM – 4PM Multispecialty Care Walk-in Clinic: Monday – Friday, 8AM – 4PM Sherman Walk-in Clinic: Monday – Thursday, 8AM – 4PM Virtual care at Anytime-care.com: 24/7	Primary and Specialty Care, Ancillary Ser-vices, Walk-in Care and Virtual Care	461	1,396	Multispecialty group that offers a wide range of integrated care, including an advocate to help patients find a primary care doctor, onsite lab and advanced imaging, adult neurology, anesthesiology, diabetes and endocrinology, epilepsy, gastroenterology, general surgery, hematology, hospitalists, intensivists, interventional neurology, medical oncology, neurosurgery, pediatrics, pediatric neurology, pediatric orthopedics, pediatric surgery, podiatric medicine, podiatric surgery, primary care, pulmonary medicine, radiation oncology, sleep medicine, trauma surgery, urgent care, vascular neurology, virtual care, walk-in care.	2009
2	<b>SIU Medicine</b> Center for Family and Community Medicine - 520 N. 4th St Internal Medicine - 751 N. Rutledge St. Neuroscience Institute - 751 N. Rutledge St. OB/GYN - 415 N. 9th St. Pediatrics - 301 N. 8th St. Psychiatry - 319 E. Madison Child & Adolescent Psychiatry - 319 E. Madison Simmons Cancer Institute - 315 W Carpenter St. Surgery - 747 N. Rutledge St. Hearing and Balance Center - 720 N. Bond St. Institute for Plastic Surgery - 747 N. Rutledge St. Cosmetic Clinic - 2201 W. White Oaks Dr. SIU Fertility and IVF Center - 751 N. Rutledge St.	217-545-8000 siumed.org	Jerry Kruse, MD, CEO; Harold Lausen, DO, MA	Mon - Fri, 8AM - 4:30PM	Primary and Specialty Care	300	1,400	Primary care, specialties and sub-specialties include over 100 different services. For a list of services, or to view provider profiles online, visit siumed.org.	1972
3	<b>Springfield Clinic</b> Springfield Clinic Main Campus – 1025 S. Sixth St. SC 1st 800 Bldg – 800 N. First St. SC 1st 900 Bldg – 900 N First St. SC Carpenter – 350 W. Carpenter SC Center for Plastic Surgery – 2901 Greenbriar Dr. SC Chiropractic – 355 W. Carpenter, Suite A SC Family Practice Center – 1100 Centre West Dr. SC Koke Mill – 901 S. Koke Mill Road SC MOHA – 775 Engineering Dr. SC Optical Centre – 1025 S. Sixth St. SC Optical Centre West – 1937 W. Iles Ave. SC Pediatric & Adolescent Center – 2532 Farragut Dr. SC Rehabilitation Services – 3020 South Sixth St. SC Riverton – 1275 N. 7th St., Suite A, Riverton SC Sherman – 400 St. John's Dr., Sherman SC at the Villas – 100 Marian Parkway Suite 149, Sherman SC Wabash – 2200 W. Wabash Ave.	217-528-7541 800-444-7541 SpringfieldClinic.com	William D. Putman, MD, Chairman; Ray Williams, CEO	All Offices: 8AM - 5PM. Prompt Care Main - 1025 S. Sixth St, 8AM - 8PM ; Prompt Care West - 2200 W. Wabash Ave, 8AM - 8PM, (excluding major holidays); Prompt Care Sherman- 400 St. John's Drive, Sherman, 8AM - 6PM (excluding major holidays) Saturdays and extended hours at some locations.	Primary, Specialty and Walk-in Care, Ancillary Services	265	2,379	Full spectrum of health care supported by nearly 100 medical specialties, sub-specialties and services, including lab, imaging, audiology, diabetes center, dietetics and nutrition, optical center, sleep center, rehabilitation services and state-of-the-art outpatient surgery center. Patient care includes access to Prompt Care (no appointment, walk-in medical care), TeleNurse (FREE 24-hour patient help line), and myHealth@SC, a secure patient portal. For a comprehensive list of doctors, specialties, services and locations, visit SpringfieldClinic.com.	1939
4	<b>Prairie Cardiovascular Consultants *</b> Prairie Diagnostic Center – 401 E. Carpenter Baylis Building – 747 N. Rutledge	217-788-0706 thedoctorsofprairie.com	Marc E. Shelton, MD, President; Edward Brooks, CEO	Mon - Fri, 8AM - 5PM	Cardiac and Vascular Diagnosis & Treatment	71	506	Interventional Cardiology, Electrophysiology, Peripheral Vascular Intervention, Nuclear Cardiology, Transesophageal Echocardiography, Congenital Cardiology, Congestive Heart Failure, Percutaneous Valvuloplasty, Hypertension Management, Non-Invasive Vascular Diagnosis, Vascular Medicine.	1979
5	<b>Memorial Physician Services</b> Memorial Medical Center 701 N. First St. (corporate office) Chatham – 101 E. Plummer, Chatham, IL 62629 Jacksonville – 15 Founders Lane, Ste 100, Jacksonville, IL 62650 Koke Mill – 3132 Old Jacksonville Road Lincoln – 515 N. College St., Lincoln, IL 62656 MacArthur Walk-in Clinic – 2215 S. MacArthur North Dirksen – 3220 Atlanta St. Petersburg – 1 Centre Drive, Petersburg, IL 62675 South Sixth – 2950 South 6th St. Vine Street – 3225 Hedley Road Women's Healthcare – 747 N. Rutledge Memorial/Now.com - virtual care service	1-855-FIND-MPS 1-855-346-3677 MemorialMD.com	Memorial Health System	Mon – Fri, 8AM – 5PM, Sat and extended hours at some locations.	Primary Care	58	490	Pediatrics, Family Medicine, Internal Medicine, Obstetrics / Gynecology, Psychiatry, Internal Medicine/ Pediatrics.	1994



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6	<b>Prairie Eye and LASIK Center</b> 2020 W. Iles Ave.	217-698-3030 217-698=3068 prairieeyecenter.com	Sandra Yeh, M.D.	Mon - Fri, 8AM - 5PM; Sat, 8AM - 12PM	Ophthalmology, Optometry, Optical Center	20	155	No Stitch/No Patch Cataract and Lens Implant Surgery, Glaucoma Treatment & Surgery, Retina and Vitreous Surgery, Uveinitis, Oculoplastic and Reconstructive Surgery, in-office LASIK Procedure.	1970
7	<b>Orthopedic Center of Illinois</b> 1301 S. Koke Mill Road	217-547-9100 217-547=9236 OrthoCenterIllinois.org	Gordon Allan, MD, Rodney Herrin, MD, O.B. Idusuyi, MD, Leo Ludwig, MD, Christopher Maender, MD, Barry Mulshine, MD, Ron Romanelli, MD, Kari Senica, MD, Timothy VanFleet, MD, John Watson, MD, Joseph Williams, MD, Frank Bender, MD	Mon - Fri , 8AM-6PM, Saturday, 8AM-12PM	Orthopedics, Imaging, Physical Therapy, Medicine, Walk-in Clinic	15	100	Joint Reconstruction, Spine Surgery, Fracture and Injuries, Foot/Ankles, Upper Extremities, Sports Medicine, Interventional Pain Management, Imaging, Physical Therapy, Minimally Invasive Surgery.	1972
8	<b>ExpressCare</b> Koke Mill – 3132 Old Jacksonville Rd. North Dirksen – 3220 N. Atlanta St. South Sixth – 2950 S. Sixth St. Chatham – 101 E. Plummer Blvd.	217-588-2600 MemorialExpressCare.com	Memorial Health System	All locations 8AM – 8PM, 7 days a week	Walk-In Care	8	120	Pediatrics, Internal Medicine, Family Practice, Modern facilities offering outpatient laboratory and medical imaging (X-ray). Hassle-free walk-in appointments with on-site physicians.	1999
9	<b>Central Counties Health Centers</b> 2239 East Cook Street, Springfield, IL 62703 800 E. Carpenter, 9th floor, Springfield, IL 62702 (dental only) 1440 W. Walnut St., Suite 2, Jacksonville, IL 62650 1141 N. Cheney St., Taylorville, IL 62568 5220 S. 6th St., Suite 2100 (dental only) 120 N. 11st St. (homeless medical clinic) 530 N. 6th St. (homeless medical clinic) 1023 E. Washington St. (homeless medical clinic)	217-788-2300 (Springfield Main) 217-788-2337 (CCHC Dental at Hope Pavilion, Springfield) 217-243-3543 (Jacksonville) 217-287-7477 (Taylorville)	Heather Burton President and CEO	Hours vary according to site. Call 788-2300 for specific site hours.	Primary Care Dental Care Behavioral Health	7	100	Family Medicine, Pediatrics, Internal Medicine, Dental, Behavioral Health. Onsite laboratory.	1999
10	<b>Gailey Eye Clinic</b> 1401 S. Koke Mill Road	217-529-3937 217-698=3937 gaileyeyeclinic.com	Sumit Bhatia, M.D.; Ara Aprahamian, M.D.; Robert Lee, M.D.; Angela Oberreiter, O.D.	Mon - Fri, 8AM - 5PM	Ophthalmology, Optometry, Optical Boutique	4	15	Retina and Vitreous Surgery, Cataract Surgery, iLasik.	1941

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PHOTO/ PEXELS

# The doctor will see you now

BY ROBERTA CODEMO

In today's modern world, no one has time to wait any more, least of all to see the doctor. With new digital technologies, now you don't have to. With one click, you can reserve your spot in line and be seen quickly when it matters most.

HSHS Medical Group recently introduced MySpot, a web-based application that allows patients to use their phone, tablet or computer to save their spot in line at one of the two walk-in care clinics in Springfield, located inside Meijer's at 4200 Conestoga Dr., and Priority Care, 1836 S. MacArthur Blvd.

"This is not a new concept, but it's the first of its kind I've experienced in the region to be used for health care services," said Natalie Nale, operations manager for HSHS Medical Group. The service is familiar to anybody who has purchased tickets in advance to see a movie, used call-ahead seating at an area restaurant or reserved a spot in line at a walk-in hair salon.

The walk-in clinic at Meijer was the first location to introduce this technology. Since the service was introduced in July, a few patients have utilized it, but she expects this number to increase as the service becomes more familiar. "From an operational standpoint, this is okay," said Nale, who added "...it's unusual to even find a medical clinic inside a retail grocery store."

Patients can go online at [www.hshsmedicalgroup.org](http://www.hshsmedicalgroup.org), enter their information and reserve their spot in line. Once their spot in line is confirmed, they can wait more comfortably at home or wherever it is convenient and arrive about 10 minutes before their reserved time. If there is a delay, patients will receive a text message should they need to make other arrangements.

"The system allows transparency to patients of where the clinic's patient flow is at,"

said Nale. Patients see a list of reservation times available and can select a time convenient for them. If they fail to show for their appointment within 30 minutes after their reservation, they will be removed from the line.

"Improving patient satisfaction was our intent with this service," said Nale, since it reduces the amount of time a patient has to spend in the waiting room. Traditionally, when a patient visits a walk-in clinic, they don't know how many patients are there ahead of them. For patients who are currently waiting to be seen, they will have the option of choosing another time and coming back when it's more convenient if wait times are disruptive to their day.

Memorial Health System is also moving into this arena and plans to install a product where consumers can use a mobile app to get in line at any one of their four local Express Care locations, located at 2950 S. Sixth St., 3132 Old Jacksonville Road and 3220 Atlanta St. in Springfield and at 101 E. Plummer Blvd. in Chatham. "We plan to go online with the app in September," said Travis Dowell, vice president of Memorial Physician Services.

Currently, patients can download the free Memorial ExpressCare Wait Times App or text "Wait" to 411217 to find out what the current wait times are at each ExpressCare location. With the new mobile app, patients will be able to reserve their spot in line and have up to 30 minutes to get to their appointment. Should they miss it, they will have to wait for the next available opening.

This new service will allow patients to be seen faster. "Theoretically, we think it will reduce wait times," said Dowell.

With both local hospitals making attempts to reduce wait times, patients should find it much more convenient to see the doctor in the future without losing a significant portion of their work day. ♦

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1	<b>Memorial Medical Center</b> 701 N. First St. Springfield, IL 62781-0001	217-788-3000 217-788=5520 memorialmedical.com	500	24,784	68%	\$682	3,762	Edgar J. Curtis	Memorial Health System	1897
2	<b>HSHS St. John's Hospital</b> 800 E. Carpenter Springfield, IL 62769	217-544-6464 217-527=5525 st-johns.org	402	18,507	84%	\$504.5	2,575	Charles Lucore	Hospital Sisters Health System	1875
3	<b>Passavant Area Hospital</b> 1600 W. Walnut Jacksonville, IL 62650	217-245-9541 217-479=5637 passavanthospital.com	131	4,522	40.03%	\$108	803	Harry Schmidt	Memorial Health System	1875
4	<b>Vibra Hospital of Springfield</b> 701 N. Walnut St. Springfield, IL 62702	217-747-7600 217-528-1633 vhspringfield.com	50	338	50.8%	DND	138	Jeffery Weier	Vibra Healthcare	2004
5	<b>Lincoln Prairie Behavioral Health Center</b> 5230 S. Sixth St. Road Springfield, IL 62703	217-585-1180 217-585=4747 lincolnpairiebhc.com	97	DND	DND	DND	135	Mark Littrell	Universal Health Services	2008



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ADDICTION CENTERS

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


	NAME STREET ADDRESS CITY/ST/ZIP	PHONE (-) FAX (=) WEBSITE / EMAIL	PRINCIPAL	# OF LICENSED THERAPISTS	SUBSTANCE ADDICTION	IMPULSE CONTROL	BEHAVIORAL ADDICTION	INPATIENT	OUTPATIENT	ADULT	ADOLESCENT	DESCRIPTION OF SERVICES
1	Family Guidance Center 120 N. 11th St. Springfield, IL 62703	217-544-9858 217-544=0223 www.fgcinc.org	Robert Thompson	5	✓	✓	✓	✓	✓	✓		Family Guidance Centers, Inc.'s Springfield location provides outpatient (OP), intensive outpatient (IOP), residential, residential extended care, Medication Assisted Treatment (MAT), community-based prevention, mental health assessments and counseling services to Sangamon and surrounding counties. Patients receive counseling (group and individual) and case management services.
2	Gateway Foundation 2200 Lake Victoria Dr. Springfield, IL 62703	(217)529-9266 (217)529=9151 www.gatewayfoundation.org	DND	8	✓		✓	✓	✓	✓	✓	Gateway Foundation has 3 locations in central Illinois: Gateway Foundation-Springfield offers residential and all levels of outpatient substance use treatment services for both adults and male adolescents. Gateway Foundation-Pekin (11 S. Capitol) offers all levels of outpatient substance use treatment services for adults. Gateway Foundation-Jacksonville (1300 Lincoln) offers residential, recovery home (male), and all levels of outpatient substance use treatment services for adults. All 3 Facilities offer FREE walk-in consultations every Tuesday, Wednesday, and Thursday (contact facility for times). Any facility may be contacted 24-hours/day, 7 days/week at 877-505-HOPE.
3	Hopewell Clinical 801 E. Lawrence Ave. Springfield, IL 62705	217-223-0170 217-223=0147 www.hopewellclinical.com	Steve Evans	4	✓	✓	✓		✓	✓	✓	Hopewell Clinic offers assessments/evaluations, treatment classifications/recommendations DUI treatment service and general substance abuse programs, adolescent treatment, license reinstatement process and employee assistance program.
4	Rassik Complete Recovery 1201 S. 4th St. Springfield, IL 62703	217-210-2353 springfield@rassik.net www.rassik.net	Rakesh Chandra, M.D.	0	✓	✓	✓		✓	✓	✓	Rassik Complete Recovery offers psychiatric services for mental health and substance abuse disorders to patients from adolescents to geriatrics. We offer a medically-assisted treatment program that leverages Suboxone and Vivitrol in combination with psychiatric services to help Rassik patients live a more meaningful life.
5	Rebound Healthcare Systems 435 W. Washington St. Springfield, IL 62702	217-210-2476 www.reboundtreatment.com	Michael Reeves	3	✓	✓	✓		✓	✓	✓	Rebound Healthcare Systems features both outpatient treatment and intensive outpatient services (IOP), allowing our clients to get the support and treatment they need while still living at home and attending to outside responsibilities. Both programs can be designed to the unique requirements of the patient, ensuring you get the appropriate treatment necessary to produce the best possible outcome. Substance abuse, addiction, dual diagnosis and comprehensive drug screening.
6	Rose Medical Association, Inc. 3535 Mayflower Blvd. Springfield, IL 627011	217-670-0609 217-670=0618 www.rosemedical.org	Dr. Earnest Rose	0	✓				✓	✓		Medication Assisted Treatment (MAT). Methadone, Suboxone, Sublocade, Vivitrol. Level I Adult Outpatient, Level II Adult Outpatient, DUI evaluation, substance abuse treatment.
7	UnityPoint Health Illinois Institute for Addiction Recovery 2050 W. Iles Ave., Suite G Springfield, IL 62704	217-726-6611 217-726=5014 www.addictionrecov.org	UnityPoint Health Proctor	1	✓	✓	✓	✓	✓	✓		UnityPoint Health - Institute for Addiction Recovery provides outpatient treatment services for substance use disorders and behavioral addictions at our Springfield location, with referral to our Peoria facility for inpatient services. Assessments for treatment for substance use disorders and behavioral addictions are at no cost for individuals seeking treatment services.



42,249 opioid overdoses resulting in death. A number that is tragically rising. (CDC)


1,946 opioid related deaths in Illinois alone. (dph.illinois.gov)

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# SIU explores new approaches to pain management

BY RACHEL JOHNSON

American health care systems, doctors and doctors-in-training are looking for new ways to combat chronic pain and long-term health care issues besides prescribing pain medication. Southern Illinois Medical School in Springfield is on the forefront of new approaches to this challenge.

Dr. Stacy Sattovia, an associate professor at SIU, developed an interest in culinary medicine and how it could influence population health. As the medical school began exploring options for a new program, Dr. Debra Klamen, SIU senior associate dean for education and curriculum, suggested reaching out to Dr. Leslie Smith, who had completed a residency at SIU. Ultimately, Smith was invited to come on board as the new director of integrative medicine and culinary medicine programs.

“Dr. Smith was the perfect choice for this position, given her background in Western medicine, followed by advanced training in the best that Eastern medicine has to offer. Her passion for the culinary arts made this position perfect for her, and we are delighted to have her aboard,” Klamen said.

As both a traditional MD and licensed acupuncturist, Smith was an ideal choice. In her fourth year of residency and just 14 months shy of becoming an attending physician in surgery, Smith developed a repetitive stress injury in her arms. Smith had wanted to be a surgeon since she was four years old and was emotionally devastated that years of training and her lifelong goals were in jeopardy. “Somebody in the midst of all that said, ‘why don’t you try acupuncture for your pain?’” Smith recalled. “And I was blown away by how well it controlled my pain.”

While acupuncture allowed her to go back to living her life, it wasn’t enough to go back to



Dr. Leslie Smith is the new director of integrative medicine and culinary medicine programs at SIU and will introduce alternative forms of medicine into the medical students’ curriculum, as well as the concept of culinary medicine. “If people are not eating the right kinds of foods to help deal with their pathology, then you’re butting your head against the wall,” Smith said.

PHOTO BY RACHEL JOHNSON

sewing skin.

So, despite medical school debt and crushed dreams, she essentially started over and moved to Los Angeles with her husband to attend Yo San University to learn all aspects of East Asian medicine, including acupuncture, herbs, cupping, right thinking and right eating.

“Acupuncture is one of seven arms of traditional East Asian medicine,” Smith said. “In this country, most people are familiar with traditional Chinese medicine.” In America, people often

think of these separately, but they are used all together in East Asian medicine to treat the whole patient. “It’s very similar to Western medicine structure, actually – diet, exercise, medication, surgery,” Smith said. “There’s only so many ways to fix the body. It’s just a different way of putting things together.”

Integrative medicine looks at the whole patient, whereas Western medicine tends to look at each part of the body individually. It wasn’t long ago that doctors were unwilling to consider alternative forms of medicine, but mindsets have changed, and research backs up the claims.

“I feel very fortunate to be coming into integrative medicine at this point because there are 30 years of research now to back up what I’m doing,” Smith said. “The kind of research that is out there on the efficacy of acupuncture for handling both acute and chronic pain is astronomical.”

SIU teaches a problem based learning format which means the students learn in small groups and the cases are designed to teach them physiology, anatomy, pathophysiology and the pharmacology, etc. around that case. “Bringing in culinary medicine or integrative medicine in is going to be done by tweaking the cases,” Smith said.

Since there is already so much material that students need to learn their first two years, they’re starting from an elective format. Medical

students are not going to emerge as licensed acupuncturists as well as MDs in four years, but that’s not Smith’s goal. The goal is to acquaint the students with the different procedures and options – to create an awareness and familiarity. “I want them to be exposed to the idea of what acupuncture can be used for, how it works. I want them to feel the needles in their own bodies so they can feel the needles aren’t big and scary,” Smith said.

Additionally, continuing education classes are being planned for attending physicians, social/community outreach programs, medical education research components and clinical work. “We are designing ways that integrative and culinary medicine will be brought into both existing clinical offerings at SIU SOM and will be created ‘de novo’ as the needs are identified,” Smith said.

Timing is everything, and life often takes you in unexpected directions, as Smith has discovered. According to the Centers for Disease Control and Prevention (CDC), the United States is in the midst of an epidemic of prescription opioid overdoses. The number of opioids prescribed and sold in the U.S. has quadrupled since 1999, but the overall amount of pain reported by Americans hasn’t changed. This epidemic is devastating American lives, families and communities. The medical field is looking at all options for managing chronic pain and maintaining a patient’s health. ♦

## SIU to roll out new program, **CHOP**

SIU will be rolling out their Center for Human Organizational Potential (CHOP) in early October. The program features three pillars: (1) health and wellness (2) professional development (3) excellence and leadership. They’re still teasing out the details, but there will be “components for community support and so forth within all three of these pillars,” Smith said.

