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O'FALLON-SHILOH CHAMBER OF COMMERCE

# CHAMBER TRACKS

M O N T H L Y N E W S L E T T E R

## *Simplify Your Life*

**11 Ways to Simplify Your Life.**  
Plus, the 30 Bags in 30 Days Declutter Challenge.

You don't have to go full-on minimalist to enjoy the benefits of a simpler, decluttered lifestyle. Little changes go a long way in living a de-stressed life!

[Page 15](#)

Our 24th Annual Golf Tournament is September 14, 2021. We can't wait to see you there, whether you are playing, sponsoring or volunteering!

[Page 17](#)

Salute to Business Awards: The second part of our Economic Impact Award goes to Siteman Cancer Center at Memorial Hospital Shiloh.

[Page 12](#)

# NEW MEMBERS

Blue Nose Aerial  
Matthew Walrath  
O'Fallon, IL 62269  
618-328-8841  
mattwalrath@bluenoseaerial.com  
www.bluenoseaerial.com  
(Aerial photography)

Ken Diel  
Collinsville, IL 62234  
618-530-8789  
Krd7806@gmail.com  
(individual)

Healing Centered Counseling  
Mindy Harms-Coleman  
4933 Benchmark Centre Dr. Ste E  
Swansea, IL 62226  
618-363-2150  
healingcenteredcounseling@gmail.com  
http://healingcenteredcounseling.com  
(Counseling Services)

Red Bird Pediatrics  
Jill Johnston  
793 Sunset Blvd  
O'Fallon, IL 62269  
618-668-2473  
jilljohnstonmd@yahoo.com  
www.redbirdpediatrics.com  
(Medical)

Teen Court Foundation of St. Clair Co.  
Barbara Cempura  
12 South Second St.  
Belleville, IL 62220  
618-235-8300  
bcempura@gmail.com  
http://teencourtfoundationscc.com  
(non-profit)

## Have you HEARD?

### The chamber has a Podcast!



Hosted by Jessica Lotz, Leadership & Development Coordinator at the O'Fallon-Shiloh Chamber and Nick Miller, Owner/Publisher of the O'Fallon Weekly.

New episodes release every Friday morning and in the short episodes, we give you a snapshot into what's happening right now in O'Fallon-Shiloh.

Subscribe to The 618 Now on Apple, Spotify, TuneIn, Pandora, Podbean or wherever you listen to podcasts!

O'Fallon-Shiloh Chamber of Commerce  
P.O. Box 371  
116 E. First Street  
O'Fallon, IL 62269  
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# MEMBER RENEWALS

## STAR INVESTORS

- \* Busey Bank
- \*Village of Shiloh- President's Circle

Baughman & Associates  
 Benjamin F Edwards & Co.  
 Chick-fil-A at Green Mount Commons  
 Creative Landscaping, Ltd.  
 Dairy Queen of O'Fallon  
 Destinations by Ellen  
 Egyptian Workspace Partners  
 Hancock Irrigation Services, Inc.  
 Harter, Larson & Dodd  
 Hollywood Hair Salon  
 Invelop, LLC  
 Park University @ SAFB

Reachthemek Marketing, LLC  
 RTI Barge Management  
 Shiloh Chiropractic  
 Southern Illinois Builders Association  
 Spring Valley Baptist Church  
 Stonemark Developments  
 Thip's Thai Cuisine  
 Thrivent Financial  
 Vision Care Associates  
 Welcome Suites

## Advertise with the O'Fallon Weekly and the Chamber!

Did you know the Chamber has it's own 2-page spread in the O'Fallon Weekly Newspaper every month?

Here's your chance to get your business noticed in the paper! You can purchase a business card size ad, a double or a triple, starting at \$29 a month!

Email Melissa for more information!  
[communications@OFallonChamber.com](mailto:communications@OFallonChamber.com)



## YOUR CHAMBER OF COMMERCE STAFF

Debbie Arell-Martinez - [E-mail](#)  
 Executive Director

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

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

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 this 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



## SCOTT CREDIT UNION ANNOUNCES CHANGES TO BOARD OF DIRECTORS

At Scott Credit Union's 78th Annual Meeting, the financial institution's volunteer board of directors was elected for 2021.

