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September 2022

# Business

JOURNAL



## Culinary medicine

Q&A with  
UIS Chancellor Dr. Janet Gooch

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## Start small, but start somewhere

I fall into the category of people who are fortunate enough to not have to think about their health much, aside from an occasional checkup or age-appropriate, routine test. However, I have several friends close to my age who struggle with chronic health conditions that often limit their ability to work or engage in daily activities.

In the past, employers may not have given much thought to employee health, other than wanting their staff to be healthy enough to come to work every day. But the pandemic has brought both physical and mental health issues to the forefront, with 79% of employers in a recent survey stating that employee well-being has become more important. Almost as many, 76%, are concerned about the impact of stress and burnout on their employees, a percentage that is even higher in fields such as health care (87%) and education (94%). In today's competitive job market, providing mental health support can give employers an edge when it comes to recruitment and retention (p. 22).

And helping employees improve their physical health can also benefit a company by controlling health care spending. Workplace wellness programs, which engage employees with a wide variety of activities and incentives, can help promote healthy behaviors (p. 26). There is also a growing emphasis on prevention, rather than intervention, and the emerging field of culinary medicine seeks to use lifestyle changes to prevent diseases. Dr. Nicole Florence, medical director of the new Memorial Wellness Center, says the goal is to make small changes that have an impact. "If we can encourage a 3-5% change, they will feel better and then come back to make another 3-5% improvement" (p. 16).

The same can be said for businesses that want to help employees improve their physical and mental health. Making small adjustments and accommodations can eventually lead to greatly improved outcomes for both the employee and the company.



*Michelle Ownbey, publisher*



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Q & A  
with

Dr. Janet Gooch

By David Blanchette

Dr. Janet Gooch became chancellor of University of Illinois Springfield and vice president for the University of Illinois System on July 1. Gooch, 56, most recently served as executive vice president and provost of Truman State University in Kirksville, Missouri, where she had worked since 1995.

Gooch received her doctorate in speech-language pathology from Case Western Reserve University in 1997, a master's degree in speech-language pathology from Kent State University in 1990 and her bachelor's degree in speech-language pathology from the University of Kansas.

She and her husband, Richard L. Gooch, DDS, have three grown children.



### **Why did you decide to seek the chancellor position at UIS?**

I had been where I was at Truman State University for 27 years and for the past five years as provost. Personally and professionally, I was just looking for a new challenge and opportunity. The position became available over here, I was familiar with the university, I knew a couple of the colleagues and I could see myself here. So, I started to do a little digging and talking to some people that I knew, and the more I learned, the more convinced I became that it was an opportunity that I wanted to seek.

### **Do you plan to bring the focus you had on diversity, inclusion and equity at Truman to UIS?**

That is a very important initiative right now in the United States and the world. I think that universities need to be very cognizant of how inclusive we are and the messaging we send. Diversity, equity and inclusion helps us all see the world in a more varied perspective and enhances everything that we do. We need to be very mindful of who we attract to our university, and not only how we attract them, but how comfortable they are once they are here, and really develop a community of people of all different kinds.

### **What areas of UIS do you hope to strengthen, and what new initiatives will you begin?**

What is top of mind right now is our academic reorganization, thinking about how we revitalize curriculum and develop new programs that are going to be attractive to students. Enrollment is a priority, thinking about attracting new and different audiences, and keeping our eye on retention – making sure that every student who enrolls in UIS has the best opportunity to complete their degree.

### **Do you see UIS growing in the near future, and if so, where?**

I definitely think it has the potential for growth. We've been doing some very strategic work around enrollment management and new things with our marketing. Being part of the University of Illinois system certainly is an advantage

and can help us grow and market to different audiences. I think our academic reorganization, particularly the development of the new school with the emphasis on health care and technology, is an important area where we can really fill a niche.

### **Where were you born and raised, and what was your first job?**

I was born in Brooklyn, New York, but moved around quite a bit as a child. I lived in New York, several places in Ohio, Pennsylvania, Kansas, then went back to Ohio. I lived in a lot of different places, all of which made me who I am today. I really like the Midwest, and



Left to right: daughter Olivia, twin son Andrew, Janet Gooch, husband Rick, twin son Ethan.

PHOTO COURTESY OF JANET GOOCH

that's why I landed back here.

My first-ever paying job was a paper route, I delivered the *Medina County Gazette*. I was 13 years old, and I remember carrying those papers on the front of my bicycle around the neighborhood.

My first real job in academics was at Cleveland State University, I worked as an adjunct professor in communication disorders/speech pathology. But prior to that I had worked as a clinician, so I'm a speech pathologist by trade. I started working once I got my master's degree in speech pathology, and I worked at the Cleveland Hearing & Speech Center. I did that the entire time I was working on my Ph.D.

### **Do you hope to become involved in the Springfield area community, and if so, what are your areas of interest?**

It is certainly a priority of mine. One of

the things I am thinking about most immediately is joining a Rotary group. I have been a Rotarian for a while, so that's always been something that has been pretty near and dear to me.

I'd like to consider participating as a member of different boards. I certainly plan to fully invest in the community and give in ways that are meaningful to the community.

### **You worked at a university named for the 33<sup>rd</sup> president and now you're in the hometown of our 16<sup>th</sup> president. Do these connections to our past still have relevance today?**

Oh, absolutely. Both Truman and Lincoln were leaders that we should continue to study because they have certainly provided us with some very important life lessons. It doesn't really matter what time you are living in, they are relevant messages. I think we definitely need to pay tribute to those who came before us and blazed such an important path.

### **Helping people with their communication skills is your specialty. What would you like to communicate to the campus you are leading and the community in which it is located?**

I want people to know that I'm here, I'm available and fully invested in both the university and community. I am totally excited about this opportunity for myself, but also for the possibilities of what UIS can be and what Springfield can be moving forward. I see so much opportunity here, and I really look forward to working collaboratively with people to help both the university and the community be all they can be.

### **What advice would you give to young people today?**

Think carefully about what you want to do and who you want to be. Try to avoid external influences that don't seem true to the person that you are. Set some goals for yourself, work hard, be kind and think of other people as you navigate the everyday. In today's world, it's important for us to work cooperatively, think collaboratively and help each other reach our potential.

# Culinary medicine – where health meets food

By Karen Ackerman Witter

The medical community is typically better at intervention than prevention. Culinary medicine is an emerging field to get health care practitioners actively engaged with patients on issues related to diet. There is good reason to do so. In the U.S., 96 million people have prediabetes, and eight out of 10 don't know it. Of the American adult population, 69% are overweight or obese, and the typical American diet exceeds recommended levels for fat, sugar, refined grains and sodium.

"Eighty percent of metabolic diseases could be preventable by lifestyle changes," says Dr. Nicole Florence, medical director of Memorial Wellness Center. "Culinary medicine is an evidence-based field that combines the science of medicine with the art of cooking," explains Dr. Kanna Nallamothu, a physician with Memorial Wellness Center.

For 20 years, Memorial Health has had a bariatric surgery center, and for nine years a broader weight loss program. The Memorial Wellness Center at 320 E. Carpenter St. opened in May 2022. It offers comprehensive treatment options for weight loss and improved health through a multi-disciplinary approach. Culinary medicine is an integral component.

Florence says Memorial Wellness Center is designed to meet people where they are in a safe, non-judgmental, nurturing environment. The intent is to provide a more social and less clinical atmosphere and help people make lifestyle changes that are sustainable in order to improve their health and well-being. The Center takes a team approach with physicians, dietitians, physical therapists, nurses, behavioral health specialists and advanced practitioners helping clients. The diabetes-prevention program is nationally recognized.

There is a large teaching kitchen on the second floor, which is the heart of the culinary medicine program. Numerous classes are offered. Clients learn how to read food labels and cook healthy food, with an emphasis on a balanced plate of half fruits and vegetables, a quarter complex carbohydrates and a quarter protein. The principles of Mediterranean eating are promoted -- eating a plant-heavy diet with fruits and vegetables, nuts, legumes and healthy oils such as olive oil. Participants learn how to find healthy and tasty alternatives to the foods

they crave, use herbs and spices to add flavor and make healthy choices that are sustainable. Consideration is also given to personal and cultural food preferences of the individual and their family members, as well as accessibility and affordability.

By the time people come to get help, they often have tried lots of things but haven't been successful, says Florence. "If we can encourage a 3-5% change, they will feel better and then come back to make another 3-5% improvement."



Jan Dowell, dietitian and culinary medicine coordinator at Memorial Wellness Center.

PHOTO COURTESY MEMORIAL WELLNESS CENTER

Clients learn how to make small changes that have an impact. Every person is different, and the basic framework needs to be customized to the individual to be sustainable.

There is a national certification program, and two individuals in Springfield are Certified Culinary Medicine Specialists – Jan Dowell, a Memorial Wellness Center dietitian focused on culinary medicine, and Dr. Stacy Sattovia, an internal medicine physician at SIU School of Medicine. Nallamothu is pursuing certification. She is an internist involved in primary care who became interested in learning more about applying culinary medicine to help patients.

Sattovia completed the Certified Culinary Medicine Specialist program in 2017, and is director of culinary medicine for SIU School of Medicine. She is also medical director of the

office of continuing professional development and associate professor of clinical medicine.

For several years she has offered a culinary medicine elective for fourth-year medical students. "Nutrition education in medical school is pretty limited, and research shows that while patients often look to their physicians for nutrition advice, our ability to provide this counseling is quite limited," said Sattovia.