“Since the Center for Human and Organizational Potential will have as one of its pillars, Wellness Development, we thought the addition of Leslie at this point in time was perfect,” said Dr. Debra Klamen, SIU senior associate dean for education and curriculum.

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# INDEPENDENT INSURANCE AGENCIES

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

	NAME / ADDRESS	PHONE / FAX (=) / WEBSITE / EMAIL	NUMBER OF PRODUCERS	NUMBER OF LOCAL EMPLOYEES	MANAGERS / OWNERS	SPECIALTIES	YEAR EST'D
1	<b>TROXELL</b> 214 South Grand Ave. West Springfield, IL 62704	217-528-7533 217-528=1041 www.troxellins.com info@troxellins.com	48	80	Mike Aiello, John Eck, Jr., Todd Sowle, Dave White, Chris Leming, Jennifer Call	Commercial Insurance, Personal Insurance, Employee Benefits, Individual Life/Health, Bonds, HR Solutions, Financial Services	1887
2	<b>Gallagher/Nicoud</b> <b>(Arthur J. Gallagher &amp; Co.)</b> 4481 Ash Grove, Suite B Springfield, IL 62711	217-546-6900 217-546=7034 www.ajg.com www.mycbis.com www.mymbis.com	12	24	Jim Hillestad, Tim Nicoud, Jr.	Commercial Insurance and Risk Manage- ment, Benefits and HR Consulting, TPA Services, Captives, Claims Management, International Solutions, Risk Control Services	1927
2	<b>Insurance Partners, Inc.</b> 901 S. Spring St. Springfield, IL 62704	217-544-8644 www.best-coverage.com info@best-coverage.com	12	5	Denise Beavers, Jo Ann Lawson, Doug Ryherd, Bryan Ryherd	Home, Auto, Commercial, Life, Health, Worker's Comp., Bonds, Annuities, Senior Products, Business Auto & General Liability	1999
3	<b>American Central Insurance Services</b> 3300 Hedley Rd. Springfield, IL 62711	217-698-9000 217-698=9898 americancentralinsurance.com stan@americancentralins.com	10	24	Stan Travelstead	Employee Benefits, HR Consulting, ACA Re- porting, ERISA Compliance, Cafeteria Plans, Business Insurance, Personal Insurance	1987
3	<b>Forsyth Insurance Group, Inc.</b> 430 E. Vine St., P.O. Box 2229 Springfield, IL 62705	217-525-9500 217-528=1526 forsyth-ins.com dblankenship@forsyth-ins.com	10	23	Dale A. Blankenship, President	Personal Insurance, Commercial Insurance, Life, Health and Group and Financial Services	1946
3	<b>Goodenow Insurance Agency, Inc.</b> 719 N. Grand Ave. East Springfield, IL 62702	217-523-5443 217-523=5456 goodenowinsurance.com goodenow@goodenowinsurance.com	10	4	Donald Goodenow	Home, Auto, Life, Commercial, Health and Senior Products	1998
4	<b>Dimond Brothers Insurance Agency</b> 3931 Wood Duck Dr. Springfield, IL 62711	217-793-6655 217-793=6706 dimondbros.com	8	4	Toby Bartos	Commercial Lines, Personal Lines, Employee Benefits	1867
5	<b>Lee/O'Keefe Insurance Agency Inc.</b> 2501 Chatham Rd., Suite 100 Springfield, IL 62704	217-528-5679 217-528=2121 www.leeokeefe.com info@leeokeefe.com	5	9	Glenda Richards, Brian Blough	Business, Personal, Life/Health Insurance Bonds	1934
5	<b>The Group Insurance Agency, LLC</b> 7006 Kingsmill Ct. Springfield, IL 62711	217-787-7447 217-787=7427 thegroupinsuranceagency.com Service@thegroupinsuranceagency.com	5	7	Jason Dolby	Commercial Insurance, Personal Insurance, Life Insurance, Bonds	2008
6	<b>Snyder Insurance/Ascend Benefits</b> 1154 Bradfordton Rd. Springfield, IL 62711	217-793-6000 309-664-1885 insurewithsnyder.com info@insurewithsnyder.com	4	6	Charles Farner, Cheryl Reeser	Home, Auto, Life, Health, Business, Bonds	1906
6	<b>Denton-Merritt-Dycus Insurance Agency</b> 2800 S. Sixth St. P.O. Box 1179 Springfield, IL 62703	217-528-0408 217-522=5400 dentoninsurance.com dmerritt@dentoninsurance.com	4	4	David R. Merritt	Personal Lines and Small Commercial	1930
7	<b>Godfrey Insurance Agency</b> 3261 Meadowbrook Rd., Suite 300 Springfield, IL 62711	217-679-5442 godfreyinsuranceagency.com rustin@godfreyinsuranceagency.com	3	4	Rustin Godfrey, Lisa Godfrey	Crop Insurance	2002
7	<b>Bailey Family Insurance</b> 3013 S. 6th St. Springfield, IL 62703	217-441-2342 312-661=5309 baileyfamilyinsurance.com info@baileyfamilyinsurance.com	3	3	Christine and Mark Bailey	Home, Auto, Life, Commercial	2017
8	<b>Preston-Rezin Insurance Agency</b> 3307 Robbins Rd. Springfield, IL 62704	217-529-9711 217-529=0555 prestoninsurance.org prestonins83@gmail.com	2	2	Bill and Angie Preston	Auto, Home, Life, Business, Health, Medicare Supplements	2000



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# The ACA has changed business coverage

BY ZACH ROTH

If one were to fall asleep in 2010, then wake up eight short years later, it would be quite surprising to learn how people now perceive the Affordable Care Act.

Once unpopular, the ACA became a cause celebre after repeated attempts to eliminate and replace it with something considered far worse. Whether it was the possibility of doing away with President Barack Obama's signature piece of legislation, or the visceral reaction to Donald Trump's administration in action, what was once a bill that saw numerous elected officials lose their seats in Congress due to their support of it now may very well be their savior in 2018.

One of the main reasons the bill has had a resurgence in popularity is due not only to the many accommodations for pre-existing conditions, but the effect it has on employee benefits for both large and small businesses. When the bill became law in 2010, the whole game changed for employers, employees and insurance companies alike.

"Well, it changed our world, for sure," Kim Cochran, employee benefits and human relations manager at Troxell, said. "Our employers had to pick up some expenses that they were not covering previously under their plans."

Troxell is one of several independent insurance agencies based in Springfield that provide various forms of insurance and employee benefits for companies big and small, such as health insurance, dental care, eye care, life insurance and disability benefits.

"Our job is to partner with our clients, get to know them, understand not only the employer's needs, but also what their employee population values most," Cochran said. "Once we have that information, then our job is to go to the markets.



PHOTO/ PEXELS

We'll get the benefit plan designs, pricing, how they would all tie together and then work with the employer to identify which carrier, plans and pricing models best suit their needs."

Because there is a significant difference as to how federal regulations impact large and small businesses, the needs of larger employers and small businesses can be quite different. Goodenow Insurance Agency, also based in Springfield, caters their coverage to suit how small businesses work, in contrast to their larger counterparts.

"We try to be very careful in the carriers we go to," Jack Dunn, a charter life underwriter and insurance broker at Goodenow, said. "I've been in the business for a while, so I know which carriers are more likely to process claims quicker."

Dunn said Goodenow works with not just businesses, but even some nonprofit groups as well. "Nonprofits is a niche for us," Dunn said.

So, what does the future hold for employee benefits? The events of Nov. 6 may provide a clue. That's the date of the midterm elections, and both Cochran and Dunn say that whoever wins or holds Congress after that day will have a big say in the future of insurance companies and their clients.

"A lot of it (employee benefits) is going to depend on which party is in power," Dunn said.

Cochran personally believes that regardless of the outcome of the elections, insurance plans should return to the old standards.

"Where I'd like to see this headed is, I think the plans are likely to go back where they were

30 years ago," Cochran said. "We were using our health plans for just catastrophic illnesses, (like) broken legs. When the HMOs came into play in the marketplace, and we became accustomed to just going to the doctor and paying \$20, I think the population became desensitized to what it was really costing (them) after that \$20 threshold that we were responsible for. I feel that if we had to pay for the full cost of just a general office visit, that might change our pattern (so) that we may seek other opportunities (like) over the counter medications (or) maybe wait a little bit before going to the doctor."

Dunn wondered about the future of state-regulated insurance plans, thanks to plans that allow people to purchase insurance plans across various state lines.

"The simple fact is: you can buy anything from everybody," Dunn said. "It would appear to me that people are going to sit back and think, 'You know, I really want to buy this policy in New York state. Make that available,' or 'Why can't I get together with the rest of the plumbing businesses in Springfield and form a group?'"

While the ACA is indeed experiencing a boom, some small business owners still view the law with a great deal of skepticism. Cindy Davis, the co-owner of Resource One, said she soured on the ACA after her company's insurance premiums rose 10%. "Obamacare was not good for small business," Davis said. "The rates go up (and) the coverage goes down." Davis would prefer to return to something resembling the old system, although those who gained coverage under the ACA may have a different opinion. It's a sign of our current times that even with a rise in popularity for one of the most maligned pieces of legislation in American history, no one can seem to agree on how to best move forward. ♦



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Aggarwal, MD**  
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AUGUST 2018



**Solmaz Bauk, MD**  
Family Medicine  
SEPTEMBER 2018



**Megan Forshee, DO**  
Center for Women's  
Health  
MAY 2018



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Cancer Center  
AUGUST 2018



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**Ruchi Gupta, MD**  
Gastroenterology  
OCTOBER 2018



**Justin Henry, MD**  
Hospital Medicine  
AUGUST 2018



**Kaitlin Henry, MD**  
Family Medicine  
AUGUST 2018



**Dhiren Patel, MD**  
Vascular Surgery  
OCTOBER 2018



**Jacob Scheer, MD**  
Hospital Medicine  
JULY 2018



**Jennifer  
Schuermann, MD**  
Family Medicine  
SEPTEMBER 2018



**Emily Serafin, MD**  
Vascular Surgery  
AUGUST 2018



**Mateusz  
Serafin, MD**  
Hospital Medicine  
AUGUST 2018



**Rakshit Shetty, MD**  
Critical Care Medicine  
JULY 2018



**Sapna  
Siddharth, MD**  
Critical Care Medicine  
JULY 2018



**Taylor Tennill, MD**  
Dermatology  
SEPTEMBER 2018

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**Erin Collinsworth,  
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**Terra Curtis, APRN,  
CNP**  
Nephrology  
JUNE 2018



**Kaitlyn Davidson,  
APRN, CNP**  
General Surgery  
Jacksonville  
JULY 2018



**Leslie Farris, APRN,  
CNP**  
Family Medicine  
AUGUST 2018



**Caitlyn Fox, APRN,  
CNP**  
Family Medicine  
JUNE 2018



**Amy Haefeli, APRN,  
CNP**  
Prompt Care  
AUGUST 2018



**Andrew Lerch, DPT**  
Rehabilitation Services  
AUGUST 2018



**James Mitchell,  
APRN, CRNA  
ASC**  
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**Kara Pasker, PA-C**  
Otolaryngology  
(Ear, Nose & Throat)  
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**Amanda Prather,  
LCSW**  
Behavioral Health -  
Taylorville  
JULY 2018



**LeAnn Rhinehart,  
APRN, CNP**  
Family Medicine -  
Decatur  
JULY 2018



**Jessica Sestak,  
APRN, CNP**  
Orthopedic Group  
AUGUST 2018



**Trenton Wiseman,  
DPT**  
Rehabilitation Services  
AUGUST 2018

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FITNESS CENTERS

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

	NAME / ADDRESS	PHONE / FAX (=) WEBSITE / EMAIL	# OF EMPLOYEES	# OF MEMBERS	COST OF MEMBERSHIP	HOURS OF OPERATION	MANAGER(S)	AVAILABLE EQUIPMENT / AMENITIES	YEAR EST'D
1	Springfield YMCA Gus and Flora Kerasotes Branch 4550 W. Iles Ave. Springfield, IL 62711	217-679-1625 217-679=0920 springfieldymca.org asowle@springfieldymca.org	100	11,000	See website for current rates.	5am - 9:30pm M-F, 7am - 7pm Sat, 7am - 5pm Sun.	Angie Sowle, CEO; Joey Greenwood, Branch Director	Child watch, gymnasium, outdoor playground, sauna, steam room, y-cycling, wi-fi, free parking, weight training, cardio training, group fitness, warm water instructional pool, lap swimming in cooler pool, water play features	2011
2	Springfield YMCA Downtown Branch 701 S. Fourth St. Springfield, IL 62703	217-544-9846 217-544=0004 springfieldymca.org asowle@springfieldymca.org	200	6,600	See website for current rates.	5am - 9:30pm M-F, 7 am - 7 pm Sat., 7 am - 7pm Sun.	Angie Sowle, CEO; Kris Fulford, COO	Child watch, gymnasium, sauna, steam room, whirlpool, racquetball courts, youth & family center, y-cycling, indoor track, wi-fi, separate gender workout area, weight training, cardio training, group fitness, youth pool, lap swimming in cooler pool, massage, locker rental	1962
3	FitClub South 3631 S. Sixth St. Springfield, IL 62703	217-787-8348 fitclub.net nathan@fitclub.net	80	6,496	Rates vary.	5:30am - 10pm M-Th, 5:30am - 9:30pm Fri., 7am-6pm Sat., 9am - 4pm Sun.	Jim Copelin, Gen. Mgr. Nathan Imhoff, CFO Dr. Kevin Imhoff, Co-founder/CEO	Free day care, pools, whirlpool, steam room, sauna, gravity training facility, warm water hydro therapy, Capitol Chiropractic Health Center, Athleticare Orthopedics and acceleration athletic enhancement programs, St. John's Bone & Joint Institute rehabilitation services, NASM certified personal trainers, senior exercise programs, dynamic group personal training, group exercise classes for all levels	1999
4	FitClub West 2811 W. Lawrence Ave. Springfield, IL 62704	217-787-1111 fitclub.net jim@fitclub.net	60	4,253	Rates vary.	24 hours M-F, 5am - 8pm Sat., 7am - 8pm Sun.	Jim Copelin, Gen. Mgr. Nathan Imhoff, CFO Dr. Kevin Imhoff, Co-founder/CEO Brandon Montgomery, Mgr.	Cardiovascular equipment, free weights, group exercise programs, senior exercise programs, personal training, nutrition coaching, pool, hot tub, personal training, group exercise for all age levels, art of strength training center, dynamic group personal training	1999
5	FitClub North 2701 E. Sangamon Ave. Springfield, IL 62702	217-788-8250 fitclub.net tyler@fitclub.net	20	1,733	Rates vary.	5:30am - 10pm M-Th, 5:30am - 9pm Fri., 7am - 4pm Sat, 9am - 4pm Sun.	Jim Copelin, Gen. Mgr. Nathan Imhoff, CFO Dr. Kevin Imhoff, Co-founder/CEO	Cardiovascular equipment, free weights, group exercise programs, senior exercise programs, personal training, nutrition coaching, dynamic group personal training	1999
6	Bob Freesen YMCA 1000 Sherwood Eddy Ln. Jacksonville, IL 62650	217-245-2141 217-479=0233 www.jacksonvilleymca.org	70	1.397	See website for current rates. Assistance is available for those who qualify.	5am - 9:30pm M-F, 7am - 5pm Sat., 1pm - 5pm, Sun. (Closed May 1 - Nov. 1) Closed on Sun.	Mary Rowe Henry, Ex. Dir. Jared Maggart, Property Mgr.	Gymnasium, outdoor playground, outdoor tennis/paddleball courts, fitness center, 3 baseball fields, soccer/football field, spinning room, racquetball room, free-weight room, six-lane swimming pool with Red Cross certified lifeguards, lap swim times, water fitness classes, swim team and swim lessons, a registered Master's swim team membership, child watch, afterschool care, summer day camps, fitness classes, Pilates machine instruction, senior fitness classes, monthly senior potluck, sauna, wi-fi, free parking, Redbird CrossFit facility, 1-mile walking trail with new StoryWalk® for families	1968
7	Springfield Racquet & Fitness Center 3725 Chatham Rd. Springfield, IL 62704	217-787-2460 springfieldracquetandfitness.com srfc62704@gmail.com	12	1,375	Rates vary.	5:30am - 10pm M-Th, 5:30am - 9pm Fri., 7am - 7pm Sat, 7am - 7pm Sun.	Ross Graham	Air conditioned indoor sports courts, 30ft rock wall, cardio equipment, resistance equipment, free weight areas, group fitness classes, individual workout programs, certified personal training, professional tennis lessons, clinics/drills by certified instructors - USTA designated, youth tennis excellence training center, adult & junior in-house/travel tennis teams, outdoor aquatic center - 3 heated pools, aquacise classes. swim lessons and swim team participation, Red Cross certified life guards, summer day camp	1971
8	Rocket Fitness 326 Sattley Rochester, IL 62563	217-498-1175 rocketfitnesscenter.com rocketfitness@yahoo.com	5	1,000	\$25 - \$35	24 hours, 7 days a week	Tracy Rogers	Full service gym, Hoist and Vision equipment, freeweights, basketball and volleyball league, showers, group fitness classes included in membership	2014
9	Power Works Fitness 349 Williams Ln. Chatham, IL 62629	217-697-8727 217-483=6294 www.pwfchatham.com	20	800	Check website.	8am-6:30pm M–Th, 8am-4pm Fri., 9am-noon Sat.	Lex Bitner, Program Director Alisha Jackson, Membership Coordinator	Free weights, cardio equipment, locker rooms, saunas, group exercise classes including a state of the art cycle studio, yoga studio, kickboxing, TRX and an Athletic Development training center	2010
10	Orangetheory Fitness 2450 W. Wabash Springfield, IL 62704	217-953-0054 orangetheoryfitness.com Studio0805@orangetheoryfitness.com	10	650	Varies.	Open 7 days a week	Cami Kern, Studio Manager	Studio fitness, small group personal training	2017
11	Snap Fitness 24-7 1362 Toronto Rd. Springfield, IL 62712	217-679-1724 snapfitness.com springfield@snapfitness.com	1	500	Rates vary. Student and hero rates.	24-hour access	Clint Holmes	Cybox brand equipment, free weights, machine weights, cardio equipment, MyZone	2005

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	NAME / ADDRESS	PHONE / FAX (=) WEBSITE / EMAIL	# OF EMPLOYEES	# OF MEMBERS	COST OF MEMBERSHIP	HOURS OF OPERATION	MANAGER(S)	AVAILABLE EQUIPMENT / AMENITIES	YEAR EST'D
11	Snap Fitness 24-7 1061 Jason Pl. Chatham, IL 62629	217-483-5701 snapfitness.com	1	500	Rates vary. Student and hero rates.	24-hour access	Wendy Jostes	Cybex brand equipment, free weights, machine weights, cardio equipment, Fitness On Demand, MyZone	2005
12	Snap Fitness 24-7 3013 Lindbergh Blvd., Suite B Springfield, IL 62704	217-329-1450 snapfitness.com	1	200	Rates vary. Student and hero rates.	24-hour access	Christine Lopez	Cybex brand equipment, free weights, machine weights, cardio equipment, MyZone	2005
12	Roesch's Gym 2746 S. 6th St. Springfield, IL 62703	217-553-4665 roeschsgym.com Roeschsgym@gmail.com	3	200	\$45 single \$75 family of 2 (married) \$15 each addi- tional under 18	24-hour access	T.C. Roesch	3,500 sq. ft. of cardio, free weights, machines	1992
13	Pure Performance Center 320 S. Fourth St. Springfield, IL 62701	ferry.jeremy@yahoo.com	1	60	\$30 per month, \$30 to sign up.	24-hour access	Jeremy Ferry	Wifi and showers	2016
14	Anytime Fitness 2705 N. Dirksen Parkway Springfield, IL 62702	217-523-1541 anytimefitness.com	6	DND	\$29.95 - \$34.95 per month.	24-hour access	Brandon Lawson	Cardio - each piece features its own tv viewing screen, treadmills, ellipticals, crosstrainers, adaptive motion trainers, recumbent bikes, stairclimber, free weights- hammer strength plate loaded, 5-120 lb dumbbells, smith machine, olympic bench, precor/paramont circuit line, modular cable cross over system, private men's and women's shower/bathroom, personal training, rowing machine, squat racks	2010
14	Anytime Fitness 3045 S. Dirksen Parkway Springfield, IL 62703	217-670-2420 anytimefitness.com	6	DND	\$29.95-\$34.95 per month.	24-hour access	Brandon Lawson,	Cardio - each piece features its own tv viewing screen, treadmills, ellipticals, crosstrainers, adaptive motion trainers, recumbent bikes, stairclimber, free weights- hammer strength plate loaded, 5-120 lb dumbbells, smith machine, olympic bench, precor/paramont circuit line, modular cable cross over system, private men's and women's shower/bathroom, personal training, rowing machine, squat racks	2012
14	Anytime Fitness West 4307 Yucan Dr. Springfield, IL 62711	217-679-2490 anytimefitness.com Facebook: Anytime Fitness West springfieldil2@anytimefit- ness.com	2	DND	\$33 - \$37 per month. Discount for additional family members.	24-hour access	Jill Fasig	Treadmills, ellipticals, bikes with own tv viewing, free weights, kettlebells, TRX bands, selectorized equipment, cable crossover, dual adjusted pulley machine, squat rack, smith machine, free small group classes, personal training, specialty classes, individual shower rooms with towels provided, aerial fitness training and tanning	2012
14	Planet Fitness 1756 Wabash Ave. Springfield, IL 62704	217-546-4910 planetfitness.com info@planetfitness.com	12	DND	\$10 - \$22.04 per month.	Open 24 hours, 7 days a week	Monica Gordon	Cardio machines, weight resistance machines, instruction included with membership, tanning, massage beds	2013
14	L.A. Fitness 2501 Wabash Ave. Springfield, IL 62704	217-801-9007 lafitness.com contact@fitnessintl.com	40	DND	Varies.	5am - 11pm M-T, 5am - 10pm Fri, 8am - 8pm Sat. & Sun.	Chris Kolb	State-of-the-art equipment, free weights, indoor basketball, cycling, variety of group fitness classes, indoor pool, sauna, whirlpool spa, personal training,* juice bar* *Some amenities are additional charges	2013

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# Food can be both healthy and fast

BY NIKO ROBLADO

Creating and maintaining a healthy diet has the potential to become a chore after weeks or months of consecutive planning. Fast food has made it exponentially easier to obtain quick meals at the cost of healthy options. However, businesses that specialize in creating meals or meal replacement products to help their customers consume healthier food options have grown in popularity in recent years.

