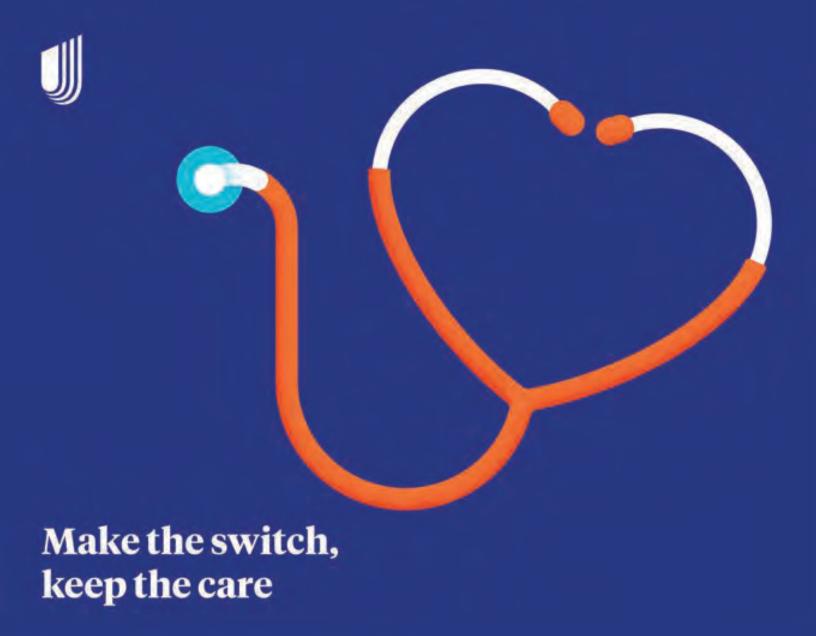
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COVID exposes inequity in health care outcomes

Cover photo by Norma Zuniga

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Have we learned our lesson?

Following the recent demolition of the historic Leland Farm House, there has been a great deal of community outrage, and rightfully so. Our sister publication, *Illinois Times*, first wrote about the house in 2020, shortly after rumors began circulating that the new owner intended to demolish it to increase the size of his yard. Subsequent articles right before and after the demolition generated a great deal of interest, including numerous online comments and letters to the editor. A handful defended the rights of private property owners, but the vast majority expressed outrage and sorrow at the loss of a historic treasure that was part of our community fabric. Multiple people said that they wished they had had an opportunity to purchase the house so that it might have been restored and preserved for future generations.

While it is too late for the former Leland Farm House, there are still many historic homes throughout the Springfield area waiting for someone to restore them to their former glory. However, most are located in areas considered much less desirable than Leland Grove, making it unlikely that they will be saved from a similar fate.

Every two years, *Springfield Business Journal* partners with the City of Springfield's Historic Sites Commission to recognize people and projects that have contributed to historic preservation in our area. One of this year's recipients, Anthony Rubano, noted that each of us writes ourselves into history by how we improve, change, experience – and yes, even destroy – our communities.

Saving a house from demolition can seem like a monumental task, especially for those who lack the expertise to do the work themselves or the financial resources to hire skilled craftsmen. Yet there are still many different ways to support and encourage the work of historic preservation. One is to contribute to the Community Foundation for the Land of Lincoln's Historic Preservation Fund, which makes annual grants to area organizations who are doing the hard work of preserving our history. The upcoming Springfield Preservation Awards on Sept. 30 (see pg. 8 for more details) also offers an opportunity to learn more about recent notable projects and those who are actively involved in efforts to save properties that might otherwise be lost to history.

It's easy to mourn the loss of the Leland Farm House. It is harder to keep it from happening again.



Michelle Ownbey, publisher

"Those who cannot remember the past are condemned to repeat it." – George Santayana



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Q & A
with

Damond Boatwright

By Lana Shovlin

Damond Boatwright, 49, became president and CEO of Hospital Sisters Health System in June, making him both the first man and African American to hold the top administrator position. Before coming to Springfield, Boatwright served as the regional president of operations and chair of the hospital board at SSM Health Wisconsin near Madison.

He is a native of Charleston, South Carolina, and graduated from The Citadel, where he also played football. His wife, Dr. Makeba Williams, is a practicing physician and the couple has two children, Damond Jeremiah, 9, and Shelby Ruth, 7.

What did you want to be when you were younger?

When I was a kid, I loved watching "Matlock." I thought it was so cool how he wore seersucker suits and always had a great big smile on his face while he was out there solving crime. Everyone knew who Matlock was! Because of him, I wanted to be a country lawyer, but things obviously went in a very different direction.

How did you get into health care?

I had just graduated from The Citadel and was coming out of noon mass at St. Michael's Church in Charleston, South Carolina. A woman happened to see the graduation ring on my hand and asked me if I had gone to The Citadel. I told her I had just graduated from there three weeks prior, and she wanted to introduce me to her husband. As it turns out, her husband was Frank DeMarco, who, at the time, was a high-level executive working for one of the largest health care companies in the world.

He asked me what my post- graduation plans were, and I told him that I was on the waitlist to get into Duke. My plan was to spend the summer with my friends until I got into law school, but he gave me his card and told me that he thought I could have a career in hospital administration. A few days later, I met him for lunch. After our meeting, I took his advice and decided to go to graduate school instead of law school. I've been in health care

ever since, and I truly believe meeting Frank's wife, Karen, on the steps of that church was divine intervention.

What's the best part of your job?

I love meeting people from all walks of life. Working in an environment where I can help solve problems for people brings me great joy, and I truly feel like this is what I was meant to do. It's not often that you have the opportunity to marry together your personal faith with your professional aspirations. As a Catholic man with a Catholic family, working for a Catholic organization is something I always knew I would want to do.

If you weren't in your current role, what would you like to do professionally?

That's easy; I'd love to be a master barbecue cooker. Let the record reflect that I have paid my dues, and I happen to be a member in good standing of the Kansas City Barbecue Society. I am a certified barbecue judge! On weekends, my wife and I used to travel to barbecue festivals all around the country, and I loved meeting different, interesting people who all had the same goal in mind: to eat great barbecue and have a good time. When people come together in one place for a particular reason it's always a unifying, positive event, and I enjoy being involved in that.

Do you have a life motto?

When I was a baby, my grandmother would

rock me to sleep and whisper Jeremiah 29:11 into my ear. It's a quote from the Bible that says, "For I know the plans I have for you,' declares the Lord, 'plans to prosper you and not to harm you, plans to give you a hope and a future." I believe this to be true not just for myself, but for everyone. I believe we all have divine providence on our shoulders.

What advice would you give your younger salf?

I didn't leave my hometown until I was well out of college. During my teens, there was no way that I would have left my comfort zone, and all I knew growing up was what surrounded me. I marvel at people who travel the world or study abroad, though, so I would have told my younger self to embrace new opportunities and not to fear change. If I had started traveling around the world or the United States sooner, I think I would have broadened my entire perspective on life

What does your future look like?

I hope to fulfill the rest of my career working for an organization that aligns with my personal values. I'm very optimistic about the opportunity to build a lasting, strong, healthy culture at St. John's Hospital so that we can do more good in the world. I'm looking forward to raising my family in the Midwest, and I'm excited to see what kind of barbecue Springfield has to offer!





Damond Boatwright and his wife, Dr. Makeba Williams, with their two children, Damond Jeremiah (DJ) and Shelby Ruth. (Right) Damond Boatwright graduated from The Citadel in 1994. PHOTOS COURTESY OF HISHS

2021 SPRINGFIELD PRESERVATION AWARDS

By Catherine O'Connor

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The reception will benefit the Historic Preservation Fund of the Community Foundation, which will announce the recipient of the group's 2021 grant. The CFLL Historic Preservation Fund has grown steadily since it began in 2008, and as the available fund balance grows, it allows for larger grants to local organizations. A total of \$53,000 has been awarded to various organizations since 2012.

Recent recipients include:

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 \$7,000 to help with the renovation of 711 Enos, a mixed-use turn of the century building in danger of demolition.

2017 – Vachel Lindsay Foundation received \$7,500 for exterior painting and repair of the historic Vachel Lindsay Home to ensure the longevity of the historic structure.
2018 - Central 3 Community First Project, Inc. received \$6,500 to replace and stabilize portions of the First Black Firehouse's first floor, located at 1310 E. Adams St. In addition, Kidzeum received \$1,000 to restore the museum's interior historic wall back to it its original look.
2019 - Oak Ridge Cemetery Foundation received

\$5,500 to reinstall Oak Ridge Cemetery's 1900s-era iron archway sign, originally located at the cemetery entrance on First Street, to in front of the existing bell tower and east of the Lincoln Receiving Vault. The James Project was awarded \$2,000 to restore a wooden door and entryway to a 100-plus year old home in Hawthorne

2020 - Central 3 Community First Project, Inc. received \$2,500 for the Shine a Light project, which offers organized tours and informational materials for three historic African American sites on Springfield's near east side. Also, the Springfield and Central Illinois African American History Museum was awarded \$2,500 to support the museum's general operations, as well as programs and projects on African American history.

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Educational Efforts That Advance the Preservation and Understanding of Our Historic Heritage

Anthony Rubano, state deputy historic preservation officer

Anthony Rubano was selected based on more than two decades of work with the state's Historic Preservation Agency and for leading Pied Piper historic downtown architectural tours for many years. Pursuing a lifelong interest, Rubano earned a master of architecture degree from University of Illinois Urbana-Champaign with a specialization in history and preservation.

In the Chicago area, Rubano has been involved in noteworthy projects like the transformation of the elaborate Chicago Athletic Association on Michigan Avenue into a hotel using federal historic tax credits and assisting Neighborhood Housing Services of Chicago with a National Register of Historic Places designation for its historic Greystone rowhouses. In Springfield, Rubano is credited for his leadership in the restoration of Union Station on Madison Avenue, a project that restored a significant element of the city skyline with a faithful reconstruction of the huge clock tower that had been removed in the 1940s.

According to Rubano, each of us writes ourselves into history by how we improve, change, experience – and yes, even destroy – our communities.

"Each of our communities is a continually evolving collage,



Anthony Rubano leads an architectural walking tour with a stop at Temple B'Rith Sholom.

shaped over many decades by people with diverse experiences and contributions that shape the sense of place in its buildings, neighborhoods and heritage," he said. "In my opinion, connecting to our built environment, understanding, enhancing and sustaining that sense of place, are the ultimate goals of historic preservation."

Preservation Effort Involving a Nonprofit Organization

Inner City Mission

The transitional housing provider is being recognized for the renovation of a Lincoln-era house located at 726 N. Seventh St., which now houses its operations and finance offices. ICM purchased the property in 1991 and initially used it as a clothing distribution center before recently converting it to office space, following an extensive renovation. Caleb Payne, director of community engagement at ICM, said 20 different churches, businesses and scores of construction professionals and other volunteers donated labor and materials to reduce the project costs from the initial estimate of \$130,000 down to \$70.000.

