



# A CAUSE FOR GOOD BECAUSE OF YOU

**LEARN MORE**

[gwrymca.org/capital-campaign](http://gwrymca.org/capital-campaign)

The O'Fallon YMCA has responded to the changing needs of our community for more than 20 years. With increasing demand for affordable, quality child care in our area, the Y is stepping up to meet that growing need. As the leader in child care services, the Y is uniquely positioned to provide the spaces and programming essential for ALL children in our community.





# O'FALLON-SHILOH CHAMBER OF COMMERCE

# CHAMBER TRACKS

MONTHLY NEWSLETTER



## 5 Keys to Managing End-of-Year Stress

These five tried-and-true methods will help you manage the mounting stress, feel healthier, and even enjoy some of the year-end festivities.

[Page 15](#)

Behind The Scenes at the Chamber - our Charitable Giving Drive brought in cookies, non-perishable food and volunteers to help make blankets.

[Page 11](#)

Don't forget to shop local/support local. We've made it fun by providing the chance to win CASH prizes when you shop local! Check it out!

[Page 13](#)

**WELCOME**

# **NEW MEMBERS**

## **Parkway Gardens Senior Living**

Scott Douglas  
379 Fountains Parkway  
Fairview Heights, IL 62208  
618-622-9940  
[fairview@americareusa.net](mailto:fairview@americareusa.net)  
<http://americareusa.net/location>  
(Senior Assisted Living and Memory Care)

## **Allstate-Korando Insurance Agency**

Rebecca Korando  
1321 W. Highway 50  
O'Fallon, IL 62269  
618-589-7278  
[rkurando@allstate.com](mailto:rkurando@allstate.com)  
[www.allstate.com/rebeccakorando](http://www.allstate.com/rebeccakorando)  
(Insurance)

## **Kukorola Appraisals LLC**

Jason Leonard  
220 E. State St. Suite 1E  
O'Fallon, IL 62269  
618-973-1847  
[Kukorola.appraisals@gmail.com](mailto:Kukorola.appraisals@gmail.com)  
(Real Estate Appraisals)  
Referred by Evan Halloran

## **Booz Allen Hamilton**

Malinda Heuring  
475 Regency Park Ste 300  
O'Fallon, IL 62269  
618-622-2330  
[Heuring\\_Malinda@bah.com](mailto:Heuring_Malinda@bah.com)  
<http://www.bah.com>  
(Business/Management Consulting)

## **Crown Vision Center**

Thomas Bruss  
1560 W. Highway 50  
O'Fallon, IL 62269  
618-397-6575  
[crown1041@aegvision.com](mailto:crown1041@aegvision.com)  
<https://crownvisioncenter.com/>  
(Vision Center)

## **The Rehabilitation Institute of Southern Illinois**

Cassidy Hoelscher  
2351 Frank Scott Parkway E  
Shiloh, IL 62269  
217-620-3319  
[Cassidy.Hoelscher@encompasshealth.com](mailto:Cassidy.Hoelscher@encompasshealth.com)  
(Rehabilitation)

O'Fallon-Shiloh Chamber of Commerce  
P.O. Box 371  
116 E. First Street  
O'Fallon, IL 62269  
[www.OFallonChamber.com](http://www.OFallonChamber.com)  
Services: Maps: First one is free, each additional is \$1

Getting your name out  
Newsletter Sponsor - \$100  
Featured Business Ad - \$75  
Full Page Ad - \$50 | 1/2 Page Ad - \$35  
1/4 Page Ad - \$25  
[Click for more details](#)

**Follow us on Social Media!**



# MEMBER RENEWALS

## STAR INVESTORS

\***Bank of O'Fallon**  
 \***Cambridge Capital Management, LLC**  
 \***Central Bank**  
 \***Clete's Inc.**  
 \***Gateway Metro Federal Credit Union**  
 \***Kerber Eck & Braeckel, LLP**  
 \***McKendree University**

\***Metro Pec Plex, LLC**  
 \***Navy Federal Credit Union**  
 \***Serra Honda**  
 \***Sigman Heating & Air Conditioning, Inc.**  
 \***TownePlace Suites by Marriott**  
 \***Washington University Pediatric Specialty Care**  
 \***Wisper Internet**

Belo Cooling and Heating, Plumbing  
 Beltone Hearing Aid Center  
 Burns & McDonnell Engineering  
 Byrd Consultants, LLC  
 C.C. Food Marts  
 Caseylville Township Sewer System  
 Central Scholl District #104  
 Clearwave Communications  
 Coldwell Banker Brown-Mark Flesher  
 Cope Marine  
 Debbie Brauer  
 Delmar Mortgage  
 DeMond Signs  
 Discovery School  
 Ed True  
 Edward Jones Investments-David Kelahan  
 Edward Jones -Michael Oestereich  
 Family Eye Care of O'Fallon  
 First Baptist Academy  
 First Command Financial  
 Four Paws Animal Hospital  
 Fulford Homes, LLC  
 Gateway Foundation  
 Gifts for Individuals, LLC  
 Group 5 Construction & Remodeling

Heartland Women's Healthcare, PC  
 Huntleigh Securities  
 In Focus Marketing, LLC  
 Judy Dempcy Homes  
 L.V Health Wellness Pharmacy  
 Mueller-Schneidewind-Koeneman Agency  
 Neena's Jewelry  
 O'Fallon Area Habitat for Humanity  
 O'Fallon Electric Company  
 O'Fallon Public Library  
 O'Fallon School District #90  
 O'Fallon Township High School Dist. 203  
 O'Fallon Township Office  
 RE/MAX Preferred-Susan Holden  
 Realtor Association of Southwestern Illinois  
 Shiloh Commons Apartment's  
 Sid LeGrand  
 St. Nicholas Church  
 State Construction  
 State Farm Insurance-Mike Morrill  
 State Farm Insurance-Monica Vecera  
 Steve's Auto Body, Inc.  
 Strano & Associates

## YOUR CHAMBER OF COMMERCE STAFF

Debbie Arell-Martinez - [E-mail](#)  
 President/CEO

Doris Obernuefemann - [E-mail](#)  
 Assistant Director

Melissa Federhofer - [E-mail](#)  
 Communications Manager

Jessica Lotz - [E-mail](#)  
 Leadership & Development  
 Coordinator

Johnnie Hodges - [E-mail](#)  
 Membership Coordinator

Chamber Tracks is our monthly newsletter and comes out the first week of each month. The deadline for submitting your information for this publication is the 25th of the month preceding publication. We have gone "green" and post the newsletter electronically to the website. An e-mail goes out to all members advising them that the newsletter is available for viewing at [OFallonChamber.com/news.html](http://OFallonChamber.com/news.html).