CoreLife Eatery, a restaurant chain based in New York, has recently opened locations in Peoria, Champaign and Normal and has a location under construction on an out lot in front of the newly renovated Sherwood Plaza at 2450 Wabash Ave. in Springfield.

CoreLife is dedicated to creating healthy meals without GMOs, trans fats or artificial additives and says its mission is to provide meals that taste good but are also good for you. It offers a wide variety of greens, grains and broth-based meals.

A recent study by the Pew Research Center found that 50 million Americans, or one in seven people, eat fast food on any given day. Given the huge market for people who want quick and easy meals, other businesses are trying to target that demographic.

Finding time to cook at home can quickly transform into a stressful situation, especially after a long day at the office makes hitting the drive-thru seem easier. Let's Make Dinner, located at 2943 W. White Oaks Drive in Springfield, provides premade meals to cook at home, cutting down the time spent preparing food.

"All of our meals are home cooked, which means they don't have preservatives in them.

They don't have a bunch of sodium, like TV dinners. It's the same way you would make it if you made it at home, so it's a lot healthier. We put them into two and three serving containers to help with portion control," Tami Frye, owner of Let's Make Dinner, said.

Each meal is labeled with a full list of nutritional facts. Frye creates new meals on a monthly basis to provide her menu with variety. She also offers a bulk discount for 10 meals at a time, which can mean being able to feed a small party or be saved in the freezer for dinner another time.

"Our goal is to help as many people as we can to have good meals. Real food. That's our goal, to bring people healthy meals for a healthy price," Frye said.

An alternative to eating a meal is to drink it. Owners Tim and Christine Everett opened their Smoothie King location at 4319 Yukon Drive in Springfield in 2016. The couple was inspired after experiencing a Smoothie King in the Chicago Midway airport. Smoothie King uses fresh produce and no additives in their smoothies. Many of their drinks can be used as meal replacements, since they contain a minimum of 10 grams of protein.

"We believe that if you have the best quality ingredients, you will get the best product," said Christine Everett. "A goal of ours is to be sugar-free by the end of the year. Some of the smoothies will have sugar, but all of our purpose smoothies will be sugar-free. We don't use high fructose corn syrup, we don't have any trans fat. There are a lot of things we do here that are different."

When people hear smoothie, they tend to think ice cream. We are not that. We do healthy treats and meal replacements.

We have a large vegan following because we do have vegan options. There are not a large group of people that have those options on a fast food basis," explained Christine.

With the upcoming opening of CoreLife Eatery and stores like Let's Make Dinner, it is becoming equally as easy to grab a salad or a

grain bowl as it is to get a cheeseburger. The options for healthy eating in Springfield are slowly expanding, and while fast food chains remain abundant, businesses that promote healthier alternatives are now offering many of the same convenience factors as the competition. ♦



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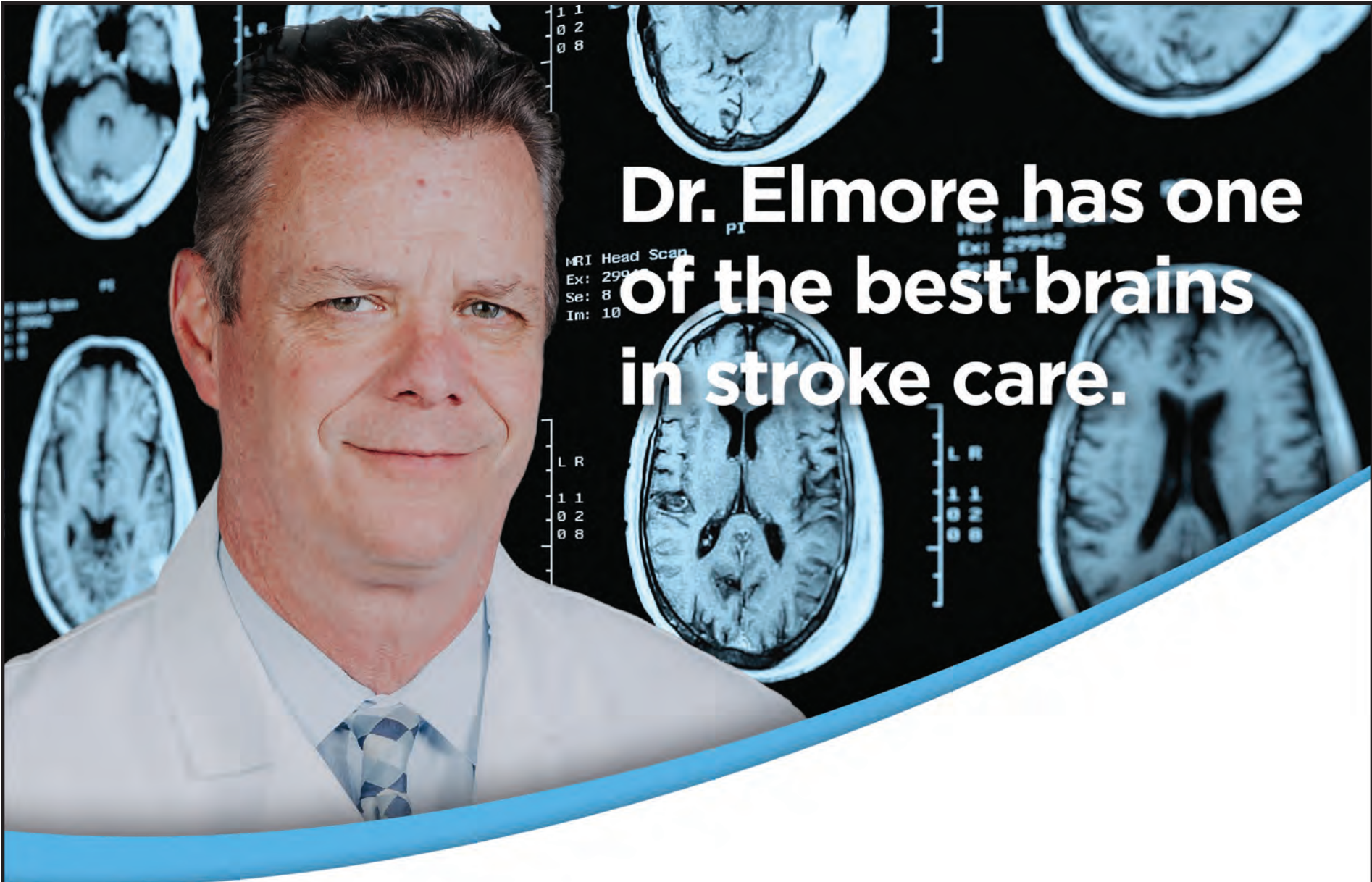
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MEDICAL NEWS

# New digital imaging detector for LLCC radiography program

HSHS St. John's Hospital recently made a gift of a new digital detector imaging system for the Lincoln Land Community College associate degree radiography lab.

"HSHS is proud to partner with the LLCC radiography program to enhance students' training and education," said Stephen Sabo, system director for capital equipment contracts at HSHS and 1988 LLCC radiography graduate. "Staying current with the latest, emerging technologies positively affects patient care."

Sabo said he fondly remembers being a radiography student at LLCC. "The program gave me a wide breadth of clinical knowledge that I still use today in making purchasing decisions for the hospital system."

Sabo started his career as a CT technologist and has progressed through a number of positions within HSHS while earning a bachelor's degree and MBA. He stated that students need to know that there are many career paths one can take with a radiography degree.

Janelle Murphy, director of the LLCC radiography program, added, "With the acquisition of the newest in digital radiography, our students have will have hands-on experience with current technologies and be better prepared for their role as x-ray students at the clinical sites they attend as part of their education."

"We thank HSHS St. John's for this generous gift, which will allow our students to practice on the same state-of-the-art equipment they will find on the job," said Dr. Charlotte Warren, president of LLCC.

LLCC's two-year, associate degree radiography program prepares students for an occupation in the professional field of medical radiography (X-ray technology). Classes begin in June each year, with 100 percent job placement for graduates. More information is available at [www.llcc.edu/radiography](http://www.llcc.edu/radiography). ♦



Dr. Vern Lindquist, LLCC vice president, academic services; Dr. Charlotte Warren, LLCC president; Janelle Murphy, program director, LLCC radiography; Stephen Sabo, system director, capital equipment contracts at HSHS; Karen Sanders, executive director, LLCC Foundation; Dr. Cynthia Maskey, dean, LLCC health professions.

PHOTO COURTESY HSHS



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# Employers wrestle with medical marijuana issues

BY TOM PAVLIK

The medical marijuana industry in Illinois started in January of 2014. With the benefit of more than four years of experience with the program, I thought it would be helpful to revisit the topic. First, let's get some background. The option to use medical marijuana under the Compassionate Use of Medical Cannabis Pilot Program Act is open only to those individuals suffering from one of the enumerated debilitating medical conditions defined by the Act, such as cancer, multiple sclerosis, PTSD, terminal illness and glaucoma. Significantly, the Illinois legislature passed a bill that allows medical cannabis to be used in place of prescription painkillers (e.g. opioids); however, Governor Rauner has not yet signed the bill.

Patients seeking admission to the program must be treated by a physician with whom the patient has a doctor-patient relationship. No prescription is required – rather, the doctor must certify that the patient has one of the debilitating conditions.

Patients must submit to a background check and fingerprinting and will also have to provide their medical records to the Illinois Department of Public Health (IDPH). Under the bill currently sitting on the Governor's desk, the requirements for fingerprints and background checks are eliminated. Patients must then register with IDPH, which will issue identification cards, for a fee, to all registered users and designated caregivers.

Not everyone may participate in the program. Among these disqualified individuals are active duty law enforcement officers, those convicted of certain offenses – such as a drug-related felony – or those who have a school bus or commercial driver's license. Minors may be patients but must have a "caregiver."

Cannabis products can only be purchased at one of the 55 state licensed and approved dispensaries. And the products sold by those dispensaries must come from one of the cultivation centers that are licensed and heavily regulated by the state. Patients must designate a specific dispensary and may purchase up to 2.5 ounces of marijuana every 14 days. As of Aug. 1, 2018, the state has approved 42,303 qualifying patients, including 305 persons under the age of 18. To put that into perspective, the industry had retail sales for July 2018 of \$11,148,349 and served 24,335 unique patients who purchased 496,102 grams of dry cannabis. Total retail sales since November 2015 have been \$196,056,886. Illinois' medical marijuana industry currently exists only as a pilot program that's set to expire on July 1, 2020. So with all of that background, whether you are an employer or just a concerned citizen,

you should be asking certain questions about how all of this plays out in the real world. Here are some of those questions to consider:

## Can you terminate an employee who is enrolled in the program for failing a drug test?

Although the law contemplates that employers will adopt policies to accommodate employees who are enrolled under the Act and permits employers to adopt reasonable regulations, employers are still free to drug test employees and to adopt zero-tolerance drug

## How does one determine an employee is "impaired" from the use of medical marijuana?

Employers are free to discipline employees who are "impaired" on the job from the use of medical marijuana. Impairment may be established when an employee "manifests specific, articulable symptoms while working that decrease or lessen his or her performance of the duties or tasks of the employee's job position." The Act provides specific examples of the kind of symptoms that would qualify. Employers

## Can I refuse to hire someone who is enrolled in the program?

The Act prohibits discrimination by a school, employer or landlord based solely on one's status as a qualified patient. This means that you can't fire, or refuse to hire, someone just because s/he are registered and enrolled under the Act. However, that protection is lost if the school, employer or landlord would lose a federal benefit by virtue of the association with the patient. As a practical matter, anyone involved in the hiring process should steer clear of asking if the candidate has his or her medical marijuana card.

## Can I refuse to hire someone who fails a pre-employment drug test for cannabis?

In most instances, you cannot as long as the candidate is enrolled under the Act. However, again, thereafter an employer is allowed to maintain a zero-tolerance drug policy – inclusive of drug testing.

## Should I, as an employer, have a drug testing program for existing employees?

Testing existing employees for marijuana is a tricky question because although the test may be positive, it will almost certainly be impossible to answer whether the cannabis was used during worktime (not permitted, assuming a zero-tolerance policy) or during non-working hours (where use of medical cannabis is, obviously, permitted). Remember that the Act prohibits discrimination based solely on enrollment in the program – which might suggest that disciplining the employee is not permitted.

For this reason, some employers are getting rid of drug testing, or are eliminating cannabis from the screening. The issue becomes even murkier when the drug test is initiated because of a workplace accident or injury. There is no clear answer as to whether a positive result for cannabis from these types of tests will allow an employer to discipline the employee without fear of a discrimination claim under the Act. This is why it has become increasingly important for employers to review their HR policies when it comes to drugs.

Generally speaking, employers in safety sensitive industries may want to institute, or beef up, zero-tolerance policies. On the other hand, employers in lower risk industries may decide to be more flexible and to institute a policy that accommodates off-work use of medical cannabis as long as employees are not impaired at work. In any event, given the ever-changing laws (plus the fact that cannabis use is still a federal crime), employers should seek legal counsel. ♦

policies. Said another way, employers are not required to offer reasonable accommodations to employees enrolled under the Act. So the answer is yes, as long as the employer has a zero-tolerance drug policy that is applied in a non-discriminatory manner, qualifying patients may be disciplined for violation of that policy.

must allow their employees a reasonable opportunity to dispute any determination of impairment.

Patients have no cause of action against an employer as long as the employer had a good faith belief that the employee was using cannabis on the job or was impaired.

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# Cooper's AlleySide has food to bowl you over

BY TOM PAVLIK

Cooper's StrEATside Bistro's food truck has been popular in Springfield for quite some time, winning various accolades for its offerings - many sourced from locally grown ingredients. But I always wondered when the owners might take a stab at a more traditional brick and mortar location. And, about a year ago, they decided to do just that with the addition of Cooper's AlleySide.

AlleySide is located in King Pin Lanes near the intersection of Sangamon and Dirksen. It's a bit incongruous to find a full-fledged restaurant in a bowling alley - I mean, I generally associate bowling alley food with frozen pizza, hot dogs that have been on the rack for hours and greasy French fries. AlleySide, thankfully, blows that misconception out of the water.

Walking in to AlleySide, it's clear you're in a bowling alley. Despite the noise of pins getting knocked over and balls hitting the floor, the layout works well in that the restaurant (located in the front) is physically separate from the bowling alley proper. There's little by way of decoration and the seating area has a nice bi-level effect. Thanks to the sunken bar, seats around the bar aren't stools but are rather regular chairs - something you don't see that often. The other thing you don't see - good from both the perspective of hygiene and aesthetics - is the shoe rental counter.

Diners order at the counter. There's a large menu hanging on the wall behind the cash register, with a board adjacent to it that lists the many specials AlleySide dishes out. There's plenty of seating and generous spacing of the tables. Staff was particularly helpful in explaining the menu.

The menu is broken down into "frames" that

range from starters, sides, burgers/sandwiches and so on. The menu is surprisingly large and should have something for just about every taste. There are also daily specials.

We were only two people for lunch but were determined to cover as large a swath of the menu as we could. *Business Journal* readers deserve no less. Again, there was a lot to pick from. A few of the dishes that contended, but weren't selected, included the kale salad (\$6, with pickled red onion, queso cheese, sunflower seeds, corn relish and vinaigrette - add chicken, pulled pork, steak or tofu for an additional \$3), the pork bahn mi (\$8, grilled pork loin, cucumbers, cilantro-pickled root mix and spicy mayo - add pork belly for an additional \$2), and the "Build Your Boat" (price varies - select from a "base" of rice, chips, macaroni and cheese or fries, layer on your choices of protein and sauce, and finish it off with a variety of toppings - think decadent).

Unfortunately, several of the dishes we had our eyes on came with pork belly, but AlleySide was out of that ingredient the day we visited. We were saddened, but happy that it keeps good control of inventory and doesn't resort to frozen ingredients.

We decided to start with an order of the cheese curds (\$6, served with ranch) and the lettuce wraps (\$6, chicken, pork belly or tofu). The curds were nicely fried nuggets of yellow cheese. The portion was generous, as were most all of the dishes we observed or ate, and the curds had obviously come directly from the fryer. I found the lettuce wraps to be a bit too sweet for my palate, but the dish definitely evoked an Asian flair. The addition of black sesame seeds added some welcome texture. Again, pork belly really would have elevated this one, but we had

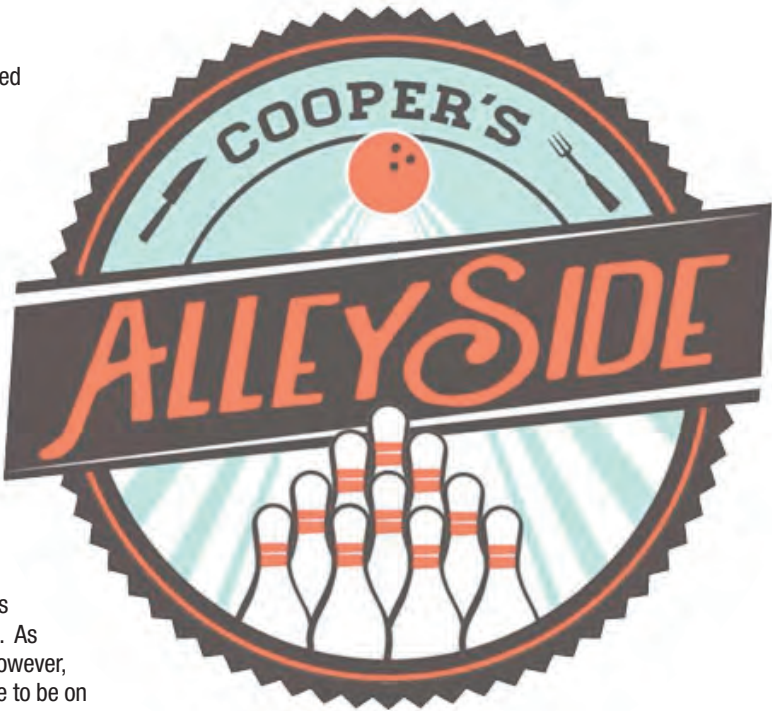
to make do with chicken.

By the time we finished these dishes we really weren't ready for more, but we soldiered on. Our second round consisted of the "Lane 2" flatbread pizza (\$8, red sauce, mozzarella, tomato and basil) and the BLT with jalapeno bacon and chips (\$6, substituting fries for an additional charge) which was the daily special for Thursday.

The pizza was well done and came with vine ripened tomatoes and lots of cheese and fresh basil. As with the lettuce wraps, however, my guest found the sauce to be on the sweet side. Otherwise, she was pleased with her order.

The BLT came with two slices of Texas toast that had just the right amount of butter. The proportions of tomato, lettuce and bacon were appropriate. I particularly liked that the bacon really had some jalapeno punch and was cooked enough so that it had just the right bite - not too soggy, but not crisp enough that it disintegrated into a mess. There were far more fries than I could have ever eaten and they were crisp on the outside and fluffy on the inside. AlleySide clearly has fries figured out.

My guest and I also enjoyed the passion fruit iced tea. Thankfully, it came unsweetened. This was good stuff and hit the spot on the hot and



humid day we decided to visit.

We came a little late in the lunch hour, and although AlleySide looked like some staff had already gone home, our service was very friendly and super-efficient.

Dining in a bowling alley may not be the right venue for every business lunch, but AlleySide's tasty fare is reason enough to put it on your lunch rotation. ♦



Flatbread pizza, kale salad and BLT with jalapeno bacon.

PHOTO BY STACIE LEWIS

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**COVER PHOTO BY DAVID BLANCHETTE**

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The 2018 First Toast, a Toast of the Town celebration that kicks-off the season, was held on May 19 at Illini Country Club featuring the Blooze Brothers from Chicago.

PHOTO BY JASON JOHNSON

# Partying for a purpose

## Toast of the Town parties support projects at St. John's Hospital

BY JANET SEITZ

Twenty five years of parties with a purpose have given HSHS St. John's Hospital more than \$3 million to celebrate. The hospital foundation's premier fundraising event, Toast of the Town, kicked off with The First Toast in May, recognizing many of the TOT supporters and featuring entertainment, dancing, food and opportunities to learn about St. John's. The 2018 theme parties begin in September and continue into November.

According to Brandy Grove, the foundation's gift officer, more than 500 community members have hosted TOT season parties since 1994, when Barb Hennessy and Barb Burris introduced the idea to the Springfield community.

"Every event is an experience with great food, entertainment, and once in a while, activities and commemorative gifts," said Grove. Each party, attended by 75-150 guests, has a specific theme and attire recommendation. "Themes have been Austin Powers, Venice, Hollywood, Gatsby, circus, holiday, Arabian nights, Mardi Gras, murder mystery, antique toy chest night at the museum, tailgate, sock hop, Mr. Lincoln, and Mad Hatter, just to name a few. Many community members who get involved are our generous donors, so I believe they get involved to support St. John's and excellent health care in our community."

Co-hosts Tim and Chrissy Nicoud determined the upcoming Sept. 8 party theme, "An afternoon on the lake."

"My wife and I attended Spring Hill College in Mobile, Alabama," explained Tim. "My wife was born and raised there until we were married and moved back to my hometown of Springfield. We love the area, the culture and especially the Southern cuisine. We have hosted private shrimp boils at our home in the past and had a great time. We thought it would be a nice casual event for people to attend, enjoy the music and seafood amongst friends with a wonderful view of the lake and hopefully some cooler weather."