The two-week nutrition course covers the basics of macronutrients, healthy patterns of eating, history of food, food insecurity and resources, food systems and policies. Students tour the Central Illinois Foodbank, go grocery shopping and cook. The importance of self-care is also emphasized. Memorial Wellness Center makes the teaching kitchen available for students.

As a result, SIU School of Medicine doubled its medical student elective offerings for this academic year. Sattovia's hope is that this approach to practical nutrition will not only lead to improved self-care, but will translate to meaningful conversations with patients. There is also a culinary medicine group that cooks for the Compass for Kids program monthly and has been involved with the Enos Park Neighborhood Improvement Association's garden. The Center is also working to get more doctors directly involved in the culinary medicine program.

Clients need a doctor's referral to access Memorial Wellness Center's disease management health series services. The Wellness Series programs, designed to improve general health and wellness, are open to the public as an out-of-pocket option with no referral necessary.

Memorial Wellness Center also works with businesses in a variety of ways, offering corporate wellness and team-building activities where employees cook together in the kitchen. Culinary medicine is among the wellness programs included in Memorial Choice, an employer-purchased supplement to insurance plans that offers tools and resources for employees to learn about better health and health care services at lower costs. **SBJ**

For more information about Memorial Wellness Center go to <https://memorial.health/medical-services/wellness-care/services/>.





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# A direct impact

## Do health and wellness incentives work?

By Mike Debo

Workplace wellness programs have become a key component in many employers' strategies to control health care spending. And now more than ever, employers are discovering they can have a direct impact on their employees' health by incentivizing healthy behavior.

But as an employer, how can you be sure that your incentives are effective, or that you are getting the most from the money you spend on them?

"Traditionally, wellness incentives were used for biometric screenings, weight management and smoking cessation programs," says Carla Flamm, sales and retention executive at HealthLink. "But employers are really starting to expand these programs, engaging employees with a wide variety of activities and incentives."

If you're like many employers, as your options increase, so do your questions. Here are four tips to ensure your health and wellness incentives have a direct impact on healthy behaviors.

### Determine your goals

Why do you want to offer a health and wellness incentive program? What do you hope you will gain from it? Are you looking to save money? Have happier employees? Build a healthy workplace culture to attract and retain talent? Too often employers implement programs and incentives without a goal in mind. If you're not sure what exactly you want to achieve, consider sending out an anonymous survey to your employees to see which health management goals interest them.

### Strategize

Your health and wellness incentive strategy will be largely dependent on the goals you developed. For example, if you want to better manage chronic conditions, an incentive program around disease management might be right for your company. Early incentive programs often provided a one-time financial incentive for desired results. While this strategy can be effective in the short term, these programs don't often encourage ongoing healthy lifestyles. You should work with your



broker, TPA, network partner or carrier to determine which programs and services can best help you reach your goals before deciding which incentives can get you there.

### Know your audience

Knowing your employees can go a long way in selecting programs and incentives that will actually excite and engage them. Consider their demographic, including age, gender, location and income level. For example, if you have a diverse, tech-savvy or multi-location employee group, a self-reporting or online wellness tool may be most impactful. With these sorts of programs, employees earn points for certain behaviors or activities and can select the reward that they want. Or, for an older population, a more traditional gift card incentive program might be best. Either way, knowing what your employees want is a key factor in using incentives to successfully drive healthy behaviors that lower costs.

### Track your progress

Once you have a clear idea of the types of

programs and incentives you want to offer, you can determine the best way to measure success. Are you only interested in quantifiable results, or are qualitative factors important as well? Two options are to measure return on investment (ROI) or value on investment (VOI). ROI can be calculated based on the amount you spend on the program and incentives divided by the benefit cost savings. VOI is harder to quantify, but based on your goals, it may be very important. To measure VOI you'll need to be prepared to engage employees about their satisfaction and experiences

### Expert insights

Don't forget to involve your partners. Your broker, TPA, network partner or carrier are your best resources for developing a health and wellness incentive program that actually works. **SBJ**

*Mike Debo is a sales account executive for HealthLink. Visit [healthlink.com/team](http://healthlink.com/team) to contact Mike about developing a health and wellness program for your company.*



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

	NAME / ADDRESS	PHONE / WEBSITE	PARTNERS/PRINCIPALS	HOURS OF OPERATION	TYPE OF CLINIC	NUMBER OF PHYSICIANS	TOTAL # OF EMPLOYEES	SPECIALTIES	YEAR EST'D
1	<b>HSHS Medical Group</b> Family & Internal Medicine Panther Creek, 2801 Mathers Rd. Family Medicine & Pediatrics, 125 E. Plummer Blvd., Suite A, Chatham Family Medicine & Pediatrics, 1745 W. Walnut St., Jacksonville Family Medicine, 300 Sattley St., Rochester Family Medicine, 806 E. Andrew Rd., Sherman Foot & Ankle Specialists – 1745 W. Walnut St., Jacksonville and 2901 Old Jacksonville Rd., 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, 118 Legacy Pointe Dr. Multispecialty Care and Multispecialty Care Pediatrics, 2901 Old Jacksonville Rd. Multispecialty Care, 1304 W. Burnett Dr., Taylorville Neuroscience Center, 421 N. Ninth St. Neuroscience Specialty Clinic, 1745 W. Walnut St., Jacksonville Neuroscience Specialty Clinic, 1304 W. Burnett Dr., Taylorville Priority Care, 1836 S. MacArthur Blvd. Pulmonology Specialty Clinic, 1304 W. Burnett Dr., Taylorville Walk-in Clinic, 4200 Conestoga Dr. (inside Meijer)	217-321-9292 HSHSMedicalGroup.org	Dr. Marc Shelton Chief Clinical Officer	All offices: 8am-5pm  Priority Care: 7 days a week, 8am-8pm  Walk-in Clinic at Meijer: Mon-Fri, 10am-8pm; Sat 10am-6 pm; Sun 10 am – 6pm  Springfield Pediatric Walk-in Clinic: Mon-Fri, 8am-4pm  Multispecialty Care Walk-in Clinic: Mon-Fri 8am-4pm  Virtual care at Anytimecare.com: 24/7	Primary and Specialty Care, Ancillary Services, Walk-in Care and 24/7 Virtual Care	391	1,164	Multispecialty group that offers integrated care, including an advocate to help patients find a primary care doctor, onsite lab and advanced imaging, adult neurology, corporate health and wellness, diabetes and endocrinology, epilepsy, hospitalists, intensivists, interventional neurology, neurosurgery, occupational health, pediatrics, podiatric medicine, podiatric surgery, primary care, urgent care, vascular neurology, virtual care, walk-in care.	2009
2	<b>Springfield Clinic</b> Springfield Clinic Main Campus, 1025 S. Sixth St. 800 Bldg, 800 N. First St. 900 Bldg, 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, 701 S. Sixth St. West Side Drive-Up Lab, 3040 Hamlin Pkwy. 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. Ambulatory Surgery & Endoscopy Center, 1025 S. Sixth St.	217-528-7541 800-444-7541 SpringfieldClinic.com	Ray Williams, CEO Kenneth Sagins, MD, FAAP, CMO Amit K Gupta, MD Board Chairman	Orthopedics Walk-In Clinic Springfield, Mon-Thu 7am-6pm, Fri 7am-5pm, Sat-Sun, 8-11am  Orthopedics Walk-In Clinic Jacksonville Mon-Thu 8am-4pm  Urgent Care Main, 1025 S. Sixth St., Mon-Sun 8am-8pm  Urgent Care Jacksonville, West and Sherman Mon-Sun 8am-6pm (excluding major holidays)	Primary and specialty care, ancillary services, ortho walk-in clinic, surgical treatments, urgent care and Telehealth.	387	3,200	Primary care and more than 80 medical specialties and sub-specialties with services including an ambulatory surgery and endoscopy center, infusion therapy, laboratory, radiation therapy, radiology, rehabilitation services, telehealth serving 20 counties in central Illinois.	1939
3	<b>SIU Medicine</b> Center for Family Medicine, 520 N. Fourth St., 2833 South Grand Ave. East, and 345 W. State St., Jacksonville Ear Nose and Throat Clinic   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 IVF 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	1,723	A variety of health care services including primary care, specialties and sub-specialties. For a list of services, make an appointment or to view provider profiles online, visit siumed.org.	1970