Print copies are available in the Chamber office upon request.

# MEMBER NEWS



## MCKENDREE UNIVERSITY'S SPEECH AND DEBATE TEAM FINISHES FALL SEASON WITH 23 AWARDS

The McKendree University speech and debate team concluded its fall season with outstanding performances at three tournaments, receiving 23 awards in total.

"This fall has been very difficult, but I'm very proud of how our students and coaches have persevered," said Joe Blasdel, director of speech and debate. "Despite the circumstances, several of our students turned in the best performances of their careers."

McKendree participated in Bradley University's L.E. Norton Invitational on November 6-7 – the most competitive regular season speech tournament of the year. Jayden Touchette finished as a semifinalist in programmed oral interpretation, while Rayn Nauert took second place in novice poetry.

McKendree hosted the Bearcat Classic, a virtual debate tournament, on November 13-14. Jamari Jackson and Noah Marlar posted a perfect record of 5-0 and advanced to semi-finals, defeating Hillsdale College in the quarter-finals. Kyle Smith and Jayden Touchette went 4-1 and also finished as semifinalists. Jackson was recognized as the second place speaker at the tournament.

On December 4-5, McKendree participated in the Study Break and Gateway Swing tournament, hosted by Webster University, which included a debate competition as well as two speech competitions. At the debate competition, Aaron Brown and Emma McIlhargie were recognized as the sixth place debate team and received

the fifth and third place speaker awards, respectively. Nik Fischer also received a Top Critic Award.

At the first speech competition, Jayden Touchette won first place in three events – extemporaneous speaking, impromptu speaking and programmed oral interpretation – while finishing second place in prose. Taylor Roth also advanced in extemporaneous speaking, taking third place.

At the second speech competition, Touchette also won first place in three events – extemporaneous speaking, programmed oral interpretation and prose – while taking second place in impromptu speaking. Taylor Roth advanced in both of her events, receiving fourth place in both extemporaneous speaking and impromptu speaking. Finally, Madeline Trinity finished sixth place in prose. As a school, McKendree was recognized as the third place school on Sunday as well as the third place school over the weekend of competition.

The McKendree University speech and debate team will kick off its spring competition by attending the Texas Two Step, hosted by the University of Texas at Tyler, on January 6-9.



## HSHS ST. ELIZABETH'S HOSPITAL NATIONALLY RECOGNIZED WITH AN 'A' FOR THE FALL 2021 LEAPFROG HOSPITAL

HSHS St. Elizabeth's Hospital received an "A" Leapfrog Hospital Safety Grade for fall 2021. This national distinction recognizes St. Elizabeth's achievements in protecting patients from harm and error in the hospital.

"We are extremely proud of receiving this 'A' safety score on behalf of our patients," said Elizabeth's Interim President and CEO Brandon Fish. "It is a demonstration of the commitment that our colleagues and medical staff have to putting our patients first and providing high quality, safe care to the region, even during very difficult and trying times through a global pandemic."

This makes the seventh reporting cohort in a row that St. Elizabeth's received this top grade.

The Leapfrog Group, an independent national watchdog organization, assigns an "A," "B," "C," "D," or "F" grade to general hospitals across the country based on over 30 national performance measures reflecting errors, injuries, accidents and infections, as well as systems hospitals have in place to prevent harm.

"Trust in the health care system is a high priority for patients to feel comfortable that they are receiving quality care when they seek medical attention. We also remind the community to never forgo or delay seeking medical care for any type of emergency or annual preventative screenings," Fish added.

The Leapfrog Hospital Safety Grade is the only hospital ratings program based exclusively on hospital prevention of medical errors and harms to patients. The grading system is peer-reviewed, fully transparent and free to the public. Grades are updated twice annually, in the fall and spring.

"An 'A' Safety Grade is a tremendous achievement, of which this community should be extremely proud," said Leah Binder, president and CEO of The Leapfrog Group. "I thank the leadership and workforce of HSHS St. Elizabeth's Hospital for its commitment to prioritizing patients and their safety, especially during these trying times."

## EXTRAORDINARY NURSES TO BE RECOGNIZED AT MEMORIAL HOSPITAL BELLEVILLE | SHILOH THROUGH DAISY AWARD PROGRAM

Nurses at Memorial Hospital Belleville | Shiloh will be honored with The DAISY Award for Extraordinary Nurses ®. The award is part of the DAISY Foundation's mission to recognize the extraordinary, compassionate nursing care they provide patients and families every day. This award program at Memorial is being sponsored by Memorial Foundation, Inc.

Nurses may be nominated by patients, families, and colleagues. The award recipient is chosen by a committee at Memorial to receive The DAISY Award. Awards are presented each month at celebrations attended by the honoree's colleagues, patients, and visitors. Each honoree receives a certificate commanding her or him as an "Extraordinary Nurse." The certificate reads: "In deep appreciation of all you do, who you are, and the incredibly meaningful difference you make in the lives of so many people." Honorees also receive a DAISY Award pin and a beautiful and meaningful sculpture called A Healer's Touch, hand-carved by artists of the Shona Tribe in Zimbabwe.

Memorial plans to recognize its first Daisy Award winner in December.

The DAISY Foundation is a not-for-profit organization, established in memory of J. Patrick Barnes, by members of his family. Patrick died at the age of 33 in late 1999 from complications of Idiopathic Thrombocytopenic Purpura (ITP), a little known but not uncommon auto-immune disease. (DAISY is an acronym for Diseases Attacking the Immune System.) The care Patrick and his family received from nurses while he was ill inspired this unique means of thanking nurses for making a profound difference in the lives of their patients and patient families.

President and Co-Founder of The DAISY Foundation Bonnie Barnes, FAAN said, "When Patrick was critically ill, our family experienced first-hand the remarkable skill and care nurses provide patients every day and night. Yet these unsung heroes are seldom recognized for the super-human, extraordinary, compassionate work they do."