Tim initially became involved with St John's Hospital about four years ago when asked to join the foundation board. "After a couple of meetings, I was invited to join the St. John's board of directors and have been involved with the board since that time," he said, and he currently serves as vice-chair of the board. "My wife and I had two of our three daughters (Ashlyn, 15 and Lauren, 12) at St. John's, and both daughters spent time in the NICU as they were born premature. St. John's and

the team of doctors and nurses during that period of our lives were amazing, and my wife and I wanted to give back in some way." Nicoud's business partner, Jim Hillestad, and his wife, Kathy, are co-hosting this party, and Jim is also involved with the foundation board.

"It will be a great way to meet other supporters of the hospital and hopefully share with newcomers why St. John's is important to our community and what great work they do as caregivers," added Tim.

TOT has had a substantial share of community leaders involved in the effort, many for a long time. "I became involved with Toast of the Town almost five years ago," said this year's TOT chair Sarah Delano Pavlik. "I became involved because St. John's is a high quality, faith-based hospital that is vital to our community. The Toast of the Town is a wonderful event with a great history, and I am proud and happy to be a part of it."

Among the many areas and projects that have benefitted from TOT since 1994 are HSHS St. John's Children's Hospital and Women's Services, emergency department, bone and joint institute, cardiovascular health and rehab center, neurology, St. John's College of Nursing Simulation Lab, Children's Hospital healing garden, Children's Hospital Neonatal Intensive Care Unit expansion and more.

"Giving to HSHS St. John's Hospital matters," president and CEO Dr. Charles Lucore stated. "It matters to our patients, who benefit from expanded opportunities for health care excellence. It inspires our colleagues, who utilize philanthropy to provide compassionate patient services. It engages the entire community, who rely on a healthy philanthropic program to sustain and build the mission of the hospital. You have the power to make a difference in the lives of so many by financially supporting HSHS St. John's Foundation with sponsorship of Toast of the Town (TOT) and/or a reservation to a TOT season party."

For tickets and other support options, go to the website (<https://giving.hshs.org/sjs/TOT>) or contact Brandy Grove at [brandy.grove@hshs.org](mailto:brandy.grove@hshs.org) (217) 814-5177. ♦

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





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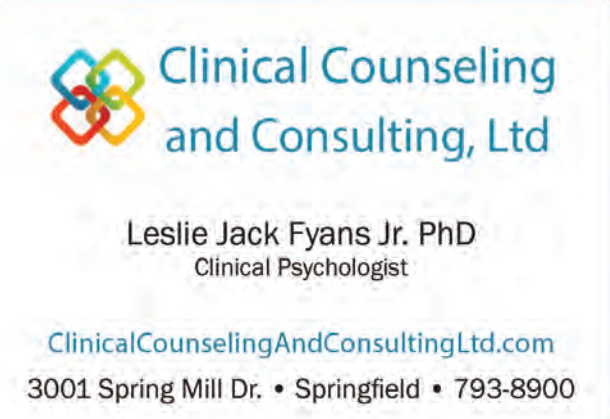
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*Professional Women's Calendar of Events*

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 Wednesday, Sept. 20 from 11:30 a.m.-1 p.m. at the Sangamo Club. The program will be: Gearing Up for the Big Launch: NextGrid Illinois. Later this month, the Illinois Commerce Commission (ICC) will launch the NextGrid Utility of the Future Study. The impact of this study will be huge because the electrical grid affects each one of us. How do you get that information out to the public and the media when the topic is so complex? Vicki Crawford, ICC's new senior public information officer, will share her strategies for tackling the launch. For more information or to make reservations, visit [www.awcspgfield.org](http://www.awcspgfield.org).

**Illinois Women in Leadership (IWIL)**

The 7th Annual Women's Symposium will be held on Thursday, Sept. 27 from 8 a.m.-4:30 p.m. at the Crowne Plaza. Registration is \$140 per person. This empowering full-day event will allow attendees to expand their professional and personal competencies and make relevant connections through networking. Visit [www.iwil.biz](http://www.iwil.biz) for more information or to register.

**Women Entrepreneurs of Central Illinois (WE-CI)**

WE-CI will host a meeting on Wednesday, Sept. 12 from 5:30-7:30 p.m. at Panther Creek Country Club. Laura Camp of Simply Fair will be discussing "The Fair Trade Difference" and how we can survive to thrive. To register, visit [weci.wildapricot.org/events](http://weci.wildapricot.org/events).

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To have your event added to the Women's Calendar of Events, please email your information to [info@springfieldbusinessjournal.com](mailto:info@springfieldbusinessjournal.com)











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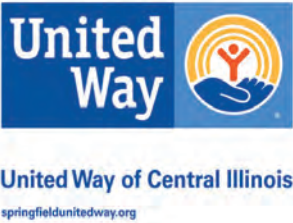
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The SIU School of Medicine Center for Family Medicine at Fourth and Carpenter, headquarters for the Access to Care program.

# Access to Care program receives national recognition

ARTICLE AND PHOTOS  
BY DAVID BLANCHETTE

A three-year collaborative effort to improve the overall health of a specific Springfield neighborhood has received national recognition and is poised to expand into another area of the capital city.

The American Hospital Association has recognized HSHS St. John's Hospital and Memorial Medical Center with the NOVA Award for the Enos Park Access to Care Collaborative, a joint effort to improve community health in a low-income neighborhood located between the hospitals. The two Springfield hospitals were among five recipients of the 2018 award, which was presented July 28 at a ceremony in San Diego, California. The two hospitals partner with SIU School of Medicine's Center for Family Medicine, a federally qualified health center, to administer the program.

The NOVA Award recognizes hospitals and health systems across the nation for their collaborative efforts toward improving community health. The award is an affirmation of the success of the Access to Care program, which has directly impacted more than half of the 2,300 Enos Park neighborhood residents, reduced emergency room visits, increased access to numerous types of health care and social services and has improved the daily lives of many in the

area. The program came out of a 2015 Sangamon County Community Health Needs Assessment, which was conducted by the two hospitals and the Sangamon County Department of Public Health. The assessment, which nonprofit hospitals are required to conduct every three years, identified access to care as a top priority for the community. The two hospitals decided to partner on a project to address that need in the Enos Park neighborhood, which is located within the boundaries of the Mid-Illinois Medical District.

The recently completed 2018 needs assessment survey identified that access to care is still a top priority. The Pillsbury Mills neighborhood, directly east of Enos Park, will be the next beneficiary of the collaborative program, with another Springfield neighborhood in the discussion stages. The program will then be called the Access to Health Collaborative, but efforts in Enos Park will also continue, according to Kim Luz, director of community outreach for HSHS St. John's Hospital. "The program has far exceeded our expectations in every area," Luz said. "It's an incredible feeling. We hear the stories and the impact this program has had in the lives of individuals and families in Enos Park."

"It feels really good, just knowing that we are able to make one simple connection and let an individual who perhaps is socially isolated or doesn't know the questions to ask or where to seek assistance, know they now have a trusted source to turn to," Luz said. "In the past, that person may have felt that nobody cared about them. It's giving an individual a sense of worth, in addition to improved health."

HSHS St. John's and Memorial have split the \$500,000 cost of the three-year initiative to address health care access and social issues in the 36-square-block Enos Park area. The investment is paying the salary of the project director and

three community health workers. "We are two competing hospitals participating in something that is making such a huge difference," Luz said.

Paula Gramley is the community benefit program manager at Memorial Health System. She and Luz were among a group of health care leaders who first came up with the Access to Care idea in 2015.

"I have been amazed at what has happened in just under three years," Gramley said. "The program has really exceeded any expectations that I had. It's been very rewarding to watch; it's like ripples, and it just keeps going out."

"In the beginning, we had to decide if we wanted to do something really large but shallow, a community-wide thing, or did we want to take a deep, narrow dive into one geographic neighborhood and try to make a difference there," Gramley said. "Enos Park lies between the two hospital campuses, they had indicators showing need, and the Enos Park Neighborhood Improvement Association was a very strong collaborator to help us make inroads into the community. That was going to put us much farther ahead than starting from scratch with a neighborhood that didn't know us very well."

Step one was finding a person who could take charge of the program, and from the start

the same name kept coming up - Tracey Smith, director of population health integration and community outreach at SIU Medical School. Smith has a doctorate in nursing and the community-focused, holistic health model is a philosophy she has embraced for many years.



The Pillsbury Mills neighborhood will be the next to benefit from the Access to Care program.

"I was really excited to see the health care system taking the lead in looking outside of the box to address health care needs," Smith said. "We had not had this opportunity before, and we wanted to take full advantage of it."

Smith organized the Access to Care initiative around a team of three community health workers who have been a constant presence in Enos Park. They help residents understand how to better take care of themselves and navigate the health care system, but also assist with a variety of social issues such as living conditions, food, children's school attendance, crime, mental health issues and employment.

## COVER PHOTO

Tracey Smith, director of population health integration and community outreach at SIU Medical School and the Access to Care program director.

PHOTO/ BY DAVID BLANCHETTE



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"We had to take a look at how we build healthy communities for individuals to live in, places where people feel safer and more connected," Smith said. "We didn't just want to use the measurements of health that we were com-

heads," Medley said. "Another patient asked me to come into a psychiatric intake with him for the same reason."

"I then went to a couple of food pantries because a couple of our clients had run out of SNAP

benefits and money and were short on food, so we did a food pantry referral and got them some food," Medley said. "Then a co-worker and I found a family with six kids who were all sleeping on the floor. We got six mattresses, all donated by people in Enos Park, and we became



Entering the Enos Park neighborhood.

fortable with before."

"The right starting point is listening to a client tell you what they need, not them listening to us tell them what they need," Smith said. "Sometimes it's health that needs to be addressed, but sometimes it's other life needs that need to be addressed first."

The community health worker approach is effective, Smith said. More residents have been linked to a regular health care provider and unnecessary emergency department visits have dropped more than 20 percent. Crime and 911 calls in the neighborhood are down. Clubs have been formed to provide area children with wholesome activities.

"If we only focus on individual lives, we will have very limited impact on community," Smith said. "But if we focus on community and individual lives together, that synergistic effect is huge. You have to do those jointly, and that is the strength of this program."

"I'm really proud of the folks who live in Enos Park," Smith said. "They show that you can take a diverse population of individuals, and you can live together and support each other."

Jim Medley worked at the Washington Street Mission before Smith contacted him about being a community health worker for the Access to Care program. He is now a part of the daily lives of many Enos Park residents, and that makes for some very long but gratifying days, including a memorable one in July.

"I started off the day taking a couple of people to doctors' appointments, both of whom asked me to come into the appointments with them to act as support and also as an interpreter, because a lot of times doctors talk over people's

furniture movers. We hauled the mattresses up to the family."

Medley ended his day bringing comfort to a family of five. "There was a young mother with four young kids and it was a really hot summer day, and they were just burning up in this house," Medley said. "So I went to a local church pastor and the congregation donated a window air conditioner that I installed that day."

Medley, fellow community health worker Brigett Virgin, and the rest of the Access to Care



Access to Care client Rosie Jackson returns home from a medical appointment with community health worker Jim Medley.

team can also help people access government benefits and obtain important identification documents and often literally walk them through the process.

"I had a nursing student shadowing me back in April and she asked me 'what do you do?' And I said 'everything.' And at the end of the day, she said, 'now I see what you were talking about,'"



Medley said. "We are improving the health of the community one person at a time. It's not about the organization, it's about the people."

One of those people is 64-year-old Enos Park resident Rosie Jackson, a Chicago transplant who moved to Springfield nine years ago to be near her daughter.

"I look at Jim (Medley) more like a brother from another mother, and I tell him when he comes by that he looks good to me," Jackson said. "I'll be talking junk to the health workers, I keep 'em laughing. But I love them, I feel safe with them."

The community health workers helped Jackson find a regular doctor and specialists to take care of medical issues she has. They have also assisted with some non-medical concerns.

"They've been trying to get the rowdy people out of the neighborhood," Jackson said. "When they make a lot of noise across the street I tell the health worker about it, and I guess they tell the people who can take care of it. The police started coming around more."

Jackson has some advice for the folks who run Access to Care. "Keep on doing what they are doing. I'm really glad to be here," Jackson said. "Just keep up the good work is the only thing I can say."

The community health workers have worked closely with the Springfield Police Department to address Enos Park residents' concerns about crime and safety, and the neighborhood police officers are friends with many of the neighbors.

"They know who we are, we're not just somebody in a police car. They can put a face with a name, and that's a huge benefit," said Chris Jones, who is in his third year as a neighborhood police officer in a beat that includes Enos Park. "Calls for service have come down, it's a healthier community, residents are more stable, they have help in getting the things they need for daily living."

Jones participates in the bike club and takes Enos Park area children on bicycle rides through-

out the Springfield area. He also isn't shy about helping community health workers when they see residents in need.

"When Benedictine was closing down, my partner and I went there, grabbed some beds,

Access to Care program from the beginning. The association owns two duplexes and has rented them to Access to Care clients at a reduced amount to provide better living conditions and lower the incidence of homelessness in the

"Access to Care is a valuable resource for people in the neighborhood who don't have a lot of options and I like the idea that it's there," Maier said. "A lot of communities could use the program. I think we are kind of lucky to have it."

When the Access to Care program started in 2015, HSHS St. John's and Memorial also began paying for a mental health clinician to work on-site for three years in McClelland Elementary School in Enos Park. The clinician screens children to detect social and emotional difficulties and provides treatment to children with mental health problems.

The McClelland School initiative is part of The Children's MOSAIC Project, an acronym for Meaningful Opportunities for Success & Achievement through Service Integration for Children. While the hospitals are covering the costs in Enos Park, MOSAIC is supported in other parts of Springfield by Memorial Behavioral Health, the Southern Illinois University School of Medicine, Springfield Public Schools, The Springfield Project and the University of Illinois at Springfield.

Conceptualizing, funding and operating the Access to Care program was a risk for the two competing local hospitals in Springfield, but looking back, their leaders are pleased with what the partners have accomplished.

"Access to care was identified as one of the most significant issues in our community, so the two hospitals got together and decided to take a deep dive into one geographic neighborhood to identify and address issues that prevent residents from getting the care they need to live healthy lives," said Ed Curtis, president and CEO of Memorial Health System.

Dr. Charles Lucore, president and CEO of HSHS St. John's Hospital, agreed. "The outcomes demonstrate that if you provide access to the right type of health care in the right place at the right time, it's going to contribute to wellness and a better living standard," Lucore said. ♦



Neighborhood police officer Chris Jones enjoys some playground time with 11-year-old De'Elijah Grant and her brother, Christian Duncan, at Enos Park.

and took them to different houses for people who didn't have a bed," Jones said. "People are surrounded by good people who are pulling in the same direction with the same goal, and Enos Park is a good, lively community."

The Enos Park Neighborhood Improvement Association has been an active partner with the

neighborhood.

"It helps clean up the neighborhood physically. It takes someone who could potentially be living on the street and gives them decent housing," said association board member Linda Maier. "It has helped the overall outlook of the neighborhood."

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# New angle for economic development

BY RACHEL JOHNSON

All too soon we become desensitized to our surroundings, accepting what may have initially seemed strange or out of place as normal. Then, inertia takes over. An object at rest tends to stay at rest; an object in motion tends to stay in motion. Newly arrived, to kick Springfield's economic development back into motion, is Eric Berglund. A transplant from Florida and unanimously selected by the Land of Lincoln Economic Development Corporation as their first CEO, Berglund's fresh eyes on an economic situation bursting with unrealized potential are welcome.

The LLEDC was formed last fall with seed money from Sangamon County, the City of Springfield, and various community stakeholders. That groups often at loggerheads have come together says something. "We've been siloed here for a long time, and there hasn't been an individual or entity to be able to catalyst everybody to get together to work on economic development," Berglund said.

Formerly the president of the Southwest Florida Economica Development Alliance, expectations are high for Berglund, who is overseen by a 20-member LLEDC board. Berglund gives a lot of credit to the board, not only for coming together and hiring a CEO, but for creating a 69-page report with some "good, truthful analysis."

"That report was the impetus for the business community to say, 'we need to make a change,'" Berglund said.

Berglund is looking forward to exchanging two seasons (tourist and rain) for four seasons and tackling a more diverse business community. In Florida, he primarily dealt with hospi-

tility and tourism.

Springfield has plenty of tourism as well, and Berglund plans to capitalize on that. "We discovered in Florida that a lot of people's introduction to Florida is through tourism first. Then, they say, 'Hey, we like it, let's stay here. I think we have that same opportunity,'" he said.

Although Berglund will be working with the county and general region, he does confess to love-at-first-sight with downtown Springfield. The challenge of filling all those empty buildings and second stories doesn't faze him. "There's a lot of potential here. Having vacant buildings doesn't necessarily scare me, because I think it's an opportunity to bring in folks that can see the vision," he said.

At the top of Berglund's list is to take the board's report and look at the groundwork that's already been done. "Then, we really want to shore up our strategies, have some community listening sessions, some work groups to look at our strengths, weaknesses, threats, and analyze if it's correct," he said. "And then start to do some of those three, five, 10, and 20-year plans on what it would look like. More specifically, what do they perceive the challenges to be today? We have to be able to address those perceptions, because if it's internal, it might be external as well."

Despite Illinois' recent reputation as a bad place to start a business, Berglund feels Illinois and especially, central Illinois, has a lot of pluses. "I think, overall, we have a low cost of living. Taxes may sound bad, but look at what you get for those taxes," he said. "Businesses are still moving to Illinois even with the budget impasse. It's a great place. It's a central location, there's a lot of opportunity. We just have to be able to tell the story on what that really

means."

Diversification and not relying on the state or the medical community is important. "It's building on the strengths," Berglund said.

Berglund feels Springfield has a strong base of qualified, well-educated potential employees connected to state jobs or higher education. "You have really smart people and highly talented folks that work in all of those and may be looking for new opportunities. We also probably have some folks that are underemployed," he said.

He wants to strengthen the existing industries and build off their strengths. "Firms have been successful here for one reason or another, so what's made them successful? What assets do we have?" he asked.

Berglund's other challenge is to get the county, city and local businesses to work together. They've taken the first step by creating the LLEDC, but Berglund's diplomatic skills will be put to the test. Berglund says in high school he was a shy band geek who played chess. It wasn't until college that he got involved in student government, eventually serving as student body president at Colorado State University. "I really got to cut my teeth and make mistakes then, which was theoretically a safer environment, because I'm in college and I'm learning," he said.



Eric Berglund

PHOTO COURTESY LLEDC

Berglund's excitement about Springfield's potential is contagious. Other capital cities like Nashville, Madison and Austin have their own attractions such as tourism, higher education and a thriving business community as well. The quality of life here is good, the cost of living is low and Berglund sees a similar potential. "We need to make this a fun, funky capital city that attracts people," he said. ♦

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# New tariffs may harm ag, steel industries

BY SCOTT FAINGOLD

On July 27, the Citizens Club of Springfield presented its most recent Public Policy Breakfast, “A Local Conversation on Tariffs” at the Hoogland Center for the Arts. The discussion featured panelists Dr. Patricia Byrnes, a professor in the economics department at the University of Illinois Springfield; Mark Gebhards, executive director of government affairs and commodities for the Illinois Farm Bureau; and Mark Selvaggio, president of Selvaggio Steel.

The discussion was moderated by Bruce Sommer of the UIS Center for Entrepreneurship. The session focused on the Trump administration’s ongoing trade war with China, along with recently imposed tariffs on imports of steel and aluminum from Mexico, Canada and the EU. The panel also discussed the administration’s July announcement of \$12 billion in subsidies intended to help farmers cope with loss of revenue due to the tariffs.

“Our current president has decided we should put tariffs on steel and aluminum, as well as other products, in order to combat what he considers unfair trade,” explained Byrnes. “But at what cost? Consumers will see higher prices on protected goods and higher prices from industries that use protected goods in production, such as automobiles and electronics.”

She went on to point out that 18 percent of aluminum is used in packaging of products such as beer, candy and pharmaceuticals, all of which are likely to see price increases. Byrnes also explained that China has placed restrictions on exports of soybeans, corn and other products, with Illinois being among the top five states to be impacted. “In 11 counties surrounding Sangamon, we can expect about 2,072 jobs to be

potentially impacted by just the first and second rounds of Chinese export tariffs,” Byrnes said.

Byrnes pointed out that the U.S. imports \$505 billion in Chinese goods, while China imports only \$103 billion in U.S. commodities. “There’s not a lot of wiggle room for China to retaliate, so we could end up bigger winners in tit-for-tat retaliations,” she said. However, she warned that Beijing can find other ways to hurt U.S. businesses, ranging from slowing down customs on imports from the U.S. to stepping up



PHOTO/ PEXELS

regulatory checks on U.S. operations in China or even introducing negative campaigns to convince Chinese citizens not to buy U.S. products.

“We have taken an initial hit, because our material prices have gone up without us being able to protect ourselves or our clients in a proper way,” said Selvaggio, describing the dangers of material prices going up after having provided a quote to a client. He cited the example of a recent \$46,000 job which resulted in a loss of \$6,000 due to tariffs, just from material escalation. “Six thousand dollars isn’t a staggering amount of money, but you have to protect your clients, who are protecting their clients,” he said,

adding that over the past few months Selvaggio Steel has made contracts with steel mills and warehouses to set aside material already on hand, agreeing ahead of time on a firm price.

Selvaggio pointed out that tariffs are far from the only factor impacting prices of raw materials, with steel already having gone up approximately 37 percent between Sept. 2017 and June 2018 – well before the tariffs – along with the dollar taking a seven to eight percent hit in the past year. Still, the current climate of trade

war worries him. “If Trump is playing four-dimensional chess, I’d like to get to the point where the game is over and we see the fruition of what he’s trying to accomplish,” he said

“From an agricultural standpoint, this is one of the biggest issues we’ve dealt with in quite some time,” said Gebhards, explaining that Illinois exports about 44 percent of the grain it grows, making it the third largest exporting state in the country in terms of overall agricultural products.