Using the one-story house as a satellite office has freed up residential living space and reduced programming disruptions at ICM's main site, which provides housing in former convent buildings, now converted to apartments, that date back to the 1960s.



Inner City Mission completed an extensive renovation of one of the few remaining Lincon-era houses in Springfield and now utilizes it as administrative offices.

726 N. Seventh St. was originally built as a shotgun house, a popular design following the Civil War that featured two rooms, one in front of other, usually 15-18 feet wide. In the early 1900s, four rooms and a bathroom were added to the house.

Neighborhood Preservation Efforts

Springfield NAACP Floyd Mansberger, Fever River Research

Archaeologist Floyd Mansberger is in the final stages of a survey of historic properties throughout Springfield's east side that has resulted the nomination of 37 significant African American heritage sites to the city's Landmarks list.

The Springfield NAACP collaborated in the efforts to declare the 1908 Springfield Race Riot site, which has been excavated and documented, as the 30th addition to the African American Civil Rights Network. In addition, preservation and display of artifacts from the race riot and work to declare the site a national historic memorial and incorporiate it into the National Park Service is underway An exhibit, which will be a part of the new Springfield-Sangamon County Transportation center, is planned as well.



View of excavations of House C nearing completion, with an interpretive sign in the foreground. PHOTO COURTESY OF FEVER RIVER RESEARCH

2021 SPRINGFIELD PRESERVATION AWARDS

By Catherine O'Connor

Private Effort for the Preservation of an Historic Structure or Structures in Residential Use

Brick City Apartments, LLC Seth and Ivy Molen

Seth and Ivy Molen, previous recipients of this award, have been selected this time for their property located downtown at 627 E. Adams. According to Ivy Molen, the portion of the three-story building dedicated to the apartments is nearly 4,000 square feet, comprising four apartment units on the second and third floors, which are already leased. In addition, there is retail and storage space on the ground floor, which is now occupied by Piper + Arrows Boutique.

"We have done similar remodels on older buildings as our winter project for the last 10 years," Ivy Molen said. In that time, they have brought more 40 living units onto the market. "Turning vacant, uninhabitable buildings into modern, clean apartments is one of our specialties."

In terms of challenges the Molens have encountered, they find that the first step in renovating an older building with years of deferred maintenance is making the building weathertight and structurally sound. After that, it can be difficult to make safe, modern and functional ingress/egress into existing buildings. Finally, fitting all the



After completely gutting and renovating 627 E. Adams, the commercial space on the lower level is now leased to Piper + Arrows Boutique.

modern conveniences tenants expect into smaller, older spaces can be a challenge.

They recommend that owners work on projects incrementally and use their own money. "Being strapped with debt prohibits freedom and creativity. Potential developers should really start on smaller projects they can afford to fail at, to make sure they are even interested in pursuing a larger project," Molen said.

Private Effort for the Preservation of an Historic Structure for Commercial Use

Route History Dr. Gina Lathan, Dr. Stacy Grundy and Kenneth Lockhart

Route History, 737 E. Cook St., opened in February 2019 with the goal of serving as a space to experience and learn about the tragedy, resilience and excellence of Black people along Historic Route 66 and in the city of Springfield. The project entails efforts to research and display the historical significance of the Black American experience with artifacts and images that reveal the untold story of four black historic figures who played a significant role in Springfield history.

Through research at the Smithsonian Institution, Gundy and Lathan, who are community health professionals, learned about places in Springfield that had been included in *The Green Book*, a Jim Crow-era directory that alerted travelers to Black-friendly establishments. In partnership with advocacy group Landmarks Illinois, Route History will play a role in the 100-year anniversary of Route 66 in 2026.

The Route History Four Heroes signage display honors four

Black entrepreneurs and businessmen, Thomas Jefferson Houston, Jameson Jenkins, William Donnegan and Scott Burton, whose lives were lost in the 1908 Race Riot. According to Lathan, "We are working to bring awareness to the impact of the riot that halted livelihood opportunities and the ability to pass on generational wealth for many of our families."

After months of closure due to COVID, Route History reopened its facility in July,



Korbin King, an artist and Springfield native, painted a mural on the east side of the building as part of renovations that took place before Route History reopened in July. PHOTO BY: NORMA ZUNIGA

a former 1930s Texaco station, offering educational tours where visitors learn about often overlooked community history. "People are really shocked about how much history they were unaware of, and the magnitude of the impact that Black people have made," Lathan said.

Preservation Effort Involving a Public Facility

State of Illinois, multiple projects: Old State Capitol, 315 S. Sixth St., Illinois State Armory, Marine Bank building

The Historic Sites Commission recognizes the state of Illinois for its efforts to undertake rehabilitation of the Illinois State Armory, structural repair and restoration of the Old State Capitol dome, renovation and adaptive reuse of the former Journal-Register newspaper office and the historic Chase/Marine Bank building.

Justin Blandford, Illinois Department of Natural Resources superintendent of state historic sites in Springfield, has nearly two decades of experience in historic preservation. Leading the recent efforts to restore both the historic interior and exterior of the Old State Capitol dome presented significant challenges and opportunities for programmatic innovations, according to Blandford.

"It's been very exciting. Until the massive scaffold was erected and experts including architect Bruce Ferry, general contractor R.D. Lawrence and IDNR leadership were able to visually inspect the dome at close range, which no one has been able to do for decades, we couldn't know what we'd be dealing with in terms of repair," explained Blandford. In addition, the safety aspects of working at considerable heights, compounded by the pandemic health concerns for staff, construction workers and future visitors, required innovation.

Facing more than a year of interruption in its public historic site operations provided Blandford's team an opportunity to create powerful new ways to communicate history through alternate activities such as the new Walk, Hike and Bike History program that promotes themed community engagement activities, as well as a newly designed OSC artifact gallery and visitor education video.

The project cost is estimated at \$1.65 million, with completion by late fall.

Michael Pittman, deputy director at the Illinois Central Management Services Bureau of Property Management, has been in charge of the renovation of the former State Journal-Register office building, which has been owned by the state since the 1990s. The project involved both exterior and interior upgrades that will add 8,300 square feet to the nearly 40,000 square feet of current office space that houses 80 CMS administrative staff.

Architect Matt Wolfe of CMS noted that the project includes minor repairs to the historic exterior terra cotta parapets and interior refurbishing of areas including windows, woodwork and transoms. Springfield-based Allied Design Consultants worked with Peoriabased general contractor P.J. Hoerr Construction on the \$2.3 million project, scheduled for completion in December 2021.

In addition to Pittman and Wolfe, Andrea Aggertt, architect of



Restoration of both the interior and exterior of the Old State Capitol dome is projected to be complete by late fall.

the Capitol, has been involved in planning for redevelopment of the historic State Armory, a 1930s Works Progress Administration civic auditorium that was used for many years by the Illinois State Police until the agency moved to the vacated Franklin Life building in 2010. Currently in the early design phase, the \$122 million renovation is projected to be completed in 2024, funded through the state's ReBuild Illinois program,

Sharon Garchitorena, office of the Illinois Treasurer, has been involved in the adaptive reuse of the former Chase Bank building, which once housed the historic Marine Bank, at 1 E. Old State Capitol Plaza, The original Springfield Marine Bank on that site was chartered in 1851 as Springfield Marine & Fire Insurance Co., according to the Sangamon County Historical Society, and Abraham Lincoln banked there. A record of his account remains on display in the lobby of Chase's new location across the street, and Chase donated its previous Springfield headquarters to the state of Illinois.

Pittman noted that the state has taken a proactive approach in managing its real estate portfolio, improving its buildings downtown to meet the needs of the 21st century, both to benefit taxpayers and to be a good neighbor in Springfield.



Dr. Sameer Vohra, chair of population science and policy at SIU School of Medicine in Springfield. PHOTO BY NORMA ZUNIGA

COVID exposes inequity in health care outcomes

Life expectancy is correlated to zip codes

By Carey Smith

"What really defines somebody's health is much more what happens outside the hospital than what happens inside," explains Dr. Sameer Vohra, chair of population science and policy at SIU School of Medicine in Springfield. "Around 80% of your health outcomes, arguably more, are determined by social determinants of health," which include race and ethnicity, educational level, income, employment, affordable housing, transportation, neighborhood and community.

Dr. Tracey Smith, director of programs and

community health at the Illinois Public Health Association, says the term social determinants of health "just adds layers. It helps us to look at the roots and gets down to trauma, racism – that whole inequity that exists. It's what used to be called poverty, but that doesn't paint the whole picture."

Social determinants of health can greatly affect health outcomes, including life expectancy. According to census tract data from 2010-2015, the life expectancy of a resident of zip code 62703

is 66 years. Contrast that with someone living in 62711 near Lake Springfield, with a life expectancy of 86 years.

According to Vohra, the other component of health care outcomes depends on individual behaviors, such as diet, exercise and involvement in risky behaviors like smoking or other substance abuse. "Those things set the foundation for the other 20%, which is the access to health care that you get."

COVID-19 has played a role in declining life





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expectancies, especially as the initial waves of the pandemic "hit communities of color worse, especially Black and brown communities across the country," explains Vohra. Life expectancy had been dropping slowly in the years before the pandemic, but 600,000 premature deaths as well as decreased access for other health care needs, suicides and overdoses also took their toll, lowering life expectancy rates down to levels not seen since World War II, with people of color disproportionately affected.

David Vail, a licensed clinical social worker and owner of Thrive Center for Wellness, 435 W. Washington, reports that his agency does not have enough staff to meet the needs of those currently seeking help with substance abuse recovery. He attributes this increase to the isolation and stress of COVID-19. "The more isolated people became, the more difficult it was for people to contend with that. People who utilize support groups for recovery lost that sense of connection. It hit the recovery community pretty hard."

Overdoses in Illinois spiked significantly in the first few months of the stay-at-home order, largely fueled by fentanyl, a synthetic opioid commonly mixed with heroin, but 50-100 times more potent. Sangamon County saw a similar rise in accidental overdoses, with numbers spiking in 2020, after seeing a decline since 2017.

Vail said, "Minorities are always the hardest hit, less apt to get care and have less access to care." He attributes this to social determinants of health. "It looks genetic, but it is really generational trauma." Vail reports seeing the age of first use of addictive substances dropping to ages 12 or 13, and the treatment center has seen more adolescent clients than adult clients.

Though suicides nationally have decreased slightly, people of color and Hispanic populations have seen numbers rise. Sangamon County's suicide rate rose slightly in 2020. As Smith notes, "Isolation is the root cause" of these so-called diseases of despair — suicides and overdoses.