Lawrence Haffner, who previously served as the board's Vice Chairman from 2018 to 2021, was elected to the role of Board Chairman. Haffner has served on the credit union's board since 2016 when he retired from his over 35-year career in higher education administration and technology management. Haffner is the successor of CMSgt. William "Pete" Hostetter (Ret.), who retired as Chairman earlier this year after serving the board for more than 40 years. Hostetter continues his volunteer service in the role of Emeritus Director.

Additional changes to SCU's board of directors are as follows:

Sarah Holdener, formerly Director, has been elected as Vice Chairman. Holdener is employed at FKG Oil Company as General Counsel.

Joan O'Saben, formerly Associate Director, is now Director. O'Saben is a CPA (Certified Public Accountant).

Dr. Cedric Gerald has joined the board as an Associate Director. Dr. Gerald is the Head Principal at McCluer High School in the Ferguson Florissant School District.

Joy Hayward, who previously served on the board in 2014, has joined again as an Associate Director. Hayward is a Litigation Paralegal at USTRANSCOM.

Scott Credit Union's board of directors also includes: Joanne Carden as Secretary; Carden is Head of Governance, Reporting, and St. Louis Operations at Bayer.

Frank Padak as Treasurer; Padak is the President and CEO at Scott Credit Union.

Michele Gehlbach as Director; Gehlbach is a PMI-certified Project Management Professional.

Deborah Lane as Director; Lane retired from the IRS after 27 years.

Christopher Sobrino as Director; Sobrino is the Treasurer/Director of Finance at the City of Wood River.

Mark Witkowski as Director; Witkowski is retired from the FBI and teaches undergraduate courses in Economics, Finance, and Statistics.

Jacob Curtis as Associate Director; Curtis is a Senior Cloud Security Specialist with Sentar Inc. and Second Lieutenant in the Air National Guard.

Jessica Haugen as Associate Director; Haugen is a Principal Regulatory Analyst at American Water.

One of the ways credit unions differ from other financial institutions is by their governance through a volunteer board of directors. Credit union boards are comprised of volunteers who are members of the credit union themselves. Serving without pay, the directors provide strategic direction that prioritizes the financial well-being of the credit union's members before profit.

Scott Credit Union is a full-service financial cooperative. When someone opens an account at the credit union, they become a member and an owner. Because of its structure, Scott Credit Union has given back nearly \$13 million to members through a bonus dividend and loan interest rebate over the past 13 years.



## HSHS ST. ELIZABETH'S HOSPITAL OFFERS TIPS FOR PREVENTING AND RECOGNIZING HEATSTROKE

HSHS St. Elizabeth's Hospital recommends taking the following measures to prevent heatstroke, which

could cause serious complications or death:

Wear loose fitting clothes – Loose fitting clothes allow for your body to cool properly as opposed to tight or heavy clothes.

Drink plenty of fluids – Staying hydrated will help you maintain a normal body temperature and will help your body sweat.

Protect yourself against sunburn – Use sunscreen, reapplying every two hours, as well as hats and sunglasses to protect against sunburns. Sit under the shade from time to time.

Take it easy during the hottest parts of the day – Try to schedule outdoor activities in the cooler parts of the day, such as early morning or the evening. The hottest part of the day is generally accepted as 10 a.m. to 3 p.m.

Heatstroke can require emergency treatment to prevent serious complications or death, especially for those who are most vulnerable such as infants and children, people 65 years of age and older, people who are overweight and people who are on certain medications. If you suspect someone is experiencing a heatstroke, call 911 or seek medical assistance immediately. Heatstroke signs and symptoms are: High body temperature – The main sign of heatstroke is a core body temperature of 104 degrees or higher.

Altered mental state or behavior – If a person is confused, agitated, slurring their speech, irritable, delirious or experiences a seizure and they have been in a hot environment, suspect heatstroke.

Nausea and vomiting – Vomiting may occur.

Flushed skin – An increase in body temperature can lead to skin turning red.

Rapid breathing – Breathing may become rapid and shallow.

Racing heart rate – When a person experiences a heatstroke, the heart works overtime to help cool the body,

therefore increasing the heartrate.

Headache – Heatstroke can cause a throbbing headache.