“Illinois exports about 25 percent of its product to China – so one in every four rows of soybeans you see around here goes to that Chinese

market. That’s a big issue.” Gebhards went on to say that the U.S.-China trade industry provides 2.6 million jobs in this country, and that job loss as a result of the trade war is a real concern, one which is only just beginning. He quoted Dr. Chris Hurt, an agricultural economist with Purdue University, estimating that agriculture in the U.S. has lost \$20 billion in value since the tariffs went into effect.

Gebhard also said that the recent announcement by President Trump and Secretary of Agriculture Sonny Purdue of \$12 billion to assist American farmers raises a tremendous amount of questions. “If you subsidize one industry, how does that affect other industries?” he asked.

“I’ve been on three conference calls, with Washington, the White House and the USDA, this week alone, and I can tell you there is not a clear plan as to how we’re going to disseminate this money. What is that going to be based on?”

Gebhard said that he receives calls every day from farmers asking for details, which the Farm Bureau simply doesn’t have. “We have been saying since day one that these tariffs are not a good idea, (it’s) a terrible way to do business,” he said. “We were criticized for that by some of our members who said we need to let the president address the issue. Those same members are now calling me, asking what we’re going to do about this problem.” Gebhard explained the bureau’s preferred approach would be to negotiate with China, re-negotiate NAFTA and create a bilateral agreement with Japan.

“The only certainty we have in agriculture is uncertainty,” he said. ♦

Scott Faingold can be reached at [sfaingold@illinoistimes.com](mailto:sfaingold@illinoistimes.com)

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

The reception is to benefit the Historic Preservation Fund of the Community Foundation, which will announce the recipient of the group's 2018 grant. The CFFL Historic Preservation Fund has grown steadily since it began in 2008, and the available fund balance continues to grow, allowing larger annual grants to local organizations.

Past recipients are:

2012 – Downtown Springfield, Inc. received \$4,000 for a way-finding system to link historic sites.

2013 – The Greater Springfield Chamber of Commerce Foundation received \$4,000 for planning the Jackson Street Corridor project.

2014 – Springfield Art Association received \$4,000 for reproduction of 1850s wallpaper at Edwards Place.

2015 – Elijah Iles House Foundation received \$6,000 to restore the porch of the Strawbridge-Shepherd House.

2016 – Enos Park Development received \$7000 to help with the renovation of 711 Enos, a mixed-use turn of the century building in danger of demolition.

2017 – Vachel Lindsey Foundation received \$7500 for exterior painting and repair of the historic Vachel Lindsay Home to ensure the longevity of the historic structure.



Preservation Effort Involving a Public Facility

## **Abraham Lincoln Memorial Garden Foundation Joel Horwedel, Executive Director and Tom Wilton, President**

Plantings at Lincoln Memorial Garden began in the late 1930s, when the Civilian Conservation Corps worked to build a 70-foot span bridge with funds from the Walgreen Foundation. Due to its age, the wooden Walgreen bridge was recently replaced with a replica, constructed with more enduring materials. The new structure echos the form and style of the historic bridge, according to executive director Joel Horwedel.

"Preservation of the Garden is forever ongoing. Many of the trees are over 80 years old and we continue to battle invasive species, including the Bush Honeysuckle, a dense, woody shrub that can grow 10 to 16 feet tall and crowd out native species," said Horwedel. "In every phase of work we do, we try to stay authentic to the Jens Jensen landscape plan."

Jensen, one of American's foremost landscape architects, was a big fan of Abraham Lincoln and he contributed the design for the garden built in his honor, a project fostered by the Garden Clubs of Illinois. Jensen's original landscape plan, one of the last he created, is being conserved and can be viewed at the Abraham Lincoln Presidential Library and Museum.



PHOTO COURTESY OF LINCOLN MEMORIAL GARDEN

Preservation Effort By a Not-for-Profit Organization

## **Edwards Place of the Springfield Art Association Betsy Dollar, Executive Director**

Like generations of other Springfield families, Don Walton and his family have been members of the Springfield Art Association (SAA) for over 45 years and have participated in many activities at historic Edwards Place. In 2010, a restoration plan was created with an outpouring of public support and a matching historic preservation grant from the Jeffris Family Foundation of Janesville, Wisconsin, resulting in completion of the first floor in 2015.

Students of all ages, community members and supporters like Walton can now appreciate the final phase of work, supported again by the people of Springfield and a second matching grant from the Jeffris Foundation. In a parallel effort, the Illinois Realtors and private donors funded the repair of the servant's staircase to the attic. The attic staircase is now stabilized and the second floor is accurately restored, bringing the home back to its full mid-19th century splendor, a time when Abraham Lincoln and the elite of Springfield were often guests.

"In addition to adding space to exhibit artifacts illustrating the early founding and history of the Springfield Art Association itself, this has made it possible for us to open the area which was servants' quarters and interpret a more multi-dimensional story of life in this home," said Betsy Dollar, the SAA executive director.



PHOTO COURTESY OF SAA



#### Private Effort For The Restoration of an Historic Structure or Structures

##### **Illinois Governor's Mansion Association Justin Blandford, Curator**

A trip to the recently restored Illinois Governor's Mansion is clearly a refreshed experience from the moment visitors arrive at the new north gate public entrance, where they will be greeted by a professional guide and then be escorted to the welcome center area with its multi-media overview and hands-on museum displays. The curator, Justin Blandford, is responsible for creating and implementing a new strategic vision, along with First Lady Diana Rauner. They are justifiably proud of the successful transformation of the Executive Mansion and new focus on visitor experience.

What was once a ceremonial home, functioning primarily as living quarters provided to each sitting governor, is now a professionally operated museum, fully staffed and open seven days a week. It is designed to interpret not just the story of the current first family, but of all Illinois' first families. That educational journey starts in an entry room, holding images of early 18th-century frontier maps, a rare early portrait of Native American leader Black Hawk and artifacts from early pioneers and fledgling governmental institutions. Throughout the house, niche areas have been created as mini-galleries to display a legacy of material culture treasures created by Illinois' great artisans, craftsman and designers, from Stone Age pottery to finely-crafted furniture, sculpture and a rotating collection of paintings.

Outside, birds and bees are also making return visits to enjoy the Mansion's stately lawn plantings, a kitchen garden that provides veggies and herbs used for official state functions and daily fare and native wildflower habitat areas. Seen from the perspective of the architects and landscape designers who had a hand in the work, the Executive Mansion renovation story encapsulates how structural renovation and ongoing environmental upgrades have been ingeniously envisioned to reinforce its 19th-century grandeur, while bringing the site forward with 21st-century security and thoughtful accessibility upgrades to serve every Illinois citizen. These renovations make it genuinely feel and function as "The People's House," said Blandford.



Illinois Executive Mansion curator, Justin Blandford, in one of the drawing rooms, decorated with pieces that evoke a sense of historic change over time.

PHOTO BY CATHERINE O'CONNOR



PHOTO COURTESY OF BRICK CITY APARTMENTS

#### Private Effort For The Restoration of an Historic Structure or Structures That Includes Residential Use (Multi-family)

##### **Brick City Apartments, LLC Seth and Ivy Molen**

With more than a decade of experience in dozens of remodeling projects, contractor Seth Molen explains that what he is most proud of "isn't any single building, but it is an ongoing effort to build a neighborhood." His vision for community improvement drives his commitment to provide affordable residential units, supporting both homeownership and investment, by promoting mixed-use development throughout the city. Molen has a progressive view of neighborhoods as places that should meet various diverse needs, with "all the working parts" from housing to retail, commercial and entertainment opportunities available without the need to drive across town.

"Springfield is not a suburb," he said. "It's a small city, with neighborhoods that can work with density where people can eat, sleep, work and play there." The biggest challenge he has faced is trying to figure out how to reuse old buildings and meet modern code standards and zoning restrictions, which have often not kept pace with the reality of changing economic dynamics, according to Molen. Seth and his wife, Ivy, are being recognized for work which has focused primarily on Wards 5 and 6 and the Aristocracy Hill neighborhood just south of downtown, home to historic landmarks such as the Governor's Mansion, Vachel Lindsay Home and the Dana Thomas House.

#### Private Effort For The Restoration of an Historic Structure That Includes Residential Use (Single Family Home)

##### **In His Hands Orphans Outreach Stephanie Barton, Project Coordinator**

In His Hands Orphans Outreach (IHHOO) is a local nonprofit with a mission of helping foster children and orphans while supporting families through the adoption process. One innovative way the group raises funds for its ministry is by renovating blighted homes and selling them at market value, which also improves the neighborhood. Since 2014, the organization has brought together skilled volunteers for its home rehabs, and in 2016 partnered with Habitat for Humanity to provide a single mother and her three children with a completely restored home. Now, IHHOO is renovating 804 N. 7th St., the third house to be donated to the group by the Enos Park Neighborhood Improvement Association.

The current project is a late 1800s home that was occupancy-prohibited and nearly became yet another teardown and empty lot, according to Stephanie Barton, IHHOO project coordinator. Scheduled to be completed late this summer, the 3-4 bedroom, two full bathroom home will have hickory hardwood flooring throughout and an open concept first floor with a great room area. When finished, the home will have new electrical, plumbing, HVAC, furnace and water heater, along with new siding, roof and windows.



PHOTO BY STACIE LEWIS



# Changes in mental health services

BY CATHERINE O'CONNOR

In June, HSHS St John's Hospital temporarily suspended admissions to their adult behavioral health unit, which has made it necessary for patients and their physicians to find inpatient services elsewhere. According to a statement from Erica Johnson, manager of communications for HSHS Central Illinois Division, "Patients who were on the unit continued to receive care until discharge and colleagues were offered positions within St. John's or at HSHS St. Mary's Hospital. Our sister hospital in Decatur has a robust behavioral health program that can fully serve patients in our region until our modernization assessment and plans are complete." The temporary suspension of services at St John's is expected to last for approximately one year.

In explaining the temporary closure of St. John's behavioral health unit, Johnson said, "We are currently working with a consultant and our facilities team to evaluate the space and identify opportunities for modernization."

Providing inpatient care for the mentally ill is a much more complex issue than simply matching the number of beds with the expected number of patients. When individuals present with a wide range of disorders, including severe clinical depression, schizophrenia or personality disorders, there are rules in place that require prompt evaluation by trained experts who can recommend consensual admission to a hospital-based unit.

Just as often, there may be a need for

involuntary mandated admission, in cases where a person can be deemed a danger to themselves or others. This includes exhibiting psychotic, suicidal or other critical psychiatric needs which have risen beyond the scope of behavioral health counseling or therapy modalities. According to Jeffrey Bennett, M.D., SIU associate professor and division chief of adult psychiatry, a judicial petition can be the mechanism that requires law enforcement officers to take adults over 18 to an emergency room for observation and evaluation by a qualified examiner, within 72 hours of arrival.

Determining where a patient can best be served within the variety of settings, from primary care clinics, to therapeutic community mental health facilities, to residential nursing homes and inpatient units, is a top priority for SIU doctors. It is not only the type of facility that can have an impact on the quality of mental health treatment available in a community, but also the special expertise of the health care team.

"At SIU, we have devised an impressive model of integrated care in which psychiatrists consult directly with primary care doctors to help them navigate the complex dynamics of the mental health system of care," Bennett said. Often this can mean psychiatrists working "curbside" in a primary care setting, providing a gateway to help general health care practitioners determine the best path for mental health care.

In cases where inpatient treatment is

needed, it can become a question of funding resources, as much as health care practitioner availability, and the ability to meet varying criteria for conditions that enable service management for the acutely ill. According to Bennett, there have been periods of increased need for acute mental health emergency room services due to the heroin and opioid crisis. When dedicated mental health beds are unavailable, hospitals are then faced with the option of admitting psychiatric patients to "scatter beds" in units often not equipped to handle them, or to leave patients in an emergency room, which may not be appropriate for violent patients who can be exhibiting injurious behavior.

At this point, patients in the region who might previously have been admitted to St John's Hospital are being sent to Memorial Health System in Springfield, Decatur Memorial Hospital and HSHS St. Mary's Hospital in Decatur. McFarland Mental Health Center also plays a role in meeting the needs for mental health inpatient care, primarily in "forensic" cases where the law enforcement and judicial system play a role. However, when a patient at St John's Hospital with medical or surgical issues presents psychiatric symptoms such as psychosis or delirium, SIU psychiatrists often provide consultation services.

Another business aspect that health care facilities must consider are legal and environmental precaution safety regulations that govern facilities receiving public Medicaid and Medicare funding. In some cases, the need to

make building safety modifications imposed by accreditation bodies, coupled with substantial levels of unfunded patient care, have resulted in struggling hospitals facing difficult choices.

"They can spend millions of dollars, or close down," Bennett said. But closing, even temporarily to make changes to the units, can be costly in other ways as well. According to Bennett, the dispersal of and later reassembling of qualified teams, including psychiatric nurses that were engaged in this type of specialized mental health care, is a challenging issue for any facility that goes through temporary closure.

Bennett said, "Data shows that life expectancy is 20 years shorter for those with psychiatric illness, so getting proper care needs to be seen from a public health perspective." SIU is leading the field with a pioneering model of initiatives to provide early intervention for those with psychiatric needs, including a community services team approach to layer services such as crisis beds, medium term residential facilities like West Lake Center and community-supported treatment through Memorial Behavioral Health Services.

"It has been a challenging transition, but under the leadership of SIU Professor Dr. Kari Wolf, who is chair of the department of psychiatry, we have now begun to assemble a system of care to provide those with limited funding the treatment they need, at a rate that can be sustained, based on their available resources," said Bennett. ♦



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Susan E.

"Best Chiropractor Ever!!! Works on all ages and is excellent with kids!"

Kim and Gracie P.



	NAME / ADDRESS	PHONE / FAX (=) / WEBSITE	PARTNERS/PRINCIPALS	HOURS OF OPERATION	TYPE OF CLINIC	NUMBER OF PHYSICIANS	TOTAL # OF EMPLOYEES	SPECIALTIES	YEAR EST'D
1	<b>HSHS Medical Group</b> Anesthesiology & Perioperative Services – 800 E. Carpenter St. Cancer Center at HSHS St. John's Hospital – 301 N. 8th St. Children's Surgical Services – 301 N. 8th St. Family & Internal Medicine Panther Creek – 2801 Mathers Rd. Family Medicine – 125 E. Plummer Blvd., Suite A, Chatham Family Medicine – 1745 W. Walnut St., Jacksonville Family Medicine – 300 Sattley St., Rochester Family Medicine – 2806 E. Andrew Rd., Sherman Foot & Ankle Specialists – 1745 W. Walnut St., Jacksonville Foot & Ankle Specialists – 2901 Old Jacksonville Rd., Suite C Gastroenterology – 301 N. 8th St., Suite 3B300 General Surgery – 301 N. 8th St., Suite 3B300 Hospitalist Program – HSHS St. John's – 800 E. Carpenter St. Intensivist Program – HSHS St. John's 800 E. Carpenter St. Joslin Diabetes Center – 1118 Legacy Pointe Dr. Multispecialty Care – 2901 Old Jacksonville Rd. Multispecialty Care Pediatrics – 2901 Old Jacksonville Rd. Neuroscience Center – 421 N. 9th St. Neuroscience Specialty Clinic – 1745 W. Walnut St., Jackson-ville Pediatrics Specialty Clinic – 125 E. Plummer Blvd., Suite A, Chatham Pediatrics Specialty Clinic – 1745 W. Walnut St., Jacksonville Priority Care – 1836 S. MacArthur Blvd. Trauma Surgery – 301 N. 8th St., Suite 3B300 Walk-in Clinic – 4200 Conestoga Dr. (inside Meijer)	217-321-9292 HSHSMedicalGroup.org	Melinda Clark, CEO; Loren Hughes, MD, President	All offices: 8AM – 5PM Priority Care: 7 days a week, 7AM – 9PM Walk-in Clinic at Meijer: Monday – Friday, 11AM – 9PM; Saturday 9AM – 7PM; Sunday 10AM – 6PM Springfield Pediatric Walk-in Clinic: Monday – Friday, 8AM – 4PM Multispecialty Care Walk-in Clinic: Monday – Friday, 8AM – 4PM Sherman Walk-in Clinic: Monday – Thursday, 8AM – 4PM Virtual care at Anytime-care.com: 24/7	Primary and Specialty Care, Ancillary Ser-vices, Walk-in Care and Virtual Care	461	1,396	Multispecialty group that offers a wide range of integrated care, including an advocate to help patients find a primary care doctor, onsite lab and advanced imaging, adult neurology, anesthesiology, diabetes and endocrinology, epilepsy, gastroenterology, general surgery, hematology, hospitalists, intensivists, interventional neurology, medical oncology, neurosurgery, pediatrics, pediatric neurology, pediatric orthopedics, pediatric surgery, podiatric medicine, podiatric surgery, primary care, pulmonary medicine, radiation oncology, sleep medicine, trauma surgery, urgent care, vascular neurology, virtual care, walk-in care.	2009
2	<b>SIU Medicine</b> Center for Family and Community Medicine - 520 N. 4th St Internal Medicine - 751 N. Rutledge St. Neuroscience Institute - 751 N. Rutledge St. OB/GYN - 415 N. 9th St. Pediatrics - 301 N. 8th St. Psychiatry - 319 E. Madison Child & Adolescent Psychiatry - 319 E. Madison Simmons Cancer Institute - 315 W Carpenter St. Surgery - 747 N. Rutledge St. Hearing and Balance Center - 720 N. Bond St. Institute for Plastic Surgery - 747 N. Rutledge St. Cosmetic Clinic - 2201 W. White Oaks Dr. SIU Fertility and IVF Center - 751 N. Rutledge St.	217-545-8000 siumed.org	Jerry Kruse, MD, CEO; Harold Lausen, DO, MA	Mon - Fri, 8AM - 4:30PM	Primary and Specialty Care	300	1,400	Primary care, specialties and sub-specialties include over 100 different services. For a list of services, or to view provider profiles online, visit siumed.org.	1972
3	<b>Springfield Clinic</b> Springfield Clinic Main Campus – 1025 S. Sixth St. SC 1st 800 Bldg – 800 N. First St. SC 1st 900 Bldg – 900 N First St. SC Carpenter – 350 W. Carpenter SC Center for Plastic Surgery – 2901 Greenbriar Dr. SC Chiropractic – 355 W. Carpenter, Suite A SC Family Practice Center – 1100 Centre West Dr. SC Koke Mill – 901 S. Koke Mill Road SC MOHA – 775 Engineering Dr. SC Optical Centre – 1025 S. Sixth St. SC Optical Centre West – 1937 W. Iles Ave. SC Pediatric & Adolescent Center – 2532 Farragut Dr. SC Rehabilitation Services – 3020 South Sixth St. SC Riverton – 1275 N. 7th St., Suite A, Riverton SC Sherman – 400 St. John's Dr., Sherman SC at the Villas – 100 Marian Parkway Suite 149, Sherman SC Wabash – 2200 W. Wabash Ave.	217-528-7541 800-444-7541 SpringfieldClinic.com	William D. Putman, MD, Chairman; Ray Williams, CEO	All Offices: 8AM - 5PM. Prompt Care Main - 1025 S. Sixth St, 8AM - 8PM ; Prompt Care West - 2200 W. Wabash Ave, 8AM - 8PM, (excluding major holidays); Prompt Care Sherman- 400 St. John's Drive, Sherman, 8AM - 6PM (excluding major holidays) Saturdays and extended hours at some locations.	Primary, Specialty and Walk-in Care, Ancillary Services	265	2,379	Full spectrum of health care supported by nearly 100 medical specialties, sub-specialties and services, including lab, imaging, audiology, diabetes center, dietetics and nutrition, optical center, sleep center, rehabilitation services and state-of-the-art outpatient surgery center. Patient care includes access to Prompt Care (no appointment, walk-in medical care), TeleNurse (FREE 24-hour patient help line), and myHealth@SC, a secure patient portal. For a comprehensive list of doctors, specialties, services and locations, visit SpringfieldClinic.com.	1939
4	<b>Prairie Cardiovascular Consultants *</b> Prairie Diagnostic Center – 401 E. Carpenter Baylis Building – 747 N. Rutledge	217-788-0706 thedoctorsofprairie.com	Marc E. Shelton, MD, President; Edward Brooks, CEO	Mon - Fri, 8AM - 5PM	Cardiac and Vascular Diagnosis & Treatment	71	506	Interventional Cardiology, Electrophysiology, Peripheral Vascular Intervention, Nuclear Cardiology, Transesophageal Echocardiography, Congenital Cardiology, Congestive Heart Failure, Percutaneous Valvuloplasty, Hypertension Management, Non-Invasive Vascular Diagnosis, Vascular Medicine.	1979
5	<b>Memorial Physician Services</b> Memorial Medical Center 701 N. First St. (corporate office) Chatham – 101 E. Plummer, Chatham, IL 62629 Jacksonville – 15 Founders Lane, Ste 100, Jacksonville, IL 62650 Koke Mill – 3132 Old Jacksonville Road Lincoln – 515 N. College St., Lincoln, IL 62656 MacArthur Walk-in Clinic – 2215 S. MacArthur North Dirksen – 3220 Atlanta St. Petersburg – 1 Centre Drive, Petersburg, IL 62675 South Sixth – 2950 South 6th St. Vine Street – 3225 Hedley Road Women's Healthcare – 747 N. Rutledge Memorial/Now.com - virtual care service	1-855-FIND-MPS 1-855-346-3677 MemorialMD.com	Memorial Health System	Mon – Fri, 8AM – 5PM, Sat and extended hours at some locations.	Primary Care	58	490	Pediatrics, Family Medicine, Internal Medicine, Obstetrics / Gynecology, Psychiatry, Internal Medicine/ Pediatrics.	1994