Gina Lathan, CEO of consulting firm Lathan Harris, Inc., brings it all back to economics, which are "socially aligned to your zip code. Your income really dictates where you live and the type of environment you live in." She explains that even simple things, like having access to fresh fruits and vegetables at an affordable price, vary among zip codes. A person living in poverty is more likely to live in a food desert, with limited access to nutritious foods, and if they do have access, they are more likely to pay a premium price. "You have to take all of that into consideration when you're having the conversation about quality of life, economics and how social determinants of health directly tie into health outcomes."



Left to right: Tiffany Hightower, executive director of the Illinois Legislative Black Caucus Foundation; Gina Lathan, CEO of Lathan Harris, Inc.; and Dominic Watson, president and CEO of the Springfield Black Chamber of Commerce, served on a Citizens Club panel on July 28, "Moving Towards Equity in Local Economic Access." PHOTO BY MEREDITH HOWARD

Lathan recently took part in a Citizens Club forum, "Moving Towards Equity in Local Economic Access," which focused on addressing systemic issues in communities like Springfield, which has the greatest income disparity among US metro areas. Part of the discussion centered on the reform efforts by the Illinois Legislative Black Caucus, revolving around criminal justice and police reform, education and workforce development, economic access and opportunity and health care and human services.

Though only one of these pillars of reform directly involves health care, Lathan asserts, "All four directly tie into health: our physical health, access to health services and understanding our health doesn't operate within a vacuum." Education can lay a foundation for economic opportunity, but as Lathan states, "It also aligns directly with the quality of health care that one receives, to a clear understanding of health literacy, as well as the understanding of how the knowledge of physical health, health care and healthy systems can have a direct correlation to healthy behaviors."

Vohra agrees. "If we go back to the social and structural determinants of health, you have to have the right kind of job, opportunities, education, good access to health care services, and that starts with an acknowledgment that everybody isn't starting at the same level." He uses the analogy of providing a bike for a person of average of height, a very tall person and a person in a wheelchair. Giving them all the same bike isn't helpful. But recognizing the different foundations with which we all start life allows public health institutions to tailor their approaches to address health inequities. "The idea of moving toward equity is a really powerful one and fits across all sectors of our society," states

Vohra.

Smith says that the pandemic shone a spotlight on inequality, and it behooves us all to address these inequalities. "We don't live in a bubble," states Smith. "The goal of all of us in the public health world who are doing this work is to make sure that we don't lose awareness of the inequalities when COVID is gone. We don't want to get back to what was normal before, because for so many people, normal was inequities, and we want to be better than normal. Normal prior to COVID wasn't a great place for a lot of people. It's so important we think about this."

Lathan agrees, saying, "COVID-19 has highlighted a need to invest in, educate and support those with the least in our community because it improves the overall health of our city."

There has been a lot of discussion about the revitalization of Springfield's east side, which Lathan asserts will have a bountiful effect on Springfield as a whole.

"When one part of our community improves, it benefits the entire city. It's a safer, healthier and more economically thriving community in our city." She noted that from a city perspective, an improvement in one area means there are fewer public resources required to provide intervention services and less burden on the health care community.

It also can result in improvements for the business community. "In terms of education, we have educated and thriving students, and also have healthier employees and employers. It is a definitely a community-wide issue," she said.

SBJ

Carey Smith is a freelance writer in Springfield who is keenly interested in issues of inequality.

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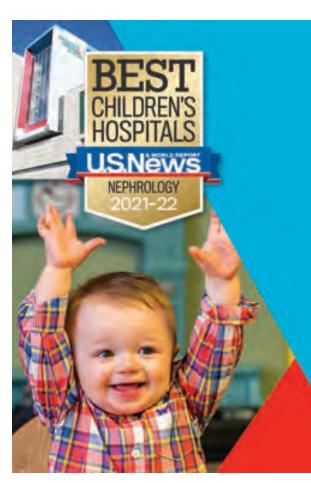
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PHYSICIAN GROUPS

	NAME / ADDRESS	PHONE /WEBSITE	PARTNERS/PRINCIPALS	HOURS OF OPERATION	TYPE OF NUI		TOTAL # O		YEAR EST'D
1	HSHS Medical Group Anesthesiology & Perioperative Services, 800 E. Carpenter St. Clinic for Medicare patients, 2801 Mathers Road Family Medicine, 125 E. Plummer Blvd., Suite A, Chatham Family Medicine, 8 Pediatrics, 1745 W. Walnut St., Jacksonville Family Medicine, 300 Sattley St., Rochester Family Medicine, 2806 E. Andrew Road, Sherman Foot & Ankle Specialists, 1745 W. Walnut St., Jacksonville Foot & Ankle Specialists, 2901 Old Jacksonville Road, Suite C 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 Drive Multispecially Care Pediatrics, 2901 Old Jacksonville Road Neuroscience Center, 421 N. Nirith St. Neuroscience Specialty Clinic, 1745 W. Walnut St., Jacksonville Priority Care and Walk-In Clinics, 836 S. MacArthur Blvd. and 4200 Conestoga Drive (inside Meijer) Occupational Health and Wellness, 1836 S. MacArthur Blvd.	217-321-9292 HSHSMedicalGroup. org	Melinda Clark, CEO	All offices 8am-5pm Priority Care: 7 days a week, 7am-9pm Walk-in Clinic at Meijer: Mon-Fri 11am-9pm Sat 9am-7pm Sun 10am-6pm Virtual care at Anytimecare.com: 24/7	Primary and Specialty Care, Ancillary Services, Walk-in Care and Virtual Care	487	1,286	Multispecialty group that offers primary care and 26 sub-specialties throughout Illinois.	2009
2	Springfield Clinic Springfield Clinic Main Campus, 1025 S. Sixth St. 800 Bidg, 900 N. First St. 900 Bidg, 900 N. First St. 350 W. Carpenter Center for Plastic Surgery, 2901 Greenbriar Dr. Chiropractic, 355 W. Carpenter, Suite A Family Practice Center, 100 Centre West Dr. Koke Mill, 901 S. Koke Mill Road MOHA, 775 Engineering Dr. Optical Centre, 1025 S. Sixth St. Pediatric & Adolescent Center, 2532 Farragut Dr. Rehabilitation Services, 3020 S. Sixth St. 400 St. John's Dr., Sherman Urgent Care West, 2200 W. Wabash Ave. 4525 W. Wabash Ave. Sherman Rehabilitation Services, 129 Illini Dr. Sherman Urgent Care, 400 St. John's Dr. Main Campus East, 1025 S. Sixth St. Rehabilitation Services, 4525 W. Wabash Ave. Urgent Care, 4525 W. Wabash Ave. Orthopedics Walk-In, 800 N. First St. Downtown Drive-Up Lab, 7701 S. Sixth St. West Sixe Drive-Up Lab, 3040 Hamilin Plowy. Rehabilitation Services, 2325 W. Monroe St. HSHS St. John's Hospital, 800 E. Carpenter St. Optical Centre, 4525 W. Wabash Ave. Urgent Care - Main, 1025 S. Sixth St.	217-528-7541 800-444-7541 SpringfieldClinic. com	Amit Gupta, M.D. board chairman	All Offices 8am-5pm Urgent Care Main, 1025 S. Sixth St., Mon-Sun 8am-8pm Urgent Care West, Mon-Fri 8am-5pm (excluding major holidays) Urgent Care Sherman, 8am-6pm (excluding major holidays)	Primary care, specialties and subspecialties including surgical treatments.	372	2,931	Primary and specialty care with services including ambulatory surgery and endoscopy center, infusion therapy, laboratory, radiation, Telehealth and more.	1939
3	SIU Medicine Center for Family Medicine, 520 N. Fourth St., 2833 South Grand Ave. East, and 345 W. State St., Jacksonville Ear Nose and Throat Clinic I Hearing and Balance Center, 720 N. Bond St. Internal Medicine Clinic, 751 N. Rutledge St. Maternal-Fetal Medicine, 400 N. Ninth St. Neuroscience Institute at SIU, 751 N. Rutledge St. OB-GYN Clinic, 400 N. Ninth St. and 1100 Lincolnshire Blvd. Pediatrics, 400 N. Ninth St. Psychiatry Clinic, 319 E. Madison Child & Adolescent Psychiatry Clinics, 319 E. Madison Simmons Cancer Institute at SIU, 315 W. Carpenter St. Surgery Clinics, 747 N. Rutledge St. Institute for Plastic Surgery at SIU, 747 N. Rutledge St. SIU Cosmetic Clinic, 2201 W. White Oaks Dr. SIU Fertility and NF Center, 751 N. Rutledge St. Women's Health Center, 610 N. Westgate, Jacksonville Psychiatry, 1600 W. Walnut St., Jacksonville Center for Family Medicine, 345 W. State St., Jacksonville Dale and Deborah Smith Center for Alzheimer's Research and Treatment, 751 N. Rutledge St.	217-545-8000 siumed.org	Jerry Kruse, M.D., CEO Mary Stewart, R.N., COO Doug Carlson, M.D., interim CMO	Mon-Fri, 8am-4:30pm	Primary care, specialties and subspecialties including surgical treatments.	318	2,000	A variety of health care services including primary care, specialties and sub-specialties. For a liable of services, make an appointment or to view provider profiles online, visit siumed.org.	1939



