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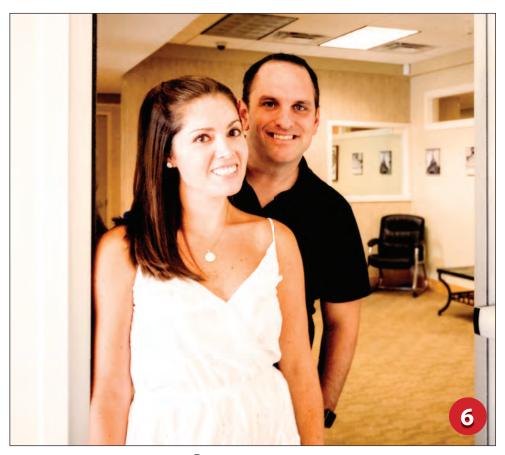


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COVER PHOTO BY MATT LARISON

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The opportunities of aging

It's often said that the older you get, the younger everyone else looks. I realized I had reached that point in my own life when I volunteered at a downtown event a few years ago and was assigned the task of checking identification before handing out wristbands to purchase alcohol; I quickly realized I could no longer tell the difference between middle school students and people of legal drinking age.

However, with age also comes acceptance, and I find myself worrying less about what will happen when I get older and focusing more on being grateful that I am getting older. The loss of a dear friend earlier this year at the age of 44 was a stark reminder that we do not always have as much time on this earth as we expect.

For the most part, Americans are living longer and remaining in the workforce longer. According to the AARP, 20% of Americans over the age of 65 are still working, which has nearly doubled since 1985. By 2030, all of the baby boomers will be at least 65 years old, leading the Census Bureau to project that people over the age of 65 will outnumber children for the first time in U.S. history.

With many workplaces now consisting of three or more generations, it is important to examine stereotypes we hold about each age group, a topic that this month's professional development column addresses (pg. 40). Developers are also beginning to rethink the concept of senior housing, and in this month's Q&A with Steve Zaubi he explains his concept of communal living for seniors (pg. 6-7), while Tom Berkshire envisions repurposing small college campuses as places where seniors could live and learn (pg. 12-13).

Joseph Coughlin, director of AgeLab at MIT and author of the book, *The Longevity Economy*, said in an interview with Courthouse News Service last year, "The aging of the United States should not be looked at as a sudden problem – it should be looked at as an opportunity."



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business so that Steve can enjoy his own retirement, including fishing trips to Florida.

Are you originally from Springfield?

Yes, I'm a St. Agnes and Griffin boy. After high school, I attended Western Illinois University, but from there I followed the sun. I went to Arizona State University for my undergraduate work and eventually traveled down to Florida, where I worked on my master's degree at the University of West Florida.

Was returning to Springfield always part of your plan?

No, I never imagined I would end up back here, but I returned home in 1981 and went to work for the state in a new department called the Department of Commerce and Community Affairs. They had hired about 20 people to create and finance business in Illinois. We had jets and helicopters and anything we needed to bring in business. We were young and had a lot of fun. For a state job, it was pretty amazing. It gave me the opportunity to meet a lot of successful people and exposed me to different types of businesses. I did that for a number of years, until 1986 when Mayor Mike Houston recruited me to be the director of economic and community development for the City of Springfield.

How did you decide to build senior living centers?

As director of community development, I dealt with a lot of housing needs. I noticed that there were really only two choices for elderly people; you either stayed in your house or you went into a nursing home. Conceptually, I started thinking about building a communal home that wasn't a nursing home, but more of a transitional place where seniors could take care of themselves and live among their peers without the pressures of daily life.



How are Seasons at Pine Creek and Seasons Under the Oaks different from other senior living?

Prior to building those two communities, I had built a bi-level, 160-unit facility called Homestead at Montvale. I quickly realized that it didn't have the communal atmosphere that I had hoped for because there were too many residents. I didn't want our seniors to feel like they were living among strangers, so when we built Seasons at Pine Creek and Seasons Under the Oaks, we designed them like a neighborhood. Each community has 60 units, is all one level and everyone recognizes each other. We put seniors amongst their peers and they relate to one another very quickly. The beauty of this environment is that they have complete privacy in their apartment, but they also have all of the amenities and social activities right down the hall. Seniors can be involved as much or as little as they want. We've had people come in and tell us that they aren't typically a joiner, but eventually they come down to get their mail and pretty soon they are talking to new people and having coffee with friends. Before we know it, they are leading the conga dances. It's hard for me not to get on a soapbox about this, but we are the only family-owned retirement community in Springfield, and I believe that our facilities greatly enhance the quality of seniors' lives.

What is one of the most memorable moments of your career?

Once, I had a woman touring a facility and she kept eyeing another woman. Eventually, she excused herself, went up to the woman and introduced herself. It turns out they had been best friends when they were 10 years old and hadn't seen each other in 56 years!

How has COVID-19 affected the daily operations at your facilities?

We took early precautions and we are the only senior housing development in Springfield that hasn't had any cases. We canceled all of the extracurricular activities, everyone has to wear a mask in the common areas and we encourage people to spend time outside. Each resident has an outdoor patio, so family and friends can come visit, but they don't have to walk through the building. We're being extremely cautious, but we also know the importance of keeping our residents' spirits up. Yesterday, my son brought in a corn dog stand and our residents were able to go out into the parking lot and enjoy fair food while staying socially distanced. Everyone enjoyed that!

Did you ever imagine that working with seniors would be so rewarding?

Out of all the things I've done in my life, the feeling I get from working with seniors has been completely unexpected. My wife says this is our calling, and she's right. I'm incredibly lucky, but I couldn't have accomplished this without the support and hard work of my family. They are irreplaceable, and I am blessed.





Serving and improving Springfield's business community

By Catherine O'Connor

Springfield lost two community-minded entrepreneurial giants, Louis Myers and Arnold Stern, within the first week of September 2020. Though Stern and Myers were three years apart in age, they were lifelong friends who had much in common, beginning with primary education at Butler Elementary School followed by graduation from Springfield High School, according to Myers' son, Steve.

Neighbors for more than 50 years in Springfield's west-side Wildwood subdivision, both the Stern and Myers families traced their immigrant roots back to Europe, with Myers' ancestors arriving in Springfield in 1865 and the Sterns in 1902. Both men served in the military after college, and later became

firmly established in their families' multigenerational companies, which have been a part of Springfield's economy for decades.

In 1951, Stern graduated from the University of Missouri where met his future wife, Doris Pressman. Shortly after graduation, the newlyweds headed to the Panama Canal Zone, where their son was born while Arnold was serving as a second lieutenant in the United States Air Force. In 1953, the couple set up residence in the Pasfield Place Apartments, where they made many lifelong friends, before building their home in Leland Grove.

Long Beach State University in California is where Lou Myers first met fellow central Illinoisan Dorothy "June" Dunseth, who

would become his wife in 1958. Back in Springfield during college break, the two had become reacquainted with a first date at Moonlight Gardens, a popular spot at the soon-to-be developed corner of Wabash and Chatham Roads. Myers graduated cum laude from the University of Miami in 1953. After completing officer candidate school in Rhode Island, he was assigned to the U.S. Naval Station in Japan where he served until 1956, achieving the title of Lieutenant, and remaining in the Naval Reserve until 1975.

After returning to Springfield, Stern joined his father and brothers in the family's furniture business, which had operated since the 1930s in the thriving downtown. In 1971, Stern's Carriage House

opened at 2700 W. Monroe and Stern's Furniture later moved to a west-side location as well. Through it all, community service and civic philanthropy were priorities for Stern, who served as board president of Springfield's First Federal Savings & Loan, Greater Springfield Chamber of Commerce, Goodwill Industries and other charities. Stern was known for being the first Jewish president of the Sangamo Club, while his wife, Doris, was the first Jewish member of Springfield Junior League.

Myers also joined his father and brothers in the family business, located in downtown Springfield. Early in his career, Myers spent 18 months working for Macy's Department Store in New York City, which was an invaluable experience that he brought to the Myers Brothers Department Store in downtown. According to son Steve Myers, "We always had the best display windows in Springfield, because our window dressers were also trained at Macy's."

As with the Sterns, real estate property management and development became part and parcel of the Myers family's growing business as Springfield evolved





into the next century.

Known as Pop Pop, Stern loved and treasured his son, two daughters and grandchildren. He kept a rigorous schedule of daily lunches and dinners with his friends. Those dates, which were considered by him to be "sacred appointments," were so well-known to his family and friends that they would know with whom and at which restaurant Stern would be, based on the day of the week.

Myers, the father of two sons and one daughter, was affectionately called Par by his grandchildren. He and his wife, June, were members of First United Methodist Church for nearly 60 years. They enjoyed spending winters in Mexico and summers in a restored caboose on their farm outside of Springfield, sharing their love of hard work and sweet corn with family and friends.