If you suspect someone is experiencing a heatstroke, call 911 or seek medical assistance immediately. For more tips for preventing heat-related illness, visit [cdc.gov/disasters/extremeheat/warning.html](http://cdc.gov/disasters/extremeheat/warning.html).

Resources and more information on cooling centers in the area can be found at [211helps.org/cooling-sites](http://211helps.org/cooling-sites) or [keepcool.illinois.gov](http://keepcool.illinois.gov). To ensure a site is operating during the time needed, the public is encouraged to call ahead of time. If there is not a cooling site near your residence, we recommend contacting your local health department for further assistance.



**IMPACT STRATEGIES' GROWTH PROMPTS PROMOTIONS OF TERESA WHITTAKER AND SCOTT MANNING**

IMPACT Strategies is excited to announce the promotions of Teresa Whittaker to Chief Financial Officer and Scott Manning to Director of Construction Operations.

As Chief Financial Officer, Teresa Whittaker will execute IMPACT's



financial strategic initiatives, develop long-term financial goals, and play an integral role in driving the success of IMPACT by monitoring financial performance. In this role, Whittaker will continue to lead IMPACT's

accounting team and HR operations, identify critical trends, and develop new company best practices, projections, and solutions.

Prior to joining IMPACT, Whittaker received her bachelor's degree in Accounting from Robert Morris College and worked in the public accounting sector for 10 years. Whittaker has been with IMPACT since the company's inception---she was hired as an Accounting Manager in 2002, promoted to Controller, and is currently an active member of IMPACT's Executive Committee.

"Teresa has grown substantially throughout her career with IMPACT," said Mark Hinrichs, President of IMPACT Strategies, Inc. "She has done an excellent job in preparing the department to support our growth---from the early founding days of the company to where we stand today. She has continually challenged herself and others around her to find ways to streamline our processes and procedures with an innovative focus on technology."

Scott Manning brings 10+ years of construction management, business



knowhow, and a vast understanding of IMPACT's company culture to the position. In addition to managing IMPACT's team of Project Managers, Project Engineers, and Superintendents, Manning's role will also supervise the safety and quality control efforts on IMPACT job sites. As Director, Manning will oversee the execution of field construction activities---ensuring the delivery of timely, safe, and quality construction and completion of IMPACT projects.

Manning's career with IMPACT began early. While in college, Manning served as an intern for IMPACT. In 2009, he graduated from

Southern Illinois University-Edwardsville with a degree in Construction Management and a minor in Business. Post-graduation, Manning worked for the Corps of Engineers at Scott AFB. But, after 18 months, he decided to continue his career at IMPACT.

During his tenure, Manning started as a Project Engineer and progressed from Project Manager to Senior Project Manager. He managed an array of projects---from retail and commercial, to large-scale senior living and multi-family housing developments. "Scott's hard work ethic, construction knowledge, and commitment to the IMPACT team are why he was chosen for this position," said Hinrichs. "He is an integral part of the IMPACT culture and, through his efforts, has helped IMPACT expand its presence as a leading provider of premier construction services. In this role, we will continue to expect amazing things from him."

IMPACT's continued growth is guided by their Executive Committee which is comprised of six members of its senior leadership team: Mark Hinrichs – President, Mike Christ – Executive Vice President, Nick Walker – Vice President, Project Development & Strategy, Teresa Whittaker – Chief Financial Officer, Jason Toennies – Senior Estimator, and Scott Manning – Director of Construction Operations. This Committee meets regularly to review the tactical functions within all departments of the company while also establishing accountability to the objectives of our regularly updated strategic business plan.

**Find more Member News on our website:**  
[OFallonChamber.com](http://OFallonChamber.com)

# HEALTHCARE & WELLNESS

Washington University pediatric specialists provide trusted outpatient care for children and adolescents. Our patient care teams are committed to offering excellent care and support for our patients and families close to home in Shiloh.