"We are proud to be among the healthcare organizations participating in the DAISY Award program," said Terri Halloran, RN, chief nursing officer and vice president of patient care services for Memorial Hospital Belleville | Shiloh. "Nurses are heroes every day. It's important that our nurses know their work is highly valued and The Daisy Foundation provides a way for us to do that."

If you would like to recognize an extraordinary nurse at Memorial Belleville | Shiloh, please go to <https://www.memhosp.org/daisy-award> and complete a nomination form. In addition, nomination forms are available in various locations throughout both hospital campuses.



## MCKENDREE UNIVERSITY BIOLOGY PROFESSOR HONORED FOR EXCELLENCE IN TEACHING

Dr. Michele "Mickey" Schutzenhofer '03 of McKendree University is among more than 80 St. Louis-area educators who have received the 2021 Emerson Excellence in Teaching Award for their outstanding contribution to the teaching profession and to their students. She and other recipients, who were chosen by their institutions' top administrators, will receive an engraved crystal apple, along with additional Emerson recognition. The award also includes an opportunity to apply for an Emerson grant to support supplemental classroom services or materials at an award recipient's school.

"Dr. Schutzenhofer's teaching is characterized as interactive, hands-on, and enthusiastic. She provides individualized attention and truly wants each student to succeed," said Dr. Tami Eggleston, provost. "She is extremely supportive, level-headed, compassionate, timely, inquisitive, self-driven, trustworthy, courteous, reliable and, most importantly, humble. In her upper-level courses, she recruits students to work on research projects with her, and they gleefully do so. While instructing them about the research process, she instills in them a sense of ownership and responsibility."

An alum of the University and native of Staunton, Ill., Dr. Schutzenhofer has been serving as a professor of biology at McKendree since 2007. She regularly

teaches classes in ecology and environmental science, along with Biology for Life and Principles of Organismal and Population Biology. Appointed as Provost Fellow in January 2021, Dr. Schutzenhofer works on coordinating professional development activities for faculty, including the University's Teaching for Excellence Workshop, the Make Your Mark Bootcamp and the Spring Book Study. She is also a former chairperson of the Division of Science and Mathematics from 2014 to 2020 and received the 2016 United Methodist Church Exemplary Teaching Award.

Dr. Schutzenhofer is also very involved in her research, particularly in documenting bee communities on rare hilltop prairies along the bluff corridor in Illinois. As a published field ecologist, she has collaborated with colleagues at local institutions and worked closely with landowners and individuals at private and public organization. Her work has allowed her to provide authentic research experiences to more than 20 students, one of whom is now in a graduate program researching bees.

"I am very honored to receive this award. McKendree has a lot of amazing faculty and teachers who care about their students and are passionate about what they teach, so it is significant to me that faculty I admire would nominate me for this award," Dr. Schutzenhofer said. "When I was a student at McKendree, faculty here played significant roles in my future not only by securing important professional experiences for me, but also by demonstrating how exciting being in a classroom could be. I strive to give some of those same experiences back to the students at McKendree now that I serve as one of those faculty members.

[...Read More](#)

**Find more  
Member News  
on our website:**

**OFallonChamber.com**

# HEALTHCARE & WELLNESS

Every month, members of the Chamber's health and wellness committee share information everyone can use. This month's health tip is from Cindy Gullo of Cindy Gullo Counseling.

## The Gift of Mental Wellness



The holiday season is stockings over the fireplace, gifts under the tree, and Hallmark Christmas movies. The reality is the "most wonderful time of year" isn't always wonderful. The National Alliance on Mental Illness (NAMI) found 64% of people with mental illness report the holidays to exacerbate their symptoms. (NAMI California, 2020).

However, Tis the season! You *can* combat negative feelings as they come this season and give yourself the gift of mental wellness.

### Self-Awareness

Do you know what you need to be the best version of yourself this holiday season? If you don't like shopping 11 months out of the year, shopping for gifts probably won't bring out your best side. Do you require a specific amount of sleep each night? This is not the time of year to sacrifice sleep. Take time to notice what you need and accept that it is your reality.

### Prioritize

When you think about the holidays, what makes your heart warm? Spending time with family? Baking? Cooking?

Conversely, what do you not enjoy as much around the holidays—spending time with family? Baking? Cooking?

Each one of us has different answers to these questions. Whatever you enjoy, do more of it. Notice the tasks that are less enjoyable or feel like an obligation. Spend time doing more of what you love and allocate less time to a task that feels like chores or duty.

### Time Management

The holidays have always been a busy time of year, and 2021 is no exception. We are eager to be with our people; that comes with stress and feelings to manage.

- You do not have to attend every event.
- Make a schedule to prevent overcommitting.
- Being booked back-to-back is so 2019. Make time for yourself.

### Boundaries

The holidays bring families together for a night of togetherness, good memories, and at times, tense emotions. It's okay to have a love/hate relationship with family time. We love our family but don't always love to hear about politics or receive unsolicited advice. Similarly, your family won't love boundaries!

Avoid unnecessary arguments or yelling, especially when alcohol is involved.

If necessary, shorten the duration of your visit to avoid emotional upheaval.

### New Opportunities

The holidays aren't about frosting cookies and Mariah Carey lyrics for everyone. It can be lonely for people battling grief or those who don't have the best family dynamics. It can be the most dreaded time of year.

- The holidays don't have to be what society makes or dictates.
- Create your own traditions. Do what works for you.
- Eat the food of your choosing, on the date you choose, with the people you choose.

If you need help, contact a professional. Therapists can help identify triggers, process emotions, and support you through difficult times. If you already have a counselor, continue with appointments, and increase the frequency of meetings if necessary.