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PHYSICIAN GROUPS

	NAME/ADDRESS	PHONE/WEBSITE	PARTNERS/PRINCIPALS	HOURS OF OPERATION	TYPE OF NUM CLINIC PHY		TOTAL # EMPLOY		YEAR EST'D
4	Prairie Cardiovascular Consultants 619 E. Mason	217-788-0706 prairieheart.org	John A. Scherschel, M.D., FACC, FHRS, president	Mon-Fri, 8am-5pm	Cardiac and Vascular Diagnosis and Treatment	65	376	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	Memorial Physician Services Memorial Medical Center 701 N. First St. (corporate office) 101 E. Plummer, Chatham Concordia - 4101 W. Iles Ave. 15 Founders Lane, Suite 100, Jacksonville Koke Mill – 3132 Old Jacksonville Road MacArthur Walk-in Clinic – 2215 S. MacArthur Blvd. North Dirksen – 3220 Atlanta St. Vine Street – 3225 Hedley Road	1-855-FIND-MPS 1-855-346-3677 MemorialMD.com	Memorial Health System	Hours vary according to site. Contact office or visit MemoriaIMD. com for site hours.	Primary Care	50	356	Pediatrics, Family Medicine, Internal Medicine, Psychiatry, Internal Medicine/Pediatrics.	1994
6	Prairie Eye and LASIK Center 2020 W. lles Ave.	217-698-3030 prairieeyecenter. com	Sandra Yeh, M.D.	Mon-Fri 8am-5pm Sat 8am-12pm	Ophthalmology, Optionetry, Optical Center	20	155	No Stitch/No Patch Cataract and Lens Implant Surgery, Glaucoma Treatment & Surgery, Retina and Vitreous Surgery, Uvenitis, Oculoplastic and Reconstructive Surgery, in-office LASIK Procedure.	1970
7	Orthopedic Center of Illinois 1301 S. Koke Mill Road	217-547-9100 orthocenterillinois. com	Gordon Allan, M.D., Frank Bender, M.D., Dane Church, M.D., Christopher Graves, M.D., Rodney Herrin, M.D., O.B., Idusuyi, M.D., Chris- topher Maender, M.D., Barry Mulshine, M.D., Kari Senica, M.D., Varun Sharma, M.D., Timothy VanFleet, M.D., John Watson, M.D.	Mon - Fri 8am-6pm Sat 8am-12pm	Orthopedics, Imaging, Physical Therapy, Medicine, Walk-in Clinic	16	100	Joint Reconstruction, Spine Surgery, Fracture and Injuries, Foot/Ankles, Upper Extremi- ties, Sports Medicine, Inter- ventional Pain Management, Imaging, Physical Therapy, Minimally Invasive Surgery.	1972
8	Memorial ExpressCare Koke Mill – 3132 Old Jacksonville Road North Dirksen – 3220 N. Atlanta St. Chatham – 101 E. Plummer Blvd. Respiratory Clinic South Sixth - 2950 S. Sixth Street	217-588-2600 MemorialExpress- Care.com	Memorial Health System	All locations Mon-Sun 8am-8pm	Walk-In Care	7	212	Urgent care for all ages. Outpatient laboratory and medical imaging (X-ray). Walk-in appointments with on-site physicians and advanced practice providers.	1999
8	Central Counties Health Centers 2239 E. Cook St. 700 N. Seventh St. (dental only) 1440 W. Walnut St., Jacksonville Clinics for the homeless: 120 N. 11th St. 530 N. Sixth St. 1023 E. Washington St.	217-788-2300 (Springfield main) 217-788-2380 (Seventh Street dental clinic) 217-243-3543 (Jacksonville)	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. On-site laboratory.	1999
9	Gailey Eye Clinic 1401 S. Koke Mill Road	217-529-3937 gaileyeyeclinic.com	Robert Lee, M.D. Angela Oberreiter, O.D.	Mon-Fri 8am-5pm	Ophthalmology, Optometry, Optical Boutique	2	15	Vitreous Surgery, Cataract Surgery, iLasik.	1941

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- Clare



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Find help for better nutrition

By Karen Ackerman Witter

Fitness is more than a workout; it is a lifestyle. You can't exercise your way out of a bad diet. Mindset is also a contributing factor. Many gyms, health clubs and even grocery stores offer nutritional counseling, including several in the Springfield area.

FitClub, which has three locations in Springfield, recognizes that good nutrition is a key component of fitness and wellness and recently hired a full-time registered dietitian. Lauren Parish collaborates with FitClub's exercise professionals and "success coaches" to help members incorporate nutrition as part of a holistic approach to their health and fitness.

Parish provides motivational counseling to help people meet their individual goals. "I like to work as the co-pilot in a client's journey through listening, coaching, empathizing, educating, guiding and empowering," says Parish. "Each client is vastly different from the next. I ensure the recommendations and goals fit that diversity." She believes in empowerment and developing a sustainable plan that works for one's specific health and lifestyle needs. She likes to help people improve their positive relationship with food.

Parish says there is a misconception that dietitians are the food police, but her priority is to support her clients, not judge or shame them. A critical first step is to identify a person's goals and then determine how to get there, based on what's realistic and what's not. She looks through food logs, helps create food plans and assists people in working through barriers such as cravings, hectic schedules or being a picky eater. She works with people to discover where they are, what they are willing to change and what will give them hope.

Nutrition is important to everyone, whether one's goals are losing weight, building muscle mass, managing or preventing disease or other fitness objectives. By focusing on the needs of the individual, Parish helps design nutritional strategies that are personalized. She says nutrition is not all-or-nothing, and to be successful, it needs to be sustainable and enjoyable.

CrossFit is known for its high-intensity workouts, and also emphasizes good nutrition. Barbells, dumbbells, pull-up

bars, jump ropes, kettle bells, medicine balls, rowing machines, rope climbs and resistance bands are some of the equipment found in the thousands of Crossfit gyms across the country. While strength training is a key element, the CrossFit lifestyle is a combination of sound nutrition and exercise, the key to fitness and long-term health.

CrossFit Instinct, 301 South Grand Ave. West, is one of several CrossFit gyms in



Registered dietitian Lauren Parish collaborates with FitClub's members to incorporate nutrition as part of a holistic approach to their health and fitness. PHOTO COURTESY OF FITCLUB

Springfield. Owners Tim and Molly Hahn openly talk about nutrition with their athletes. "Our main goal is to have people transition into eating real food, not manmade, processed 'foods," says Tim Hahn. "We want our members to eat food that comes straight from the earth without being heavily modified. The closer to nature you can eat, the healthier your body will become."

Hydration, focusing on just water, is another emphasis, as most of the population is chronically dehydrated. CrossFit Instinct periodically offers nutrition challenges, and nutrition is highlighted through its social media platforms. CrossFIt Instinct also offers one-on-one work to help

people incorporate better nutrition into their lifestyle. The Hahns say if you commit to a workout regimen but don't clean up your nutrition, you will only get moderate results. Those who eat well get great results from their workouts, plus they recover faster and get sick less often.

Even if you don't belong to a gym, you can get nutritional advice from your grocery store.

Hy-Vee employs registered dietitians to provide nutrition education and counseling to customers in stores and virtually. Nina Struss is the dietitian for the Springfield Hy-Vee store, 2115 S. MacArthur Blvd., and others in the region. She says Hy-Vee tries to be a leader in health and wellness. A wide range of services are offered, including menu planning, monthly classes and nutrition tours related to a specific theme. August focused on ideas for quick and healthy back-to-school lunches for kids and adults. Preparing family-friendly meals for the freezer is the topic for September. Kids can also learn basic kitchen skills through virtual cooking classes.

Customers can schedule a free 30-minute virtual discovery session with a dietitian to learn about available services. Nutrition tours help people navigate the grocery store aisles to address their specific issues, such as diabetes or heart conditions. Individualized nutritional counseling packages are designed for customers desiring a more personalized approach. Dietitians can help expose people to new food choices, learn how to increase intake of fruits and vegetables and understand how to read food labels. Struss says there is a misconception about packaged foods, noting that frozen vegetables can be a simple and convenient way for people to add more vegetables to their diet

Dietitians and other health professionals can help people make better nutritional choices that meet their personal goals and fit their lifestyle. Nutrition counseling is available from a variety of sources, if you are willing to seek it out.

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Karen Ackerman Witter has written frequently about health and fitness issues for Springfield Business Journal and Illinois Times.

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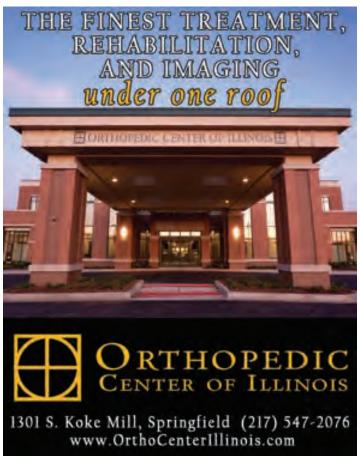
FITNESS CENTERS

	NAME / ADDRESS	PHONE / WEBSITE / EMAIL EM	# OF PLOYEES	# OF MEMBERS	HOURS OF OPERATION	MANAGER(S)	AVAILABLE EQUIPMENT / AMENITIES	YEAR EST'D
1	YMCA of Springfield Gus and Flora Kerasotes 4550 W. Iles Ave. Springfield, IL 62711	217-679-1625 springfieldymca.org asowle@springfieldymca.org	100	11,000	5am-8pm MonThu., 5am-7pm Fri., 10am-4pm Sat., 8am-12pm Sun.	Angie Sowle	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	YMCA of Springfield-Downtown 601 N. Fourth St. Springfield, IL 62702	217-544-9846 springfieldymca.org asowle@springfieldymca.org	200	6,600	5am-9pm MonThu., 5am-8pm Fri., 7am-1pm Sat., Closed Sun.	Angie Sowle, Joey Greenwood	Child watch, gymnasium, sauna, steam room, racquet ball courts, youth and family center, y-cycling, indoor track, Wi-Fi, weight training, cardio training, group fitness, eight lanes of lap swimming, recreational pool, locker rental, free parking.	1962
3	FitClub South 3631 S. Sixth St. Springfield, IL 62703	217-787-8348 fitclub.net nathan@fitclub.net	80	6,496	5:30am- 8:30pm Mon-Fri., 7am-4pm Sat., 8am-4pm Sun.	Jim Copelin, gen. mgr. Nathan Imhoff, CFO Dr. Kevin Imhoff, co- founder/CEO	Free child care, cardiovascular equipment, free weights, lap pools, whirlpool, steam room, sauna, warm water hydro therapy, Capitol Chiropractic Health Center, HSHS Rehabilitation Services, NASM certified personal trainers, nutrition coaching, senior exercise programs, group personal training, aquatic classes and group exercise classes, CycleFit, Wi-Fi, locker rental.	1999
4	FitClub West 2811 W. Lawrence Ave. Springfield, IL 62704	217-787-1111 fitclub.net jim@fitclub.net	60	4,253	5:30am- 8:30pm MonFri., 7am-4pm Sat., 8am-4pm Sun.	Jim Copelin, Nathan Imhoff Dr. Kevin Imhoff	Free child care, cardiovascular equipment, free weights, NASM certified personal trainers, senior exercise programs, group personal training, aquatic classes, group exercise classes, nutrition coaching, lap pools, whirlpool, sauna, CycleFit, Wi-Fi, locker rental and 24-hour access.	1999
5	FitClub North 2701 E. Sangamon Ave. Springfield, IL 62702	217-788-8250 fitclub.net jim@fitclub.net	20	1,733	24-hour access	Jim Copelin, Nathan Imhoff, Dr. Kevin Imhof	Free child care, cardiovascular equipment, free weights, NASM certified personal trainers, senior exercise programs, group personal training, group exercise classes, nutrition coaching, Wi-Fi, locker rental and 24-hour access.	1999
6	Bob Freesen YMCA 1000 Sherwood Eddy Lane Jacksonville, IL 62650	217-245-2141 www.jacksonvilleymca.org	70	1,397	6am-9pm and Mon-Fri., 7am-12pm Sat.	Mary Rowe Henry, Jared Maggart	Gymnasium, outdoor playground, outdoor tennis/pickleball courts, fitness center, baseball fields, soccer/football field, spinning room, racquetball room, free-weight room, six-lane swimming pool with Red Cross-certified lifeguards, lap swim times, water fitness classes, swim team and swim lessons, a registered Master's swim team membership, child watch, afterschool care, summer day camps, fitness classes, Pilates machine, senior fitness classes, monthly senior potluck, sauna, Wi-Fi, free parking, Redbird Cross-Fit facility, 1-mile walking trail with new StoryWalk® for families, Parkinson's class.	1968
7	Springfield Racquet & Fitness Center 3725 Chatham Road Springfield, IL 62704	217-787-2460 springfieldracquetandfit- ness.com srfc62704@gmail.com	10	1,375	6am-10pm Mon-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 and junior in-house/travel tennis teams.	2010
8	PowerWorks Fitness 349 Williams Lane Chatham, IL 62629	217-697-8727 www.pwfchatham.com	20	1,100	5am-10pm MonSat.	Lex Bitner, Elizabeth Anderson	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
9	Rocket Fitness 326 Sattley Rochester, IL 62563	217-498-1175 rocketfitnesscenter.com rocketfitness@yahoo.com	5	1,000	24 hours, 7 days a week	Tracy Rogers	Full service gym, Hoist and Vision equipment, freeweights, basketball league, volleyball court, showers, group fitness classes included in membership.	2014
10	Anytime Fitness West 4307 Yucan Drive Springfield, IL 62711	217-679-2490 anytimefitness.com Facebook: Anytime Fitness West springfleldit2@ anytimefitness.com	2	850	24-hour access	Dan Ishmael owner	Stepmill, rowing machine, fully equipped free weight area including cables and squat racks. Treadmills, ellipticals, bikes with own TV viewing, free weights, TRX bands, selectorized equipment, cable crossover. Specialty classes include sculpt yoga and aerial fitness after free small group classes.	2012
11	Snap Fitness 24/7 1061 Jason Place Chatham, IL 62629	217-483-5701 chatham@snapfitness.com	4	660	24/7	David Simmons Tiffany Simmons	Full cardio, strength, agility and recovery equipment, Fitness On Demand virtual workout studio, Turfed Functional workout area, MyZone heart rate monitor technology, personal training, small group classes, young athlete training, and nutrition coaching. Military and first responder discount.	2005