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4	<b>Prairie Cardiovascular Consultants</b> 619 E. Mason	217-788-0706 prairieheart.org	Dr. Marc Shelton chief clinical officer	Mon-Fri 8am-5pm	Cardiac and Vascular Diagnosis and Treatment	119	401	Interventional Cardiology, Electrophysiology, Peripheral Vascular Intervention, Nuclear Cardiology, Transesophageal Echocardiography, Congenital Cardiology, Congestive Heart Failure, Percutaneous Valvuloplasty, Hypertension Management, Non-Invasive Vascular Diagnosis, Vascular Medicine.	1979
5	<b>Memorial Care</b> Springfield Memorial Hospital 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 Memorial.health	Memorial Health	Hours vary according to site. Contact office or visit Memorial.health for site hours.	Primary Care	50	396	Pediatrics, Family Medicine, Internal Medicine, Psychiatry, Internal Medicine/Pediatrics.	1994
6	<b>Prairie Eye and LASIK Center</b> 2020 W. Iles Ave., Springfield 2000 W. Morton Ave., Jacksonville	217-698-3030 prairieeyecenter.com	Sandra Yeh, M.D. medical director	Mon-Fri 8am-5pm may vary by site	Ophthalmology, Optometry, Optical Center	20	125	Cataract Surgery, Retina and Vitreous surgery, Glaucoma Treatment, Oculoplastics, Optometry, and all Laser LASIK.	1970
7	<b>Orthopedic Center of Illinois</b> 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., Christopher 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 Extremities, Sports Medicine, Interventional Pain Management, Imaging, Physical Therapy, Minimally Invasive Surgery.	1972
8	<b>Central Counties Health Centers</b> 2239 E. Cook St. 700 N. Seventh St. (dental only) Clinics for the homeless: 120 N. 11th St. 1023 E. Washington St.	217-788-2300 (Springfield main) 217-788-2380 (Seventh Street dental clinic)	Heather Burton, President and CEO	Hours vary according to site. Call 788-2300 for specific site hours.	Primary Care Dental Care Behavioral Health	8	100	Family Medicine, Pediatrics, Internal Medicine, Dental, Behavioral Health. On-site laboratory.	1999
9	<b>Memorial Care</b> 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 Memorial.health	Memorial Health	All locations Mon-Sun 8am-8pm	Walk-In Care	7	212	Urgent care for all ages. Out-patient laboratory and medical imaging (X-ray). Walk-in appointments with on-site physicians and advanced practice providers.	1999
10	<b>Gailey Eye Clinic</b> 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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Illinois Valley Economic Development Corporation - Greene, Jersey, Macoupin  
Menard County Board - Menard  
Montgomery County Health Department - Christian, Montgomery, Macoupin  
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# Dr. Daniel Fox is a man on a mission

By Carey Smith

Dr. Daniel Fox remarks that much of his adult life he has been taking the scenic tour.

Fox grew up in Hannibal, Missouri, and moved to Springfield when he was selected to be a student in the inaugural class of University of Illinois Springfield's Capitol Scholars Honors Program. Fox also earned his master of public health at UIS.

While completing his education, Fox met Bree Castleman, the woman who would become his wife. They have now been together for 19 years, 14 of them married. He said, "I could have never predicted in my wildest dreams" the path his life would take, and that 20 years later his journey would bring him back to Springfield.

Fox was a couple of jobs into his career when a mentor asked him to seriously consider what he wanted to do with his future. Fox understood the gravity of the question, and after taking stock of his skills, abilities and professional interests, he ultimately decided to "pursue a career as a translational scientist" so he could help get pharmacological advances out of the lab and to the people.

This decision led Fox to a position in New Jersey where he managed a small biotech company. After transplanting his family to New Jersey, Fox was ready for his first day on the job only to learn that the company had "decided to pull the plug" and close the doors. Fox said, "I had to redefine myself and learn a lot of life lessons. I had to grow a lot."

After regrouping from that situation, Fox and his family prepared for another move as he accepted a job processing contracts for a global pharmaceutical company in California. The Fox family moved as far west as they had been east, and as they were getting acclimated to life in California, Fox and his wife received devastating news. Their youngest daughter, Violet, was diagnosed with I-cell disease, or mucopolysaccharidosis II, a rare metabolic disorder for which there is no cure. The reality of this terminal diagnosis made them consider yet one more move; this move would bring them home to the comfort and support of their families. Once Fox received a job offer from Springfield Clinic to be the director of clinical research, they knew the deal was sealed, and they headed back to Springfield.

Sadly, Violet died on Christmas Day 2019 at the age of four-and-a-half.

Fox speaks of his frustration that children diagnosed with this terminal illness have no potential cure and no treatment options. However, he notes that while Violet was alive, "we had therapy for her. Occupational therapists would come to the house to teach her and help give her a good life." One of these occupational therapists was Jonathan Zemsky.

About a year after Violet died, Zemsky approached Fox with a plan for launching a nonprofit called Innovation Autism. Zemsky



Daniel and Bree Fox in California in April 2018 with daughters Scarlet, age 6, and Violet, age 2.

explained how he had been an occupational therapist for 20 years and had witnessed the children he once helped age out of the school system and "fall flat on society," recounts Fox. "Society had nothing to help them. A lot of people with autism would end up unemployed, depressed and living in their parents' basements until their parents couldn't help them anymore."

Fox was on board, and quickly went to work writing bylaws and completing tax forms. In a few short months, Innovation Autism was awarded nonprofit status by the IRS. Currently, Fox is president of the board of directors, while Zemsky is the CEO.

"The main idea of Innovation Autism," says Fox, is to "help serve the autistic adult population who is having a difficult time becoming professionals in society. We help them by giving them opportunities to shine."

Innovation Autism hired an autistic cartoonist, Quinn Patterson, to illustrate a book written by Zemsky, about the struggles of an autistic young adult trying to find a job. The book will be available later this year.

Another mission of Innovation Autism is "educating the community about autism and breaking down the myths behind it. We can help provide an environment for autistic professionals by educating our community and advocating for autism in the professional environment on a community and society scale," explains Fox.

To do this, Innovation Autism launched Autism Conscious Environments (ACES), a training program for businesses to make a more accessible environment for autistic consumers, and also to increase employment opportunities for autistic adults.

Fox states, "Autistic customers need to feel OK in their society and community. They need to feel safe and welcomed. We're starting to raise awareness and make an impact for the autistic population in Illinois."

Plans are currently in the works for an Innovation Autism symposium at Erin's Pavilion in October, with keynote speakers from ACES-trained businesses sharing their experiences, and more. Ultimately, Fox supports young adults with autism because, "Who you are is how you're going to change the world."

Fox was recently recognized as one of *Springfield Business Journal's* Forty Under 40. His nominator, Zemsky, wrote: "Daniel's business skills are second-to-none, but his heart is his true gift to the community. So many people would have pulled away from society after such a horrific tragedy, but Daniel is not that person. Instead, he turned his grief outward, showing superior compassion and empathy for others."

Fox's surviving daughter, Scarlet, is soon to be 11 and loves to draw, play the piano and practice martial arts. She has been home-schooled by her mother since 2019. Bree Fox also runs the family farm, Fox Run Farm, and earned it the designation of Certified Wildlife Habitat by the National Wildlife Federation. SBJ

*Carey Smith is an autistic writer with an autistic child, and applauds efforts to make our world more accessible to all.*



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# HOSPITALS

Sources: The hospitals.  
Ranked by number of inpatient admissions.

	NAME/ADDRESS	PHONE/WEBSITE	NUMBER OF LICENSED HOSPITAL BEDS	INPATIENT ADMISSIONS (2021)	OCCUPANCY RATE	FY 2019 OPERATING BUDGET (MILLIONS)	TOTAL STAFF (FULL TIME EQUIVALENT)	ADMINISTRATOR	AFFILIATION	YEAR EST'D
1	<b>Springfield Memorial Hospital</b> 701 N. First St. Springfield, IL 62781-0001	217-788-3000 memorial.health	500	20,708	70.4%	\$721.6	3,265	Charles D. Callahan president and CEO	Memorial Health	1897
2	<b>HSHS St. John's Hospital</b> 800 E. Carpenter St. Springfield, IL 62769	217-544-6464 st-johns.org	422	19,399	74.7%	\$574	2,598	Matther Fry president and CEO effective Sept. 19, 2022	Hospital Sisters Health System	1875
3	<b>Jacksonville Memorial Hospital</b> 1600 W. Walnut St. Jacksonville, IL 62650	217-245-9541 memorial.health	40	2,388	27%	\$93.7	582	Scott Boston, M.D. president and CEO	Memorial Health	1875
4	<b>Lincoln Prairie Behavioral Health Center</b> 5230 S. Sixth St. Road Springfield, IL 62703	217-585-1180 lincolnpairiebhc.com	97	DND	DND	DND	135	James Flynn CEO	Universal Health Services	2008

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# Supporting the mental health of employees

By Carey Smith

"The stability of your employee is grounded and rooted in more than just physical wellbeing," notes Emily Schneider, physical and emotional well-being consultant in the Dallas, Texas, office of Gallagher, an American global insurance brokerage and risk management services firm.

"If you want to see true outcomes and retention in future employees, mental health is an important component. You want to make your employees feel comfortable, safe and valued. By normalizing mental health, you can bring safety and trust to your employees," she says.

The pandemic has exacerbated mental health concerns for the last few years, especially for those in health care, educational settings and essential employees. As Schneider notes, "It's really key that 79% of employers say that employee well-being has become more important. Four in 10 employers are making employee well-being a top organizational goal." This is according to a survey Gallagher conducted of over 4,000 organizations; results are published in Gallagher's 2022 Benefits Strategy & Benchmarking Survey. Supporting employee mental health, as well as physical health, can help retain talent and lower costs due to mental health concerns.

According to Gallagher's report, 76% of employers nationally are concerned about the impact of stress and burnout on their employees. This percentage rises to 87% in the health care field, and is even higher at 94% among employers working in K-12 education.

Schneider says it is important to have a bidirectional approach to supporting emotional well-being, with initiatives both from leadership as well as a grass-roots approach.

An example of supporting leadership may be mental health "first aid" training, giving managers the tools they need in order to effectively assist employees with mental health concerns, which can sometimes include difficult conversations.

"There's a big opportunity in the future, looking at leadership and support, looking at direct people managers. Managers do not



Emily Schneider, a physical and emotional well-being consultant with Gallagher, said providing solid mental health support can give employers an edge when it comes to employee recruitment and retention.

necessarily know how to care. That's a big opportunity, and our data is showing that too, helping them feel comfortable talking about mental health. Supporting managers in that is a big miss right now, and a big opportunity," notes Schneider.