According to son, Steve, his father is credited with the founding of Springfield's Boys and Girls Club and the Sangamon County Crime Stoppers organization.

"He believed in service to the community and philanthropy, and now it's my turn," said Steve. 💷



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In addition to their respective businesses, Rachel and Zach Rambach opened the Springfield Learning and Working Annex at 1230 Centre West Dr.

Businesses help parents with remote learning

By Holly Whisler

Springfield business MB Heating & Cooling realized that many of their employees were facing a dilemma: go to work, or stay home with kids who are learning remotely. General manager Doug Gholson explained that last spring, the company had a plumber and an installer who could not work a full week because they were needed at home. After realizing that students may not be able to return to in-person learning in the fall, Gholson and company president, John Wyss, began to brainstorm about possible ideas.

Gholson and Wyss decided it would be good for everyone if the employees' kids could do their remote learning on the premises of MB Heating & Cooling. On Aug. 9, the company began advertising for a tutor to join the staff and received a tremendous response, with more than 25 applications for the position. Gholson said, "As soon as it was posted that we were looking for a tutor, it just blew up!"

The MB Heating & Cooling building at 1555 W. Jefferson St. includes a 7,000-square-foot training center on the second floor where technicians learn HVAC or electrical work. This space has now been transformed into a tutoring center. Gholson said, "We did the floors, painted, added trim, installed LED lighting and we're finishing offices to be used as quiet testing

space." Cameras will be installed for security purposes and so parents can peak in on their kids during the work day. Betty Bond, the tutor who was hired, works with four to eight students a day.

Although there was a lot to do in a short period, Gholson said, "It came together quickly. It's been time-consuming and sometimes overwhelming, but exciting and well worth it. We didn't do this for recognition. We did this to keep our employees and keep them happy. The most important thing is the kids won't be losing ground on their education, and our employees can continue providing for their families."

Two other small business owners, Rachel and Zach Rambach, understand first-hand the challenges families are facing this school year. Zach said, "We have a five and a seven-year old and know the stress of learning remotely."

Rachel is a board-certified music therapist at Music Therapy Connections, and Zach owns Rambach Insurance Agency. The couple are also now coowners of Springfield Learning and Working Annex, 1230 Centre West Dr., a space dedicated to the needs of students who are learning virtually and professionals who may need a quiet space to work remotely.

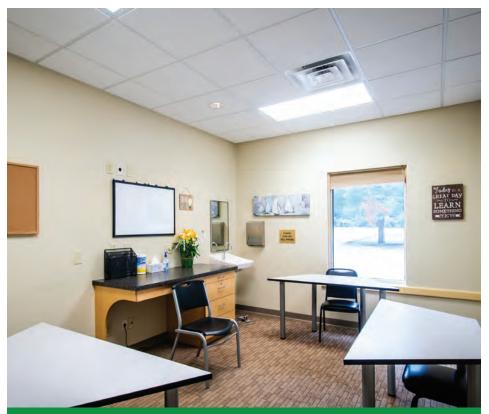
Zach said, "We own this building, where Rachel has had her business for about five years, and we did a build-out and split the remainder of the building into my office and another space to rent. It's nice space, but there's not too many people looking to sign a long-term lease during a pandemic."

When the couple realized that school would not resume in-person this fall, they decided to offer short-term rentals of space where parents and students could get relief. The Springfield Learning and Working Annex has multiple rooms that will accommodate an educator and students, or one or more professionals, along with independent study zones that can be reserved for a partial day or an entire day. The space is equipped with high-speed Wi-Fi (suitable for teleconferencing and video communication) plus indoor and outdoor security cameras.

In addition, if parents want their kids to have a qualified facilitator or tutor to keep them on track, answer academic questions or help with technology needs, there is a directory of facilitators on the website who have experience working with children. Parents can decide which facilitator best suits their child's learning needs, make arrangements with the facilitator for payment and book space through the website.

Zach said, "The Springfield community has supported us and our businesses. This is a way to give back, as much as we could, for what is needed now."

Holly Whisler is a freelance writer from Springfield who did substitute teaching prior to COVID.



The Rambachs offer short-term space rentals for students who are learning virtually or parents working remotely.



 $MB\ Heating\ \&\ Cooling\ converted\ a\ training\ center\ to\ space\ where\ a\ staff\ tutor\ works\ with\ the\ children\ of\ employees.$

Living and learning

Developer aims to convert college campuses into retirement centers

By David Blanchette

The student body of the near future may look quite different if a Springfield man's vision for rescuing at-risk private colleges becomes reality.

Tom Berkshire suggests that certain struggling small colleges could be transformed into residential education centers where senior citizens could live, either short or long-term, and learn in retirement.

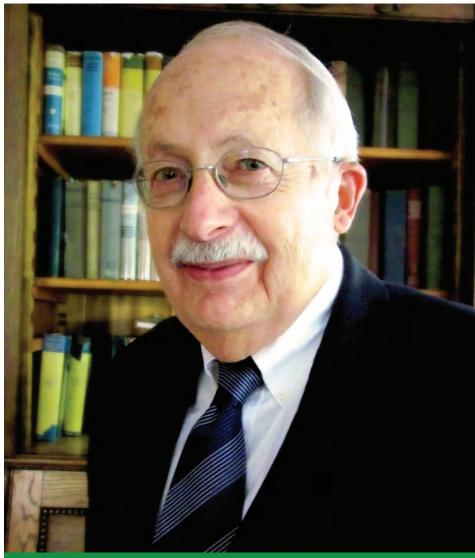
"The notion that senior citizens would be living around education was truly more interesting than the notion of living around other seniors who just want to talk about their health all of the time," said the 77-year-old Berkshire. "We could make the first college in the United States specifically for senior citizens and create housing opportunities within and around the campus for the seniors. We would basically create a senior retirement community that was college-bound."

Berkshire has formed Springfield-based New Century Retirement Living to promote his idea. He's looked at more than 100 campuses across the United States that are experiencing declining enrollment and mounting debt and that may be open to considering Berkshire's idea. The ideal campus would have residential and instructional infrastructure in place with a surrounding area that could accommodate additional development of specialized senior citizen residential units and amenities. It would also be in or near a metropolitan area for proximity to quality medical services and travel options.

That college-based retirement community could feature individual homes, duplexes, cottages, apartments and condominiums with a wide range of square footages that would allow residents to transition to a new setting and not need to leave the community.

Colleges in Virginia and Indiana have already talked to Berkshire, although neither has acted on his proposal. Berkshire has also looked at two area colleges that recently closed, the Benedictine University Springfield campus and MacMurray College in Jacksonville. Benedictine doesn't have enough open surrounding land for the proposal to work well in Springfield. But Berkshire plans to contact the auction buyers of the MacMurray campus and give his pitch.

"If we could pull this off in Jacksonville, that would be terrific," Berkshire said. "MacMurray got caught right in the middle of COVID; I was going to go over there and walk around and see what the options were, but they closed before I could get



Tom Berkshire has formed New Century Retirement Living to promote the idea of repurposing small college campuses into residential education centers for seniors. PHOTO COURTESY TOM BERKSHIRE

that done."

Cash-strapped colleges needn't worry about Berkshire's cost, because he only charges for his travel. An urban planner by training who is content with his Social Security and retirement income, Berkshire will develop a business plan for any interested college to help determine what parts of the conversion idea might work for them.

"It would run like a retirement community – like Concordia in Springfield – only around a college setting," Berkshire said. "It would charge like a country club for services and education. You would also get a bunch of retired professors so they are teaching, not because they need a living, but because they love it. There would be a site on each of the campuses for visitors or relatives who wanted to come and stay.

"We looked at some of the programs that exist now for lifelong learning. Some have physical structures and programs on-campus







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like at University of Illinois," Berkshire said. "But we thought our idea would be more appealing because it would have the kinds of studies that people are interested in, it would be close to a metropolitan area and it would be easy for them to travel if they want to travel."

Berkshire said the college senior-to-senior citizen campus transformation would have benefits for the institution and the area in which it is located. The college retirement community would be populated by higher-income seniors who would be provided a level of living that financially assists the college. The college and retirement community would be a significant employer, and the renewed life injected into the once-struggling campus would encourage additional investment by other segments of the community.

The new campus amenities and accommodations for senior citizens, such as health clinics, transportation and financial services, would increase the quality of life for the region. Berkshire also suggested a hybrid campus could work, with a college configured to serve both traditional and senior citizen

students.

According to the magazine *Futurist*, the number of small liberal arts colleges in the United States has dropped by 39% during the past 30 years. The COVID pandemic may accelerate that decline, as many small colleges depend heavily on revenue from international students.

By contrast, Berkshire said there are 78 million new retirees, many of whom are healthy, financially secure and have a continued thirst for lifelong learning. He said much of that demographic also had a terrific time in college, "for many, the best time in their lives," before progressing to successful careers and would likely welcome a short or long-term return to a college setting.