FITNESS CENTERS

	NAME / ADDRESS	PHONE / WEBSITE / EMAIL	# OF EMPLOYEES	# OF MEMBERS	HOURS OF OPERATION	MANAGER(S)	AVAILABLE EQUIPMENT / AMENITIES	YEAR EST'D
12	Orangetheory Fitness 2450 W. Wabash Ave. Springfield, IL 62704	217-953-0054 orangetheoryfitness.com Studio0805@orangetheoryfit- ness.com	10	650	Open 7 days a week	Hannah Bartlett	Studio fitness, small group personal training.	2017
13	Anytime Fitness 3045 S. Dirksen Parkway Springfield, IL 62703	217-670-2420 anytimefitness.com	1	639	24-hour access	Kirk Withers	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	Snap Fitness 24/7 1362 Toronto Road Springfield, IL 62712	217-679-0081 snapfitness.com springfield@ snapfitness.com	3	460	24/7	David Simmons Tiffany Simmons	Full cardio, strength, agility and recovery equipment, Fitness On Demand virtual workout studio, Turfed Functional workout area, MyZone heart rate monitor technology, personal training, young athlete training, and nutrition coaching.	2005
15	CrossFit Instinct 301 South Grand Ave. West Springfield, IL 62704	217-414-8260 crossfitnstinct.com crossfitinstinctmolly@ gmail.com	10	120	5am-6:30pm	Tim Hahn Molly Hahn	Barbells, bumper plates, dumbbells, kettlebells, medicine balls, pull-up bars, reverse hyper, GHDs, yoke, rings, Assault Bikes, C2 Rowers, farmers carry bars, logs, plyometric boxes, climbing ropes, lump ropes, sleds, benches, squat racks, bench press station, tires, sledgehammers, treadmill, SkiErg. Front desk bar area, kids' room, main workout floor, secondary workout floor, yoga studio, private office, locker rooms, showers, restrooms, large outdoor spaces, community garden, large parking lot, kitchen.	2010
16	Pure Performance Center 320 S. Fourth St. Springfield, IL 62701	217-891-0691 ferry.jeremy@yahoo.com	1	80	24-hour access	Jeremy Ferry	Treadmills, ellipticals, recumbent bike, dumbbells, leg extension/leg curl, side lateral machine, calf raise, half rack, 2 0-90 benches, cable crossover with lat pulldown, seated cable row, plate-loaded lat pulldown, adjustable flat decline and incline bench press, leg press machine, functional trainer, assisted chin-up and dip machine, GHD, Concept 2 rower, battle ropes, medicine balls, yoga mats, semi-private personal training and gym membership.	2016
17	Anytime Fitness 2705 N. Dirksen Parkway Springfield, IL 62702	217-523-1541 anytimefitness.com	1	DND	24-hour access	Jamal Everette	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
17	Planet Fitness 1756 Wabash Ave. Springfield, IL 62704	217-546-4910 planetfitness.com info@planetfitness.com	12	DND	Open 24 hours, 7 days a week	Charlie Cohoon	Cardio machines, weight resistance machines, instruction included with membership, tanning, massage beds.	2013
17	LA Fitness 2501 Wabash Ave. Springfield, IL 62704	217-801-9007 lafitness.com contact@fitnessintl.com	40	DND	5am-10pm MonFri., 8am-7pm Sat. and 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 carry additional charges.	2013





More than a plan

Tips to create a successful health and wellness program

By Mike Debo

Developing a health and wellness program for your company is a great step to support your employees and improve their overall well-being. A successful program can also have a positive impact on a company's health care spending. However, simply offering a health and wellness program does not guarantee employee engagement, which is the ultimate measure of success. Here are some tips to increase engagement and accelerate the success of your health and wellness program:

Create a brand

Select a name for your program and consider developing a logo. You should use these brand elements on any communication you distribute for program promotion. This creates recognition and helps lend credibility to the program among your employees. If you don't have the internal resources to develop a brand, consider asking your employees for input. A creative contest can be a fun way to get employees engaged in the program from the beginning.

Rely on data

This could include data about your employees, including their demographics and their location status. For example, if your employees are all working remotely, you'll need to customize your program to meet their needs. You can also rely on past benefit utilization reports to determine if there are certain health conditions you want to address in your health and wellness program. You can also consider surveying your employees to gain insight into their personal health goals. After you outline the program components, be sure to incorporate tactics to track engagement.

The more you know about your employees, and how to measure success, the more likely you are to build a program with long-term return on investment.

Align your company policies

The best way to show your employees that you are serious about your health



and wellness program is to align it with company policies. Your policies should make it easy for employees to participate in the program and encourage them to do so. If your program centers on increasing physical activity and your employees are currently working onsite, you could implement a walking program during the day that follows the latest CDC guidelines. If employees are working remotely, a virtual steps challenge may be a good option. Encouraging short stretch breaks throughout the work day can successfully engage employees no matter where they are working.

Mix it up

The most successful health and wellness programs incorporate a variety of different learning opportunities and events. Remember, each of your employees is different, so it may take different mediums to engage them. Consider creating a wellness calendar of events that includes a mix of lunch and learns, workshops, team challenges, support groups, volunteer opportunities and health fairs.

Be sure to customize your events to

adhere to the latest COVID-19 guidelines or transition to virtual-only events. Be adaptable. One of the biggest lessons learned from the pandemic is to adapt. New regulations, working conditions and the economy has forced companies to adapt in a way they never have before. A successful health and wellness program is adaptable to the current state of the company and the realities of employees.

If your employees are all working remotely, you may have to shift the components of your health and wellness program. Or you may decide to implement a completely new component that is tailored for the virtual environment.

While providing an incentive to employees for participating in a health and wellness program can increase success, it should not be the sole method to encourage engagement. These tips, along with consistent promotion to employees, can drive program engagement and success.

Mike Debo is a sales account executive for HealthLink. Visit healthlink.com/team to contact Mike about developing a health and wellness program for your company.



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struggles, and lessons that listeners have wanted to take her back with them to the office.