With a bottom-up approach, Schneider says they see trends of embedding mental health supports through employee resource groups.

To improve employees' emotional well-being, a business may first want to look at the big picture of what it already provides. Review current mental health policies and practices, advises Schneider, and make sure those policies and practices are well-known

to employees. "It's important to use multiple channels of communication," says Schneider, especially in a hybrid work environment where employees may not be in the office full-time.

Schneider then advises employers gather feedback from employees using surveys. "It starts with listening to employees. Gather feedback and take the time to understand employees." Social determinants of health may uncover additional resources needed.

Working from home may offer the flexibility some employees need to bolster their mental health. But one caution Schneider mentions is the lack of human connection for remote employees. "Human connection is real. How do we support that in a hybrid situation?"

Employees with chronic mental health issues like PTSD or chronic anxiety may need extra support from employers. Schneider states, "What I'm seeing trend-wise is providing that additional access to care around multi-diverse resources. Part of helping with these extreme conditions, such as someone on the autism spectrum, is learning how to develop additional layers of support and making mental health resources known to support that diversity, making sure there is inclusion in all realms."

Having representation in leadership or in the workforce is important. "A lot of statistics say employees want people who look like them when speaking about mental health," Schneider says. It can help, she notes, to not only have representation, but to have a leader or cohort "openly talking about it, accepting and normalizing it."

"The future is flexibility," remarks Schneider, "designing and supporting structures that are flexible for individual needs. Mental health is not fixed in a 40-minute counseling session."

Providing solid mental health support can give employers a competitive edge when it comes to employee recruitment and retention. **SBJ**

Carey Smith is a local gardener, mom and earth poet who greatly appreciates her wonderful therapist.



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# ADDICTION TREATMENT CENTERS

Sources: The individual addiction treatment centers.  
DND = did not disclose  
Listed in alphabetical order

	NAME STREET ADDRESS CITY/ST/ZIP	PHONE WEBSITE/EMAIL	PRINCIPAL	# OF LICENSED THERAPISTS	SUBSTANCE ADDICTION	IMPULSE CONTROL	BEHAVIORAL ADDICTION	INPATIENT	OUTPATIENT ADULT	ADOLESCENT	DESCRIPTION OF SERVICES
1	<b>Family Guidance Center</b> 120 N. 11th St. Springfield, IL 62703  2924 Stanton Ave. Springfield, IL 62703	217-544-9858  217-441-6529 www.fgcinc.org	Robert Thompson	6	○	○	○	○	○	○	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	<b>Gateway Foundation</b> 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	○	○	○	○	○	○	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. DUI services. Available for free phone consultations every Tuesday, Wednesday and Thursday.
3	<b>Hopewell Clinical</b> 801 E. Lawrence Ave. Springfield, IL 62705	217-223-0170 www.hopewellclinical.com	Steve Evans	3	○	○	○	○	○	○	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	<b>MedMark Treatment Centers</b> 1227 S. Ninth St. Springfield, IL 62703	217-679-1406 medmark.com jackie.morton@medmark.com	Jackie Morton	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.
5	<b>Rose Medical Association, Inc.</b> 3535 Mayflower Blvd. Springfield, IL 62701	217-670-0654 www.rosemedical.org	Dr. Ernest Rose	2	○	○	○	○	○	○	Substance addiction, behavior addiction, outpatient services, medical assisted therapy.
6	<b>Thrive Center for Wellness</b> 435 W. Washington St. Springfield, IL 62702	217-203-6600 thrivecenterforwellness.com	David Vail	4	○	○	○	○	○	○	Intensive outpatient and individual treatment.



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# When doctors made house calls

It may not be such an old-fashioned notion

By Holly A. Whisler

The pandemic forced a greater reliance on technology to keep patients connected to their health care providers, while reducing the risk of either being exposed to COVID. Now, this health care delivery model is predicted to increase three to fourfold by 2025, without a reduction in quality or access.

McKinsey & Company, a global management consulting firm, surveyed physicians who serve predominantly Medicare fee-for-service (FFS) and Medicare Advantage (MA) patients. The firm estimates that up to \$265 billion worth of care services (representing up to 25% of the total cost of care) for Medicare FFS and MA beneficiaries could shift from traditional facilities to the home over the next few years, although how the shift will affect reimbursement rates is not yet clear. However, McKinsey's website states, "Care at home could create value for payers, health care facilities and physician groups, care at home providers, technology companies and investors."

Care at home is defined as digitally enabled interventions, either self-administered or administered by a caregiver, delivered at home to address the physical, behavioral and social needs of patients. Care at home is a broad concept with many components that are not yet fleshed out. However, some components are in practice and can be discussed as part of a greater whole: home health care, telehealth and telemedicine.

McKinsey researchers suggest the COVID-19 pandemic has acted as a catalyst to reimagine the future of care at home services, giving the patient more convenient access to their providers, which keeps them healthier, avoiding expensive hospital stays and emergency department visits. Care at home can replace care that might have previously been received in a variety of other settings, including outpatient clinics, physicians' offices, skilled nursing facilities and urgent-care centers.

What do Springfield-area health care providers and administrators have to say about this proposed shift of health care from the facility to care at home?

Travis Dowell, president and CEO of Memorial Medical Group, said telehealth was being used to some degree prior to COVID, and then when things shut down in the early days of the pandemic, "we saw probably a multiplier similar to that quoted" in the McKinsey survey, but to compare "peak COVID to today, that multiplier has gone down. Some people continue to use telehealth more than they did in pre-COVID times, but less than during peak COVID," he said.

Some people want to see their physician in person, and some prefer to stay home. For the most part, Dowell said, the trend has "gravitated back to the old ways" of conducting health care.

However, there are some specialties that continue using telehealth at a high rate. Dowell said, "The psychiatric clinic uses telehealth for about 50% of appointments. Prior to COVID, the psychiatric clinic used telehealth for 1% or less of overall appointments, and then when COVID hit, literally overnight, almost all visits were telehealth, and now today that percentage is down to 50%."

"Mental health practitioners are using telehealth heavily due to no need for the use of a stethoscope," said Dr. Ken Sagins, vice president and chief medical officer at Springfield Clinic. He finds it very useful when keeping in touch with college students he has cared for over the years. "I use it for checking on students' mental health. It's private, once their door is shut, and they don't have to worry about someone seeing them go to a counseling session on campus, because there's still a stigma." He stated that he uses telehealth every week in his practice of outpatient care.

Sagins feels the growth of telehealth and the increasing capability of providing more services at home are inevitable. COVID created the demand to use telehealth in a greater capacity, and once Medicare gave permission for reimbursement, with very specific rules, that catalyzed its use.

Kimberly Paskiewicz, system administrator of specialty services, and Kim Beggs, system administrator of primary care services, both

from Memorial Health, agree that telehealth will continue to evolve, based partly on consumerism. Consumers have the power to force the evolution of telemedicine, such as remote monitoring, taking it to the next level.

Wearable technology in the health care space consists of patient-worn devices with sensors, actuators and software connected to the cloud that enable collection, analysis and transmitting of personal health data in real time, as defined by ScienceSoft, an IT consulting and software development company. Some examples of wearable technology include electronic skin patches, ECG monitors, smartwatches that track exercise and physiologic activity, as well as blood glucose monitoring.

Wearable technology is growing to meet anticipated demand. According to a recent market research study by Facts and Factors, the global wearable technology market is expected to increase at an annual rate of 18.5% between 2022 and 2028.

Shawna O'Dell, Illinois division director of post-acute care for Hospital Sisters Health System, said that when medical facilities shut down during COVID, "We had to be creative in our approach to taking care of people, because they still got sick."

O'Dell said technology in general is becoming more affordable. There are devices, such as Apple watches and iPhones, that can be used as tools to monitor health remotely. She added that patients are becoming more knowledgeable about how to use technology. For example, people who take blood thinner used to have to go to the lab frequently for a blood draw, but now they can use a smartphone and test their blood at home.

Telehealth and telemedicine are especially advantageous when working with an aging population who can have difficulty traveling, but may need the routine care of a specialist. Telehealth and telemedicine can bring the specialist and patient together with the convenience of technology.

Sagins said people who have complex and chronic illnesses can sometimes have difficulty getting to a doctor's office because ill-





Left: Shawna O'Dell, Illinois division director of post-acute care for Hospital Sisters Health System; Right: Dr. Ken Sagins, vice president and chief medical officer at Springfield Clinic.

ness makes life difficult. It's these people who end up in hospitals because they could not get to their doctor when it was crucial. He said that home health visits help to intervene early and catch conditions before they are out of the patient's control, but there are not enough home health practitioners to make patient assessments and check on medications.

"The phone is useful, but telehealth provides the visual element, and that is always better. In medicine, it is about evaluating the patient. We get a lot from looking at a patient, even if it is only 30 seconds – it's how we were trained," and that's where the reliance on technology comes in, he explained.

O'Dell said under the care at home model, patients suffering from milder diseases and chronic conditions can be seen in the convenience of their home. She noted that home health providers know how to conduct the necessary assessments, and with a physician overseeing the assessment, recommendations can be made accordingly. Home health care is much less expensive than the emergency department or the hospital.

Beggs commented that primary care physicians use telehealth when it is most appropriate for the type of appointment, such

as a follow-up or medication check, and there are other types of appointments where the physician wants to see the patient in person. Technology allows flexibility for the patient and the physician.