Cindy Gullo Counseling

1218 Paragon Dr

O'Fallon, IL 62269

618.809.9507

Email: [admin@cindygullo.com](mailto:admin@cindygullo.com)

Web: [www.cindygullo.com](http://www.cindygullo.com)

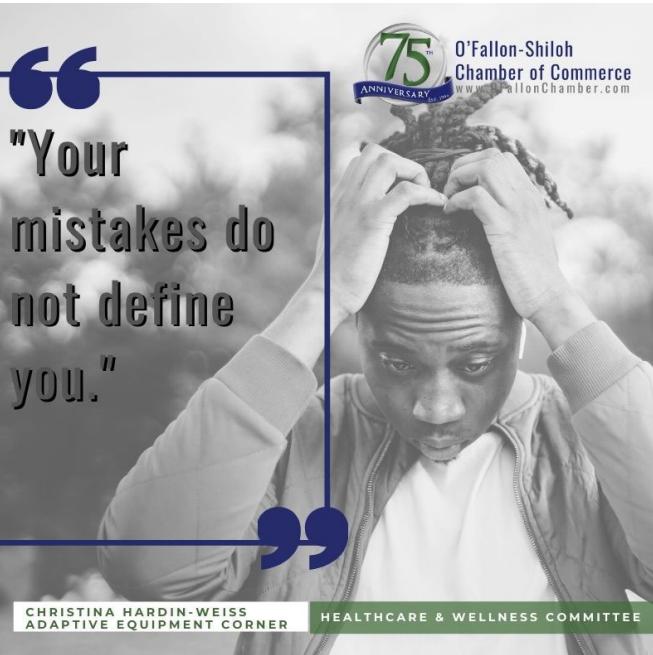
## What's Your motto?

**"Your mistakes do not define you."**



CHRISTINA HARDIN-WEISS  
ADAPTIVE EQUIPMENT CORNER

HEALTHCARE & WELLNESS COMMITTEE



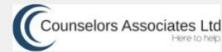
## How do you cope?

**“**

**1. Reading reading reading. 2. Going on walks/hikes with my family and puppies.**



Healthcare & Wellness Committee



Kristin Kneedler  
Counselors Associates Ltd.

View more resources and information on our website: [OfallonChamber.com/health-and-wellness-resources/](http://OfallonChamber.com/health-and-wellness-resources/)

## WHY ADVERTISE WITH THE CHAMBER?

Advertising with the Chamber is cost effective and easy! Many options are free or very low cost – we do this to benefit YOU, our members. By advertising with us, you are also helping to support the Chamber and we appreciate it! Your marketing and sponsorship dollars help to support our many events throughout the year.

MARKETING MENU	
<p>Thank you for investing with the Chamber! As a member, you have benefits available exclusively to you!</p> <p>For your convenience, we have listed options for marketing, sponsorships and events for the upcoming year. Please use this reference sheet as you build your 2022 budget. Detailed information on each item can be found in our 2022 Marketing Guide.</p>	
<b>MARKETING &amp; PROMOTION</b>	
<b>CHAMBER TRACKS NEWSLETTER</b> Distributed electronically to 720+ emails per month	
Quarter Page (2.5x3)	\$25
Half Page (5x3)	\$35
Full Page (8.5x11)	\$50
Sponsorship (First page of newsletter)	\$100
<b>WEBSITE ADVERTISING</b> 3,000+ visitors per month	
Banner ad on Home Page	\$300/quarter
Ram (quarterly) with Twitter ad	\$350/year
Rotating Ad on Home Page	\$350/year
*Please note: We do not accept sponsorships once a news item creates a conflict with another ad	
<b>OTALION WEEKLY CHAMBER ADS</b>	
Ads on the Chamber's exclusive page in the O'Tallion Weekly. Ads are 2.5x3 and run the first Wednesday of each month.	
\$350/year	
<b>ELECTRONIC BILLBOARD</b> 60 prints per day (135) 10 vehicles daily	
52 Weeks	\$1,300
32 Weeks	\$980
20 Weeks	\$575
<b>MARKETING MENU</b>	
<b>EVENTS</b> To with a few to attend or sponsor are Marketing Guide for full list of events. Detailed information on each event can be found in our 2022 Marketing Guide.	
<b>BUSINESS AWARDS</b> \$90 per ad for additional cost Larger ads available for additional cost	
<b>WEEKLY E-NEWS</b> Weekly E-News is complimentary to 20+ emails per week	
Advertising of flyers/info in the Weekly E-News is complimentary to members.	
<b>AREER EXPLORATION FAIR</b> A new area map/community guide will be provided in 2022. Ad space will be available for purchase. Rates to be announced.	
<b>ART MAP / COMMUNITY GUIDE</b> A new area map/community guide will be provided in 2022. Ad space will be available for purchase. Rates to be announced.	
<b>PROFESSIONAL DEVELOPMENT</b>	
<b>LEADERSHIP INSTITUTE (LEAD IN)</b> Sessions begin in January Program (Jan - Sept)	
Open to emerging leaders under the age of 40 during the application period.	
<b>NEXT STEP UP</b> Next Step Up Program (Mar-Nov)	
<b>HALLENGE</b> Leadership Development	
<b>RIBBON CUTTING   GROUNDBREAKING</b> Ribbon cuttings and groundbreakings offered	
<b>MEMBERSHIP BENEFITS</b>	
<b>BUSINESS AFTER HOURS</b> April 1st attendees	
<b>MEMBERHIPS LIST</b> Printed copy Marketing material	
<b>JOB POSTINGS</b> List your job postings on our website and Facebook page and Complimentary with your membership.	
<b>TURNTAMENT</b> Prize (\$100+)	
<b>HOT DEALS</b> Post special/special deals on our website. Complimentary with your membership.	
<b>PARTY</b> \$1,100+ attendees	
<b>PRESS RELEASES</b> Post your company's big news on our website. Complimentary with your membership.	

## 3RD ANNUAL DOWNTOWN FAÇADE PROGRAM



It's time to apply for the Downtown District Façade Improvement Program – a matching grant program to promote exterior renovations of commercial properties in Downtown O'Fallon. The City of O'Fallon is excited to announce that the third Façade Improvement Grant application period opened on November 1, 2021.

Round two included three projects total. View images on the [City's Website](#)

Recently completed of the three is the Kruep Construction building at 121 E. State St., with a whole new roofline, gooseneck lighting, an awning, stonework, and new windows.

The two other award-winning projects, Prime Service Cleaners at 306 S. Lincoln Ave. and Williamsburg Square on the corner of State St. and Cherry, are both currently underway – be on the lookout for big changes at both locations!

Interested in applying for the Façade Program? Want to learn more? Apply for the 2021-2022 Downtown Façade Improvement Program Grant by [clicking here](#) or contact Community Development at (618) 624-4500 x 4 or via email at [communitydevelopment@ofallon.org](mailto:communitydevelopment@ofallon.org).

For easy reference, we've created this quick "menu" of our upcoming events, sponsorship and marketing opportunities. Full details and information can be found in our 2022 Marketing Guide. Please download the Quick Menu and/or our Marketing Guide as you plan your 2022 budget.