Berkshire has previous experience with unique senior citizen programs. He is involved in Generations of Hope, a development that converted a number of houses on the Chanute Air Force Base in Rantoul into a community where senior citizens and foster families live side-by-side. The senior citizens give 100 hours of assistance per quarter to help raise the

foster children and, as a result, nearly all of the foster children complete high school, a vast improvement compared to the rates for the foster system as a whole.

The Generations of Hope model has now been adopted by seven other communities around the country with another nine in the works.

Berkshire had a career in state government and ran the Illinois Easter Seals program but retired to take care of his wife, who had early-onset Alzheimer's. After his wife died, Berkshire looked for interesting things to explore and saw an article that indicated there were not enough incoming students to sustain a number of colleges, which would soon experience difficulty because of it. That's when the idea for New Century Retirement Living was born.

"I think once I get one or two going, there will be a waterfall of interest around the country," Berkshire said.

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



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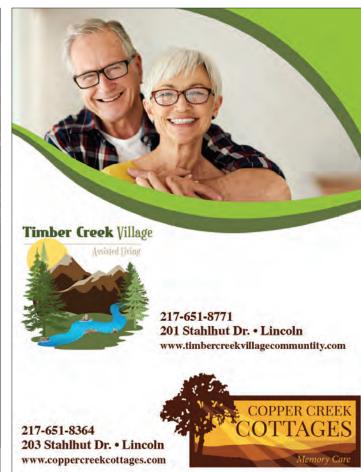


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1	Concordia Village, Senior Living Community 4101 W. Iles Ave. Springfield, IL 62711	217-793-9429 LSSLiving.org concordiavillage@lssliving.org	316	Independent and assisted living, skilled beds and memory care	Jacque Bogner executive director	233	Chapel, movie theatre, restaurant-style dining, private dining rooms, outdoor dining courtyard, market, wellness clinic, fitness room, indoor pool, game room, juice bar, art studio.	1995
2	Lewis Memorial Christian Village 3400 W. Washington St. Springfield, IL 62711	217-787-9600 lewismemorialchristainvillage.org chopson@chliving.org	233	Independent and assisted living, skilled nursing care	Christine Hopson executive director	240	Short-term rehab, physical, occupational, speech, aquatic therapies. Maintenance-free living set on 19 acres. Three beauty salons, community Wi-Fi, tree-lined walking paths, pet friendly, wellness center with therapeutic pool, wide array of activities and events, staff chaplain, church services and Bible studies.	1974
3	Serenity Manor at Springfield 2801 Montaluma Springfield, IL 62704	217-698-9600 serenityspringfield.com	160	Independent living	Vicki Chamblin	5	Controlled building access, elevators, community spaces, salon, fitness center, unit and community space upgrades, interior mail rooms, covered parking available, pet friendly, on-site laundry. Shopping, dining and other small businesses and medical facilities are nearby.	1998
4	Heritage Health of Springfield 900 N. Rutledge St. Springfield, IL 62702	217-789-0930 heritageofcare.com/springfield	153	Skilled beds	Maryann Walker	160	Short-term rehab, physical, occupational, speech and respiratory therapy seven days a week. A preferred provider, partners with Memorial Health Systems and has a VA contract. Also available are beauty salon services, transportation, Wi-Fi, cable TV and it is a pet-friendly facility.	1982
5	Springfield Supportive Living 2034 E. Clear Lake Ave. Springfield, IL 62703	217-522-8843 springfieldsupportiveliving.com jenniferh@springfieldslf.com	135	Supportive living	Shawn Braley	33	Nurses 10 hours per day, CNAs available 24 hours, assistance with medications, bathing, laundry and housekeeping, three meals daily plus snacks, fenced outdoor patio with walking path, daily activities, weekly trips, all utilities included except phone, free Wi-Fi and Dish Network.	2005
6	Hickory Glen 1700 W. Washington St. Springfield, IL 62702	217-793-0431 hickoryglenseniorliving.com manager@hickoryglenseniorliving.com	129	Independent living	Jeremy Harbin	11	Restaurant-style dining, gym, transportation, full-time lifestyle co- ordinator, cinema, library, lounge and on-site outpatient therapy.	1986
7	Montvale Estates 2601 Montvale Drive Springfield, IL 62704	217-546-5577 holidaytouch.com rebecca.siltman@holidaytouch.com	121	Independent living	Rebecca Siltman	30	Transportation, housekeeping, chef-prepared meals, 24/7 emergency response services, pets welcome, salon, social activities, utilities included, some Wi-Fi, excercise room, billiards, weekly trips.	DND
8	Seasons Active Senior Living 3511 & 3201 Conifer Drive Springfield, IL 62711	217-698-5780	120	Independent living	Ruth Engleman Sally Patrone Debbie Deopere	8	Garages and covered parking, covered patios, library, exercise rooms, private party room, walking paths, fishing lake.	DND
9	Aperion Care - Capitol 555 W. Carpenter St. Springfield, IL 62702	217-525-1880 aperioncare.com jliddell@aperioncare.com	115	Skilled beds	Jackie Liddell executive director	150	On-site therapy staff, Wi-Fi, transportation, beauty salon, day room, library, business center, private rooms, refrigerators.	2018
10	The Villas Senior Care Community – Sheltered Care 100 Stardust Drive Sherman, IL 62684	217-744-9891	113	Sheltered care	Russel Bagdanovich	69	24-hour nursing, transportation to medical appointments, physical, occupational and speech therapy on site, Wi-Fi, computer access, library, cat friendly, private suites, beauty/barber salon, respite care, bistro and chapel with weekly Mass.	1981
10	Aperion Care 1021 N. Church St. Jacksonville, IL 62650	217-245-4174 aperioncare.com	113	Skilled beds	To be appointed	86	Private suites, hospice care, respite, IV therapy, Wi-Fi.	2015
11	Brenden Gardens 900 Southwind Road Springfield, IL 62703	217-529-4586 brendengardensretirement.com Jbalota@5ssl.com	112	Independent living	John Balota Carolyn Balota	18	Three meals a day, weekly housekeeping, bus service five days each week, 100% maintenance service, year-round activities, 24-hour coffee café, laundry service, bed linens provided, six laundry rooms and two elevators.	2006
12	The Villas Senior Care Community - Short Term Rehab & Skilled Nursing 100 Marian Parkway Sherman, IL 62684	217-744-2299 VillasSeniorCare.com	109	Skilled beds	Sharon Reynolds	78	Accessible van and bus for outings, courtyard with walking paths and gazebo, therapy gym, Wi-Fi, Jacuzzi tubs, daily activities, aviaries, café, private and semi-private accommodations, salon, therapy wing, therapy gym and Prairie Cardiovascular cardio consultant.	1987
13	Regency Nursing Care Residence 2120 W. Washington St. Springfield, IL 62702	217-793-4880	99	Skilled beds	Shana Lister	90	Private and semi-private rooms, restaurant-style dining, beauty salon services, activities, transportation, Wi-Fi, cable TV, laundry service and private party rooms. Long-term and respite care and short-term rehab including physical, occupational and speech therapy.	1991
14	Illinois Presbyterian Home Communities - Fair Hills Residence & Apartments 2005 W. Lawrence Ave. Springfield, IL 62704	217-546-5622 iphcommunities.org info@iphcommunities.org	88	Independent and assisted living, intermediate care	Kinton Friend	45	All private rooms, handicap showers and walk-in closets, 24/7 nursing care offering medication pass and assistance with ADL, on-site therapy, supportive services of housekeeping, laundry, activities, three meals a day, religious services and transportation. Fair Hills Apartments is another independent living option.	1954
15	Cedarhurst of Jacksonville 2225 W. Morton Ave. Jacksonville, IL 62650	217-245-2996 cedarhurstliving.com jdewitt@cedarhurstliving.com	86	Assisted living, memory care	Jessica Dewitt	54	Therapy, movie theater, lake with fishing, restaurant-style dining, person-centered dementia care, secured care, therapy gym.	2016







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RETIREMENT AND CARE COMMUNITIES