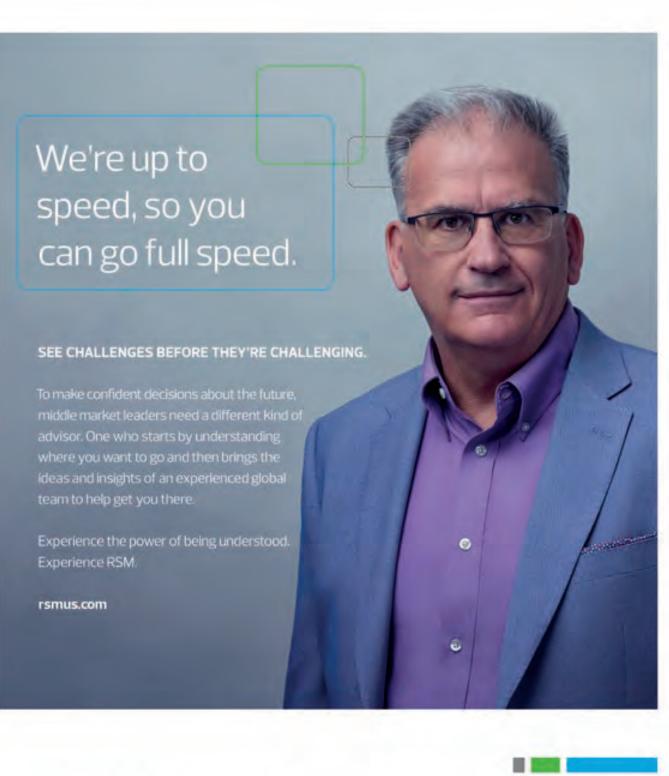
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	NAME/ADDRESS	PHONE/WEBSITE/EMAIL	NUMBER OF LOCAL PRODUCERS	NUMBER OF LOCAL EMPLOYEES	MANAGERS/OWNERS	SPECIALTIES	YEAR EST'D
1	TROXELL 214 South Grand Ave. West Springfield, IL 62704	217-528-7533 troxellins.com info@troxellins.com	39	87	Mike Aiello, 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	Insurance Partners, Inc. 901 S. Spring St. Springfield, IL 62704	217-544-8644 best-coverage.com info@best-coverage.com	13	5	Doug Ryherd, Bryan Ryherd, Ryan Williams, Bonnie ford	Home, Auto, Commercial, Life, Health, Worker's Comp, Bonds, Annuities, Senior Products, Business Auto and General Liability	1999
3	American Central Insurance Services 3300 Hedley Road Springfield, IL 62711	217-698-9000 americancentralinsurance.com stan@americancentralins.com	11	24	Stan Travelstead	Employee Benefits, HR Consulting, ACA Reporting, ERISA Compliance, Cafeteria Plans, Business Insurance, Personal Insurance	1987
4	Gallagher/Nicoud (Arthur J. Gallagher & Co.) 4481 Ash Grove, Suite B Springfield, IL 62711	217-546-6900 ajg.com mycbis.com mymbis.com	10	20	Jim Hillestad, Tim Nicoud, Jr.	Commercial Insurance and Risk Management, Benefits and HR Consult- ing, TPA Services, Captives, Claims Management, International Solutions, Risk Control Services	1927
4	Goodenow Insurance Agency, Inc. 719 North Grand Ave. East Springfield, IL 62702	217-523-5443 goodenowinsurance.com goodenow@goodenowinsurance.com	10	4	Donald Goodenow	Home, Auto, Life, Commercial, Health and Senior Products	1998
5	Forsyth Insurance Group, Inc. 430 E. Vine St., P.O. Box 2229 Springfield, IL 62705	217-525-9500 217-528=1526 forsyth-ins.com dblankenship@forsyth-ins.com	7	15	Dale A. Blankenship, president	Personal Insurance, Commercial Insurance, Life, Health and Group and Financial Services	1946
6	Dimond Brothers Insurance Agency 3931 Wood Duck Drive Springfield, IL 62711	217-793-6655 dimondbros.com	6	7	Joyce Whitlow, regional manager	Commercial Lines, Personal Lines, Employee Benefits	1867
6	Snyder Insurance/Ascend Benefits 1154 Bradfordton Road Springfield, IL 62711	217-793-6000 309-664-1885 insurewithsnyder.com info@insurewithsnyder.com	6	4	Charles Farner, owner	Employee Benefits, Home, Auto, Life, Business, Bonds	1906
6	Lee/0'Keefe Insurance Agency Inc. 2501 Chatham Road, Suite 100 Springfield, IL 62704	217-528-5679 leeokeefe.com info@leeokeefe.com	6	10	Glenda Richards, Brian Blough	Business, Personal, Life/Health Insurance Bonds	1934
7	Denton-Merritt-Dycus Insurance Agency 2800 S. Sixth St. P.O. Box 1179 Springfield, IL 62703	217-528-0408 dentoninsurance.com dmerritt@dentoninsurance.com	4	4	David R. Merritt, John C. Merritt	Personal Lines and Small Commercial	1930
7	Bailey Family Insurance 3013 S. Sixth St. Springfield, IL 62703	217-441-2342 baileyfamilyinsurance.com info@baileyfamilyinsurance.com	4	6	Christine and Mark Bailey	Home, Auto, Life, Commercial REI	2017
8	Godfrey Insurance Agency 3261 Meadowbrook Road, Suite 300 Springfield, IL 62711	217-679-5442 godfreyinsuranceagency.com rustin@godfreyinsuranceagency.com	3	4	Rustin Godfrey, Lisa Godfrey	Crop Insurance	2002
9	Preston Insurance Agency, Inc. 3307 Robbins Road Springfield, IL 62704	217-529-9711 prestoninsurance.co prestonins83@yahoo.com	2	2	Bill and Angie Preston	Auto, Home, Life, Business, Health, Medicare Supplements	2000
9	The Group Insurance Agency, LLC 7000 Piper Glen Dr., Suite E Springfield, IL 62711	217-787-7447 thegroupinsuranceagency.com service@thegroupinsuranceagency.com	2	4	Jason Dolby	Commercial Insurance, Personal Insurance, Life Insurance, Bonds	2008



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HOSPITALS

	NAME/ADDRESS	PHONE/WEBSITE	NUMBER OF LICENSED HOSPITAL BEDS	INPATIENT ADMISSIONS (2020)	OCCUPANCY RATE	FY 2019 OPERATING BUDGET (MILLIONS)	TOTAL STAFF (FULL TIME EQUIVALENT)	ADMINISTRATOR	AFFILIATION	YEAR EST'D
1	Memorial Medical Center 701 N. First St. Springfield, IL 62781-0001	217-788-3000 memorialmedical.com	500	21,909	67.2%	\$739	3,045	Charles D. Callahan, president and CEO	Memorial Health System	1897
2	HSHS St. John's Hospital 800 E. Carpenter St. Springfield, IL 62769	217-544-6464 st-johns.org	422	19,133	69%	\$523	2,683	Terry Deis, president and CEO, MBA, FACHE	Hospital Sisters Health System	1875
3	Passavant Area Hospital 1600 W. Walnut St. Jacksonville, IL 62650	217-245-9541 passavanthospital.com	131	2,616	30%	\$113	504	Dr. Scott Boston, president and CEO	Memorial Health System	1875
4	Lincoln Prairie Behavioral Health Center 5230 S. Sixth St. Road Springfield, IL 62703	217-585-1180 lincolnprairiebhc.com	97	DND	DND	DND	135	James Flynn, CEO	Universal Health Services	2008







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	STREET ADDRESS CITY/ST/ZIP	PHONE WEBSITE/EMAIL	PRINCIPAL	* THER	SULPOIL	INGHI	PENDO	Mbr	OUTY	TUDA	MOL	DESCRIPTION OF SERVICES
1	Family Guidance Center 120 N. 11th St. Springfield, IL 62703 2924 Stanton Ave. Springfield, IL 62703	217-544-9858 217-441-6529 www.fgcinc.org	Robert Thompson	5	0	0	0	0	0	0		Family Guidance Centers, Inc.'s Springfield location provides outpatient (OP), intensive outpatient (IOP), residential, residential extended care, Medication Assisted Treatment (MAT), community-based prevention, mental health assessments and counseling services to Sangamon and surrounding counties. Patients receive counseling (group and individual) and case management services.
2	Gateway Foundation 2200 Lake Victoria Drive Springfield, IL 62703 1300 Lincoln Ave. Jacksonville, IL 62650	Springfield 217-529-9266 Jacksonville 217-280-8682 877-505-HOPE www.gatewayfoundation.org	DND	8	0	0	0	0	0	0		The Springfield facility offers residential and all levels of outpatient substance use treatment services for adults. The Jacksonville facility offers residential, recovery home (male) and all levels of outpatient substance use treatment services for adults. Available for free phone consultations every Tuesday, Wednesday and Thursday.
3	Hopewell Clinical 801 E. Lawrence Ave. Springfield, IL 62705	217-223-0170 www.hopewellclinical.com	Steve Evans	3	0	0	0		0	0	0	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	Rose Medical Association, Inc. 3535 Mayflower Blvd. Springfield, IL 627011	217-670-0654 www.rosemedical.org	Dr. Ernest Rose	2	0		0		0	0		Substance addiction, behavior addiction, outpatient services.
5	Springfield Treatment Center 1227 S. Ninth St. Springfield, IL 62703	217-679-1406 methadonetreatmentcenter.com springfield@riverwoodgroup.com	Patricia Lewin	0	0	0	0		0	0		Individual and family counseling, medication-assisted treatment, case management services, referrals for community services such as mental health, biomedical services, anger management, pregnancy, domestic violence, housing and employment training.
6	Thrive Center for Wellness 435 W. Washington St. Springfield, IL 62702	217-203-6600 thrivecenterforwellness.com	David Vail	3	0	0	0		0	0	0	Intensive outpatient and individual treatment.





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MEDICAL NEWS

LLCC opens new Nursing Education Center in partnership with Memorial Health System



Ed Curtis, president and CEO, and Marsha Prater, senior vice president and chief nursing officer, Memorial Health System; Dr. Charlotte Warren, president, and Ken Elmore, chair, board of trustees, Lincoln Land Community College in the new LLCC Nursing Education Center, a partnership with Memorial Health System. PHOTO COURTESY OF LLCC

Signaling a new era in local nursing education, Lincoln Land Community College in partnership with Memorial Health System has opened a state-of-the-art facility aimed at addressing the regional nursing shortage.

The new Nursing Education Center on the LLCC campus will allow 90 additional students to enroll in LLCC's nursing program each year, for a total of 215 new nursing students annually.

"We are thrilled to open the doors of this new center with our Memorial Health System partners, just in time for the start of the fall semester," said Ken Elmore, chair of the LLCC board of trustees. "The LLCC/Memorial Health System partnership addresses the need for more students to graduate from our nursing program and live and work in our communities, and aligns with both of our missions, to improve lives and serve our communities."

"This facility marks a new era as we celebrate the 50th anniversary of the LLCC nursing program, which has produced nearly 4,000 nursing graduates," added Dr. Charlotte Warren, president of LLCC. "Our nursing students will have access to the latest technology and equipment in this new center as they prepare for lifesaving and rewarding careers."

A \$6.1 million gift from Memorial Health System allowed LLCC to renovate the west wing of Montgomery Hall for the new center, purchase high-tech simulation equipment and hire additional faculty and staff. The partnership was announced in February 2020, just prior to the COVID-19 pandemic.

"Throughout the last 18 months, the public has come to appreciate more than ever the incredible dedication, expertise and heroism of the nursing profession. Unfortunately, our region continues to experience a nursing shortage that has made the last few months incredibly more challenging," said Ed Curtis, president and CEO of Memorial Health System. "The formal opening of this new LLCC Nursing Education Center is visible proof of the ongoing collaboration between LLCC and Memorial Health System to address the nursing shortage in this region. This state-of-the-art facility creates expanded learning opportunities for LLCC students and enables LLCC to continue to increase its nursing enrollment over the next few years."

"Having been a nurse for over 40 years, I

am thrilled to see the caliber of this learning environment and the tremendous support it will provide for the next generation of nurses in our region," said Marsha Prater, senior vice president and chief nursing officer. "Memorial is proud to employ so many LLCC nursing graduates here in Springfield and at our hospitals and clinics across the region. Like the students who are educated here at LLCC, we are deeply committed to meeting the health care needs of the people in the communities we serve. Supporting the future generation of nursing professionals is one way to do that. When we hire these LLCC graduates, we are confident they've developed strong knowledge and skills in the fundamentals of nursing, and that they reflect our organization's values of safety, integrity, quality and stewardship."

The Nursing Education Center includes: 1,900-square-foot nursing skills lab; simulation labs, including a labor/delivery lab; practice lab; classrooms and office space for nursing program staff.

A celebration of the new facility and the LLCC nursing program's 50th anniversary will be scheduled in the future.





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On a mission

Hospital Sisters Mission Outreach sends medical supplies worldwide

By Janet Seitz

Hospital Sisters Mission Outreach is a ministry of Hospital Sisters Health System (HSHS), based in Springfield. It currently secures usable medical supplies and equipment from over 115 hospitals and 18 clinics in Illinois, Wisconsin, Indiana, Kansas and Missouri and distributes those to hospitals and clinics around the world.

Its reach is staggering. According to the website, since its founding in 2002, Mission Outreach has contributed to health care quality and saved lives in more than 95 low-resource countries around the world, equipped more than 500 medical missions and saved and redistributed 10 million pounds of surplus medical equipment and supplies valued at over \$85 million that otherwise would have ended up in landfills.