When it comes to specialty care, Paskiewicz said telehealth is used at urgent care clinics, and there is a high adoption rate of telehealth use at the Memorial Wellness Center, which encompasses weight-loss programs, both surgical and non-surgical, plus the diabetes program, and dietitians use telehealth for nutrition counseling.

Dowell said we need telehealth to evolve, and that depends on patients and technology to make it more appealing. "COVID made us adopt it faster, to some degree, and there's no reason to say its use won't increase again."

Although there are many positive aspects of using technology to advance telehealth and telemedicine in the shift to care at home, there are also limitations. Dowell noted that some people don't have the technology necessary to conduct a telehealth appointment, their devices don't work well, or there is inadequate internet service.

O'Dell agreed that we don't necessarily have the infrastructure in place for care at

home, which includes the reimbursement structures, but the good news is that during the height of the pandemic, "People were forced to use technology for telehealth appointments, and now they are more comfortable with it. They know they will get good health care, and people aren't flocking to the doctor's office, and many organizations are moving forward to meet the demand."

Another aspect that is driving the trend of care at home is the fact that our population is aging in greater numbers. O'Dell commented, "Prior to COVID, we were seeing the demand for care in the home with the boomer generation." Overall, "we take better care of people and they are living longer, but they still get sick. And living in a nursing home is expensive." He noted that if we can care for people at home – keeping them healthy and safe without the expense of a nursing home – it is a worthy goal.

Sagins summed it up by saying, "At some level we will always need an office, but so much care can be provided in the home that could help people stay healthy and remain home. Telehealth can help solve these problems, and be an adjunct for all of us in health care." **SBJ**

# FITNESS CENTERS

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

	NAME / ADDRESS	PHONE / WEBSITE / EMAIL	# OF EMPLOYEES	# OF MEMBERS	HOURS OF OPERATION	MANAGER(S)	AVAILABLE EQUIPMENT / AMENITIES	YEAR EST'D
1	<b>YMCA of Springfield Gus and Flora Kerasotes</b> 4550 W. Iles Ave. Springfield, IL 62711	217-679-1625 springfieldymca.org asowle@springfieldymca.org kprimus@springfieldymca.org	200	11,000	5am-9pm Mon.-Thu., 5am-8pm Fri., 10am-4p/Sat., 8am-12pm Sun.	Angie Sowle Kenzi Primus	Free childcare, basketball courts, outdoor playground, sauna, steam room, y-cycling, lockers, Wi-Fi, free parking, TRX, weight training, cardio training, group fitness, personal training, warm water instructional pool, lap swimming, swim lessons, senior/Silver Sneakers fitness programs, kids' sports leagues for soccer, basketball, softball, tee-ball, sports clinics, before and after school child care, summer camp programs.	2011
2	<b>YMCA of Springfield-Downtown</b> 601 N. Fourth St. Springfield, IL 62702	217-544-9846 springfieldymca.org asowle@springfieldymca.org	200	6,600	5am-9pm Mon.-Thu., 5am-8pm Fri., 10am-4p/Sat., 1-5pm Sun.	Angie Sowle Joey Greenwood	Free childcare, basketball courts, racquetball, pickle ball, TRX, sauna, steam room, y-cycling, lockers, Wi-Fi, free parking, weight training, cardio training, group fitness, personal training, martial arts, gymnastics, indoor track, lap swimming, recreational pool, swim lessons, senior/Silver Sneakers fitness programs, kids sports leagues for soccer, basketball, softball, tee-ball, sports clinics, before and after school child care, summer camp programs.	1962
3	<b>FitClub South</b> 3631 S. Sixth St. Springfield, IL 62703	217-787-8348 fitclub.net nathan@fitclub.net	80	6,496	24-hour access	Jim Copelin Nathan Imhoff Dr. Kevin Imhoff	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, swim lessons, towel service.	1999
4	<b>FitClub West</b> 2811 W. Lawrence Ave. Springfield, IL 62704	217-787-1111 fitclub.net jim@fitclub.net	60	4,253	5:30am- 8:30pm Mon.-Fri., 7am-6pm Sat., 8am-6pm 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.	1999
5	<b>FitClub North</b> 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 towel service.	1999
6	<b>Bob Freesen YMCA</b> 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 CrossFit facility, 1-mile walking trail with new StoryWalk® for families, Parkinson's class, Rock Steady Boxing.	1968
7	<b>Springfield Racquet &amp; Fitness Center</b> 3725 Chatham Road Springfield, IL 62704	217-787-2460 springfieldracquetandfitness.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	<b>PowerWorks Fitness</b> 347 Williams Lane Chatham, IL 62629	217-697-8727 www.pwfcchatham.com	20	1,100	5am-10pm Mon.-Sat.	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	<b>Rocket Fitness</b> 326 Sattley Rochester, IL 62563	217-498-1175 rocketfitnesscenter.com rocketfitness@yahoo.com	5	1,000	24-hour access	Tracy Rogers	Full service gym, Hoist and Vision equipment, freeweights, basketball league, volleyball court, showers, group fitness classes included in membership.	2014
10	<b>Anytime Fitness West</b> 4307 Yucan Drive Springfield, IL 62711	217-679-2490 anytimefitness.com Facebook: Anytime Fitness West springfieldil2@ 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.	2012
11	<b>Snap Fitness</b> 650 E. Jackson St. Auburn, IL 62615	217-483-4348 snapfitness.com/Auburn	2	693	24-hour access	Kellie Glick	Free weights, cardio machines, functional training, small group training, personal training.	2005
12	<b>Snap Fitness 24/7</b> 1061 Jason Place Chatham, IL 62629	217-483-5701 chatham@snapfitness.com	4	660	24-hour access	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
13	<b>Anytime Fitness</b> 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/paramount circuit line, modular cable cross over system, private men's and women's shower/bathroom, personal training, rowing machine, squat racks.	2012



# FITNESS CENTERS

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

	NAME / ADDRESS	PHONE / WEBSITE / EMAIL	# OF EMPLOYEES	# OF MEMBERS	HOURS OF OPERATION	MANAGER(S)	AVAILABLE EQUIPMENT / AMENITIES	YEAR EST'D
14	<b>Orangetheory Fitness</b> 2450 W. Wabash Ave. Springfield, IL 62704	217-953-0054 oranjefitness.com Studio0805@oranjefitness.com	10	500	Open 7 days a week	Hannah Bartlett	Studio fitness, small group personal training.	2017
15	<b>Snap Fitness 24/7</b> 1362 Toronto Road Springfield, IL 62712	217-679-0081 snapfitness.com springfield@snapfitness.com	3	460	24-hour access	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
16	<b>Snap Fitness 24/7</b> 131 Illini Blvd. Sherman, IL 62684	217-381-4951 snapfitness.com/sherman	2	441	24-hour access	Curtis Robinson	Free weights, cardio machines, functional training, small group training, personal training.	2005
17	<b>Anytime Fitness</b> 2705 N. Dirksen Parkway Springfield, IL 62702	217-523-1541 anytimefitness.com	3	400	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/paramount circuit line, modular cable cross over system, private men's and women's shower/bathroom, personal training, rowing machine, squat racks.	2010
18	<b>CrossFit Instinct</b> 301 South Grand Ave. West Springfield, IL 62704	217-414-8260 crossfitinstinct.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, jump ropes, sleds, benches, squat racks, bench press station, tires, sledgeshammers, 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
19	<b>Pure Performance Center</b> 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
20	<b>Planet Fitness</b> 1756 Wabash Ave. Springfield, IL 62704	217-546-4910 planetfitness.com info@planetfitness.com	12	DND	Open 24 hours, Mon.-Thu. Until 10pm Fri. 7am-10pm Sat. & Sun.	Brodie Elder	Cardio machines, weight resistance machines, instruction included with membership, tanning, massage beds, total body enhancement.	2013
20	<b>LA Fitness</b> 2501 Wabash Ave. Springfield, IL 62704	217-801-9007 lafitness.com contact@fitnessintl.com	40	DND	5am-10pm Mon.-Fri., 8am-7pm Sat. and Sun.	Adam Marvel	State-of-the-art equipment, free weights, indoor basketball, cycling, variety of group fitness classes, indoor pool, sauna, whirlpool spa, personal training, kid's club.	2013

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# A need for more nurses

Memorial Health partners with ISU to open nursing school in Springfield

By Dean Olsen

A section of the former Shop 'n Save grocery store on Springfield's north end will be used to train Illinois State University nursing students beginning in August 2023.

Almost 10,000 square feet of the property at 200 North Grand Ave. W. will be renovated through a partnership between Memorial Health and the Mennonite College of Nursing at ISU.

Springfield-based Memorial Health, the not-for-profit system that operates Springfield Memorial Hospital and hospitals in Decatur, Jacksonville, Taylorville and Lincoln, will pay for \$1.6 million in renovations at the North Grand property and donate another \$6 million to Mennonite over the next 10 years.

The donations will cover the vast majority of the Normal-based nursing program's cost to expand enrollment in its bachelor's program in nursing by 48 students per year, educate those students in Springfield and hire faculty for the satellite campus, Memorial and Mennonite officials said.

The first 48 students will begin their nursing education as ISU juniors at the site, where they will participate in classroom work and other learning experiences. In fall 2024, 48 more juniors will be added when the first 48 become seniors, according to Judy Neubrander, dean of the Mennonite program.