Memorial Hospital Shiloh is committed to meeting the needs of our community with everything you need available on the Shiloh campus:

- Inpatient, outpatient, emergency care, and diagnostic services
- Primary care and specialty services from BJC Medical Group
- Family Care Birthing Center
- Children's at Memorial
- Specialty care from Washington University Physicians in Illinois, Inc.
- Siteman Cancer Center—the only satellite facility in Illinois

And as part of BJC HealthCare, we are connected to Barnes-Jewish Hospital. It's the world's best medicine right where you live.



[memhosp.org](http://memhosp.org)

## Business After Hours Family Eye Care of O'Fallon 735 Insight Way, O'Fallon

Thanks to Family Eye Care of O'Fallon for hosting our November Business After Hours! The scavenger hunt for prizes was a great twist to our standard name drawing. Guests enjoyed Barbeque from Shooter's Bar and Grill. We had a great turnout!



Family Eye Care of O'Fallon is an independent, locally-owned optometry practice located in O'Fallon, IL providing comprehensive eye health and vision services for over 23 years.



View the gallery of images and video from the event on our website:  
[ofallonchamber.com/business-after-hours-family-eye-care-of-ofallon/](http://ofallonchamber.com/business-after-hours-family-eye-care-of-ofallon/)



# November Ribbon Cuttings



## Ribbon Cutting | Neena's Jewelry 1935-1937 West Hwy 50, O'Fallon, IL 62269

Congrats to Neena's Jewelry on your recent expansion!



## Ribbon Cutting | Metro East Dermatology and Skin Cancer Center 331 Regency Park, O'Fallon, IL 62269

Congrats to Metro East Dermatology and Skin Cancer Center on the opening of your new location in O'Fallon!



## Ribbon Cutting | Homestead Financial Mortgage 220 East State Street, Ste 2E, O'Fallon

Welcome and congrats to Homestead Financial on the opening of your office in O'Fallon!



## Ribbon Cutting | Adaptive Equipment Corner O'Fallon, IL 62269

Adaptive Equipment and Caregiving Corner opened in March 2020 - we celebrated a long-awaited ribbon cutting with them at our last Business Over Breakfast.



## Ribbon Cutting | Southern Serenity Salon and Spa 125 Springfield Ct, O'Fallon, IL 62269

Welcome and congrats to Southern Serenity Salon and Spa! Offering every pampering service you could want...with a touch of Southern hospitality.

View all our ribbon cutting photos and videos on our website: [OFallonChamber.com](http://OFallonChamber.com)

# BEHIND THE SCENES AT THE CHAMBER



In lieu of our Annual Holiday Party, the Chamber held a charitable giving drive. We collected for five different organizations: O'Fallon Fire Rescue, O'Fallon and Shiloh Police Departments, O'Fallon Food Pantry, Scott Spouses' Club Annual Cookie Drop, and Fisher House and Shiloh Dorm at Scott AFB.

Thanks to everyone who donated or volunteered for our Charitable Giving Drive! We appreciate it more than you know.

Thanks to sponsorship from our Military Affairs Committee, Memorial Hospital Belleville and Memorial Hospital Shiloh, HSHS St. Elizabeth's - O'Fallon, and CC Food Marts, we were able to donate fleece blankets and gas cards to Fisher House and 50 of our airmen who live in Scott AFB Shiloh Dorm.

Our military affairs committee and other volunteers came out and made fleece blankets. It was a great time to meet new people, talk, and make something nice for others.

Gifts For Individuals lent us their "Gift Truck" to collect donations for the O'Fallon Community Food Pantry.



We were more than pleased with the amount of donations we received and we cannot thank you enough for your support!

We also collected cookies the Scott Spouses' Club Annual Cookie Drop. The cookies are given to Scott AFB unaccompanied airmen.



We will share the details for the rest of our Charitable Giving in our January newsletter, so stay tuned!

[View all the images on our website!](#)

## 2022 Community Guide

Dear Chamber Member,

The O'Fallon-Shiloh Chamber has partnered with Town Square Publications to produce our **2022 Community Guide**. This publication will help you market your business directly to area business owners, neighborhood residents and visitors.

The **Community Guide** is a remarkable advertising tool, highly visible and is a publication that businesses and residents keep on hand for easy reference.

In addition, the **Community Guide** will be replicated online via the Chamber's website and Town Square's National Profile Network, further extending the exposure of your advertising message and increasing your search engine optimization.

**Don't miss the opportunity to promote your business to residents and business owners!**

Get your business noticed and keep it successful. Purchase your advertising space with one of the most effective publications in the O'Fallon-Shiloh community.

Bringing you tools for success,

**Debbie Arell-Martinez**  
Executive Director

Mailed to every chamber member

Given out all year at the chamber

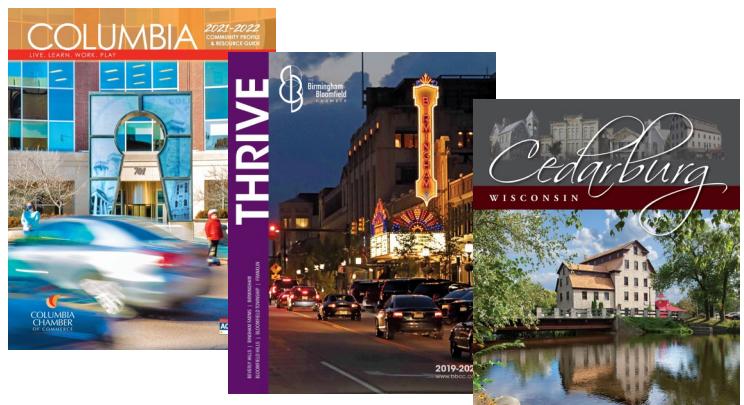
Mailed to every business in O'Fallon

Updated map inside magazine

Mailed to every Shiloh business

Online and available on all smart phones on the - chamber website

5,000 total gloss magazines



Samples of Town Square Publications  
Community Guides

# It's time to get into the Holiday spirit with these fun events!

## Shop Local | Support Local



### SNOWMAN SELFIE CHALLENGE

**November 22 to December 19, 2021**

Visit participating businesses, snap a selfie with their Snowman, upload to Facebook and be entered to win CASH prizes! Each selfie upload (1 per business) is an entry to win. Can you visit them all?