	NAME STREET ADDRESS CITY/ST/ ZIP	PHONE (-) FAX (=) WEBSITE / EMAIL	TOTAL BEDS	SERVICES OFFERED	FACILITY	NUMBER O FULL TIME EMPLOYEES		YEAR EST'D
16	St. Joseph's Home of Springfield 3306 S. Sixth St. Road Springfield, IL 62703	217-529-5596 saintjosephshome.org	84	Sheltered, intermediate, memory care	Maxine Bergman	130	Round-the-clock medical care. Private and semi-private rooms, chapel, exercise room, housekeeping, library, recreation, salon services and sit-down dining room. All faith traditions are welcome.	1903
17	Cedarhurst of Springfield 3520 Old Jacksonville Road Springfield, IL 62711	217-203-6522 cedarhurstliving.com bwoiwode@cedurhurstliving.com	79	Assisted living, memory care	Becky Woiwode	70	Therapy, movie theatre, restaurant-style dining, person-centered dementia care, secured care, 24/7 nursing care, all private apartments and suites, therapy staff.	2019
18	The Bridge Care Suites 3089 Old Jacksonville Road Springfield, IL 62704	217-787-0000 bridgecaresuites.com	75	Skilled beds	Cindy Schaaf	59	Spa, business center, beauty salon, restaurant style dining, cafe, theater, therapy gym, game room, Wi-Fi, private suites, transportation.	2013
19	Bickford Senior Living 2451 W. White Oaks Drive Springfield, IL 62704	217-787-9000 bickfordseniorliving.com ann.reynolds@ bickfordseniorliving.com	67	Independent and assisted living	Ann Reynolds	DND	Home-like setting with meals served restarurant style, transporta- tion plus daily activities. 24-hour nursing staff and coordinated care for all residents.	2005
19	Timberlake Estates 2423 Taylor Ave. Springfield, IL 62703	217-585-9400 dsnyder@ccdchousing.org	67	Independent living	Donna Snyder	2	Beauty salon, ice cream parlor, fitness center, theater room, wireless internet, billiard room, garden.	2008
19	Mill Creek Alzheimer's Special Care Center 3319 Ginger Creek Drive Springfield, IL 62711	217-726-7900 jeaseniorliving.com jeanne.campbell@ jeaseniorliving.com	67	Assisted living, memory care	Jeanne Campbell	55	Dementia care program, specially trained staff, supervised, success-oriented activities program, supervised outings, three meals a day, linens and housekeeping, landscaped secured court-yard with walking areas, electronically monitored security system, support groups, educational programs, referral services.	2006
20	Aperion Care - Springfield 525 S. Martin Luther King Drive Springfield, IL 62703	217-789-1680 tmccullough@aperioncare.com	65	Intermediate beds	Tanisha McCullough	50	Wound care, on-site x-ray, infection control, medication management, indiviual and group therapy, dentist, podiatrist and optometrist, diabetic management, pain management.	DND
21	Timberlake Supportive Living 2521 Empowerment Road Springfield, IL 62703	217-321-2100 Timberlakesl.com chliving.org gellenberg@chliving.org	60	Independent living	Grace Ellenberg	31	Providing lifestyle enrichment programming, three meals per day plus snacks, 24-hour/day aide support, nurses eight hours per day, housekeeping and laundry, transportation to doctor visits and shopping, refrigerator and microwave.	2009
21	Serenity Manor at Spring Creek 4305 W. Washington St. Springfield, IL 62711	217-787-3009	60	Independent living	Vicki Chamblin Linda Dodge	5	All apartments on first level, pet friendly, interior mail rooms. laundry hook-ups, updated apartments and community spaces, controlled building access	1995
22	Country Lane Memory Care - Assisted Living 875 Riverton Road Riverton, IL 62561	217-629-4265 CountryLaneMemoryCare.com Cari@countrylanememorycare.com	50	Assisted living, memory care	Cari Claussen	32	Memory care with 24-hour licensed nursing and medication management. Staff trained for Alzheimer's disease and dementia. Private and semi-private rooms. Three meals a day, daily house-keeping and laundry and individualized activities. Theater room, lounge areas, dining and activity room, beauty shop, courtyard with country views.	2016
22	The Villas of Holly Brook 825 E. Walnut St. Chatham, IL 62629	217-483-4655 meridiansenior.com vcha.adm@meridiansenior.com	50	Independent and assisted living	Shannon Moore executive director	DND	Three meals a day, transportation, activities, weekly laundry and housekeeping, assistance with ADL's, medication management, pet friendly, spacious apartments, movie theater, indoor fish pond, game room, all-inclusive care.	2012
22	Centennial Pointe and The Arbors of Centennial Pointe 3440 Hedley Road Springfield, IL 62711	217-546-9301 americareusa.net centennial@americareusa.net	50	Assisted living, senior day program, respite, memory care	Shannon Meyer executive director	35	24/7 nursing on site, daily social enrichment programs, restaurant- style dining, beauty/barber shop, exercise area including outdoor walking path and garden, pets welcome. Controlled Multi-Sensory Environment (MSE).	2015
23	River Birch Living 4012 Cockrell Lane Springfield, IL 62711	217-547-0400 riverbirchliving.com	42	Assisted living	Kevin Jarvis	40	Home-like environment, private rooms, all-inclusive care, RN's and LPN's on-site 24/7 providing all nursing care and administration of all medications.	DND
24	Elmcroft of Wyndcrest 4817 Oak Hill Road Rochester, IL 62563	217-498-6959 elmcroft.com jennifer.stephens@elmcroft.com	37	Independent and assisted living	Jennifer Stephens	35	Assistance with bathing, dressing, grooming, medication reminders and supervision, three meals a day, weekly housekeeping and laundry, transportation to and from medical appointments, fun activities throughout the day, exercise class and trips out to restaurants and shopping.	2006



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Finding a place for your parents

A guide for helping seniors stay at home

By Karen Ackerman Witter

Becoming an empty-nester, retiring and caring for aging parents are life stages familiar to many. Springfield has numerous agencies that help seniors stay in their own home. Determining what's best for your loved one can be daunting. Senior Services of Central Illinois (SSCI) is a good place to start. SSCI is a nonprofit organization that specializes in providing solutions to everyday problems so seniors can continue to live independently and maintain a high quality of life.

Rod Lane, owner of Visiting Angels, says there is a strong senior care community in Springfield and a lot of great agencies. The Illinois Department of Public Health licenses both Home Services Agencies and Home Health Agencies.

Home Services Agencies provide assistance with daily living, dressing and bathing, companionship, light housekeeping, transportation, menu planning and other non-medical care that allows someone to remain at home safely. Care plans are tailored to individual needs and can range from a few hours of assistance weekly to round-the-clock care.

In contrast to Home Services Agencies, Home Health Agencies are licensed to provide skilled nursing services, and they employ certified LPNs and RNs. Wound care, infusions, drawing blood, administering medications and injections are examples of skilled nursing care.

The distinction can be confusing to the layperson. Lane explains there is often a fine line. For example, Home Services Agencies may remind patients to take their medications but can't administer medications. Caregivers may empty a catheter bag but not insert a catheter.

Visiting Angels and Home Instead are two of the many Home Services Agencies serving the Springfield area. Both are locally owned franchises of nationwide businesses.

Memorial Home Services is a licensed, Medicare-certified Home Health Agency, which provides skilled care and helps patients recover from injuries, surgeries and illness. Memorial Home Services also provides Home Hospice and helps people get medical equipment they need at home.



Amy Best co-founded the Springfield office of Home Instead in 2011.

It's not uncommon for individuals to need both skilled and non-skilled care. Home Services Agencies often work in tandem with Home Health Agencies. Most agencies that provide skilled nursing don't provide assistance with daily living, which is the primary role of Home Services Agencies.

BrightStar Care is a local agency that provides both, offering a full range of services from assistance with daily living to nursing care by CNAs, LPNs and RNs. Care plans are individualized, and not every client needs both skilled and non-skilled care. The BrightStar Care local franchise is accredited by the Joint Commission, a nationally recognized health care quality standards organization that also accredits hospitals. Memorial Home Services is also accredited by the Joint Commission.

Cost is certainly one factor when arranging in-home care. Medicare does not cover Home Services. Long-term care insurance can be used, and veterans may be able to use VA benefits. Some assistance is available for low-income individuals through the Illinois Department on Aging Community Care Program. Senior Services of Central

Illinois has certified care coordinators who assist qualifying individuals to access the Community Care Program. Care coordinators provide in-home assessments and develop care plans designed to promote independence and prevent premature institutionalization.

Although agencies are in competition with each other, all are committed to providing the best possible care that meets the client's needs. "Those of us in the field work with each other informally to try and get people the services they need," says Amy Best, owner of Home Instead. Lane says it is critical to interview multiple agencies.

"Don't be afraid to ask hard questions," says Della Thomas, BrightStar Care office manager. She advises asking about staff training and retraining, the hiring screening process and if the agency guarantees compatibility between the client and caregiver. For example, compatibility can be an issue if a client thinks the caregiver talks too much or too little. Thomas also recommends asking about consistency of care. She emphasizes the importance of having a consistent caregiver and regular routine, especially for people



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with dementia. "It can be very confusing and frustrating for clients if there is a different person every day," says Thomas.

Lane recommends inquiring about the relationship with the office in addition to the caregiver. Clients should ask if there is a required minimum number of hours. Many agencies have minimums, although Visiting Angels does not. Hourly rates are often higher for shorter shifts.