ISU graduates about 170 students each year who are eligible to take national exams to become registered nurses, so the addition of 48 more slots will expand the program by 28%.

Opening the Springfield site for ISU is part of Memorial's efforts to increase the supply of registered nurses amid a state-wide and nationwide nursing shortage, said Marsha Prater, a Memorial Health senior vice president and chief nursing officer.

"Part of our strategy as an organization is to ensure that we have a strong pipeline of nurses for the future for the citizens of central Illinois," she told *Illinois Times*. "And nurses tend to work and take their first job close to the areas in which they've done their clinical experiences."

Nursing students who complete the junior and senior years of their ISU bachelor's degrees in Springfield won't be required to get jobs at Memorial hospitals or outpatient settings. But many of them likely will choose to work for Memorial, which already employs more than 2,500 RNs systemwide, Prater said.

"It is the absolute best opportunity to recruit good nurses – to have them in there as students and show them the kind of learning environment, the kind of patient care and nursing environment, that they would be joining," she said.

Memorial will lease 9,900 square feet in the 44,000-square-foot former Shop 'n Save building from the owner, Peoria-based Advanced Medical Transport, not-for-profit parent of Medics First. Memorial then will sublease the space to ISU, according to Kevin England, Memorial senior vice president and chief administrative officer.

ISU's Board of Trustees approved the sublease agreement at its Aug. 15 board meeting.

Students in the ISU nursing program currently take nursing classes their junior and senior years in Normal and receive on-the-job, clinical training at hospitals and in other health care settings throughout central Illinois. The clinical sites include Springfield Memorial Hospital and hospitals in Bloomington-Normal and Peoria.

Springfield is home to several nursing education programs, including St. John's College of Nursing and programs on the campuses of Lincoln Land Community College and University of Illinois Springfield.

Memorial in 2020 donated \$6.1 million to LLCC to help expand the number of slots in the nursing program and open the new LLCC Nursing Education Center. The health system also devoted more than \$1 million in a partnership with UIS and the University of Illinois Chicago College of Nursing to launch a UIC training program in 2015 for future RNs on the UIS campus.

Memorial Health hospitals provide clinical experiences for 400 to 500 nursing students at a time from eight different

academic programs in the region, Prater said.

About 100 of those students travel each day from ISU's program in Normal, Prater said. The ISU students also receive clinical training in other communities.

When the Springfield-based program begins, 48 more ISU nursing students in each class will be added to the students from the region receiving clinical training at Memorial sites. But Prater said the Springfield-based ISU students will receive all their clinical training at Memorial facilities, including the Memorial Learning Center, and will live in the Springfield area.

Neubrander said she and other ISU officials are thrilled to be partnering with Memorial on a regional nursing campus that is the first of its kind for Mennonite.


"It's a super-generous gift to get this going and to maintain it," she said.

ISU plans to maintain the same level of quality instruction at the Springfield site, she said, noting that 95% to 96% of Mennonite graduates pass the national RN exam on the first try. The comparable Illinois and national pass rates are 82%, she said.

Neubrander said she expects many ISU students from the Springfield area to find the Springfield site attractive and convenient for their nursing education.

She said she hopes many of the new nursing students wanting part-time jobs during their training will be able to work for Memorial as nursing technicians.

The Mennonite expansion will make it slightly easier for central Illinois students to secure a slot in a nursing program, Neubrander said. ISU currently is able to admit only 10% of applicants to its nursing program, she said.

"These are two great organizations partnering for the future of nursing," she said. 

*Dean Olsen is a senior staff writer for Illinois Times. He can be reached at [dolsen@illinoistimes.com](mailto:dolsen@illinoistimes.com), 217-679-7810 or [twitter.com/DeanOlsenIT](https://twitter.com/DeanOlsenIT).*



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Steve Myers

# INDEPENDENT INSURANCE AGENCIES

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

	NAME/ADDRESS	PHONE/WEBSITE/EMAIL	NUMBER OF LOCAL PRODUCERS	NUMBER OF LOCAL EMPLOYEES	MANAGERS/OWNERS	SPECIALTIES	YEAR EST'D
1	<b>TROXELL</b> 214 South Grand Ave. West Springfield, IL 62704	217-528-7533 troxellins.com info@troxellins.com	32	51	Mike Aiello, John Eck, Jr., Todd Sowle Dave White Chris Leming Jennifer Call	Commercial Insurance, Personal Insurance, Employee Benefits, Life/Health, Workers Comp, Bonds, HR Solutions, Financial Services	1887
2	<b>Insurance Partners, Inc.</b> 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	<b>American Central Insurance Services</b> 3300 Hedley Road Springfield, IL 62711	217-698-9000 americancentralinsurance.com stan@americancentralins.com	11	24	Stan Travelstead Jeremy Travelstead Andrew Novaria Dennis Lister	Employee Benefits, HR Consulting, ACA Reporting, ERISA Compliance, Cafeteria Plans, Business Insurance, Personal Insurance	1987
3	<b>Forsyth Insurance Group, Inc.</b> 430 E. Vine St., P.O. Box 2229 Springfield, IL 62705	217-525-9500 217-528-1526 forsyth-ins.com dblankenship@forsyth-ins.com	11	17	Dale A. Blankenship president	Personal Insurance, Commercial Insurance, Life, Health and Group and Financial Services	1946
4	<b>Goodenow Insurance Agency, Inc.</b> 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 Medicare	1998
5	<b>Gallagher/Nicoud</b> <b>(Arthur J. Gallagher &amp; Co.)</b> 3200 Pleasant Run, Suite C Springfield, IL 62711	217-546-6900 ajg.com	6	12	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
5	<b>Snyder Insurance/Ascend Benefits</b> Springfield, IL 62711	217-793-6000 309-664-1800 insurewithsnyder.com info@insurewithsnyder.com	6	4	Charles Farner, owner	Employee Benefits, Home, Auto, Life, Business, Bonds	1906
5	<b>Lee/O'Keefe Insurance Agency Inc.</b> 2501 Chatham Road, Suite 100 Springfield, IL 62704	217-528-5679 leeokeefe.com info@leeokeefe.com	6	9	Glenda Richards Brian Blough	Business, Personal, Life/Health Insurance Bonds	1934
6	<b>Denton-Merritt-Dycus Insurance Agency</b> 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
6	<b>Bailey Family Insurance</b> 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
7	<b>Godfrey Insurance Agency</b> 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
7	<b>Dimond Brothers Insurance Agency</b> 3931 Wood Duck Drive Springfield, IL 62711	217-793-6655 dimondbros.com	3	5	Joyce Whitlow regional manager	Commercial Lines, Personal Lines, Employee Benefits, Farm	1867
8	<b>Preston Insurance Agency, Inc.</b> 3307 Robbins Road Springfield, IL 62704	217-529-9711 prestonins83@yahoo.com	2	2	Bill and Angie Preston	Auto, Home, Life, Business, Health, Medicare Supplements	2000
8	<b>The Group Insurance Agency, LLC</b> 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

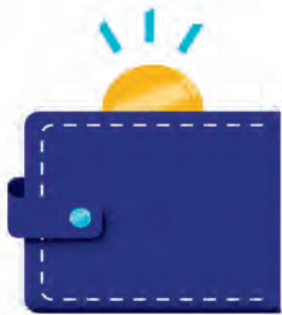




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# Estate planning and your business

By Sarah Delano Pavlik

If you own a business, you know you need a succession plan, but if you are having trouble putting one together, you at least need to get your basic documents in place, or your business could be frozen if something happens to you.

Many small business owners are the sole owner and operator of their businesses. If the owner is in a car accident and unconscious in the hospital, who can run the business? On the practical side, someone needs to know where the keys are, where the checks are, what the alarm code is, etc.

On the legal side, someone needs authority to run the business. The person can be an officer, such as a president, vice president or treasurer. If you wish to name an officer of your corporation or limited liability company, you will need a company resolution doing so. You can also give non-officer employees check signing authority. You, as the owner, will need to authorize these matters in writing, so they must be done before an accident.

Everyone should have a power of attorney for property, which can be used if there are no other owners or employees with authority to run the business. We recently had a client work for quite a while on putting a real estate deal together. Shortly before closing, he was hospitalized and could not sign legal documents. He was the sole owner of his corporation, and there were no other officers. Fortunately, he had a power of attorney. His agent, acting on his behalf as the sole shareholder, could elect new corporate officers to close the deal.

But what if our client had been killed? Who could close the deal in that case? Because there were no other owners or officers, someone acting for the owner's estate would have had to close the deal. But what does that mean? I find many people have misunderstandings about how estates work.

If a business owner signs a will and appoints an executor in the will, that person does not automatically become the executor when the owner dies. People are often surprised (and dismayed) to learn this. An executor does not have authority to act until the will is admitted to probate by a judge and the



judge appoints the named person as executor. (I have had many people tell me they think the purpose of a will is to avoid probate. In fact, a will must be probated to be effective (except in limited circumstances).

Why must a will be probated? The probate process is how other people, such as bankers, buyers and sellers, know that a will is valid and the executor actually has authority to act. Without the probate process, anyone could present a "will" to a bank or other institution and demand a decedent's property. The will could be a forgery, the decedent could have been incompetent when he signed it, or it could be an old will that the decedent revoked. Without the approval of the court, there is no way to know that the will is valid.