"It is hard to convey the scope and quality of our work to people who have not visited one of our three warehouse locations," said Georgia Winson, the mission's executive director. "Mission Outreach is a major source of high-quality medical supplies for hundreds of mission hospitals around the world – more than \$5 million in product shipped every year."

Winson came to her position in November 2010 with previous accomplishments in creating collaborative networks at both the state and national level. "I was very attracted to the healing ministry of the Hospital Sisters of St. Francis and was keen to apply my experience in network development to connect product donors to international health care organizations. Mission Outreach has been a perfect union of my skills and my faith," she said.

Inventory management is always a challenge, according to Winson. "Medical supply and recovery organizations must base their inventory on the type and volume of product received from donors. This means that product lines we carry and the amount of available product are constantly in flux." She adds that providers in low-resource countries manage to do much with very little.

The "over-the-top" of donors, most of them from the Springfield area, said Winson, allow the mission to go above and beyond. Sister Anastasia, a pediatrician serving in Nigeria as a member of the Handmaids of the Holy Child Jesus, requested a 40-foot container of medical supplies. "She had \$9,000 reserved for the shipping, but she also needed to purchase a high-quality, used anesthesia machine. An abundance of donations

that year allowed us to source and purchase the anesthesia machine for Sister Anastasia's hospital."

A career highlight for Winson was traveling to Santo Domingo, Ecuador, to review shipments and participate in the grand opening of a new hospital of which Mission Outreach provided 80% of equipment needed.

"The savings accrued by the donations we provided allowed them to open their doors two years ahead of schedule. The entire community



caption. PHOTO B YXXXX

celebrated together on opening day. Now, every day people are served and physicians are educated in a fully equipped hospital."

While COVID-19 affected many aspects of life, it did not stop Mission Outreach from providing quality medical supplies and equipment to international partners because of well-stocked shelves. However, Winson recalled that the organization did make a shift in the early days of the pandemic.

"Realizing that our local health care facilities were struggling to find enough personal protective equipment, Mission Outreach opened our inventory to provide more than a half million dollars in PPE to Memorial Medical Center, HSHS St. John's Hospital, Springfield Clinic, SIU School of Medicine and the Sangamon County Health Department. We also worked closely with individuals, R & R Bindery, and Starcrest Cleaners to collect, sanitize and distribute 70,000 homemade masks to meet community needs."

Another COVID-related call came from Springfield organizations seeking to partner with Mission Outreach for The Breath for India campaign earlier this year. "It was a unique opportunity to work closely with local organizations and individuals to respond to one of the largest humanitarian crises our world has seen," said Winson. The Asian Indian Women's Organization, India Association of Greater Springfield and Hindu Temple of Greater Springfield collaborated with Mission Outreach to launch a fundraising campaign.

Well-established partnerships in India provided efficient distribution after purchasing necessary supplies through vendors in India. Funds raised resulted in a shopping spree for 40 oxygen concentrators, 3,400 pulse oximeters, 3,350 thermometers, two ambulances and 89,500 masks. The fundraising campaign was even able to support construction of an oxygen plant.

At any point in time, Mission Outreach may be called to action to assist with medical supplies, anywhere in the world. Those efforts are heavily dependent upon an active volunteer corps – some 1,200 people strong – to sort and package medical supplies.

"COVID-19 required us to suspend volunteer activities," said Winson. "Fortunately, pre-COVID volunteers had stocked our shelves, allowing us to continue shipping throughout the pandemic. In fact, we were able to send 37 of the 40-foot containers, in spite of major decreases in volunteer workers in fiscal year 2021."

Winson said, "Our volunteer program is now back in operation and we are eager to get new volunteers." Where there's a volunteer, there is a mission.

For more information about Mission Outreach, including volunteer programs and fundraising events, visit missionoutreach.org.



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



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Ask an attorney: How can I provide for a child with disabilities?

By Sarah Delano Pavlik

Q: My son has physical disabilities and receives Medicaid. He is capable of handling his own affairs. If we create a special needs trust for him, he cannot be the trustee. Are there any other options?

A: In order to receive Medicaid, your son must have non-exempt assets of \$2,000 or less. If he has assets in excess of \$2,000, he can transfer the assets to a self-settled special needs trust (as long as he is younger than 65, which I will assume he is). If you want to provide funds for him, you can transfer the funds to a third-party special needs trust. You are correct that your son cannot be the trustee of either type of special needs trust.

If your son became disabled before the age of 26, an ABLE account is a (relatively) new option for him. The Achieving a Better Life Experience Act of 2014 created these accounts, and Illinois enacted its ABLE legislation in 2018.

Illinois' ABLE plan is administered by the State Treasurer's office (https://illinoisable.com.) Your son can establish an Illinois account on the website, however, he is not required to use the Illinois plan. He can use the plan of another state if he prefers. ABLEnow is a national plan (https://www.ablenow.com) and the earnings on all ABLE plans are tax-free for federal tax purposes. The earnings on Illinois ABLE accounts are also tax-free for Illinois purposes.

The Illinois plan offers various investment options in stocks and bonds based on the degree of risk with which your son is comfortable. The options range from conservative to aggressive, and, like other investment accounts, are not insured by the FDIC or otherwise. If the account is kept in cash, it is insured by the FDIC up to \$250,000.

Your son can create the account with his own assets and/or you or anyone else can contribute to the account. Annual contributions from all sources are limited to \$15,000, and the total value of the account cannot exceed the cap on Section 529 college savings plans. In Illinois, the



total balance of the ABLE account can grow to \$450,000. At that point, contributions can no longer be made. However, the account may still grow based on earnings. (Note that SSI payments can be suspended if the account exceeds \$100,000; however, the account owner should not lose Medicaid benefits.)

Similar to a special needs trust, ABLE account funds must be used for "qualified disability expenses." Qualified disability expenses can

include housing, education, transportation, employment training, health care, financial and legal services, living expenses and funeral expenses.

Similar to a 529 college savings plan or a health saving account, the plan administrator will report to the IRS how much your son withdraws from the account each year. If audited, your son will have to prove he used the funds for qualified disability expenses. Funds that are withdrawn and not used for qualified disability expenses are subject to income tax plus a 10% penalty and could disqualify your son from Medicaid or other benefits.

Of course, there are many more details to an ABLE plan, but it may be the right plan for you son. Unlike a special needs trust, your son can control the account, and unlike a self-settled special needs trust, funds remaining in the account at your son's death do not need to be used to repay Medicaid for benefits he received.

For more information, you can also go to the Able National Resource Center website (www. ablenrc.org) and view a webinar entitled "Able Accounts and Special Needs Trusts."

This article is for informational and educational purposes only and does not constitute legal advice.

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











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Under pressure

Prize your mental health above all else

By Kristina Barbee

In the right dosage, pressure can inspire people to work harder and achieve more. The CrossFit Games and Olympics are two recent sporting events that show how the pressure of competition and desire to win can lead to peak performance and increased personal motivation. However, the Olympics also showed us what can occur when the pressure becomes too chronic and affects your health and ability to perform.

Olympic gold medalist and gymnast Simone Biles shocked the world when she withdrew from the Olympics this year due to the pressure affecting her mental health, which then affected her physical health and performance. Feeling pressure and stress is normal; however, being under long-term chronic pressure is not normal, and must be remedied before it hinders your overall health.

While most of us are not competing at the Olympic level, virtually everyone encounters stress in their chosen profession. The best way to take hold of chronic stress and pressure is to work to avoid it in the first place. Taking time off to rest and recharge, learning to relax through deep breathing exercises and mindfulness techniques and being comfortable saying "no" while setting boundaries are just a few ways to prevent highly intense work-related pressure from getting out of control.

As we all know, however, preventing chronic stress isn't always a possibility. Sometimes, when you're in too deep, you miss more obvious ways to handle your workload and alleviate pressure. When the pressure builds despite your hard work to prevent it, reaching out to your boss and support system for help is the best option.

In a prior job, I spent years under intense



pressure. The best time-management and mindfulness techniques did little to reduce the physical side effects of the chronic stress I was under. Setting boundaries with colleagues and forcing myself to be unavailable 24/7 only caused the work to

pile up even more. By the time I got through a restless night of sleep and turned my computer on in the morning, I was already overwhelmed.

My direct supervisor, and her predecessor, did everything they could to help me, but the overwhelming workload and new projects coming down the pipeline from upper management would not end. After more than three years of being under-paid and overworked, my resolution was to leave. When you've exhausted all options and little has changed, it may be best to walk away when the pressure and stress don't go away.

Sometimes the best way to handle pressure is to remove yourself from the environment that has created it. While this isn't always the ideal option, or an option at all, when you've done everything you can, it's OK to save yourself further pain and leave the situation.

Handling pressure doesn't always mean pushing through and dealing with it at any expense. After pulling out of the Olympics due to the intense pressure and mental health concerns, Simone Biles showed us that not even a gold medal is worth your mental health.







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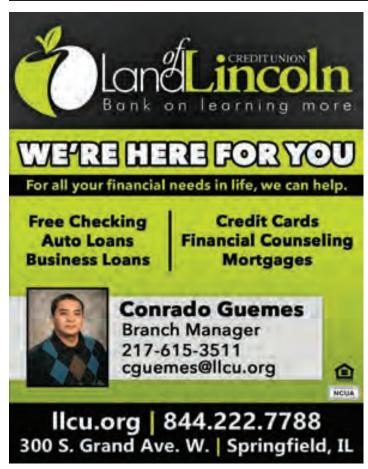
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Wahlburgers



By Thomas C. Pavlik Jr.

pon first stepping foot into Wahlburgers, located inside Hy-Vee, I was expecting a traditional sit-down table service kind of place. I mean, that's what used to be in the space. But thanks to the sign just inside the front door, we noticed things had substantially changed. More on that later. But what hasn't changed is that, although there were some glitches, the restaurant puts out a decent product.

The sign inside the door points diners into the grocery store portion of the space where one orders from a counter. The day we visited it took a few minutes to find someone who could work the counter. I guess that's a universal problem these days, but it didn't set a good tone.

Wahlburgers' menu is on a board above the counter and has about what you'd expect from a burger joint, with some surprises thrown in: things like the PBJ burger (with peanut butter and bacon onion jam), Wahlbowls (think sandwiches without the bun and served with greens instead), and fried pickles served with ranch. All burgers and sandwiches come with a classic side and diners can substitute in a signature side for an extra \$1.29. Classic sides include fries, tater tots (sweet and regular) and Brussels sprouts. Signature sides include macaroni salad, chili or a salad. For those looking for something lighter, there are two entrée-size salads and, as is becoming increasingly popular today, the impossible meatless burger. One of my guests noted, with approval, that Wahlburgers puts the calorie counts for all items on the menu helpful if you're watching that kind of stuff.