Staffing is a challenge, and there is a high staff turnover in the industry. COVID-19 has also taken its toll, as caregivers have their own challenges. Visiting Angels has gone from 100 caregivers to 70. Lane says he hires people who have experience caring for elderly or disabled individuals, are dependable and flexible and enjoy taking care of people. "You can't teach people to care," he says. Best says Home Instead is always looking for great caregivers and that being a caregiver can be a rewarding part-time job for people in their 60s and 70s who have experience taking care of someone, have some time and are looking for a way to give back. "First and foremost, we look for people who have the heart for this business," says Best. "We can teach the rest." Although certifications aren't required for caregivers, Best says many staff are CNAs, and some are retired RNs and LPNs.



Home Services Agencies provide care for people in their home, wherever their home may be. Amy Best estimates 20 to 30% of Home Instead's clients live in some type of facility. Many senior living centers provide a continuum of care, from independent living apartments to assisted living and skilled care. Individuals often hire Home Services Agencies for assistance in their independent living apartments, which helps them avoid moving into assisted living. In some situations, Home Services and Home Health Agencies assist patients in skilled care or assisted living. These arrangements vary by

facility and are influenced by a myriad of rules and regulations.

Selecting an agency to help aging parents stay as independent as possible is challenging. Do your homework, talk to a variety of agencies, ask a lot of questions and make an informed decision about the best fit for your situation.

Karen Ackerman Witter is a frequent contributor to Illinois Times. Her parents have used both Home Services and Home Health Agencies in order to remain as independent as possible.

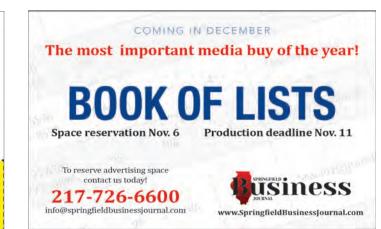




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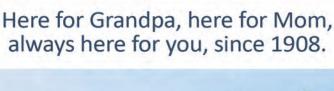






HOME HEALTH CARE

	NAME STREET ADDRESS CITY/ST/ ZIP	PHONE (-) FAX (=) WEBSITE / EMAIL	AGENCY MANAGER	NUMBER OF FULL TIME EMPLOYEES	PRIMARY SERVICES OFFERED	YEAR EST'D
1	Advanced Healthcare Services, LLC 3900 Pintail Drive Springfield, IL 62711	217-726-6956 ahsllc.org	Juanita Jones RN, WCC	47	Skilled nursing, physical therapy, occupational therapy, speech language pathology, medical social work.	2007
2	Alterna-Care Home Health System 319 E. Madison St., Suite 2M Springfield, IL 62701	217-525-3733 alterna-care.com cboerke@alterna-care.com	Kathleen Sgro DNP, MBA, RN	40	Skilled nursing, physical, occupational and speech therapy, home health aide, medical social worker, palliative care, non-medical in-home care, hospice, adult day care and assisted living.	1990
3	Anchor Home Health Care 1999 Wabash Ave. Springfield, IL 62704	800-853-5292 anchorhomehealthcare.com beth@anchorhomehealthcare.com	Beth Albert	DND	Pediatric, adult and senior private duty nursing, aide and personal care attendant services.	1999
4	Apria Healthcare 775 E. Linton Ave. Springfield, IL 62703	217-789-0461 apria.com	Ron Bond	9	Home health care equipment, respiratory equipment, wound care, ventricular nutrition.	DND
5	BrightStar Care of Springfield, Decatur and Bloomington 426 S. Fifth St., Suite 200 Springfield, IL 62701	217-318-3396 217-717-2619 brightstarcare.com/springfield-decatur julie.miller@brightstarcare.com	L. Christopher Miller	14	Home care, medical staffing, IV infusion, wound care.	2015
6	Comfort Keepers #526 975 S. Durkin Drive, Suite 101 Springfield, IL 62704	217-744-2226 comfortkeepers.com	Julie Carnegie Reams	9	Non-medical, in-home care on a 24/7 basis.	2003
7	Encompass Home Health of Illinois 2970 Baker Drive Springfield, IL 62703	217-542-7138 encompasshealth.com	Rachel Deilkes RN/branch director	26	Skilled nursing, physical, occupational and speech therapy.	1984
8	Help at Home, LLC 1873 Sangamon Ave. Springfield, IL 62702	217-753-0211 helpathome.com	Tina Hutson	300	Housekeeping, laundry, shopping, meal preparation, personal care.	1975
9	Home Instead Senior Care 1440 W. Walnut St., Suite A6 Jacksonville, IL 62650	217-245-9192 homeinstead.com/545	Jerry Best owner	8	Non-medical in-home care including companionship, meal preparation, personal care, Alzheimer's care and more.	2004
10	Home Instead Senior Care 2040 W. Iles Ave., Suite A Springfield, IL 62704	217-547-1300 homeinstead.com/762	Rob First Amy Best	85	Personalized in-home caregiving services including companionship, meal preparation, personal care, Alzhiemer's care and more.	2011
11	Memorial Home Services Home Health 701 N. First St. Springfield, IL 62781	217-788-4663 800-582-8667 www.memorialhomeservices.com	Christina King director	60	Skilled nursing, physical, occupational and speech therapy, home health aide.	1988
12	SYNERGY HomeCare of Central Illinois 3259 W. Iles Ave. Springfield, IL 62711	217-303-8555 synergyhomecare.com taylorspada@synergyhomecare.com	Taylor Spada client care manager	2	Personalized care plans, companionship care, assistance with personal care. Available 24 hours a day, 7 days a week.	2013
13	Visiting Angels 2731 MacArthur Blvd., Suite 201 Springfield, IL 62704	217-568-6308 visitingangels.com	Rod A. Lane owner/director	85	Personal in-home care including hygiene, meal preparation, medication reminders, housekeeping, errands, companionship and memory care. No minimum hour requirement.	2017

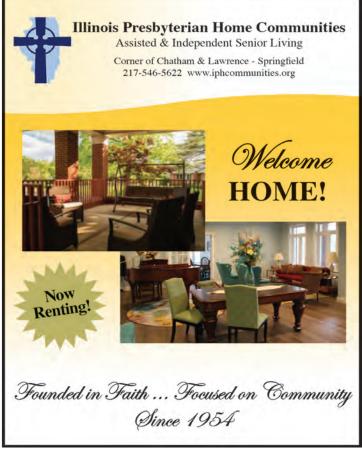














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The legacy continues...





Springfield Clinic opened a permanent drive-up lab location at 3040 Hamlin Parkway on Sept. 14. Another location at Fifth and Cook streets is scheduled to open in October.

Drive-thru health care

Springfield Clinic adapts to pandemic

By Holly Whisler

A drive-up may not sound like a health care delivery model, but Springfield Clinic will soon have two drive-up lab locations for the convenience of its patients. COVID has caused many people to rethink necessary activities, and businesses have responded with innovative ways to help them collectively adapt.

"Springfield Clinic set up drive-up lab services to help reduce the number of times patients would need to enter the buildings for routine lab visits," said Tom Fitch, senior director of facilities. Since April, routine lab services have been offered in the parking lot of the main campus, 1227 S. Seventh St., with more than 30,000 patients and 150,000 lab orders.

"It became apparent that patients were very fond of the drive-up lab," said Fitch. "Going into winter, we wanted to pivot and accommodate patients."

Springfield Clinic identified two properties to provide permanent structures for the drive-up labs. The first location, 3040 Hamlin

Parkway, is located behind West Wabash Springfield Clinic and opened Sept. 14.

Prior to COVID, Springfield Clinic had already purchased the former US Bank building at 700 S. Fifth St. and was in the process of rezoning it for medical use. According to Fitch, the existing drive-through lanes will be closed in with garage doors and walls. He estimates the second location will be ready by mid-October.

Fitch explained, "There are projects in various stages of planning, and we're looking at how we can incorporate these drive-up labs as permanent in future projects. We're always looking for ways to be flexible to meet patient needs. We know health care isn't one-size-fits-all."

Jennifer Boyer, vice president of operations, said, "This was another step that allowed us to keep patients safe and it became a significant patient satisfier." She indicated it has been a positive for patients who have physical limitations to not have to navigate in and out of buildings for routine lab

draws.

The concept of a drive-up lab is just one aspect of innovation that was born out of Springfield Clinic's COVID Command Center. Boyer said, "Who knew COVID would pivot our lens of facilities of the future? Since the time we started our drive-up labs, our lab manager has spoken with other lab managers throughout the state and outside of Illinois, just based on our success."

According to Boyer, the drive-up lab sites will offer routine blood draws, influenza tests, strep throat tests and flu shots without an appointment for patients who have a Springfield Clinic primary care physician. "The focus is on letting patients have the flexibility of staying in their car, getting a flu shot and driving on with their daily business," said Boyer.