So why have a will? First, it directs the disposition of your assets in the event of your death. Second, it appoints an executor to administer your estate. If you do not have a will or your will does not name an executor, the court will appoint one for you. Generally, this will be your spouse if you are married, or, if you are not married, your adult children. Perhaps you are one of the rare families where all of your children work

together wonderfully. In reality, it is usually best to name one (maybe two) people to handle the estate. The executor can be a family member, a business associate, trusted friend or financial institution.

I recently met with a client who wanted to avoid probate. This can be done in a number of ways. One way is to use a transfer-on-death instrument, which she could have used for her home. When I explained to her that if she used a transfer-on-death instrument the home would automatically pass to her children at her death and then they would all have to agree to sell the home, she opted to use a will and name her daughter as executor. If one child did not want to sell or did not agree with the sales price, the other siblings would have to go to court to force a sale. As executor, the daughter can make the decisions regarding selling the home and distribute the proceeds to herself and her siblings. My client thought this would work much better.

Take some time and get your documents in place. You won't regret it. **SBJ**

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





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## Zach Dinardo joins Springfield Clinic as managing corporate counsel

Zach Dinardo has joined Springfield Clinic as managing corporate counsel as of Aug. 15. He previously spent 23 years in private practice with Sorling Northrup in Springfield where he was a shareholder and led the firm's health law practice.

Dinardo will be working with Michelle Clatfelter, chief legal officer at Springfield Clinic. The

organization is one of the largest multispecialty practice groups in the state with more than 3,200 employees and 650 providers across 20 counties.

Dinardo received his juris doctorate from Saint Louis University School of Law in 1999 and holds a bachelor's degree in health services administration from University of Illinois Springfield.



## Hospital foundation awards over \$755,000 to health-related projects

The Springfield Memorial Foundation has awarded more than \$755,000 to help fund health-related projects in the community and support Memorial Health initiatives.

"It's a record-breaking total for the foundation's grant program," said Melissa Hansen Schmadeke, executive director of the Springfield Memorial Foundation.

Awards ranged from \$1,600 to \$250,000 and will go to support 33 projects at SIU School of Medicine, Springfield Public Schools, Illinois College, Girls on the Run of Central Illinois, Compass for Kids and other community organizations. Grants were also awarded to multiple projects within Memorial Health.

Seven separate grants totaling \$52,063 will support Memorial Health employees' continuing education through participation in workshops, conferences and other training opportunities. The foundation also awarded \$250,000 in a single grant to support workforce development throughout Memorial Health and a single grant of

\$32,000 to support patient safety and experience.

Eight separate grants totaling \$167,794 were awarded to support research and education at SIU School of Medicine.

Other grant recipients are:

- \$56,741 to provide equipment and supplies for a Memorial EMS response vehicle
- \$38,278 to launch the Memorial Behavioral Health Crisis Call Center as part of a national effort
- \$52,078 to provide a virtual dissection table to the nursing program at Illinois College
- \$26,000 to Compass for Kids to support the Camp Compass summer learning program for underserved elementary students
- \$25,570 to The Outlet to provide the "Bringing the Civil Rights Movement to Life" summer trip experience. The Outlet connects boys from single-parent homes with positive male role models.
- \$9,965 to the Springfield African

American History Museum to support the African American History summer day camp

- \$9,922 to provide an advanced bariatric stretcher chair in the Springfield Memorial Hospital inpatient therapy department
- \$6,100 to Springfield Public Schools to support Project Lead the Way
- \$5,081 to Mighty Movers, a local youth performance group, to provide a dance class to Enos Elementary
- \$4,150 to the Springfield Kiwanis Club to support Laundromat Libraries
- \$3,660 to the Lincoln Land Community College nursing program to provide nursing simulation lab supplies
- \$3,120 to provide Joy of Movement dance sessions for Parkinson's patients
- \$2,800 to Girls on the Run of Central Illinois to support Camp GOTR: Girls Have Heart

Since 1984, the foundation has distributed more than \$11.6 million in health-related grants. The next grant cycle begins Feb. 1, 2023.





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Illinois Women in Leadership will hold its 10th annual women's symposium on Thursday, Sept. 22, from 8 a.m.-4 p.m. at the Crowne Plaza Springfield. This year's theme is "A Decade of Inspiration."

The keynote speaker will be Anne Bonney, an authority on change management, author, host and creator of "Dancing in the Discomfort Zone Podcast," and an experienced virtual, in-person and hybrid workshop facilitator. Anne uses her experience, education, and expertise to ignite your ability to embrace the discomfort of change, courageous communication and emotional intelligence.

Registration is \$140 per person and includes continental breakfast, lunch, snacks and cocktail reception. Register five people and get the sixth free. Visit [iwil.biz](http://iwil.biz) for more details or to register.

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# Be Humble Gym: building strength, confidence and compassion

By Janet Seitz

When someone with great abilities is compared to someone who has far more challenges, that can be a humbling experience.

Jordan Matulevich is a powerlifting coach and military veteran who works with athletes who have both physical and mental challenges. In January 2018, he began volunteering for a national organization in Springfield that "trained the athletes starting in January each year leading up to both regional and state games. Once it was over in May, all of the athletes asked that we continue this year-round. I talked it over with my wife and we cleared out our basement, bought a few pieces of gym equipment and started practices year-round."

As a result, in June 2018, with very humble beginnings, the Matulevichs created Be Humble Gym to support these athletes with encouragement and training to strengthen their bodies and develop their capabilities for competing in amateur sports and lifting competitions. This was done at no charge to the athlete or their families.

The goal is to raise money to build the athletes their very own gym, according to Matulevich, who has a GoFundMe site to raise money for a facility. His wife, Leslie, and son, Chris, also share in the mission of their nonprofit organization, managed by a board of directors. "These athletes have hearts of gold," he stated on the website. "They have changed my life, and now it's my turn to change theirs."

Matulevich said, "I had such a bond with three athletes I worked with from the beginning – Ben Simpson, Chris Vandyke and Renne Mays – and just wanted it to grow from there. The athletes have inspired me so much in my life, I wanted to help them in any way I could. What started with three athletes lifting weights in my basement has grown to over 30 athletes, and soon to be a 1,200-square-foot space just for them."

These athletes range in age from four to 46, and have physical and mental disabilities such as Down syndrome, autism, non-verbal autism, amputee, cerebral palsy, traumatic brain injury and epilepsy.

"My greatest challenge," Matulevich said, "has been learning as I go. I have to adjust my methods and training styles for each athlete, depending on their disability. It makes each day completely different, but that's why I love



Jordan Matulevich (left) with the athletes from Be Humble Gym, a fitness center he and his wife, Leslie, created to support athletes with physical and mental challenges. PHOTO COURTESY JORDAN MATULEVICH

each athlete and each training session. It is never boring. My greatest reward is just being able to allow the athletes to have a place of their own. I am truly the one that is blessed in this journey."

Matulevich finds it challenging to pick just one memorable experience to share. The athletes get invited to many different powerlifting and speaking events where the hosts focus on them. "Seeing their faces light up at each event is priceless."

Progress in training is rewarding for all, said Matulevich. "A general example of many of our athletes is Lucas Homa, who for many years struggled with range of motion and attended weekly physical therapy sessions, came one week and let us know that he has greatly improved and no longer has to attend weekly therapy for strength with his time at Be Humble Gym."

For Maddox (last name withheld by request), a six-year-old with autism and ADHD, "his mom has greatly noticed the days following his workouts how much calmer he is compared to weeks he doesn't work out."

Wyatt is a homeschooled teenager with autism who is unable to be around large groups. "His family says he uses his time at Be Humble Gym to help him focus on his school

work and to relieve stress and anxiety."

Presley, Matulevich continued, is a 28-year-old who was in a devastating car crash and suffers from a traumatic brain injury. She uses her time at Be Humble Gym for weight management. It also improves her physical range of motion, and having a routine each week helps her build her memory that she has lost from the accident."

Ben Simpson, who does a weekly podcast, "Be Humble with Ben," said he came to the gym because he wants to get strong and stay healthy. Simpson has also started coaching the new athletes to help them feel comfortable.

"I could honestly go on about each and every athlete," said Matulevich. "This is why I keep doing this week after week. Even from the smallest achievements, it makes a difference not only in their lives, but my life as well. ... We truly look at them and their families as our own families. Each year we like to host different parties such as Halloween, Christmas or our yearly anniversary party, just to have the athletes and their families over to thank them for being in our lives." **SBJ**

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



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# Time management for busy people

Or, how I spent my summer vacation

By Kelly Gust

With the kids back to school in mid-August, this time of year feels like the end of a 12-week ultramarathon. I have a full consulting schedule, business travel, community service activities and networking events, a husband I enjoy hanging out with, two kids on vacation from school, and my own hobbies and social life. It's been an exhilarating but exhausting summer – all made possible by diligent time management.

Sound impossible? It's not. Read further for some best practices in time management for busy people, and a few ways that I successfully made it through an eventful summer.

## If it deserves your time, it belongs on your calendar.

I absolutely live by my calendar. Any task that requires my time goes there. This is obviously true for work meetings, but also time to travel to or prep for a meeting. Further, if I receive an email that I know will take half an hour to research and respond to, I use the "copy to calendar" feature of Outlook to drop the email into my calendar and allocate time to respond. If needed, I'll let the sender know when they can expect a response.

I use recurring meetings for important, but not urgent tasks that would otherwise be at high risk of postponement or the "I never have time for that" syndrome. In my world, this includes sending my monthly newsletter and reading up on trends in my industry – I would easily forget or procrastinate these tasks if I did not regularly allocate time to them.