We opted to start with an order of the cheese curds (served with tomato jam, \$8.99). It took close to 30 minutes for our order to appear. Although we appreciated the manager checking in and expediting, it did seem an



(Left) The Wahl-Apeño Burger with fried jalapeños, jalapeño pepper jelly and Boursin cream cheese. (Top) Jenn's Chicken Wahlbowl with both crispy and caramelized onions. PHOTOS BY STACIE LEWIS

inordinately long time to wait. As for the curds themselves, they were good but unremarkable. Our table preferred the ranch for dipping (requested on the side and delivered with the order) over the tomato jam.

We then had to wait at least an additional 10 minutes or so until our main orders appeared. And, when they finally arrived, they came out one at a time – which could be a bit awkward for a business lunch. We'd obviously have preferred if they came out at the same time, but we suspected at that point that the crew was putting on a full-court press to get food out to us. During that wait time, the manager again came by and promised that our next two meals would be on the house – a nice gesture under the circumstances.

For entrees we went with the Our Burger (\$10.99), Jenn's Chicken Sandwich (\$11.99) and Mom's Sloppy Joe (\$11.99). The burger had, as requested, some pink in it – which was a good way to start. It came with

lettuce, tomato, onion, "government cheese," Wahl sauce and pickles. Although my guest was slightly irked by the wait, she did comment that the burger itself was good. She opted for onion rings, which were crispy and well-seasoned. Pro tip – throw some on your burger. It will elevate the experience.

The chicken sandwich was well-sized, nicely grilled and exceeded my friend's expectations. She appreciated the combination of caramelized onions as well as crispy onions, both accentuated by the honey-garlic mayo. She decided on tater tots. I managed to snare a few, and they reminded me of the tots I'd eat as a child – always a good memory.

I went with Mom's Sloppy Joe for the same reason – fond childhood memories. I amped mine up with a few of the free toppings, including fresh jalapeno and pickles. Both ingredients added enough pop to elevate the dish and counter the slight sweetness of the sauce. It was served open face (less mess that way) while Wahl sauce,

cheese sauce and crispy onions completed the dish. I can't say it was better than what I remembered eating as a child, but it was a very good dish. I went with fries and received a good-sized portion that had just come out of the frier and were wellseasoned.

Although bar service is available for those who want something harder, any other drinks require a trip to the fancy soda dispenser, where diners can create all sorts of fun elixirs.

Prices seemed a bit high, which was a theme I noted in the online comments I reviewed on various websites. But with ingredient prices seemingly on a meteoric rise, that's not surprising. Then again – I've got two free meals coming. Next time, however, I think I'll order ahead.

Address: 2115 South MacArthur Boulevard, Springfield Phone: 217-726-1011 Website: www. wahlburgers.com/springfield

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Calendar

SEPTEMBER 2021



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Sun., Sep. 12. Long Bridge Golf Course, 1055 Camp Sangamo Road, 217-744-8311.

Good Morning Springfield

Tue., Sep. 14, 7:30 a.m. Good Morning Springfield provides a casual atmosphere at a member host business conducive to making connections that matter. Check out this month's event and network with other Chamber members. \$5 Chamber members and \$15 non-members. i3 Broadband, 3001 W. White Oaks Drive, Suite G, 217-331-0043.

The Network Group

Tue., Sep. 14, 11:45 a.m. Sangamo Club, 227 E. Adams St. 217-652-3686.

Ribbon Cutting

Wed., Sep. 15, 4 p.m. To celebrate the open house of the INB Training

Center. INB, 425 S. Fourth St., 217-525-1173.

Women Entrepreneurs of Central Illinois (WE-CI)

Wed., Sep. 15. Call or email for meeting time and place. christine@baileyfamilyinsurance.com. 217-441-2342.

Illinois Women in Leadership Women's Symposium

Thu., Sep. 23. Don't miss out on this day of inspiration, motivation and actionable tips to help you succeed. Keynote speaker is Christine Cashen. \$140. Includes all breakout sessions, breakfast, lunch, snacks and cocktail reception. Crowne Plaza Springfield Convention Center, 3000 S. Dirksen Parkway. iwil.biz.

Greater Springfield Chamber of Commerce Annual Gala

Sat., Sep. 25, 6-9:30 p.m. \$65 through Sep. 3, \$80 after Sep. 3. Non-members \$95. Table sponsorship available. Crowne Plaza Springfield Convention Center, 3000 S. Dirksen Parkway. gscc. org. 217-525-1173.

Visit springfieldbusinessjournal.com to add your event to the monthly calendar.



New businesses

Sangamon County new business registrations, July 16 – August 15, 2021

Anders Lawn Services, 3420 Moorgate Drive. 553-8718. Jamie Anders.

In n Out Auto, 3949 N. Peoria Road. 679-6693. Jennifer Willis, Mike Bennett.

The Collective Journey, 1632 S. Loveland Ave. 553-2592. Kendra Johnson.

Sappy's Stump Grinding, 157 N. Illinois St. 652-5612. lan Jahns.

Krzy2saucey, 1503 W. Enos, Apt. C. 717-0633. Sharae Shantae Stennis.

Patriot Home Mortgage, Belem Servicing, LLC, 619 S. Bluff Street, Tower 1, St. George. 435-319-8610. Russell Brown.

Premier Recovery Group, Inc., 1001 N. 12th St. 708-654-6968. Johnetta M. Mayfield, Vanesia T. French, Chiffonia L. White.

Reynolds Residential Mowing and Services, 1216 Frisina St., Pawnee. 416-6442. Corey James Reynolds.

Luvin' Mine, 319 Dickinson Road, Apt. 5. 303-9459. Rachelle Lewis.

Temmen Design Services, 1521 S. State St. 899-8712. Jonna Lynn Temmen.





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New businesses

Sangamon County new business registrations, July 16 – August 15, 2021

Krownd Headz Hair Studio, 917 Clocktower Drive, Suite 240. 717-6943. Angela Ridgley.

Lincoln Plaza Galleria, LLC, 4 S. Old Capitol Plaza. 717-7789. Michael Todd Wiest, Mary Christine Wiest, Carmen D. Chase.

Pour Your Art Out, 1714 E. Converse St. 381-2187. Jasmine Marie Sullivan Hudson.

There She Glows Again, 316 Manor Hill Drive, Chatham. 220-1115. Nadine Cousins.

Xo Beauty Spa, LLC, 1013 Jason Place, Chatham. 679-9395. Myo Thi Phan, Tramy Thi Phan.

TS Lawns and Powerwash, 204 Wintergreen Drive, Chatham. 670-3732. Samuel J. Jefferson Sr.

Poised for Purpose, Inc., 17 Redwood Lane. 816-5960. Tyra Jones.

Green Leaf Farms, 10386 S. Main St., Chatham. 415-9872. Eric W. McCall.

Mission of Justice Organization, 706 S. New St. 303-6073. Michael Todd Plummer.

Plummission, 706 S. New St. 303-6073. Michael Todd Plummer.





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

Illinois Women in Leadership (IWIL)

Illinois Women in Leadership will hold a symposium on Thursday, Sept. 23 at the Crowne Plaza in Springfield. Don't miss out on this day of inspiration, motivation and actionable tips to help you succeed. Tracks offered for the day include: Time for Me, Time to Grow, Time to Explore and Fan Favorites. Registration is \$140, which includes the keynote speaker, all breakout sessions, breakfast, lunch, snacks and cocktail reception, Plus, register five people from your company and the sixth attendee is free. Visit https://www.iwil.biz/women-s-symposium for more information or to register.







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

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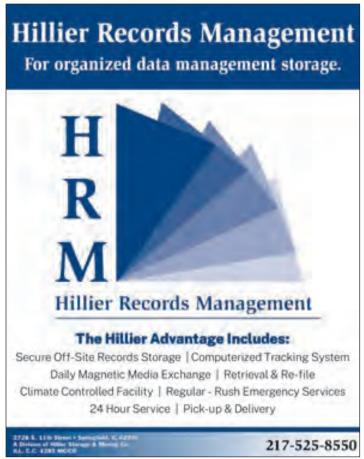
Oct. 4, 2021-Feb. 7, 2022

Hybrid format; in-person classes meet Mondays at LLCC-Medical District, 130 W. Mason St., Springfield Remote classes on Thursday evenings.

More details and registration information: www.llcc.edu/medical-district









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New businesses

Sangamon County new business registrations, July 16 – August 15, 2021

Together, 1904 S. 16th St. 851-9670. Ulonda Gladney.

Big Cheez Lawn Care, 3236 Warner Drive. 816-2584. Tracy Williams.

Phat Belly's Grub, 2009 E. Jackson. 618-402-2679. Larry Wills.

Royal Nurturer, LLC, 3360 E. Carman Ave. 415-4197. JoAnne L. Bardwell.

1776 Garage, 7878 Cardinal Hill Road, Rochester. 502-2564. Thomas Alan Aldrich.

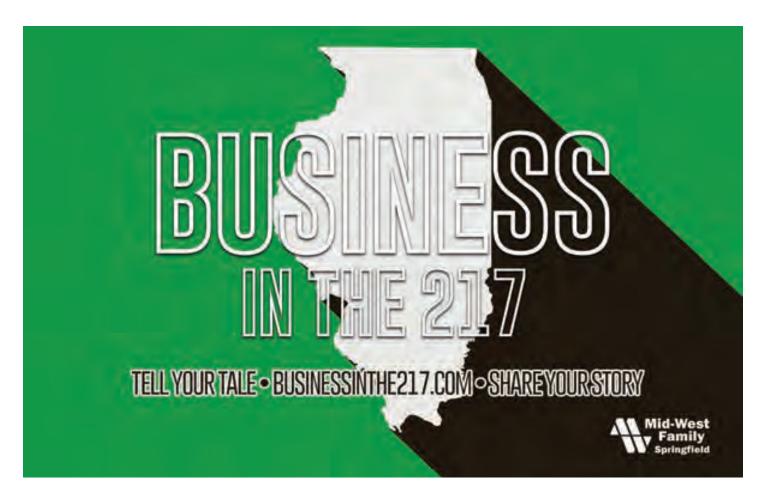
Gertrude's Taste of Heaven, 4530 Longfellow Drive. 414-5155. Lisa Renee Johnson, Franklin LaVon Johnson.

Mosquito Krushers, 2026 S. Fourth St. 741-2139. William J. Dennis.

Schwartz's Lawn Care & Landscaping, 412 Lexington Drive, Rochester. 971-5350. Adams L. Schwartz.

The Back 9, 455 S. State St., Rochester. 494-2286. Andrew Bartashies.

Cocoa & Coffee, 3309 Robbins Road, #1008. 891-1047. Jaime N. McCreary.



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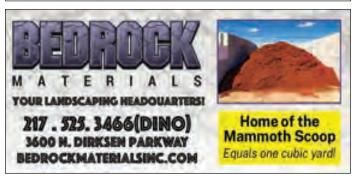












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