Holly Whisler is a freelance writer based in Springfield who has firsthand experience with the pros and cons of the traditional health care







Ask an attorney - caring for aging parents

By Sarah Delano Pavlik

Q: My father has been declining in the last few years and recently was the victim of a scam where he mailed thousands of dollars of gift cards to an unknown person. What can I do to protect him?

A: This is a complicated issue with which many people struggle. The answer depends largely on whether or not your father agrees that he needs help. Many seniors do not realize or refuse to accept that they need help, which can make protecting them very difficult.

Make sure your father's documents are in order. If/when he becomes incompetent, he will not be able to sign legal documents. At a minimum he (and everyone else) should have a will, a financial power of attorney and a medical power of attorney.

The first line of defense is information. Your father can arrange with his bank, brokerage firm, etc. to give you access to information about his accounts. He can also give you permission to access his accounts online. That way you can hopefully be aware of problems before they become too large.

If your father is at the point where he shouldn't be handling significant amounts of money, he can transfer his assets to a trust that you (or whomever he chooses) controls by serving as trustee. None of the trust assets could be transferred except by the trustee. Your father could keep a checking account that he controls that the trustee could fund as needed. That way he would have access to money, but of a limited amount.

Even if your father transferred his assets to a trust, he could still become a victim of some scams. If someone showed up to his house and he signed an expensive contract for a new roof (even if he didn't need one), he (and the trust) could still be liable on the contract.

The only way to completely protect your father

would be to have the court appoint you as his guardian. In order to file for guardianship, you would need an affidavit from his doctor stating that he is not capable of handling his own affairs. If your father contests the guardianship, the contest can be a very long, expensive, legal process.

If you believe someone is preying on your



father, you should contact authorities. Because of the pervasiveness of this problem, Sangamon County State's Attorney Dan Wright recently announced the formation of the Sangamon County Senior Support Alliance, a multidisciplinary elder abuse prevention and enforcement initiative with local law enforcement, Senior Services of Central Illinois/Adult Protective Services, Area Agency on

Aging for Lincolnland and community volunteers to coordinate resources to prevent and prosecute crimes against the elderly. The Sangamon County Senior Support Alliance will also help seniors protect themselves from victimization through community outreach and education.

Q: My brother has power of attorney for my mother. I believe he is spending her money on himself. What can I do?

A: This is another very difficult situation, especially if your mother supports your brother and will not believe your allegations. If your mother is competent, she can consent to whatever your brother is doing, and there is little that can be done.

You should ask your brother to provide an accounting of your mother's funds. If he refuses or the accounting shows he is spending the money on himself, you can call Adult Protective Services. They can investigate and allow you to stay separate from the investigation. Alternatively, you can file a lawsuit to be appointed guardian of your mother. Most people do not want to fight with their family. Therefore, they do not take any action or delay taking action as long as possible. This is usually a mistake. If a senior is being exploited, the situation only gets worse over time, and the longer the delay, the less chance there is of recovering stolen property.



Sarah Delano Pavlik is an attorney with Delano Law Offices in Springfield.

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Consult an attorney regarding specific legal questions.

Send your legal questions to sdpavlik@delanolaw.com for possible inclusion in a future column.





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

Women Entrepreneurs of Central Illinois (WE-CI)

Women Entrepreneurs of Central Illinois (WE-CI) will host a casual gathering on Wednesday, Oct. 14 from 5:30-7 p.m. at Pao. Since events have been on hold for a while, this will offer an opportunity to get together to network and catch up. Guests are welcome. RSVP by Friday, Oct. 9 to Stephanie McDannald at emersonpress@comcast.net.

WE-CI is a nonprofit organization with the goal of supporting women entrepreneurs through promoting economic development, creating innovative changes in business culture and building strategic affiliations. Monthly meetings promote networking and feature speakers with topics relevant to women in business today.







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

FDIC



Not OK, Boomer

Generational biases are dividing our workplaces

By Kristina Barbee

Several years ago, I started a new position in IT aiding in designing new technology and systems. After just a few meetings with my new team, I realized a bias I never knew I had kept creeping to the forefront of my mind. I was being ageist.

Internalized unconscious concerns about my older colleagues' abilities to understand the technical work we were tasked with kept changing my behavior with them. Seemingly unharmful biases about Boomers and Gen X'ers not understanding technology kept creating a biased monologue of doubt in my head. I often found myself wondering, with our work central to implementing new technologies, how could we be successful with a team of primarily older individuals?

Over a short time, not only were my biases proven wrong, but I sat with myself and my discomfort and worked to rid myself of them. By doing so, I stopped assuming my colleagues might not know the answer to my technical questions and be able to help me and instead, I started collaborating with them often, leading to greater success on our team and projects.

Stories such as mine are common when discussing ageism in the workplace. However, older generations are not the only ones facing harassment, biases or differential treatment based upon their age. According to the Glassdoor 2019 Diversity and Inclusion Survey, 52% percent of American workers age 18 to 34 stated that they witnessed or experienced ageism in their jobs, compared to 39% of employees 55 and older who say the same.

As the age diversity within the workplace increases with more Gen Z'ers graduating college and interviewing at our companies, we must



confront often overlooked and accepted bias. The "OK, Boomer" and "lazy, entitled Millennial" stereotypes translate into silo building within the office, leading to less collaboration and wisdomsharing between generations. This translates to a loss in productivity, creativity and knowledge transference. As our older employees age out of the workforce, so goes their knowledge if we are not careful.

The answer is simple in theory but complex in practice. We must question and challenge our age biases the same way we do all others. As individuals working to create a more inclusive workplace, we know it is wrong to question a Black colleague's intelligence or ability, and it is time we use that same thinking to dismantle ageism, the last acceptable bias.

Many of us Millennials and Gen Z'ers have rolled our eyes and used the phrase "OK, Boomer," when frustrated with an older colleague, but next time we have a team meeting, I'd challenge us to instead ask, "Can I get your insight on this?" For our older colleagues, laziness, entitlement and inexperience are not traits reserved for younger generations just as wisdom, experience and innovation are not reserved for older people. Many of us would love to collaborate and potentially gain a mentor, we just don't know how to ask.

Ageism, just like all other biases, is harmful to employers and employees alike. We cannot call ourselves inclusive individuals if we exclude our older colleagues, and we cannot state that we are forward thinkers if we are not paying it forward to the next generation. While our skin color, gender expression and backgrounds may differ, we all have one trait in common — we aren't getting any younger.



Kristina Barbee is the founder and CEO of The CEO.Co, a leadership and career training company in Springfield that creates a workplace culture of excellence.





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MEDICAL NEWS

SIU School of Medicine receives international award

An international medical education organization has selected Southern Illinois University School of Medicine to receive one of its inaugural awards for institutional excellence.

The Association for Medical Education in Europe (AMEE) will present the ASPIRE Stellar Award to the SIU School of Medicine in recognition of its commitment to excellence in a range of educational areas. AMEE promotes international excellence in education in the healthcare professions

across the continuum of undergraduate, postgraduate and continuing education. It has members in more than 90 countries and across five continents.

"This is a tremendous honor," said Jerry Kruse, dean and provost at SIU School of Medicine. "For our medical school, it's like getting an early career lifetime achievement award. It is not an exaggeration to say our students receive a world-class education in Springfield and Carbondale."

SIU School of Medicine is celebrating its

50th year as an academic leader in medical education. In May, the Class of 2020 included the school's 3,000th graduate. During the past decade, the School of Medicine has received five of AMEE's ASPIRE to Excellence awards for various facets of its educational program: for student assessment, student engagement, social accountability, medical simulation, and curriculum delivery and innovation. SIU is one of only two medical schools in the world to hold as many as five ASPIRE Awards.

Renovations begin on pediatric garden at St. John's Hospital

Renovations have begun on the Pediatric Healing Garden at HSHS St. John's Children's Hospital. After more than 10 years since its original dedication, the garden will be getting a major update.

The garden's goal is to bring a calming atmosphere to both pediatric patients and their families during their care at the hospital.

"The renovation of the healing garden is funded by contributions from generous donors," said Beverly Neisler, chief development officer for HSHS St. John's Foundation. "The rooftop garden is a wonder-

ful place for our youngest patients and their families to go to relax and unwind."

The renovation will provide more open spaces, and the seating will feature a neighborhood-style configuration. The new space will offer families the opportunity to enjoy the area while maintaining an element of privacy for prayer, conversation, reflection and relaxation.

HSHS St. John's Foundation continues to fundraise for the project. People can donate by going online to www.hshs.org/StJohns/Giving/Healing-Garden or by calling HSHS St. John's Foundation at 217-757-6804.



Prairie Heart Institute welcomes four new doctors

The Prairie Heart Institute at HSHS St. John's Hospital is pleased to welcome four new physicians to the Springfield team at 619 E. Mason Street.

Kevin Graham is a cardiothoracic surgeon who completed his medical degree and thoracic surgery cardiac residency at Indiana University School of Medicine in Indianapolis.