Kids' activities, date nights and personal commitments also end up on my calendar. These

personal items are essential to my sense of work-life balance, and they deserve my time. The automatic calendar reminders also keep me from forgetting something important.

## Move out of your inbox.

Too many people are held hostage by email. Don't wait for bombs to drop in your inbox; stay on top of communication in a more proactive way. I keep many of my clients on a recurring meeting schedule (weekly, bi-weekly or monthly, depending on their needs) which greatly cuts down on email traffic. I know (and my clients know) that if there is something we need to discuss or follow-up on, we can do so at our next scheduled meeting. This eliminates most email in-between meetings. Consider everyone to whom you regularly send or receive information, and whether these emails could be turned into 15- or 30-minute planned conversations.

## Make time to manage your time.

The act of planning itself takes up time. I have a few recurring blocks of time I rely on to keep an upper hand. Every Monday morning, I spend one hour fine-tuning my week and the week ahead. What do I need to accomplish? Have I allocated time to prepare for important meetings or travel? Are there any nice-to-do projects which could be deferred? What can I delegate? Which parent is driving the kids to practice? (This essential question can easily turn into an argument with the spouse if left to the last minute.) I'll spend one hour per month to review personal and business travel plans, scheduling conflicts that require a babysitter

or delegation and one hour per quarter to discuss big items like reviewing annual goals/progress or vacation planning.

## Establish a routine, but flex it as-needed.

I am a much more pleasant person if I get some sort of daily exercise such as a walk, jog or a strength training workout. I prefer to knock this out first thing in the morning, so I set my alarm and plan accordingly. On the days I am not successful, at least I have a familiar routine to get back to.

Similarly, all of the planning above allows me to be spontaneous when a friend or family member invites me somewhere on short notice, or when an unexpected opportunity arises. The planning I've already done allows me to incorporate these surprises confidently into my day.

## Just say no to over-committing.

There is pressure in our busy society to feel like time with family, your spouse or personal pursuits is a luxury. When the work obligations pile up, we tend to keep saying "yes" and end up over-committed, neglecting the important personal roles we wish we had more time for. Being over-committed easily becomes resentment and eventually leads to burnout. It's OK to say "I'd love to, but I can't until (after work, next month, or when the kids go back to school)," or "I'm sorry, but I'm already committed to something else."

Well, that about sums up how I spent my summer vacation. I'm rolling into fall with quite a few more holes in my calendar, lots of autumn activities to look forward to, and a clear plan of action on how to allocate this time to my advantage. **SBJ**



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# MÁS SABORES

By Thomas Pavlik

Until recently, I thought that Mas Sabores was only a bakery, ice cream and dessert shop. But a friend mentioned having lunch there a few weeks back, so I decided to check the place out.

Mas Sabores (which means more flavors), the sister restaurant to Sabores in Chatham, is located on North Grand Avenue in the former No Way Jose space, and is owned and operated by Alex and Gabby Rico. You can't miss it – the building is painted in a panoply of bright colors.

My guest and I arrived on a beautiful summer day and were very pleasantly greeted by the ice

cream staff who pointed us to the front of the space, which constitutes the sit-down restaurant part. There are a few dozen or so tables and booths. Décor is limited and the TVs were turned to a variety of Mexican stations. Menus quickly appeared, along with our drinks. Although we stuck with water, there's a whole assortment of specialty Mexican drinks, including Mexican Coke.

The crowd was a bit thin, but that's to be expected on a Monday of State Fair week. Our fellow diners covered the whole spectrum of Springfield citizens.

Our server, who was quite pleasant and efficient (when asked, she said she had been with the owners for years – they are lucky to have her), checked in a few times but certainly did not rush us to order. We decided to start with the chori-queso (\$7.99). This was a generously sized order of cheese dip with a healthy amount of chorizo sausage mixed in. Unlike Spanish chorizo, the Mexican variety is made with chiles, rather than paprika. It was certainly not a light dish, but it was fun to have something other than just chips and salsa.





(Left side) The Torta Mexicana is a sandwich of freshly baked bread with lettuce, tomato, onion, avocado and your choice of meat. (Right side) Above – Street-style Mexican tacos. Right – Mangonada, authentic homemade mango ice cream with real fruit and chamoy to scoop. Below –The Machete, a huge handmade corn masa filled with cheese and your choice of meat. It's served with lettuce, pico de gallo, queso fresco and radish.

Regarding salsa, thanks to a tip from a good friend, I now always ask if hot salsa is available. It was; in addition to its fresh tomato salsa, Mas Sabores also serves a hot green salsa and a hot red salsa. At our server's suggestion, I went with the green salsa. I have a pretty high tolerance for heat, and even I was surprised at how fiery it was. Still, it had plenty of flavor to go along with the kick. The red sauce was tomato-forward and, to my taste buds, could have used more cilantro (but then again, I don't think there can ever be enough cilantro, so I'm a bad data point on the topic).

For entrees we went with the chicken fajitas and the three-taco meal.

The fajitas (\$12.99) were a dinner sized portion and came with the usual side dish of rice, beans, lettuce and sour cream. My guest found them to be on par with Mas Sabores' peers. I was somewhat surprised that, with all the increases in food prices, Mas Sabores was very generous with the chicken and didn't try to squeeze in some extra onions and peppers to fill out the plate.

The tacos (\$9.99) come with a choice of corn or flour tortillas and are served Mexican-style (diced onions, cilantro, lime, radish and cucumber) or American-style (lettuce, tomato and sour cream). Diners can make it a dinner by adding in rice and beans for an extra \$2.99. I went all Mexican-style and had one carnitas, one al pastor and one steak, all with flour tortillas. I love a good corn tortilla, but I haven't found the perfect one in Springfield yet. So I stuck with flour, which is a bit unusual for street tacos like this. I think I prefer it now.

I really enjoyed the tacos – the lime and pickled vegetables added just the right zing to

balance the protein. The carnitas had the right ratio of tender pork pieces to crunchy pieces, while the al pastor had the requisite earthy and spicy notes from the achiote peppers, which complimented the cumin and Mexican oregano. The steak tacos, by comparison, were a bit bland, but still tasted good. Other options included lengua (beef tongue) and tripa (cow intestines). I'm usually all about the nasty bits, but rarely on a first visit to a restaurant. Maybe next time.

On our way out, we lingered for a minute to

check out the back of the space where the sweet stuff is dished out. Here guests order and pay at a separate counter. Again, the staff could not have been nicer or more helpful. We were sorely tempted, but ultimately passed. Again, maybe next time. **SBJ**

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**Floetics Pole and Dance Fitness**, 2025 Gregory Court. 843-7611. Mariah L. Brooks.

**Fresh Start Lawn Care Services**, 2230 E. Cedar St. 441-4948. Octavious R. Evens.

**Right Edge Lawn Care**, 3213 S. Francis Drive. 816-6348. Richard Kelley, Thomas Kelly, Larry Ealey.

**SoLuna**, 1300 W. Jackson St., Auburn. 710-2396. Brandy Kruse.

**BellasCrafts**, 20 Knollcrest Lane, Chatham. 899-0816. Dafne Pfeifer.

**Byrne Personal Training**, 1208 S. Seventh St. 708-790-7879. Dalton Byrne.

**My Chelle's Cleaning Services**, 1206 E. Culver Ave. 761-4906. Michelle Lynn Daniels.

**Augie Casson Mowing**, 300 W. Main St., Williamsville, 306-4828. Augie Casson.

**R & N Cleaning Service, LLC**, 5363 South Rockwell, Chicago. 312-771-4549. Raul Navarro.

**House of Style**, 105 Villa Parkway, Sherman. 220-5971. Janiene R. Schafer.

**Karamel-Kraze**, 3648 Lancaster Road. 801-8334. Danielle M. Davis.

**M & J Ventures**. 670-3902. Melissa June Harrison.

**Simply Yes**, 304 N. Violet Drive, Auburn. 415-3751. Taylor Renee Spada.

**E. G's Appliance Repair**, 1711 S. First St. 891-8200. Edwin Garcia.

**LittyMade**, 73 Casting Road. 773-484-0512. Lydia Molina.

**Phone in the Field**, 321 W. Scarritt St. 816-0344. Michael Burnett.

**Blue Source One, Inc.**, 816 S. 11<sup>th</sup> St. 900-0217. William Bishop.

**217 I-55 Construction & Demo, LLC**, 1124 Centre West Drive. 741-9833. James Thomas.

**Illinois Eagle**, 3309 Robbins Road, #1025. 773-954-5607. Thomas Wray.

**DKRM Properties**, 516 E. McClernand St. 825-9471. Daniel Kessler, Ricky McClure.

**Litty Treats Eatery**, 2257 E. Enterprise St. 717-7078. Marissa Benson.

**Decked Out Landscaping**, 4100 Sangamon St., Curran. 652-3540. Scott Hudspeth.

**Tell Me Your Truth Podcast**, 306 N. 10 St., Auburn. 618-751-6623.

**KDM Remodeling, LLC**, 1209 Pine Lane, Auburn. 697-6623. Theresa L. Monson.

**Wildwood Hair Studio**, 4151 W. Jefferson St. 306-0764. Grace Elanor Ryan.

**Wolf Therapeutics**, 408 E. Walnut St., Suite C, Chatham. 993-1161. Heather Wolf.

**Davis Properties, LLC**, 563 S. Griffith Creek Road, Mechanicsburg. 725-8679. Randy Davis.

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