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**HSHS Medical Group**



	NAME / ADDRESS	PHONE / FAX (=) / WEBSITE	PARTNERS/PRINCIPALS	HOURS OF OPERATION	TYPE OF CLINIC	NUMBER OF PHYSICIANS	TOTAL # OF EMPLOYEES	SPECIALTIES	YEAR EST'D
6	<b>Prairie Eye and LASIK Center</b> 2020 W. Iles Ave.	217-698-3030 217-698=3068 prairieeyecenter.com	Sandra Yeh, M.D.	Mon - Fri, 8AM - 5PM; Sat, 8AM - 12PM	Ophthalmology, Optometry, Optical Center	20	155	No Stitch/No Patch Cataract and Lens Implant Surgery, Glaucoma Treatment & Surgery, Retina and Vitreous Surgery, Uveinitis, Oculoplastic and Reconstructive Surgery, in-office LASIK Procedure.	1970
7	<b>Orthopedic Center of Illinois</b> 1301 S. Koke Mill Road	217-547-9100 217-547=9236 OrthoCenterIllinois.org	Gordon Allan, MD, Rodney Herrin, MD, O.B. Idusuyi, MD, Leo Ludwig, MD, Christopher Maender, MD, Barry Mulshine, MD, Ron Romanelli, MD, Kari Senica, MD, Timothy VanFleet, MD, John Watson, MD, Joseph Williams, MD, Frank Bender, MD	Mon - Fri , 8AM-6PM, Saturday, 8AM-12PM	Orthopedics, Imaging, Physical Therapy, Medicine, Walk-in Clinic	15	100	Joint Reconstruction, Spine Surgery, Fracture and Injuries, Foot/Ankles, Upper Extremities, Sports Medicine, Interventional Pain Management, Imaging, Physical Therapy, Minimally Invasive Surgery.	1972
8	<b>ExpressCare</b> Koke Mill – 3132 Old Jacksonville Rd. North Dirksen – 3220 N. Atlanta St. South Sixth – 2950 S. Sixth St. Chatham – 101 E. Plummer Blvd.	217-588-2600 MemorialExpressCare.com	Memorial Health System	All locations 8AM – 8PM, 7 days a week	Walk-In Care	8	120	Pediatrics, Internal Medicine, Family Practice, Modern facilities offering outpatient laboratory and medical imaging (X-ray). Hassle-free walk-in appointments with on-site physicians.	1999
9	<b>Central Counties Health Centers</b> 2239 East Cook Street, Springfield, IL 62703 800 E. Carpenter, 9th floor, Springfield, IL 62702 (dental only) 1440 W. Walnut St., Suite 2, Jacksonville, IL 62650 1141 N. Cheney St., Taylorville, IL 62568 5220 S. 6th St., Suite 2100 (dental only) 120 N. 11st St. (homeless medical clinic) 530 N. 6th St. (homeless medical clinic) 1023 E. Washington St. (homeless medical clinic)	217-788-2300 (Springfield Main) 217-788-2337 (CCHC Dental at Hope Pavilion, Springfield) 217-243-3543 (Jacksonville) 217-287-7477 (Taylorville)	Heather Burton President and CEO	Hours vary according to site. Call 788-2300 for specific site hours.	Primary Care Dental Care Behavioral Health	7	100	Family Medicine, Pediatrics, Internal Medicine, Dental, Behavioral Health. Onsite laboratory.	1999
10	<b>Gailey Eye Clinic</b> 1401 S. Koke Mill Road	217-529-3937 217-698=3937 gaileyeyeclinic.com	Sumit Bhatia, M.D.; Ara Aprahamian, M.D.; Robert Lee, M.D.; Angela Oberreiter, O.D.	Mon - Fri, 8AM - 5PM	Ophthalmology, Optometry, Optical Boutique	4	15	Retina and Vitreous Surgery, Cataract Surgery, iLasik.	1941

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PHOTO/ PEXELS

# The doctor will see you now

BY ROBERTA CODEMO

In today's modern world, no one has time to wait any more, least of all to see the doctor. With new digital technologies, now you don't have to. With one click, you can reserve your spot in line and be seen quickly when it matters most.

HSHS Medical Group recently introduced MySpot, a web-based application that allows patients to use their phone, tablet or computer to save their spot in line at one of the two walk-in care clinics in Springfield, located inside Meijer's at 4200 Conestoga Dr., and Priority Care, 1836 S. MacArthur Blvd.

"This is not a new concept, but it's the first of its kind I've experienced in the region to be used for health care services," said Natalie Nale, operations manager for HSHS Medical Group. The service is familiar to anybody who has purchased tickets in advance to see a movie, used call-ahead seating at an area restaurant or reserved a spot in line at a walk-in hair salon.

The walk-in clinic at Meijer was the first location to introduce this technology. Since the service was introduced in July, a few patients have utilized it, but she expects this number to increase as the service becomes more familiar. "From an operational standpoint, this is okay," said Nale, who added "...it's unusual to even find a medical clinic inside a retail grocery store."

Patients can go online at [www.hshsmedicalgroup.org](http://www.hshsmedicalgroup.org), enter their information and reserve their spot in line. Once their spot in line is confirmed, they can wait more comfortably at home or wherever it is convenient and arrive about 10 minutes before their reserved time. If there is a delay, patients will receive a text message should they need to make other arrangements.

"The system allows transparency to patients of where the clinic's patient flow is at,"

said Nale. Patients see a list of reservation times available and can select a time convenient for them. If they fail to show for their appointment within 30 minutes after their reservation, they will be removed from the line.

"Improving patient satisfaction was our intent with this service," said Nale, since it reduces the amount of time a patient has to spend in the waiting room. Traditionally, when a patient visits a walk-in clinic, they don't know how many patients are there ahead of them. For patients who are currently waiting to be seen, they will have the option of choosing another time and coming back when it's more convenient if wait times are disruptive to their day.

Memorial Health System is also moving into this arena and plans to install a product where consumers can use a mobile app to get in line at any one of their four local Express Care locations, located at 2950 S. Sixth St., 3132 Old Jacksonville Road and 3220 Atlanta St. in Springfield and at 101 E. Plummer Blvd. in Chatham. "We plan to go online with the app in September," said Travis Dowell, vice president of Memorial Physician Services.

Currently, patients can download the free Memorial ExpressCare Wait Times App or text "Wait" to 411217 to find out what the current wait times are at each ExpressCare location. With the new mobile app, patients will be able to reserve their spot in line and have up to 30 minutes to get to their appointment. Should they miss it, they will have to wait for the next available opening.

This new service will allow patients to be seen faster. "Theoretically, we think it will reduce wait times," said Dowell.

With both local hospitals making attempts to reduce wait times, patients should find it much more convenient to see the doctor in the future without losing a significant portion of their work day. ♦

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	NAME / ADDRESS	PHONE / FAX (=) / WEBSITE	NUMBER OF LICENSED HOSPITAL BEDS	INPATIENT ADMISSIONS (2017)	OCCUPANCY RATE	FY 2017 OPERATING BUDGET (MILLIONS)	TOTAL STAFF (FULL TIME EQUIVALENT)	ADMINISTRATOR	AFFILIATION	YEAR EST'D
1	<b>Memorial Medical Center</b> 701 N. First St. Springfield, IL 62781-0001	217-788-3000 217-788=5520 memorialmedical.com	500	24,784	68%	\$682	3,762	Edgar J. Curtis	Memorial Health System	1897
2	<b>HSHS St. John's Hospital</b> 800 E. Carpenter Springfield, IL 62769	217-544-6464 217-527=5525 st-johns.org	402	18,507	84%	\$504.5	2,575	Charles Lucore	Hospital Sisters Health System	1875
3	<b>Passavant Area Hospital</b> 1600 W. Walnut Jacksonville, IL 62650	217-245-9541 217-479=5637 passavanthospital.com	131	4,522	40.03%	\$108	803	Harry Schmidt	Memorial Health System	1875
4	<b>Vibra Hospital of Springfield</b> 701 N. Walnut St. Springfield, IL 62702	217-747-7600 217-528-1633 vhspringfield.com	50	338	50.8%	DND	138	Jeffery Weier	Vibra Healthcare	2004
5	<b>Lincoln Prairie Behavioral Health Center</b> 5230 S. Sixth St. Road Springfield, IL 62703	217-585-1180 217-585=4747 lincolnpairiebhc.com	97	DND	DND	DND	135	Mark Littrell	Universal Health Services	2008



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Watch Scott’s story and learn more at [st-johns.org/stroke](http://st-johns.org/stroke).




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ADDICTION CENTERS

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


	NAME STREET ADDRESS CITY/ST/ZIP	PHONE (-) FAX (=) WEBSITE / EMAIL	PRINCIPAL	# OF LICENSED THERAPISTS	SUBSTANCE ADDICTION	IMPULSE CONTROL	BEHAVIORAL ADDICTION	INPATIENT	OUTPATIENT	ADULT	ADOLESCENT	DESCRIPTION OF SERVICES
1	Family Guidance Center 120 N. 11th St. Springfield, IL 62703	217-544-9858 217-544=0223 www.fgcinc.org	Robert Thompson	5	✓	✓	✓	✓	✓	✓		Family Guidance Centers, Inc.'s Springfield location provides outpatient (OP), intensive outpatient (IOP), residential, residential extended care, Medication Assisted Treatment (MAT), community-based prevention, mental health assessments and counseling services to Sangamon and surrounding counties. Patients receive counseling (group and individual) and case management services.
2	Gateway Foundation 2200 Lake Victoria Dr. Springfield, IL 62703	(217)529-9266 (217)529=9151 www.gatewayfoundation.org	DND	8	✓		✓	✓	✓	✓	✓	Gateway Foundation has 3 locations in central Illinois: Gateway Foundation-Springfield offers residential and all levels of outpatient substance use treatment services for both adults and male adolescents. Gateway Foundation-Pekin (11 S. Capitol) offers all levels of outpatient substance use treatment services for adults. Gateway Foundation-Jacksonville (1300 Lincoln) offers residential, recovery home (male), and all levels of outpatient substance use treatment services for adults. All 3 Facilities offer FREE walk-in consultations every Tuesday, Wednesday, and Thursday (contact facility for times). Any facility may be contacted 24-hours/day, 7 days/week at 877-505-HOPE.
3	Hopewell Clinical 801 E. Lawrence Ave. Springfield, IL 62705	217-223-0170 217-223=0147 www.hopewellclinical.com	Steve Evans	4	✓	✓	✓		✓	✓	✓	Hopewell Clinic offers assessments/evaluations, treatment classifications/recommendations DUI treatment service and general substance abuse programs, adolescent treatment, license reinstatement process and employee assistance program.
4	Rassik Complete Recovery 1201 S. 4th St. Springfield, IL 62703	217-210-2353 springfield@rassik.net www.rassik.net	Rakesh Chandra, M.D.	0	✓	✓	✓		✓	✓	✓	Rassik Complete Recovery offers psychiatric services for mental health and substance abuse disorders to patients from adolescents to geriatrics. We offer a medically-assisted treatment program that leverages Suboxone and Vivitrol in combination with psychiatric services to help Rassik patients live a more meaningful life.
5	Rebound Healthcare Systems 435 W. Washington St. Springfield, IL 62702	217-210-2476 www.reboundtreatment.com	Michael Reeves	3	✓	✓	✓		✓	✓	✓	Rebound Healthcare Systems features both outpatient treatment and intensive outpatient services (IOP), allowing our clients to get the support and treatment they need while still living at home and attending to outside responsibilities. Both programs can be designed to the unique requirements of the patient, ensuring you get the appropriate treatment necessary to produce the best possible outcome. Substance abuse, addiction, dual diagnosis and comprehensive drug screening.
6	Rose Medical Association, Inc. 3535 Mayflower Blvd. Springfield, IL 627011	217-670-0609 217-670=0618 www.rosemedical.org	Dr. Earnest Rose	0	✓				✓	✓		Medication Assisted Treatment (MAT). Methadone, Suboxone, Sublocade, Vivitrol. Level I Adult Outpatient, Level II Adult Outpatient, DUI evaluation, substance abuse treatment.
7	UnityPoint Health Illinois Institute for Addiction Recovery 2050 W. Iles Ave., Suite G Springfield, IL 62704	217-726-6611 217-726=5014 www.addictionrecov.org	UnityPoint Health Proctor	1	✓	✓	✓	✓	✓	✓		UnityPoint Health - Institute for Addiction Recovery provides outpatient treatment services for substance use disorders and behavioral addictions at our Springfield location, with referral to our Peoria facility for inpatient services. Assessments for treatment for substance use disorders and behavioral addictions are at no cost for individuals seeking treatment services.



42,249 opioid overdoses resulting in death. A number that is tragically rising. (CDC)


1,946 opioid related deaths in Illinois alone. (dph.illinois.gov)

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# SIU explores new approaches to pain management

BY RACHEL JOHNSON

American health care systems, doctors and doctors-in-training are looking for new ways to combat chronic pain and long-term health care issues besides prescribing pain medication. Southern Illinois Medical School in Springfield is on the forefront of new approaches to this challenge.

Dr. Stacy Sattovia, an associate professor at SIU, developed an interest in culinary medicine and how it could influence population health. As the medical school began exploring options for a new program, Dr. Debra Klamen, SIU senior associate dean for education and curriculum, suggested reaching out to Dr. Leslie Smith, who had completed a residency at SIU. Ultimately, Smith was invited to come on board as the new director of integrative medicine and culinary medicine programs.

“Dr. Smith was the perfect choice for this position, given her background in Western medicine, followed by advanced training in the best that Eastern medicine has to offer. Her passion for the culinary arts made this position perfect for her, and we are delighted to have her aboard,” Klamen said.

As both a traditional MD and licensed acupuncturist, Smith was an ideal choice. In her fourth year of residency and just 14 months shy of becoming an attending physician in surgery, Smith developed a repetitive stress injury in her arms. Smith had wanted to be a surgeon since she was four years old and was emotionally devastated that years of training and her lifelong goals were in jeopardy. “Somebody in the midst of all that said, ‘why don’t you try acupuncture for your pain?’” Smith recalled. “And I was blown away by how well it controlled my pain.”

While acupuncture allowed her to go back to living her life, it wasn’t enough to go back to



Dr. Leslie Smith is the new director of integrative medicine and culinary medicine programs at SIU and will introduce alternative forms of medicine into the medical students’ curriculum, as well as the concept of culinary medicine. “If people are not eating the right kinds of foods to help deal with their pathology, then you’re butting your head against the wall,” Smith said.

PHOTO BY RACHEL JOHNSON

sewing skin.

So, despite medical school debt and crushed dreams, she essentially started over and moved to Los Angeles with her husband to attend Yo San University to learn all aspects of East Asian medicine, including acupuncture, herbs, cupping, right thinking and right eating.

“Acupuncture is one of seven arms of traditional East Asian medicine,” Smith said. “In this country, most people are familiar with traditional Chinese medicine.” In America, people often

think of these separately, but they are used all together in East Asian medicine to treat the whole patient. “It’s very similar to Western medicine structure, actually – diet, exercise, medication, surgery,” Smith said. “There’s only so many ways to fix the body. It’s just a different way of putting things together.”

Integrative medicine looks at the whole patient, whereas Western medicine tends to look at each part of the body individually. It wasn’t long ago that doctors were unwilling to consider alternative forms of medicine, but mindsets have changed, and research backs up the claims.

“I feel very fortunate to be coming into integrative medicine at this point because there are 30 years of research now to back up what I’m doing,” Smith said. “The kind of research that is out there on the efficacy of acupuncture for handling both acute and chronic pain is astronomical.”

SIU teaches a problem based learning format which means the students learn in small groups and the cases are designed to teach them physiology, anatomy, pathophysiology and the pharmacology, etc. around that case. “Bringing in culinary medicine or integrative medicine in is going to be done by tweaking the cases,” Smith said.

Since there is already so much material that students need to learn their first two years, they’re starting from an elective format. Medical

students are not going to emerge as licensed acupuncturists as well as MDs in four years, but that’s not Smith’s goal. The goal is to acquaint the students with the different procedures and options – to create an awareness and familiarity. “I want them to be exposed to the idea of what acupuncture can be used for, how it works. I want them to feel the needles in their own bodies so they can feel the needles aren’t big and scary,” Smith said.

Additionally, continuing education classes are being planned for attending physicians, social/community outreach programs, medical education research components and clinical work. “We are designing ways that integrative and culinary medicine will be brought into both existing clinical offerings at SIU SOM and will be created ‘de novo’ as the needs are identified,” Smith said.

Timing is everything, and life often takes you in unexpected directions, as Smith has discovered. According to the Centers for Disease Control and Prevention (CDC), the United States is in the midst of an epidemic of prescription opioid overdoses. The number of opioids prescribed and sold in the U.S. has quadrupled since 1999, but the overall amount of pain reported by Americans hasn’t changed. This epidemic is devastating American lives, families and communities. The medical field is looking at all options for managing chronic pain and maintaining a patient’s health. ♦

## SIU to roll out new program, **CHOP**

SIU will be rolling out their Center for Human Organizational Potential (CHOP) in early October. The program features three pillars: (1) health and wellness (2) professional development (3) excellence and leadership. They’re still teasing out the details, but there will be “components for community support and so forth within all three of these pillars,” Smith said.

“Since the Center for Human and Organizational Potential will have as one of its pillars, Wellness Development, we thought the addition of Leslie at this point in time was perfect,” said Dr. Debra Klamen, SIU senior associate dean for education and curriculum.

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# INDEPENDENT INSURANCE AGENCIES

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

	NAME / ADDRESS	PHONE / FAX (=) / WEBSITE / EMAIL	NUMBER OF PRODUCERS	NUMBER OF LOCAL EMPLOYEES	MANAGERS / OWNERS	SPECIALTIES	YEAR EST'D
1	<b>TROXELL</b> 214 South Grand Ave. West Springfield, IL 62704	217-528-7533 217-528=1041 www.troxellins.com info@troxellins.com	48	80	Mike Aiello, John Eck, Jr., Todd Sowle, Dave White, Chris Leming, Jennifer Call	Commercial Insurance, Personal Insurance, Employee Benefits, Individual Life/Health, Bonds, HR Solutions, Financial Services	1887
2	<b>Gallagher/Nicoud</b> <b>(Arthur J. Gallagher &amp; Co.)</b> 4481 Ash Grove, Suite B Springfield, IL 62711	217-546-6900 217-546=7034 www.ajg.com www.mycbis.com www.mymbis.com	12	24	Jim Hillestad, Tim Nicoud, Jr.	Commercial Insurance and Risk Manage- ment, Benefits and HR Consulting, TPA Services, Captives, Claims Management, International Solutions, Risk Control Services	1927
2	<b>Insurance Partners, Inc.</b> 901 S. Spring St. Springfield, IL 62704	217-544-8644 www.best-coverage.com info@best-coverage.com	12	5	Denise Beavers, Jo Ann Lawson, Doug Ryherd, Bryan Ryherd	Home, Auto, Commercial, Life, Health, Worker's Comp., Bonds, Annuities, Senior Products, Business Auto & General Liability	1999
3	<b>American Central Insurance Services</b> 3300 Hedley Rd. Springfield, IL 62711	217-698-9000 217-698=9898 americancentralinsurance.com stan@americancentralins.com	10	24	Stan Travelstead	Employee Benefits, HR Consulting, ACA Re- porting, ERISA Compliance, Cafeteria Plans, Business Insurance, Personal Insurance	1987
3	<b>Forsyth Insurance Group, Inc.</b> 430 E. Vine St., P.O. Box 2229 Springfield, IL 62705	217-525-9500 217-528=1526 forsyth-ins.com dblankenship@forsyth-ins.com	10	23	Dale A. Blankenship, President	Personal Insurance, Commercial Insurance, Life, Health and Group and Financial Services	1946
3	<b>Goodenow Insurance Agency, Inc.</b> 719 N. Grand Ave. East Springfield, IL 62702	217-523-5443 217-523=5456 goodenowinsurance.com goodenow@goodenowinsurance.com	10	4	Donald Goodenow	Home, Auto, Life, Commercial, Health and Senior Products	1998
4	<b>Dimond Brothers Insurance Agency</b> 3931 Wood Duck Dr. Springfield, IL 62711	217-793-6655 217-793=6706 dimondbros.com	8	4	Toby Bartos	Commercial Lines, Personal Lines, Employee Benefits	1867
5	<b>Lee/O'Keefe Insurance Agency Inc.</b> 2501 Chatham Rd., Suite 100 Springfield, IL 62704	217-528-5679 217-528=2121 www.leeokeefe.com info@leeokeefe.com	5	9	Glenda Richards, Brian Blough	Business, Personal, Life/Health Insurance Bonds	1934
5	<b>The Group Insurance Agency, LLC</b> 7006 Kingsmill Ct. Springfield, IL 62711	217-787-7447 217-787=7427 thegroupinsuranceagency.com Service@thegroupinsuranceagency.com	5	7	Jason Dolby	Commercial Insurance, Personal Insurance, Life Insurance, Bonds	2008
6	<b>Snyder Insurance/Ascend Benefits</b> 1154 Bradfordton Rd. Springfield, IL 62711	217-793-6000 309-664-1885 insurewithsnyder.com info@insurewithsnyder.com	4	6	Charles Farner, Cheryl Reeser	Home, Auto, Life, Health, Business, Bonds	1906
6	<b>Denton-Merritt-Dycus Insurance Agency</b> 2800 S. Sixth St. P.O. Box 1179 Springfield, IL 62703	217-528-0408 217-522=5400 dentoninsurance.com dmerritt@dentoninsurance.com	4	4	David R. Merritt	Personal Lines and Small Commercial	1930
7	<b>Godfrey Insurance Agency</b> 3261 Meadowbrook Rd., Suite 300 Springfield, IL 62711	217-679-5442 godfreyinsuranceagency.com rustin@godfreyinsuranceagency.com	3	4	Rustin Godfrey, Lisa Godfrey	Crop Insurance	2002
7	<b>Bailey Family Insurance</b> 3013 S. 6th St. Springfield, IL 62703	217-441-2342 312-661=5309 baileyfamilyinsurance.com info@baileyfamilyinsurance.com	3	3	Christine and Mark Bailey	Home, Auto, Life, Commercial	2017
8	<b>Preston-Rezin Insurance Agency</b> 3307 Robbins Rd. Springfield, IL 62704	217-529-9711 217-529=0555 prestoninsurance.org prestonins83@gmail.com	2	2	Bill and Angie Preston	Auto, Home, Life, Business, Health, Medicare Supplements	2000



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# The ACA has changed business coverage

BY ZACH ROTH

If one were to fall asleep in 2010, then wake up eight short years later, it would be quite surprising to learn how people now perceive the Affordable Care Act.