More information, participating businesses and Official Rules can be found on our website.

[OfallonChamber.com/snowman](http://OfallonChamber.com/snowman)

### SNOWMAN SELFIE CHALLENGE

BUSINESS SIGN UP

**Deadline to register is**

**November 13, 2021**



### THERE'S NO PLACE LIKE LOCAL

**November 26 to December 17, 2021**

Win cash prizes by shopping at these participating Downtown District businesses and ALL Winter Market Vendors! All you have to do is upload your receipt to be entered to win! Visit our website for more information:

**[OfallonChamber.com](http://OfallonChamber.com) Thanks to Divine Thrift & Consign Resale Shop for sponsoring the Cash Prizes!**

1st Street Lounge

Advertiser Press

Alliance Comics, Toys & Games

Art Gecko Creative Studio

Bike Surgeon

Birch Market

Boarding House Bistro

Courage & Grace

Divine Thrift & Consign Resale Shop

Fezziwig's Marketplace

Furchild

Gia's Pizza

Hemingway's Zen Garden

Mandy's

Moonbird Yoga

Nitro Salsa

Parent Teacher Tools

Peel Wood Fire Pizza

Refinery Salon

Steven Mueller Florist

Sweet Katie Bee's Bakery & Cafe

Three Sisters Crafts & Gifts

Veterans of Foreign Wars (VFW)

\*Any Vine Street Winter Market Vendor\*



### TINSEL AROUND TOWN

**December 11, 2021 | During normal business hours and leading into the Winter Market**

Visit and shop local in the Downtown District - Mrs. Claus Storytime at Avenue Realty, O'Fallon Library story time at the Caboose, OTHS Madrigals performing, treats, sales and giveaways at local downtown businesses. Be sure to stay for the Winter Market!



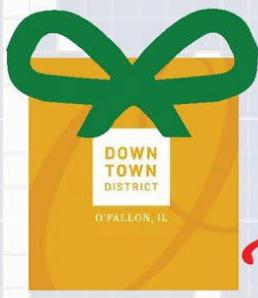
### VINE STREET WINTER MARKET

**December 11, 2021 | 3:30 p.m. to 7:30 p.m.**

Winter Market is back and bigger with 50+ vendors, live music from Isaac Biver and Edwin Linson, two food trucks and carriage rides! Expect a mix of farmers market vendors with meats, cheeses, coffee, bread and prepared foods as well as a much larger selection of artisans.

<https://bit.ly/ofwintermarket2021>





Presents

# The Christmas Carol



**DEC. 18 | 5:00 - 8:00 PM**

Get into Christmas Spirits with your Ugliest Christmas Sweater and sing your way around downtown with a Christmas Carol!

Each bar will be great practice for your team to compete in the Christmas Carol Contest at the end of the night!

**Christmas Drink Specials • Christmas Carol Contest**

**• Ugliest Christmas Sweater Contest • PRIZES!**

**Get your picture taken with Bad Santa,  
but you'll have to find him roaming around downtown!**

Sign up your team of 10 or less at <https://bit.ly/carolcrawl>  
\$100 per team

Check in at 4:45pm at Gears to receive your assigned Christmas Carol  
Carol Contest and winners announced at 8:15 at Gears

# BUSINESS TRACK ARTICLE

## 5 Keys to Managing End-of-Year Stress

By: Polly Campbell

<https://www.mequilibrium.com/resources/5-keys-to-managing-end-of-year-stress/>

Once the holiday season is upon us, glittery holiday decorations start going up, parties are planned, next year's goals start to take root...oh, and stress levels ramp up to heights unknown.

The happiest season of the year also happens to be one of the busiest, when to-do lists are loaded with project deadlines, performance reviews, holiday parties, family gatherings, and personal and professional demands that can leave you feeling more frantic than festive. This impacts more than just your holiday cheer: It can contribute to sleep problems, depression, and other health conditions, according to researchers.

It can also can batter your immune system, making you more susceptible to cold and flu viruses.

You can't just erase the end of the year from your calendar (nor would you want to!). The key is to stay resilient—and in control. These five tried-and-true methods will help you manage the mounting stress, feel healthier, and even enjoy some of the year-end festivities.

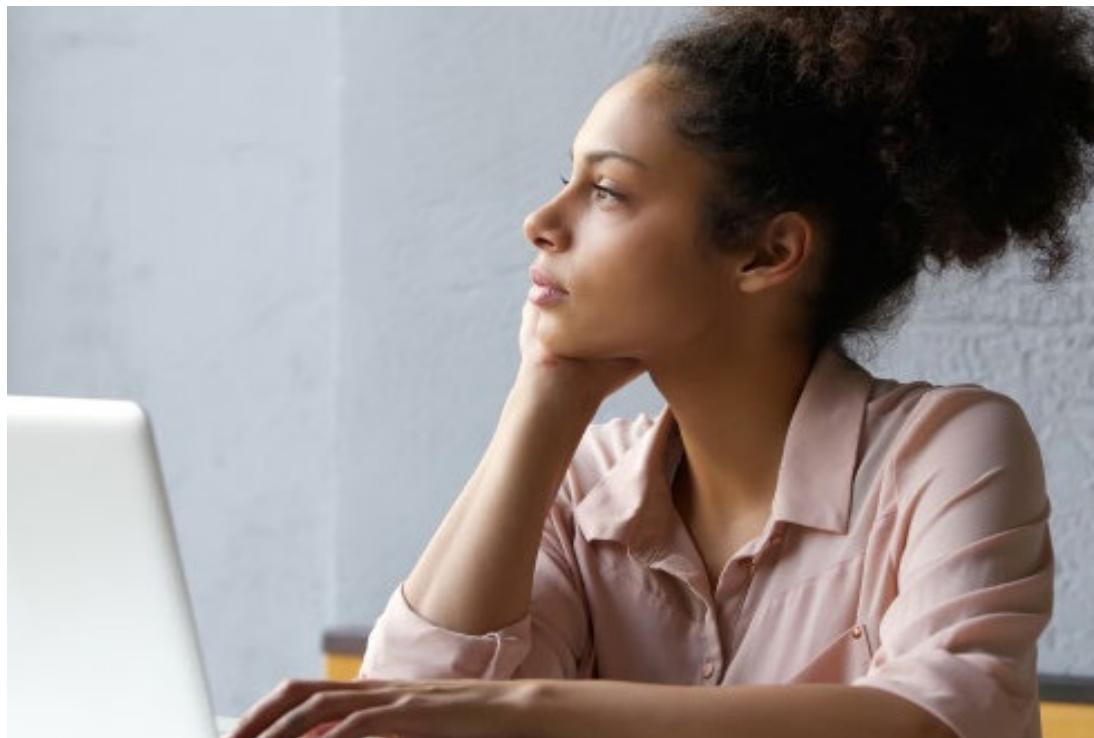
### 1. Manage your mindset.