Nadia El Hangouche is a general cardiology and advanced cardiovascular imaging specialist who earned her medical degree at University Mohammed V Souissi in Rabat, Morocco. She completed her internal medicine residency at Presence Saint Francis Hospital in Evanston, Illinois. In addition, El Hangouche completed a cardiology fellowship at John H. Stroger, Jr. Hospital of Cook County and an advanced cardiovascular imaging fellowship at Northwestern Memorial Hospital in Chicago.

Suresh Kulandhaisamy is a clinical cardiac electrophysiology specialist who completed his medical degree at Coimbatore Medical College in Tamilnadu, India. He completed his internal medicine residency at Bradford Royal Infirmary in

Bradford, United Kingdom, and Rochester General Hospital in Rochester, New York.

Avinash Murthy specializes in interventional cardiology, general cardiovascular disease and peripheral vascular disease. He earned his medical degree from Sri Devaraj Urs Medical College, Rajiv Gandhi University of Health Sciences in Kolar, India. He completed residencies at the University Hospitals of North Staffordshire in Stroke-on-Trent, United Kingdom, the University Teaching Hospital of Sheffield, in Sheffield, United Kingdom, and Albany Medical Center in Albany, New York.



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Volunteer tutors help create employment opportunities

By Janet Seitz

It pays to be able to read and write. In Illinois, according to the U.S. Census Bureau's American Community Survey, about 2.2 million Illinois adults (18%) lack the basic reading, math and writing or language skills to function effectively at home, at work and in the community. Local data indicates thousands of Springfield adults lack the basic literacy skills necessary to obtain an entry-level job.

Fishes and Loaves Outreach Ministry, a non-profit founded in 1999 by Barbara Rochelle and Renee Scott, administers adult literacy programs collectively known as The Springfield Literacy Project, including programs funded through Illinois State Library grants. The organization's mission is to increase adult literacy skills in the community through a volunteer-based program. This program provides one-on-one and small group tutoring for adults with literacy skills at 8.9 grade level and below, along with English as a Second Language (ESL) adult learners. Each adult learner is tested, and the tutoring sessions are tailored to the learner's goals and test outcomes.

Trained literacy volunteers, which include many retirees from Springfield District 186 and in the community, provide tutoring in reading, writing, math, English language proficiency, workplace skills and pre-GED. Volunteer tutors are offered 15 hours of training to assist in working with adult learners, and tutors' skill sets are matched with student needs.

Rochelle and Scott report that prior to COVID, the organization was serving more than 300 students at various locations and is now transitioning to remote learning as a result of the pandemic. This transition also gives tutors an opportunity to learn online audio and web conferencing platforms such as Zoom.

"It's been quite a change," said Rochelle. While most of their tutors are older, she said they are looking for all ages. "They just have to have a high school diploma and passion." The majority of the 100-plus volunteer tutors have helped for at least a year.

Because many adult learners have been put down and face social and economic barriers, students need a lot of support and encouragement.

"Our tutors play an important role in change there," said Rochelle. "They don't give up. They give extra time and help them plan better. We love our tutors."



Fishes and Loaves takes a holistic approach. "Increasing literacy and lifestyle is important to break the connection with illiteracy and poverty," said Rochelle. Scott added that a two-week time and life management program can help with self-improvement, communication with a manager, goal setting, attitude, character, personal hygiene and more. "We teach them that they are responsible," said Scott, "and ask, 'Are you a chicken or an eagle? Who is in charge?""

"We believe life management leads to business opportunities and maintaining a job," said Rochelle. "As a person and parent, you have responsibility for what happens in (your) life."

Their doors are open to those from all walks of life. The programs have assisted those who are the product of special education programs, who did not finish school or who may find their reading or math skills lacking. Employers have referred people to the organization that would be candidates for promotion with improved reading or math skills.

With thousands of students attending school from home due to COVID-19, parents have taken on a new role as teachers. "Some parents may not have the skills to bring students to a certain grade level because they are struggling themselves," said Rochelle. "We help the parent, because in some cases, their frustration can lead to domestic violence. We are here to help. This

isn't a school district problem. It's a community problem."

In addition to helping adult learners of all ages, a need existed to form a collaborative system of support for low-income, low-literacy adults who want to become employed in the health care industry. Fishes and Loaves has a program to assist those interested in becoming a personal care attendant or Certified Nursing Assistant with literacy and math skills.

"Last year, we had one young lady who was a domestic violence victim working at a hospital in housekeeping," related Rochelle. The young lady wanted to better her life and become a CNA. "She cried her way through the program but stayed through it. She passed the state test and is now working as a CNA. These young men and women make it through, despite limitations, because they overcome barriers."

As a grant-funded program, services are also made possible by maintaining active partnerships with Lincoln Library and Lawrence Education Center, along with multiple service organizations, churches and schools. To learn more about Fishes and Loaves or to become a volunteer tutor, visit www.fishesnloaves.org or call 529-3333. SBJ

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



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By Thomas C. Pavlik J

I love barbecue, so I was happy when I heard that the Conn family of restaurants was going to open a 'cue place at South Grand and MacArthur – which is on my route when going home from work. Judging from its rapid popularity, the Conns correctly predicted that Springfield was ready for a locally owned barbecue restaurant on the near west side.

Li'l Willy's BBQ Smokehouse opened in September in the former Free Press Coffee space. Toward that end, Li'l Willy's also has Wm. Van's Coffee as part of its offerings. They did a nice job with the buildout – incorporating sufficient rustic elements while remaining clean and streamlined. We liked the old buckets and pails that are used as décor. Seating is available against the wall via bar chairs, and there are a handful of tables. However, Li'l Willy's is currently only offering takeout and outside dining. That consists of picnic table seating (rolls of paper towels provided), with umbrella coverage, surrounded by a wooden fence painted with a fun mural.

Diners order at a counter. The day we visited, there was already a line behind us. We thought it would be awkward to socially distance while we waited for our order, but Li'l Willy's kept things moving at a rapid pace so that never became a problem. By the time we got our drinks and sent someone out to claim a table, our order was up.

We could hear the chatter back in the kitchen, and it was clear that they have a good system going to keep up.

Diners can also order online (but not currently by phone) for pickup. Online orders are placed in a dedicated area for pickup, and there was a steady stream of folks taking advantage of this option.

One problem we noticed was that there's not a lot of parking. When we arrived, there was only one open space, and when we left there was somebody waiting to claim our spot. Add in the takeout orders, and we imagine the parking lot can get a bit hectic.

Li'l Willy's menu is tight and focused – which is









a good thing, as the kitchen can really concentrate on putting out quality food. There are a handful of appetizers, four meats (ribs, pork, brisket and chicken – served as sandwiches or as a plate accompanied by one side), and about 10 different sides. Prices seem a bit high at first blush, but portion sizes are quite generous and everything is made from quality ingredients.

It being lunch, nobody felt like ordering a slab of ribs (\$25.95 for a whole slab, \$16.95 for a half slab), so we decided to start with the rib tip appetizer (\$6.95). There were quite a few tips and they were served (like all the offerings) in a plastic to-go container. They were tender, meaty and were well-sauced – with some of that sauce caramelizing to add even more flavor. The sauce was a little too sweet for my taste, but it had a delicious hit of spice on the back end.

As our entrees, we first went with the brisket sandwich. We opted for sliced, but chopped is also available. About five or six good-sized slices of brisket are served on an oversized white bun. The sandwich is not sauced, and we were provided with individual servings of Li'l Willy's three sauces: sweet, spicy and mustard-based. We found the mustard-based to be the least successful, with the sweet and spicy both having a nice hit of vinegar and spice. However, I'm fond of saying you only need sauce if the meat

is rancid. I can be a snob that way and believe that brisket has to stand on its own. Li'l Willy's did an adequate job on the brisket, but I would have preferred a bigger smoke ring, some bark and more flavor. That's how I fell in love with brisket while living in Texas. Still, it was tender and moist with no unrendered fat.

Since there were only two of us, we had to pick between the chicken and pork. Generally, I'll opt for the pork, but my companion really wanted to try the chicken (half chicken-on-the-bone as a plate meal with one side and cornbread - \$10.95). This was the hit of the meal. It was moist, had perfectly rendered skin and benefited from a wonderful spice rub that was loaded with flavor. I generally find chicken to be a boring and safe choice, but this dish went a long way toward changing my mind. The cornbread had a nice touch of sweetness and was moist and crumbly. We opted for potato salad as our side. (I wish there were fries and okra as an option.) It was a homemade mayo-based version with a hint of mustard and some green and red peppers. My guest commented that it was just like her grandma made. That's quite a compliment.

Hats off to Conn's Hospitality Group for opening at such a challenging time. Based on our initial review, they've nailed it and will have some staying power. Personally, I'm glad they are around and in such close proximity to my house.