Once unpopular, the ACA became a cause celebre after repeated attempts to eliminate and replace it with something considered far worse. Whether it was the possibility of doing away with President Barack Obama's signature piece of legislation, or the visceral reaction to Donald Trump's administration in action, what was once a bill that saw numerous elected officials lose their seats in Congress due to their support of it now may very well be their savior in 2018.

One of the main reasons the bill has had a resurgence in popularity is due not only to the many accommodations for pre-existing conditions, but the effect it has on employee benefits for both large and small businesses. When the bill became law in 2010, the whole game changed for employers, employees and insurance companies alike.

"Well, it changed our world, for sure," Kim Cochran, employee benefits and human relations manager at Troxell, said. "Our employers had to pick up some expenses that they were not covering previously under their plans."

Troxell is one of several independent insurance agencies based in Springfield that provide various forms of insurance and employee benefits for companies big and small, such as health insurance, dental care, eye care, life insurance and disability benefits.

"Our job is to partner with our clients, get to know them, understand not only the employer's needs, but also what their employee population values most," Cochran said. "Once we have that information, then our job is to go to the markets.



PHOTO/ PEXELS

We'll get the benefit plan designs, pricing, how they would all tie together and then work with the employer to identify which carrier, plans and pricing models best suit their needs."

Because there is a significant difference as to how federal regulations impact large and small businesses, the needs of larger employers and small businesses can be quite different. Goodenow Insurance Agency, also based in Springfield, caters their coverage to suit how small businesses work, in contrast to their larger counterparts.

"We try to be very careful in the carriers we go to," Jack Dunn, a charter life underwriter and insurance broker at Goodenow, said. "I've been in the business for a while, so I know which carriers are more likely to process claims quicker."

Dunn said Goodenow works with not just businesses, but even some nonprofit groups as well. "Nonprofits is a niche for us," Dunn said.

So, what does the future hold for employee benefits? The events of Nov. 6 may provide a clue. That's the date of the midterm elections, and both Cochran and Dunn say that whoever wins or holds Congress after that day will have a big say in the future of insurance companies and their clients.

"A lot of it (employee benefits) is going to depend on which party is in power," Dunn said.

Cochran personally believes that regardless of the outcome of the elections, insurance plans should return to the old standards.

"Where I'd like to see this headed is, I think the plans are likely to go back where they were

30 years ago," Cochran said. "We were using our health plans for just catastrophic illnesses, (like) broken legs. When the HMOs came into play in the marketplace, and we became accustomed to just going to the doctor and paying \$20, I think the population became desensitized to what it was really costing (them) after that \$20 threshold that we were responsible for. I feel that if we had to pay for the full cost of just a general office visit, that might change our pattern (so) that we may seek other opportunities (like) over the counter medications (or) maybe wait a little bit before going to the doctor."

Dunn wondered about the future of state-regulated insurance plans, thanks to plans that allow people to purchase insurance plans across various state lines.

"The simple fact is: you can buy anything from everybody," Dunn said. "It would appear to me that people are going to sit back and think, 'You know, I really want to buy this policy in New York state. Make that available,' or 'Why can't I get together with the rest of the plumbing businesses in Springfield and form a group?'"

While the ACA is indeed experiencing a boom, some small business owners still view the law with a great deal of skepticism. Cindy Davis, the co-owner of Resource One, said she soured on the ACA after her company's insurance premiums rose 10%. "Obamacare was not good for small business," Davis said. "The rates go up (and) the coverage goes down." Davis would prefer to return to something resembling the old system, although those who gained coverage under the ACA may have a different opinion. It's a sign of our current times that even with a rise in popularity for one of the most maligned pieces of legislation in American history, no one can seem to agree on how to best move forward. ♦



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Pain Management  
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**Sunil Agarwal, MD,  
MPH, PhD**  
Cardiology  
JULY 2018



**Bhuvnesh  
Aggarwal, MD**  
Cardiology  
JULY 2018



**Shefta Akhunji, MD**  
Hospital Medicine  
AUGUST 2018



**Solmaz Bauk, MD**  
Family Medicine  
SEPTEMBER 2018



**Megan Forshee, DO**  
Center for Women's  
Health  
MAY 2018



**Praveen Garg, MD**  
Cancer Center  
AUGUST 2018



**Chad Gonczy, MD**  
General Surgery  
SEPTEMBER 2018



**Ruchi Gupta, MD**  
Gastroenterology  
OCTOBER 2018



**Justin Henry, MD**  
Hospital Medicine  
AUGUST 2018



**Kaitlin Henry, MD**  
Family Medicine  
AUGUST 2018



**Dhiren Patel, MD**  
Vascular Surgery  
OCTOBER 2018



**Jacob Scheer, MD**  
Hospital Medicine  
JULY 2018



**Jennifer  
Schuermann, MD**  
Family Medicine  
SEPTEMBER 2018



**Emily Serafin, MD**  
Vascular Surgery  
AUGUST 2018



**Mateusz  
Serafin, MD**  
Hospital Medicine  
AUGUST 2018



**Rakshit Shetty, MD**  
Critical Care Medicine  
JULY 2018



**Sapna  
Siddharth, MD**  
Critical Care Medicine  
JULY 2018



**Taylor Tennill, MD**  
Dermatology  
SEPTEMBER 2018

### New Advanced Practitioners



**Lisa Carney, APRN,  
CNP**  
Internal Medicine  
JUNE 2018



**Erin Collinsworth,  
APRN, CNP**  
Family Medicine  
JUNE 2018



**Terra Curtis, APRN,  
CNP**  
Nephrology  
JUNE 2018



**Kaitlyn Davidson,  
APRN, CNP**  
General Surgery  
Jacksonville  
JULY 2018



**Leslie Farris, APRN,  
CNP**  
Family Medicine  
AUGUST 2018



**Caitlyn Fox, APRN,  
CNP**  
Family Medicine  
JUNE 2018



**Amy Haefeli, APRN,  
CNP**  
Prompt Care  
AUGUST 2018



**Andrew Lerch, DPT**  
Rehabilitation Services  
AUGUST 2018



**James Mitchell,  
APRN, CRNA  
ASC**  
JUNE 2018



**Kara Pasker, PA-C**  
Otolaryngology  
(Ear, Nose & Throat)  
SEPTEMBER 2018



**Amanda Prather,  
LCSW**  
Behavioral Health -  
Taylorville  
JULY 2018



**LeAnn Rhinehart,  
APRN, CNP**  
Family Medicine -  
Decatur  
JULY 2018



**Jessica Sestak,  
APRN, CNP**  
Orthopedic Group  
AUGUST 2018



**Trenton Wiseman,  
DPT**  
Rehabilitation Services  
AUGUST 2018

#### ALSO JOINING IN 2018:

**Hayan Dayoub, MD**  
Neurological Surgery

**Ashlee Sloman, APRN, CRNA**  
ASC

**Michelle Barbee, APRN, CRNA**  
ASC

**Lauren Boente, PA-C**  
Orthopedic group

**Edwilyn Colwell, APRN, CNP**  
Nephrology

**Tara Crews, APRN, CRNA**  
ASC

**Samantha Dunkirk, APRN, CNP**  
Center for Women's Health

**Jaela Flowers, APRN, CNP**  
ENT

**Brenda Hemann, APRN, CNP**  
Family Medicine Taylorville

**Kelsey Kniepmann, MS, RD, LDN**  
Endocrinology

**Kelly West, APRN, CNP**  
Family Medicine Decatur



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1	Springfield YMCA Gus and Flora Kerasotes Branch 4550 W. Iles Ave. Springfield, IL 62711	217-679-1625 217-679=0920 springfieldymca.org asowle@springfieldymca.org	100	11,000	See website for current rates.	5am - 9:30pm M-F, 7am - 7pm Sat, 7am - 5pm Sun.	Angie Sowle, CEO; Joey Greenwood, Branch Director	Child watch, gymnasium, outdoor playground, sauna, steam room, y-cycling, wi-fi, free parking, weight training, cardio training, group fitness, warm water instructional pool, lap swimming in cooler pool, water play features	2011
2	Springfield YMCA Downtown Branch 701 S. Fourth St. Springfield, IL 62703	217-544-9846 217-544=0004 springfieldymca.org asowle@springfieldymca.org	200	6,600	See website for current rates.	5am - 9:30pm M-F, 7 am - 7 pm Sat., 7 am - 7pm Sun.	Angie Sowle, CEO; Kris Fulford, COO	Child watch, gymnasium, sauna, steam room, whirlpool, racquetball courts, youth & family center, y-cycling, indoor track, wi-fi, separate gender workout area, weight training, cardio training, group fitness, youth pool, lap swimming in cooler pool, massage, locker rental	1962
3	FitClub South 3631 S. Sixth St. Springfield, IL 62703	217-787-8348 fitclub.net nathan@fitclub.net	80	6,496	Rates vary.	5:30am - 10pm M-Th, 5:30am - 9:30pm Fri., 7am-6pm Sat., 9am - 4pm Sun.	Jim Copelin, Gen. Mgr. Nathan Imhoff, CFO Dr. Kevin Imhoff, Co-founder/CEO	Free day care, pools, whirlpool, steam room, sauna, gravity training facility, warm water hydro therapy, Capitol Chiropractic Health Center, Athleticare Orthopedics and acceleration athletic enhancement programs, St. John's Bone & Joint Institute rehabilitation services, NASM certified personal trainers, senior exercise programs, dynamic group personal training, group exercise classes for all levels	1999
4	FitClub West 2811 W. Lawrence Ave. Springfield, IL 62704	217-787-1111 fitclub.net jim@fitclub.net	60	4,253	Rates vary.	24 hours M-F, 5am - 8pm Sat., 7am - 8pm Sun.	Jim Copelin, Gen. Mgr. Nathan Imhoff, CFO Dr. Kevin Imhoff, Co-founder/CEO Brandon Montgomery, Mgr.	Cardiovascular equipment, free weights, group exercise programs, senior exercise programs, personal training, nutrition coaching, pool, hot tub, personal training, group exercise for all age levels, art of strength training center, dynamic group personal training	1999
5	FitClub North 2701 E. Sangamon Ave. Springfield, IL 62702	217-788-8250 fitclub.net tyler@fitclub.net	20	1,733	Rates vary.	5:30am - 10pm M-Th, 5:30am - 9pm Fri., 7am - 4pm Sat, 9am - 4pm Sun.	Jim Copelin, Gen. Mgr. Nathan Imhoff, CFO Dr. Kevin Imhoff, Co-founder/CEO	Cardiovascular equipment, free weights, group exercise programs, senior exercise programs, personal training, nutrition coaching, dynamic group personal training	1999
6	Bob Freesen YMCA 1000 Sherwood Eddy Ln. Jacksonville, IL 62650	217-245-2141 217-479=0233 www.jacksonvilleymca.org	70	1.397	See website for current rates. Assistance is available for those who qualify.	5am - 9:30pm M-F, 7am - 5pm Sat., 1pm - 5pm, Sun. (Closed May 1 - Nov. 1) Closed on Sun.	Mary Rowe Henry, Ex. Dir. Jared Maggart, Property Mgr.	Gymnasium, outdoor playground, outdoor tennis/paddleball courts, fitness center, 3 baseball fields, soccer/football field, spinning room, racquetball room, free-weight room, six-lane swimming pool with Red Cross certified lifeguards, lap swim times, water fitness classes, swim team and swim lessons, a registered Master's swim team membership, child watch, afterschool care, summer day camps, fitness classes, Pilates machine instruction, senior fitness classes, monthly senior potluck, sauna, wi-fi, free parking, Redbird CrossFit facility, 1-mile walking trail with new StoryWalk® for families	1968
7	Springfield Racquet & Fitness Center 3725 Chatham Rd. Springfield, IL 62704	217-787-2460 springfieldracquetandfitness.com srfc62704@gmail.com	12	1,375	Rates vary.	5:30am - 10pm M-Th, 5:30am - 9pm Fri., 7am - 7pm Sat, 7am - 7pm Sun.	Ross Graham	Air conditioned indoor sports courts, 30ft rock wall, cardio equipment, resistance equipment, free weight areas, group fitness classes, individual workout programs, certified personal training, professional tennis lessons, clinics/drills by certified instructors - USTA designated, youth tennis excellence training center, adult & junior in-house/travel tennis teams, outdoor aquatic center - 3 heated pools, aquacise classes. swim lessons and swim team participation, Red Cross certified life guards, summer day camp	1971
8	Rocket Fitness 326 Sattley Rochester, IL 62563	217-498-1175 rocketfitnesscenter.com rocketfitness@yahoo.com	5	1,000	\$25 - \$35	24 hours, 7 days a week	Tracy Rogers	Full service gym, Hoist and Vision equipment, freeweights, basketball and volleyball league, showers, group fitness classes included in membership	2014
9	Power Works Fitness 349 Williams Ln. Chatham, IL 62629	217-697-8727 217-483=6294 www.pwfchatham.com	20	800	Check website.	8am-6:30pm M–Th, 8am-4pm Fri., 9am-noon Sat.	Lex Bitner, Program Director Alisha Jackson, Membership Coordinator	Free weights, cardio equipment, locker rooms, saunas, group exercise classes including a state of the art cycle studio, yoga studio, kickboxing, TRX and an Athletic Development training center	2010
10	Orangetheory Fitness 2450 W. Wabash Springfield, IL 62704	217-953-0054 orangetheoryfitness.com Studio0805@orangetheoryfitness.com	10	650	Varies.	Open 7 days a week	Cami Kern, Studio Manager	Studio fitness, small group personal training	2017
11	Snap Fitness 24-7 1362 Toronto Rd. Springfield, IL 62712	217-679-1724 snapfitness.com springfield@snapfitness.com	1	500	Rates vary. Student and hero rates.	24-hour access	Clint Holmes	Cybox brand equipment, free weights, machine weights, cardio equipment, MyZone	2005

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11	Snap Fitness 24-7 1061 Jason Pl. Chatham, IL 62629	217-483-5701 snapfitness.com	1	500	Rates vary. Student and hero rates.	24-hour access	Wendy Jostes	Cybex brand equipment, free weights, machine weights, cardio equipment, Fitness On Demand, MyZone	2005
12	Snap Fitness 24-7 3013 Lindbergh Blvd., Suite B Springfield, IL 62704	217-329-1450 snapfitness.com	1	200	Rates vary. Student and hero rates.	24-hour access	Christine Lopez	Cybex brand equipment, free weights, machine weights, cardio equipment, MyZone	2005
12	Roesch's Gym 2746 S. 6th St. Springfield, IL 62703	217-553-4665 roeschsgym.com Roeschsgym@gmail.com	3	200	\$45 single \$75 family of 2 (married) \$15 each addi- tional under 18	24-hour access	T.C. Roesch	3,500 sq. ft. of cardio, free weights, machines	1992
13	Pure Performance Center 320 S. Fourth St. Springfield, IL 62701	ferry.jeremy@yahoo.com	1	60	\$30 per month, \$30 to sign up.	24-hour access	Jeremy Ferry	Wifi and showers	2016
14	Anytime Fitness 2705 N. Dirksen Parkway Springfield, IL 62702	217-523-1541 anytimefitness.com	6	DND	\$29.95 - \$34.95 per month.	24-hour access	Brandon Lawson	Cardio - each piece features its own tv viewing screen, treadmills, ellipticals, crosstrainers, adaptive motion trainers, recumbent bikes, stairclimber, free weights- hammer strength plate loaded, 5-120 lb dumbbells, smith machine, olympic bench, precor/paramont circuit line, modular cable cross over system, private men's and women's shower/bathroom, personal training, rowing machine, squat racks	2010
14	Anytime Fitness 3045 S. Dirksen Parkway Springfield, IL 62703	217-670-2420 anytimefitness.com	6	DND	\$29.95-\$34.95 per month.	24-hour access	Brandon Lawson,	Cardio - each piece features its own tv viewing screen, treadmills, ellipticals, crosstrainers, adaptive motion trainers, recumbent bikes, stairclimber, free weights- hammer strength plate loaded, 5-120 lb dumbbells, smith machine, olympic bench, precor/paramont circuit line, modular cable cross over system, private men's and women's shower/bathroom, personal training, rowing machine, squat racks	2012
14	Anytime Fitness West 4307 Yucan Dr. Springfield, IL 62711	217-679-2490 anytimefitness.com Facebook: Anytime Fitness West springfieldil2@anytimefit- ness.com	2	DND	\$33 - \$37 per month. Discount for additional family members.	24-hour access	Jill Fasig	Treadmills, ellipticals, bikes with own tv viewing, free weights, kettlebells, TRX bands, selectorized equipment, cable crossover, dual adjusted pulley machine, squat rack, smith machine, free small group classes, personal training, specialty classes, individual shower rooms with towels provided, aerial fitness training and tanning	2012
14	Planet Fitness 1756 Wabash Ave. Springfield, IL 62704	217-546-4910 planetfitness.com info@planetfitness.com	12	DND	\$10 - \$22.04 per month.	Open 24 hours, 7 days a week	Monica Gordon	Cardio machines, weight resistance machines, instruction included with membership, tanning, massage beds	2013
14	L.A. Fitness 2501 Wabash Ave. Springfield, IL 62704	217-801-9007 lafitness.com contact@fitnessintl.com	40	DND	Varies.	5am - 11pm M-T, 5am - 10pm Fri, 8am - 8pm Sat. & Sun.	Chris Kolb	State-of-the-art equipment, free weights, indoor basketball, cycling, variety of group fitness classes, indoor pool, sauna, whirlpool spa, personal training,* juice bar* *Some amenities are additional charges	2013

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# Food can be both healthy and fast

BY NIKO ROBLADO

Creating and maintaining a healthy diet has the potential to become a chore after weeks or months of consecutive planning. Fast food has made it exponentially easier to obtain quick meals at the cost of healthy options. However, businesses that specialize in creating meals or meal replacement products to help their customers consume healthier food options have grown in popularity in recent years.

CoreLife Eatery, a restaurant chain based in New York, has recently opened locations in Peoria, Champaign and Normal and has a location under construction on an out lot in front of the newly renovated Sherwood Plaza at 2450 Wabash Ave. in Springfield.

CoreLife is dedicated to creating healthy meals without GMOs, trans fats or artificial additives and says its mission is to provide meals that taste good but are also good for you. It offers a wide variety of greens, grains and broth-based meals.

A recent study by the Pew Research Center found that 50 million Americans, or one in seven people, eat fast food on any given day. Given the huge market for people who want quick and easy meals, other businesses are trying to target that demographic.

Finding time to cook at home can quickly transform into a stressful situation, especially after a long day at the office makes hitting the drive-thru seem easier. Let's Make Dinner, located at 2943 W. White Oaks Drive in Springfield, provides premade meals to cook at home, cutting down the time spent preparing food.

"All of our meals are home cooked, which means they don't have preservatives in them.

They don't have a bunch of sodium, like TV dinners. It's the same way you would make it if you made it at home, so it's a lot healthier. We put them into two and three serving containers to help with portion control," Tami Frye, owner of Let's Make Dinner, said.

Each meal is labeled with a full list of nutritional facts. Frye creates new meals on a monthly basis to provide her menu with variety. She also offers a bulk discount for 10 meals at a time, which can mean being able to feed a small party or be saved in the freezer for dinner another time.

"Our goal is to help as many people as we can to have good meals. Real food. That's our goal, to bring people healthy meals for a healthy price," Frye said.

An alternative to eating a meal is to drink it. Owners Tim and Christine Everett opened their Smoothie King location at 4319 Yukon Drive in Springfield in 2016. The couple was inspired after experiencing a Smoothie King in the Chicago Midway airport. Smoothie King uses fresh produce and no additives in their smoothies. Many of their drinks can be used as meal replacements, since they contain a minimum of 10 grams of protein.

"We believe that if you have the best quality ingredients, you will get the best product," said Christine Everett. "A goal of ours is to be sugar-free by the end of the year. Some of the smoothies will have sugar, but all of our purpose smoothies will be sugar-free. We don't use high fructose corn syrup, we don't have any trans fat. There are a lot of things we do here that are different."

When people hear smoothie, they tend to think ice cream. We are not that. We do healthy treats and meal replacements.

We have a large vegan following because we do have vegan options. There are not a large group of people that have those options on a fast food basis," explained Christine.