Often, we add to our stress by dramatizing even the smallest difficulties. Avoid this by keeping things in perspective, says Jay Winner, author of *Relaxation on the Run*.

#### How to do it:

Replace phrases like "This is horrible," or "I'll never finish," with more realistic statements like "This is unfortunate," or "It might take awhile, but I'll get it done." Then, look for ways to reframe the experience by finding humor or gratitude in the moment.

Ask yourself how you'll feel about your current situation in the future, be it five minutes, five



months, or five years from now—and remember, Winner says, that some of the most difficult moments will also become the funny stories you tell in the years to come. "If it will be funny later," he advises, "laugh now."

### 2. Ease expectations.

It's easy to feel pressured to perform—from bosses, relatives, friends, and especially yourself—but trying to please everyone makes it difficult to do anything well, says psychologist and life coach Melanie Greenberg, PhD, author of *The Stress-Proof Brain*. Instead, communicate your needs and set clear boundaries to avoid feeling over-scheduled.

#### How to do it:

Determine what you want and need to do to feel calm and successful—then, let go of the things that don't support those goals. This will require dropping unnecessary feelings of guilt and perfectionism and making conscious choices to meet your personal needs, Greenberg says. That can be hard to do. But, in the long run, you'll have more energy and focus to complete the activities you care most about—and that's better for everyone.

### 3. Pump up the fun.

The must-dos of work deadlines and family responsibilities leave less time for fun. Yet, keeping up with activities and traditions that make you happy can actually lower your stress levels, Greenberg says.

## GET FOCUSED!

Consider the Questions Below & Choose 3 Actions to Create More Focus!

### G GET CLEAR ON YOUR PRIORITIES

Clear priorities allow you to focus on what matters most. What are your top 3 priorities?



### E ENVIRONMENT

Discomfort equals distraction. How could you improve your environment?

### T TIMERS

How could you use a timer to super-focus on a project, or limit time-sucks like email & social media?

### F FINISH WHAT YOU START

Avoid brain fog and overwhelm. When & where could you do that little bit extra, and get things finished?

### O ONE THING AT A TIME

Where does multitasking reduce your focus? Do one thing well instead of several things distractedly!

### C COURAGE TO SAY "NO"

Where could you say 'No' more? When we say 'Yes' to someone else, it often means saying 'No' to something in our own life...

### U UNDERSTAND YOUR FOCUS-BOOSTERS!

What boosts your focus? Eg. a cup of coffee, stroking a pet, using headphones, classical music or taking a "stretch" break.

### S SELF-CARE

Do you ignore your needs and then end up distracting yourself instead? Where could more self-care increase your focus?

### E ELIMINATE DISTRACTIONS

When focus is required you need zero tolerance for distractions. What are the top 3 ways you distract yourself?

### D DISCIPLINE

When chosen freely, discipline is uplifting & inspiring! Where do you need to be more disciplined in service of you?

### How to do it:

Put fun on your calendar—literally. Maybe you want to make holiday cookies with the kids, coordinate a potluck lunch for coworkers, or hit the ski slopes one Saturday morning. Great! Now, schedule it before other activities get in the way and honor it as you would any other obligation. When you make room (and time) for the things you love, the end-of-the-year hustle and bustle will take on greater meaning.

### 4. Make a great wait.

Long lines add to tension this time of year, but they can also provide a respite, Winner says. Next time you're sitting in traffic, standing in the checkout line, or waiting for feedback from the project leader at work, don't get impatient—take it for what it is: a break.

### How to do it:

Winner suggests you use the time waiting to make a gratitude list, look at a magazine, listen to favorite audiobook or podcast, practice mindfulness, or just take the time to catch your breath.

### 5. Schedule time for self-care.

Scores of studies indicate that self-care approaches like regular sleep, good nutrition, and daily exercise help manage stress, lower blood pressure, ward off depression, and improve moods.

### How to do it:

Make time for self-care breaks during the transitions of your day. Take a long, slow morning shower. Use your lunch hour for a short walk, and pack lunches with healthy snacks full of nuts, whole grains, vegetables, and fruits to keep your energy and spirits up during the day. Schedule exercise and sleep as though you would a business meeting or medical appointment. Then, stick to those self-care routines as a foundation for feeling calmer and less stressed all season long.

# MONTHLY CALENDAR

# December

# 2021

9

[Restaurant Roulette](#)  
11:30 a.m. | Various restaurants

11

[Tinsel Around Town & Winter Market](#)  
Downtown O'Fallon

13

[Executive Board Meeting](#)  
1:15 p.m. | Chamber Depot | 116 E First Street, O'Fallon

15

[Ribbon Cutting](#)  
11:30 a.m. | Country Financial - Kailee Conner | 310 East Hwy 50, Ste 1, O'Fallon

18

[Board of Directors Meeting](#)  
8:15 a.m. | O'Fallon City Hall, 255 S Lincoln Ave.

18

[Christmas Carol Pub Crawl](#)  
5:00 to 8:00 p.m. | Various Downtown O'Fallon Bars

The Chamber office will be closed for the holidays  
December 24th through January 3rd.



# Applications for the 2022 Leadership Institute are open!

LEAD IN is a leadership development program designed to attract and retain an educated population of young community volunteers and professionals by equipping them with skills necessary to propel them to the next level of leadership through interaction with community decision-makers.