Restaurant information

Address: 916 South Grand Ave., Springfield

Phone: 217-572-1410
Web: www.lilwillysbbq.com

Hours: Closed Monday and Tuesday. Wednesday to Sunday 11 a.m.-7 p.m. (unless sold out)

Wheelchair Access: Yes

Credit Cards: Yes

Atmosphere: ★★★★

Service: ★★★★

Food: ★★★★
Price: ★★★★

Overall:



Historic Kerasotes building downtown gets two new tenants

By Michelle Ownbey

The lower level of the historic Kerasotes building at the corner of Sixth and Washington streets has a new tenant, with another moving in soon. Moxie Massage has already been located downtown for more than a decade, but the move to 605 E. Washington St. represents a significant expansion from its previous location and owner Heather Fowler said she is adding new partners and services.

"I graduate from yoga school in October and we'll be implementing some specialty yoga training," she said. Rather than offering yoga classes, she plans to have one-on-one sessions or small groups for "people with pre- and postsurgical problems, bariatric surgery patients, martial artists, power lifters" and other types of niche practices.

Fowler said she will continue to offer massage, along with her business partner, Kayla Rowland, who also does trigger point therapy. In addition, Dana Homann will be offering massage at the new location. Homann is already a familiar name downtown, having previously operated two gift shops, Tinsley Dry Goods and later Old Capitol Goods, on the Old State Capitol Plaza

While Fowler said they have already moved into the new space and had a soft opening to see existing clients, there are still renovations in the works. She hopes to be open to the public by mid-October. "We're depending on other people to help with build out, and we've had a couple of delays," Fowler said. "We're taking up most of the first floor, and it's massive."

PhysioTherapy Professionals is expanding again, this time with a satellite location in downtown Springfield.

"We have always had a dream of having a little downtown clinic to service everyone who lives and works downtown," said co-owner Kirsten Transue of the decision to open a second location in the lower level of the historic Kerasotes building. "I know it's a pandemic and it's a little crazy to be expanding your business, but that building is just gorgeous, and we love that location."

In 2017, PhysioTherapy Professionals teamed up with Ahh Yoga and Body Symmetry to establish Pure Synergy. The three businesses moved into a new shared location at 2201 W. White Oaks Dr. and later added Pure Synergy Massage.



PhysioTherapy Professionals is moving into the former Urban Sassafras space, while Moxie Massage has taken over the other portion of the first floor previously occupied by a fitness center. PHOTO BY STACIE LEWIS

However, the satellite location at 104 N. Sixth St. will strictly be for PhysioTherapy Professionals, although Moxie Massage recently moved in to the other portion of the first-floor space. Co-owner Leah Boente-Hulcher has a son, Zach Boente, who will be staffing the location along with a second physical therapist, Mallory Flynn.

"They're both SHG grads and both went to St. Louis University for their doctorate in physical therapy. For the last five years they've been doing traveling physical therapy, and now they want to return to Springfield," said Transue.

She said she anticipates a growing need for physical therapy services now that elective surgeries have started to return. There has also been an increase in patients as a result of the pandemic. "People became deconditioned, either due to depression or a decreasing level of activity during the stay-at-home orders," said Transue.

The downtown space, which most recently housed Urban Sassafras, is currently undergoing renovations with a goal to begin seeing patients on Oct. 5. [58]

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Sangamon County new business registrations, Aug. 16 - Sept. 15, 2020

Double D & Son Tree Experts, LLC, 404 Sattley St., Rochester, 217-801-8683. Devon Shannon.

B. Sharp Construction, 3649 River Road, Riverton, 816-596-6934. Brian Sharp.

Face Tee's, LLC, 901 W. Jefferson St., 217-220-3294. Maurice Green.

Fannie Mae's Handwash Car Wash, 3101 Chatham Road, 341-9638. Marquise Stennis.

Golden Glow Cleaning Services, 3451 Ridge Ave., Lot 27, 618-317-0618. April Davis.

Golden Rule Enterprises, 2157 15th Street, 217-670-7637. Michael Frank.

Beauty Cart, 40 Circle Drive, Chatham, 773-951-9718. A Mother's Passion, LLC.

Tina's Forever Lingerie, LLC, 400 Broad Place, 217-652-9471. Emma Dickerson.

A Rustic Gypsy, 2682 N. 730 East Road, Mechanicsburg, 217-341-8648. Natalie E. Lowrey.

Kern Brothers Honey Company, 9650 Salisbury Road, Pleasant Plains, 217-652-6729. Nicholas Kern.

Serendipity Tees, 156 Schneider Place, Spaulding, 217-299-6515. Hannah Rexroad.

D'Luxe Designs, 1041 N. Eighth St., 217-220-6638. Nedra D. Slater.

JG&S Company, 302 Bens Drive, Chatham, 217-836-6976. Gerald Banfield and Carolyn Banfield.

Capital City Junk Removal and Clean Out, 1521 E. Moffat St., 217-697-9202. Pat O'Neill Jr.

Outdoor Oasis, 350 N. Dirksen Parkway, Lot 109, 904-235-9409. Scott Herman.

AdorLish Children's Clothing, 4020 Treviso Drive, 217-552-3100. Allantys M. Hatchett.

27Cents Trucking, 321 N. Fifth St., Riverton, 217-553-5322. Mark L. Cotton.

Soul Shack, 1613 S. College, 217-691-1795. Ashley Latrice Ward.

KN Accounting and Bookkeeping, 737 White Oak Drive, Chatham, 217-494-6226. Katherine Nelson.

ModHanks, 40 Foresters Lane, 520-907-9573. Andrew Michel Hocking.

Finfrock Septic, 620 E. Lake Shore Drive, 217-899-8307. Michael Finfrock.

KAT (INK) O, 48 Pinehurst Drive, 217-494-4935. Katelyn Rose Brikoetter.

Ramsey Septic Inspectors, 4375 Stagecoach Road, 217-787-2761, Edward Ramsey and Jeffrey Lyons Sr.

What About Monday, 5556 Hogan Road, Auburn, 217-725-6925. Patricia E. Groeninger.

Sangamon County Stump Grinders, 1 Ottowood St., 217-652-1564. Cory Hewitt.

I Love It Painters, LLC, 1200 N. Fifth St., 314-625-2530. Christopher Jones Jr. and Christopher Jones III.

Jade Esthetics, 443 S. Durkin Drive, 227-720-0218. Jade C. Hart.

2 Guys Sports Cards, 604 Garden Court, Chatham, 312-450-4775. William J. Cour and Frank W. Wieman.

The Salted Lemon opens in former CherryBerry space

By Michelle Ownbey

The Salted Lemon Market & Creamery, the latest venture of Three Twigs Group, held its grand opening on Sept. 16. The third venture for husbandand-wife team Emily and Tim Lewis, The Salted Lemon is located next to its sister business, Biscuits & Brunch by Three Twigs at the corner of Iles and Chatham Road.

Biscuits & Brunch by Three Twigs opened in May with curbside-only service at first. Then Emily Lewis heard that the adjacent business, CherryBerry Springfield, was not going to reopen even after the stay-at-home order was lifted. Oklahoma resident Jeff Cash owned the franchise, which had been managed by his sister, Denise Hlad, when it first opened in 2011. However, Hlad is no longer involved in the business, and while Cash moved to Springfield last summer to operate the location on a seasonal basis, Lewis says he told her he was ready to retire.

"When I found out the guy was retiring and selling everything pretty cheap, I wanted to jump on it," she said. "What a great opportunity to bring something here that we think Springfield needs."

For this particular venture, the Lewises have a new business partner in Clayton Rotherham, who also happens to be the couple's accountant through his family's business, Rotherham & Rotherham & Co. Lewis explained, "About a month into our Biscuits + Brunch sales he said kind of jokingly, 'The next business you start, I want to be a part of.' When this opportunity popped up a month later, I thought I should call him and see if he was serious – he was!"

According to Lewis, the new business venture will keep with Three Twig's practice of offering made-from-scratch items using fresh, locally sourced ingredients. "At The Salted Lemon, we are staying true to our roots by incorporating Kilgus Farmstead soft-serve with some of our favorite local

flavors. In addition to the creamery, we will be selling a range of local products in our market," said Lewis.

The former CherryBerry party room space now has shelving to sell pints of ice cream, whole pies, loaves of bread and freezers with take-and-bake cinnamon rolls and cookies. "That will be the opportunity for people to get their bakery items when we're open later," explained Lewis.

Eight flavors will be served daily, including vegan options. Vanilla bean, midnight chocolate and salted lemon will remain on the menu, while razzleberry, chocolate coffee, salt and pepper caramel, ube and pumpkin spice are current seasonal options. Toppings include edible cookie dough, cookie crumble, chocolate ganache and toasted marshmallow fluff.

Hours will be from 11 a.m. to 8 p.m., Wednesday through Sunday. Seating is currently outdoors, but will move inside during colder weather.



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