With the upcoming opening of CoreLife Eatery and stores like Let's Make Dinner, it is becoming equally as easy to grab a salad or a

grain bowl as it is to get a cheeseburger. The options for healthy eating in Springfield are slowly expanding, and while fast food chains remain abundant, businesses that promote healthier alternatives are now offering many of the same convenience factors as the competition. ♦



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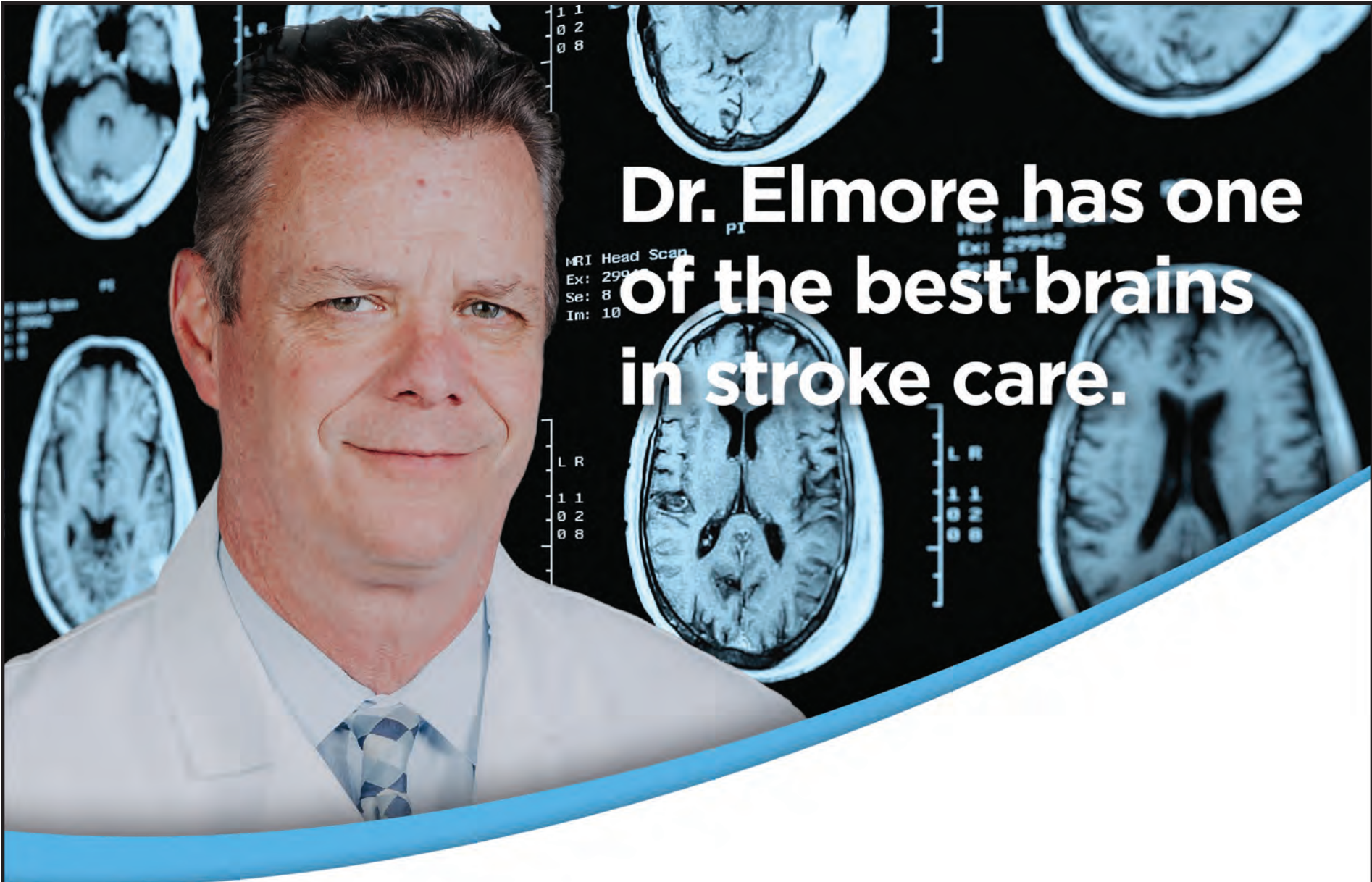
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MEDICAL NEWS

# New digital imaging detector for LLCC radiography program

HSHS St. John's Hospital recently made a gift of a new digital detector imaging system for the Lincoln Land Community College associate degree radiography lab.

"HSHS is proud to partner with the LLCC radiography program to enhance students' training and education," said Stephen Sabo, system director for capital equipment contracts at HSHS and 1988 LLCC radiography graduate. "Staying current with the latest, emerging technologies positively affects patient care."

Sabo said he fondly remembers being a radiography student at LLCC. "The program gave me a wide breadth of clinical knowledge that I still use today in making purchasing decisions for the hospital system."

Sabo started his career as a CT technologist and has progressed through a number of positions within HSHS while earning a bachelor's degree and MBA. He stated that students need to know that there are many career paths one can take with a radiography degree.

Janelle Murphy, director of the LLCC radiography program, added, "With the acquisition of the newest in digital radiography, our students have will have hands-on experience with current technologies and be better prepared for their role as x-ray students at the clinical sites they attend as part of their education."

"We thank HSHS St. John's for this generous gift, which will allow our students to practice on the same state-of-the-art equipment they will find on the job," said Dr. Charlotte Warren, president of LLCC.

LLCC's two-year, associate degree radiography program prepares students for an occupation in the professional field of medical radiography (X-ray technology). Classes begin in June each year, with 100 percent job placement for graduates. More information is available at [www.llcc.edu/radiography](http://www.llcc.edu/radiography). ♦



Dr. Vern Lindquist, LLCC vice president, academic services; Dr. Charlotte Warren, LLCC president; Janelle Murphy, program director, LLCC radiography; Stephen Sabo, system director, capital equipment contracts at HSHS; Karen Sanders, executive director, LLCC Foundation; Dr. Cynthia Maskey, dean, LLCC health professions.

PHOTO COURTESY HSHS



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# Employers wrestle with medical marijuana issues

BY TOM PAVLIK

The medical marijuana industry in Illinois started in January of 2014. With the benefit of more than four years of experience with the program, I thought it would be helpful to revisit the topic. First, let's get some background. The option to use medical marijuana under the Compassionate Use of Medical Cannabis Pilot Program Act is open only to those individuals suffering from one of the enumerated debilitating medical conditions defined by the Act, such as cancer, multiple sclerosis, PTSD, terminal illness and glaucoma. Significantly, the Illinois legislature passed a bill that allows medical cannabis to be used in place of prescription painkillers (e.g. opioids); however, Governor Rauner has not yet signed the bill.

Patients seeking admission to the program must be treated by a physician with whom the patient has a doctor-patient relationship. No prescription is required – rather, the doctor must certify that the patient has one of the debilitating conditions.

Patients must submit to a background check and fingerprinting and will also have to provide their medical records to the Illinois Department of Public Health (IDPH). Under the bill currently sitting on the Governor's desk, the requirements for fingerprints and background checks are eliminated. Patients must then register with IDPH, which will issue identification cards, for a fee, to all registered users and designated caregivers.

Not everyone may participate in the program. Among these disqualified individuals are active duty law enforcement officers, those convicted of certain offenses – such as a drug-related felony – or those who have a school bus or commercial driver's license. Minors may be patients but must have a "caregiver."

Cannabis products can only be purchased at one of the 55 state licensed and approved dispensaries. And the products sold by those dispensaries must come from one of the cultivation centers that are licensed and heavily regulated by the state. Patients must designate a specific dispensary and may purchase up to 2.5 ounces of marijuana every 14 days. As of Aug. 1, 2018, the state has approved 42,303 qualifying patients, including 305 persons under the age of 18. To put that into perspective, the industry had retail sales for July 2018 of \$11,148,349 and served 24,335 unique patients who purchased 496,102 grams of dry cannabis. Total retail sales since November 2015 have been \$196,056,886. Illinois' medical marijuana industry currently exists only as a pilot program that's set to expire on July 1, 2020. So with all of that background, whether you are an employer or just a concerned citizen,

you should be asking certain questions about how all of this plays out in the real world. Here are some of those questions to consider:

## Can you terminate an employee who is enrolled in the program for failing a drug test?

Although the law contemplates that employers will adopt policies to accommodate employees who are enrolled under the Act and permits employers to adopt reasonable regulations, employers are still free to drug test employees and to adopt zero-tolerance drug

## How does one determine an employee is "impaired" from the use of medical marijuana?

Employers are free to discipline employees who are "impaired" on the job from the use of medical marijuana. Impairment may be established when an employee "manifests specific, articulable symptoms while working that decrease or lessen his or her performance of the duties or tasks of the employee's job position." The Act provides specific examples of the kind of symptoms that would qualify. Employers

## Can I refuse to hire someone who is enrolled in the program?

The Act prohibits discrimination by a school, employer or landlord based solely on one's status as a qualified patient. This means that you can't fire, or refuse to hire, someone just because s/he are registered and enrolled under the Act. However, that protection is lost if the school, employer or landlord would lose a federal benefit by virtue of the association with the patient. As a practical matter, anyone involved in the hiring process should steer clear of asking if the candidate has his or her medical marijuana card.

## Can I refuse to hire someone who fails a pre-employment drug test for cannabis?

In most instances, you cannot as long as the candidate is enrolled under the Act. However, again, thereafter an employer is allowed to maintain a zero-tolerance drug policy – inclusive of drug testing.

## Should I, as an employer, have a drug testing program for existing employees?

Testing existing employees for marijuana is a tricky question because although the test may be positive, it will almost certainly be impossible to answer whether the cannabis was used during worktime (not permitted, assuming a zero-tolerance policy) or during non-working hours (where use of medical cannabis is, obviously, permitted). Remember that the Act prohibits discrimination based solely on enrollment in the program – which might suggest that disciplining the employee is not permitted.

For this reason, some employers are getting rid of drug testing, or are eliminating cannabis from the screening. The issue becomes even murkier when the drug test is initiated because of a workplace accident or injury. There is no clear answer as to whether a positive result for cannabis from these types of tests will allow an employer to discipline the employee without fear of a discrimination claim under the Act. This is why it has become increasingly important for employers to review their HR policies when it comes to drugs.

Generally speaking, employers in safety sensitive industries may want to institute, or beef up, zero-tolerance policies. On the other hand, employers in lower risk industries may decide to be more flexible and to institute a policy that accommodates off-work use of medical cannabis as long as employees are not impaired at work. In any event, given the ever-changing laws (plus the fact that cannabis use is still a federal crime), employers should seek legal counsel. ♦

policies. Said another way, employers are not required to offer reasonable accommodations to employees enrolled under the Act. So the answer is yes, as long as the employer has a zero-tolerance drug policy that is applied in a non-discriminatory manner, qualifying patients may be disciplined for violation of that policy.

must allow their employees a reasonable opportunity to dispute any determination of impairment.

Patients have no cause of action against an employer as long as the employer had a good faith belief that the employee was using cannabis on the job or was impaired.

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# Cooper's AlleySide has food to bowl you over

BY TOM PAVLIK

Cooper's StrEATside Bistro's food truck has been popular in Springfield for quite some time, winning various accolades for its offerings - many sourced from locally grown ingredients. But I always wondered when the owners might take a stab at a more traditional brick and mortar location. And, about a year ago, they decided to do just that with the addition of Cooper's AlleySide.

AlleySide is located in King Pin Lanes near the intersection of Sangamon and Dirksen. It's a bit incongruous to find a full-fledged restaurant in a bowling alley - I mean, I generally associate bowling alley food with frozen pizza, hot dogs that have been on the rack for hours and greasy French fries. AlleySide, thankfully, blows that misconception out of the water.

Walking in to AlleySide, it's clear you're in a bowling alley. Despite the noise of pins getting knocked over and balls hitting the floor, the layout works well in that the restaurant (located in the front) is physically separate from the bowling alley proper. There's little by way of decoration and the seating area has a nice bi-level effect. Thanks to the sunken bar, seats around the bar aren't stools but are rather regular chairs - something you don't see that often. The other thing you don't see - good from both the perspective of hygiene and aesthetics - is the shoe rental counter.

Diners order at the counter. There's a large menu hanging on the wall behind the cash register, with a board adjacent to it that lists the many specials AlleySide dishes out. There's plenty of seating and generous spacing of the tables. Staff was particularly helpful in explaining the menu.

The menu is broken down into "frames" that

range from starters, sides, burgers/sandwiches and so on. The menu is surprisingly large and should have something for just about every taste. There are also daily specials.

We were only two people for lunch but were determined to cover as large a swath of the menu as we could. *Business Journal* readers deserve no less. Again, there was a lot to pick from. A few of the dishes that contended, but weren't selected, included the kale salad (\$6, with pickled red onion, queso cheese, sunflower seeds, corn relish and vinaigrette - add chicken, pulled pork, steak or tofu for an additional \$3), the pork bahn mi (\$8, grilled pork loin, cucumbers, cilantro-pickled root mix and spicy mayo - add pork belly for an additional \$2), and the "Build Your Boat" (price varies - select from a "base" of rice, chips, macaroni and cheese or fries, layer on your choices of protein and sauce, and finish it off with a variety of toppings - think decadent).

Unfortunately, several of the dishes we had our eyes on came with pork belly, but AlleySide was out of that ingredient the day we visited. We were saddened, but happy that it keeps good control of inventory and doesn't resort to frozen ingredients.

We decided to start with an order of the cheese curds (\$6, served with ranch) and the lettuce wraps (\$6, chicken, pork belly or tofu). The curds were nicely fried nuggets of yellow cheese. The portion was generous, as were most all of the dishes we observed or ate, and the curds had obviously come directly from the fryer. I found the lettuce wraps to be a bit too sweet for my palate, but the dish definitely evoked an Asian flair. The addition of black sesame seeds added some welcome texture. Again, pork belly really would have elevated this one, but we had

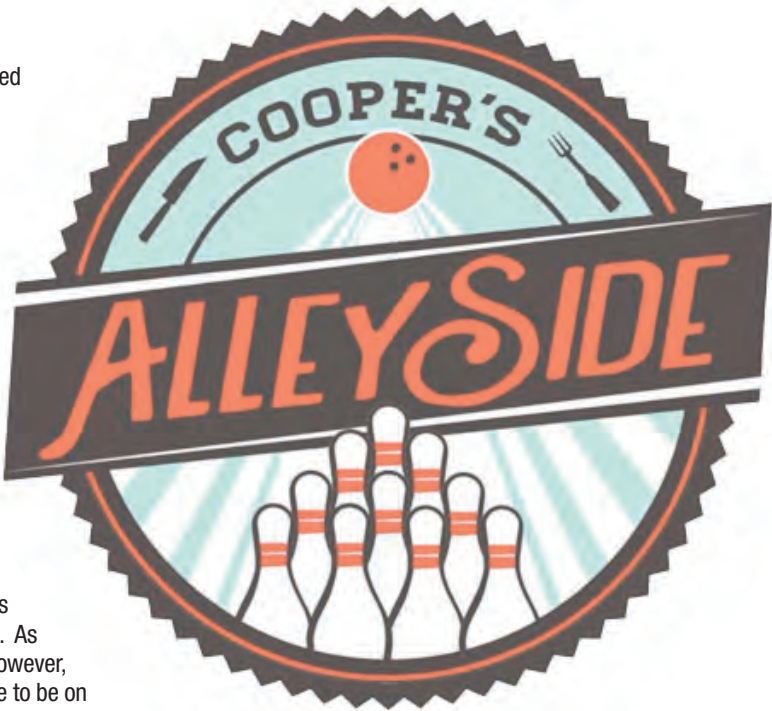
to make do with chicken.

By the time we finished these dishes we really weren't ready for more, but we soldiered on. Our second round consisted of the "Lane 2" flatbread pizza (\$8, red sauce, mozzarella, tomato and basil) and the BLT with jalapeno bacon and chips (\$6, substituting fries for an additional charge) which was the daily special for Thursday.

The pizza was well done and came with vine ripened tomatoes and lots of cheese and fresh basil. As with the lettuce wraps, however, my guest found the sauce to be on the sweet side. Otherwise, she was pleased with her order.

The BLT came with two slices of Texas toast that had just the right amount of butter. The proportions of tomato, lettuce and bacon were appropriate. I particularly liked that the bacon really had some jalapeno punch and was cooked enough so that it had just the right bite - not too soggy, but not crisp enough that it disintegrated into a mess. There were far more fries than I could have ever eaten and they were crisp on the outside and fluffy on the inside. AlleySide clearly has fries figured out.

My guest and I also enjoyed the passion fruit iced tea. Thankfully, it came unsweetened. This was good stuff and hit the spot on the hot and



humid day we decided to visit.

We came a little late in the lunch hour, and although AlleySide looked like some staff had already gone home, our service was very friendly and super-efficient.

Dining in a bowling alley may not be the right venue for every business lunch, but AlleySide's tasty fare is reason enough to put it on your lunch rotation. ♦



Flatbread pizza, kale salad and BLT with jalepeno bacon.

PHOTO BY STACIE LEWIS

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The 2018 First Toast, a Toast of the Town celebration that kicks-off the season, was held on May 19 at Illini Country Club featuring the Blooze Brothers from Chicago.

PHOTO BY JASON JOHNSON

# Partying for a purpose

## Toast of the Town parties support projects at St. John's Hospital

BY JANET SEITZ

Twenty five years of parties with a purpose have given HSHS St. John's Hospital more than \$3 million to celebrate. The hospital foundation's premier fundraising event, Toast of the Town, kicked off with The First Toast in May, recognizing many of the TOT supporters and featuring entertainment, dancing, food and opportunities to learn about St. John's. The 2018 theme parties begin in September and continue into November.

According to Brandy Grove, the foundation's gift officer, more than 500 community members have hosted TOT season parties since 1994, when Barb Hennessy and Barb Burris introduced the idea to the Springfield community.

"Every event is an experience with great food, entertainment, and once in a while, activities and commemorative gifts," said Grove. Each party, attended by 75-150 guests, has a specific theme and attire recommendation. "Themes have been Austin Powers, Venice, Hollywood, Gatsby, circus, holiday, Arabian nights, Mardi Gras, murder mystery, antique toy chest night at the museum, tailgate, sock hop, Mr. Lincoln, and Mad Hatter, just to name a few. Many community members who get involved are our generous donors, so I believe they get involved to support St. John's and excellent health care in our community."

Co-hosts Tim and Chrissy Nicoud determined the upcoming Sept. 8 party theme, "An afternoon on the lake."

"My wife and I attended Spring Hill College in Mobile, Alabama," explained Tim. "My wife was born and raised there until we were married and moved back to my hometown of Springfield. We love the area, the culture and especially the Southern cuisine. We have hosted private shrimp boils at our home in the past and had a great time. We thought it would be a nice casual event for people to attend, enjoy the music and seafood amongst friends with a wonderful view of the lake and hopefully some cooler weather."

Tim initially became involved with St John's Hospital about four years ago when asked to join the foundation board. "After a couple of meetings, I was invited to join the St. John's board of directors and have been involved with the board since that time," he said, and he currently serves as vice-chair of the board. "My wife and I had two of our three daughters (Ashlyn, 15 and Lauren, 12) at St. John's, and both daughters spent time in the NICU as they were born premature. St. John's and

the team of doctors and nurses during that period of our lives were amazing, and my wife and I wanted to give back in some way." Nicoud's business partner, Jim Hillestad, and his wife, Kathy, are co-hosting this party, and Jim is also involved with the foundation board.

"It will be a great way to meet other supporters of the hospital and hopefully share with newcomers why St. John's is important to our community and what great work they do as caregivers," added Tim.

TOT has had a substantial share of community leaders involved in the effort, many for a long time. "I became involved with Toast of the Town almost five years ago," said this year's TOT chair Sarah Delano Pavlik. "I became involved because St. John's is a high quality, faith-based hospital that is vital to our community. The Toast of the Town is a wonderful event with a great history, and I am proud and happy to be a part of it."

Among the many areas and projects that have benefitted from TOT since 1994 are HSHS St. John's Children's Hospital and Women's Services, emergency department, bone and joint institute, cardiovascular health and rehab center, neurology, St. John's College of Nursing Simulation Lab, Children's Hospital healing garden, Children's Hospital Neonatal Intensive Care Unit expansion and more.

"Giving to HSHS St. John's Hospital matters," president and CEO Dr. Charles Lucore stated. "It matters to our patients, who benefit from expanded opportunities for health care excellence. It inspires our colleagues, who utilize philanthropy to provide compassionate patient services. It engages the entire community, who rely on a healthy philanthropic program to sustain and build the mission of the hospital. You have the power to make a difference in the lives of so many by financially supporting HSHS St. John's Foundation with sponsorship of Toast of the Town (TOT) and/or a reservation to a TOT season party."

For tickets and other support options, go to the website (<https://giving.hshs.org/sjs/TOT>) or contact Brandy Grove at [brandy.grove@hshs.org](mailto:brandy.grove@hshs.org) (217) 814-5177. ♦

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





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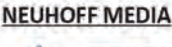
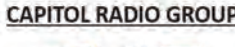













**The Greater Springfield Chamber Job Fair**

  **Lincoln Land Community College**  
Presenting Sponsor

**Tuesday, August 28, 2018**  
**3:00 to 6:00 p.m.**  
**Crowne Plaza Springfield**  
**3000 S. Dirksen Pkwy., Springfield, IL**

This job fair has the right career for you! Employers will be on site to interview prospective employees for full-time, part-time, and seasonal positions.

Participating companies can be found at [gsc.org/events](http://gsc.org/events)

Booth space still available! To participate, contact Lisa Schafer at (217) 525-1173 ext. 203 or [Ischafer@gsc.org](mailto:Ischafer@gsc.org).

*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 Wednesday, Sept. 20 from 11:30 a.m.-1 p.m. at the Sangamo Club. The program will be: Gearing Up for the Big Launch: NextGrid Illinois. Later this month, the Illinois Commerce Commission (ICC) will launch the NextGrid Utility of the Future Study. The impact of this study will be huge because the electrical grid affects each one of us. How do you get that information out to the public and the media when the topic is so complex? Vicki Crawford, ICC's new senior public information officer, will share her strategies for tackling the launch. For more information or to make reservations, visit [www.awcspRINGfield.org](http://www.awcspRINGfield.org).

**Illinois Women in Leadership (IWIL)**

The 7th Annual Women's Symposium will be held on Thursday, Sept. 27 from 8 a.m.-4:30 p.m. at the Crowne Plaza. Registration is \$140 per person. This empowering full-day event will allow attendees to expand their professional and personal competencies and make relevant connections through networking. Visit [www.iwil.biz](http://www.iwil.biz) for more information or to register.

**Women Entrepreneurs of Central Illinois (WE-CI)**

WE-CI will host a meeting on Wednesday, Sept. 12 from 5:30-7:30 p.m. at Panther Creek Country Club. Laura Camp of Simply Fair will be discussing "The Fair Trade Difference" and how we can survive to thrive. To register, visit [weci.wildapricot.org/events](http://weci.wildapricot.org/events).

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To have your event added to the Women's Calendar of Events, please email your information to [info@springfieldbusinessjournal.com](mailto:info@springfieldbusinessjournal.com)











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\$50	=	 40 HOURS of JOB COACHING	100% of clients increased their knowledge of essential workplace skills
\$100	=	 7 WEEKS of SUMMER LEARNING for ONE CHILD	73% of children achieved growth in reading skills
\$200	=	 33 SENIORS connected to HEALTH RESOURCES	71% of clients increased use of primary care services

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