Lead In participants EXPERIENCE leadership. Rather than a static classroom and lecture environment, we go into the community to learn about leading. Through this, we make connections that impact how we approach decision making and community issues. Join us! Applications close Dec 20th

**Deadline to apply is Monday, Dec 20th.**

**APPLY TODAY!**



## COMING TO THE HOSPITAL? KNOW WHERE TO GO:



HSHS  
**St. Elizabeth's**  
Hospital

### EMERGENCY CARE

Anyone in need of emergent health care

Support persons with an emergency patient

### PRE-PROCEDURE COVID TESTING ONLY

For patients pre-scheduled to receive a COVID-19 test

Drive thru at Main entrance and follow signs

**ENTRANCE CLOSED TO VISITORS & OUTPATIENTS**

### OUTPATIENT SERVICES & VISITORS

Walk-in and scheduled patients for lab, imaging or surgery procedures

ENTER at "OUTPATIENT" sign to be screened

Proceed to Registration

Hours: 8AM-8PM

ENTER at "OUTPATIENT" sign to be screened & arm-banded

### PHYSICIANS OFFICE VISITS

For appointments at the O'Fallon Health Center, 3 St. Elizabeth's Blvd.

Enter at "HEALTH CENTER" sign

Screened in office

**ENTER HERE:**



**ENTER HERE:**



**ENTER HERE:**



**ENTER HERE:**



**MASKS ARE MANDATORY**

PER CDC GUIDELINES

# SALUTE TO OUR STAR INVESTORS

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YOU HAVE DREAMS  
O'Fallon ILLINOIS  
WE'LL HELP YOU BUILD THEM



## TWO STAR INVESTORS



HSHS Medical Group

## ONE STAR INVESTORS

1st National Bank of Waterloo  
A Calming Place  
Associated Bank  
Auffenberg Dealer Group  
Bank of Belleville  
Bank of O'Fallon  
Belleville News Democrat  
BOS Metro East Banking Center  
Busey Bank  
C&C Sports  
CEFCU  
Cambridge House O'Fallon  
Cambridge Capital Management, LLC  
Carrollton Bank  
Catholic Community Credit Union  
Central Bank of St. Louis  
Clete's, Inc.  
Clinton Manor Living Center  
Commerce Bank  
Country Estate Kennel  
Dierbergs Markets Inc.  
Discount Storage  
Drury Inn & Suites  
Farmers & Merchants National Bank  
FCB O'Fallon Bank  
First Bank  
First Community Credit Union

First Mid Bank and Trust  
Gateway Metro Federal Credit Union  
GCS Credit Union  
GEICO Local Office  
Guaranteed Rate Lending  
Hilton Garden Inn  
Holland Construction Services  
Illinois American Water  
Jack Schmitt Auto World  
Jack Schmitt Chevrolet of O'Fallon  
Kerber, Eck & Braeckel, LLP  
Keystone Place at Richland Creek  
Klein's Brand Source  
La Casa Mexicana of O'Fallon  
Lashley Animal Hospital  
Lincoln Surgical Associates, Ltd.  
Lucky Dog Barks and Recreation  
McKendree Metro Rec Plex  
McKendree University  
Merrill Lynch | Woody Gray  
Mid America Oral Surgery Center  
Navy Federal Credit Union  
O'Fallon Progress/Command Post  
O'Fallon Shiloh Towing  
OST Container  
R&W Builders, Inc.  
Rankings.io, LLC

Regency Manor  
Regions Bank  
Sandberg Phoenix  
Serra Honda of O'Fallon  
Schaefer Auto Body Centers  
Scott Credit Union  
Scott Family Housing  
Sigman Heating and Air Conditioning  
Spectra Graphics  
Taylor Roofing  
The Lash Lounge Shiloh  
The Record Madison/St.Clair  
The Rehabilitation Institute of South-  
ern Illinois  
The Regency Conference Center  
Together Credit Union  
Town & Country Bank  
TownePlace Suites by Marriott  
U.S. Bank  
Veterans United Home Loans at SAFB  
Washington University Physicians |  
Pediatric Specialty Care  
Webster University at SAFB  
Wisper Internet

# BOARD OF DIRECTORS

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## EXECUTIVE BOARD

Cindy Helmkamp, Board Chairperson  
Together Credit Union

Kevin Meder, Treasurer  
CliftonLarsonAllen

Jeff Dossett, Vice Chairperson  
Memorial Hospital Belleville | Shiloh

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## BOARD MEMBERS

Dr. Vinay Bhooma  
HSHS St. Elizabeth's Hospital

Sam Loring  
Loring Financial Management  
of Raymond James

### Ex-Officio

Lorraine Cavataio  
Sandberg Phoenix & von Gontard P.C.

Susan Schultz  
Webster University

Mayor Robert Weilmuenster  
Village of Shiloh

Jon Greenstreet  
Bike Surgeon

Tony Smallman  
BARBER Murphy Group, Inc.

Mayor Herb Roach  
City of O'Fallon

Dan Jackson  
Carrollton Bank

Kevin Welch  
1st National Bank of Waterloo

### Mayoral Representative

Nathan Klitzing  
Cambridge Capital Management

Brenda Kern  
Village of Shiloh

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## CHAMBER AMBASSADORS

Don Barkley  
American Red Cross

Reneé La Bruyere  
Horner & Shiffrin

Raven Trebilcock  
Legacy Planning, LLC

Debbie Brauer

Nathan Parchman  
Farmers & Merchants National Bank

Ed True

Christina Carretta  
Wisper ISP

Dr. Shelly Severns, DC  
Severns Family Chiropractic

Justin Ward  
1st National Bank of Waterloo

Jim Clutter  
Ambassador Emeritus

Dave Snyder  
Rotary Club of O'Fallon

Sheri Welch

Brett Faulk  
Stifel

Mieke Taylor  
Reach the Meek Marketing, LLC

Jaclyn Gross  
Hilton Garden Inn

Erik Huber  
Bank of Springfield

O'Fallon-Shiloh Chamber of Commerce  
P.O. Box 371  
116 E. First Street  
O'Fallon, IL 62269  
[www.OFallonChamber.com](http://www.OFallonChamber.com)

Services: Maps: First one is free, each additional is \$1

## This Month's Newsletter Sponsor is: O'Fallon YMCA

### A Look Back With Brian Keller Celebrating the Chamber's 75th Anniversary

In honor of our 75th Anniversary this year we are visiting the rich history of our area with Brian Keller, president of the O'Fallon Illinois Historical Society.

This month we visit the diverse and vivacious life and history of the Wolfersberger Funeral Home Building.

Watch these videos on our website: [OFallonChamber.com/75anniversary](http://OFallonChamber.com/75anniversary) and Like us on [Facebook](#) for upcoming videos.