The following specialties are available:

## Adolescent Medicine

Reproductive health including menstrual problems and birth control, STDs, eating disorders, anxiety, depression

## Allergy and Pulmonary

Allergic rhinitis, asthma, chronic cough, chronic sinusitis, food allergy, recurrent croup, shortness of breath with exercise, hives

## Cardiology

Arrhythmia, chest pain, fainting, murmurs, congenital heart disease, prenatal and newborn heart care

## Endocrinology

Type 1 and Type 2 diabetes, hypoglycemia, growth disorders, thyroid disorders, pubertal disorders, metabolism disorders

## Gastroenterology

Abdominal pain, constipation, gastroesophageal reflux, chronic diarrhea, liver disease, Crohn's disease, ulcerative colitis, celiac disease, eosinophilic esophagitis

## Genetics

Genetic disease including inborn errors of metabolism

## Kidney Health (Nephrology)

Congenital and hereditary kidney disease, hypertension, urinary tract infections, kidney stones, calcium disorders

## Urology

Hypospadias, undescended testes, inguinal hernia, hydronephrosis, kidney stones, recurrent UTIs, bed wetting, other disorders of urination

Submitted by:  
Wendy Valeriote, BSN, RN  
Nurse Manager  
Washington University School of Medicine  
Department of Pediatrics  
Division of Ambulatory Medicine  
w.valeriote@wustl.edu

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— in Illinois INC. —

What's Your motto?

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UP, THE  
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WORK OUT.  
”

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HEALTHCARE & WELLNESS COMMITTEE

How do you cope?

“

Meditation and  
YOGA! Nothing  
better than  
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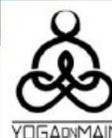
Rachael



Yoga on Main

75  
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Healthcare & Wellness Committee



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

# Ribbon Cuttings

Ribbon Cutting | Moonbird Yoga | 330 West State St. O'Fallon IL 62269



Moonbird Yoga, now located at 330 West State in O'Fallon's Downtown District, opened their new studio location in February 2020, just 17 days prior to closing due to the COVID-19 pandemic.

coinciding with International Yoga Day.

Moonbird Yoga is now open for in studio classes, with over 25 classes being offered in O'Fallon as well as their satellite studios in Edwardsville and Smithton. They will also be offering both 200 and 300 Hour Yoga Teacher Trainings beginning Fall 2021. In addition to teacher training, Moonbird Yoga is also hosting a Yoga Retreat in Costa Rica this November 2021. If you or anyone is interested in joining the Moonbird Yoga community, reach out to Therese and Brittany at [hello@moonbirdyoga.com](mailto:hello@moonbirdyoga.com). All are welcome!

Knowing that the Moonbird community still needed an outlet for yoga and mindfulness (especially during a time of such unknowns), Therese Blomberg and Brittany Corners (co-owners of Moonbird Yoga) along with the teachers, decided to act quickly and provide an at home virtual, experience for the entire community.

Check out the Ribbon Cutting video and photos on our website: <https://ofallonchamber.com/ribbon-cutting-moonbird-yoga/> to learn more about them!

On Monday June 21, 2021, fifteen months after closing the new studio, Moonbird held their long-awaited official ribbon cutting ceremony

## Don't hire a sales team, join one!

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✓	<b>\$1500 (OR MORE)</b> FOR A 1-DAY WORKSHOP	<b>IMPROVE SPEAKING &amp; PRESENTATION SKILLS</b> Dedicated time at each meeting to refine your skills and clarify your message.
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✓	<b>\$2500</b> FOR A 3-DAY WORKSHOP	<b>LEADERSHIP DEVELOPMENT</b> Discover the skills to become a highly effective leader in your business and in your community.
✓	<b>FREE</b> <small>If you have the time to search for it. How much is your time worth?</small>	<b>NETWORK TRAINING</b> New techniques to improve your networking efforts with tried & true tips provided regularly.

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Director:  
Teresa Reiniger  
618-560-8484

# Did you miss a recent event?

Watch the videos from virtual events on our website!

[OFallonChamber.com/category/chamber-events/committee-meetings/](https://OFallonChamber.com/category/chamber-events/committee-meetings/)

## Health and Wellness

Guest Speaker: Jaime Becker, MSN, CPNP, PMHS, Counselors Associates, LTD



## Military Affairs Committee Meeting



Guest Speaker:  
Vannecia Brown, Fischer House



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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
- Family Care Birthing Center
- Children's at Memorial
- Primary care and specialty services from BJC Medical Group
- 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](https://memhosp.org)

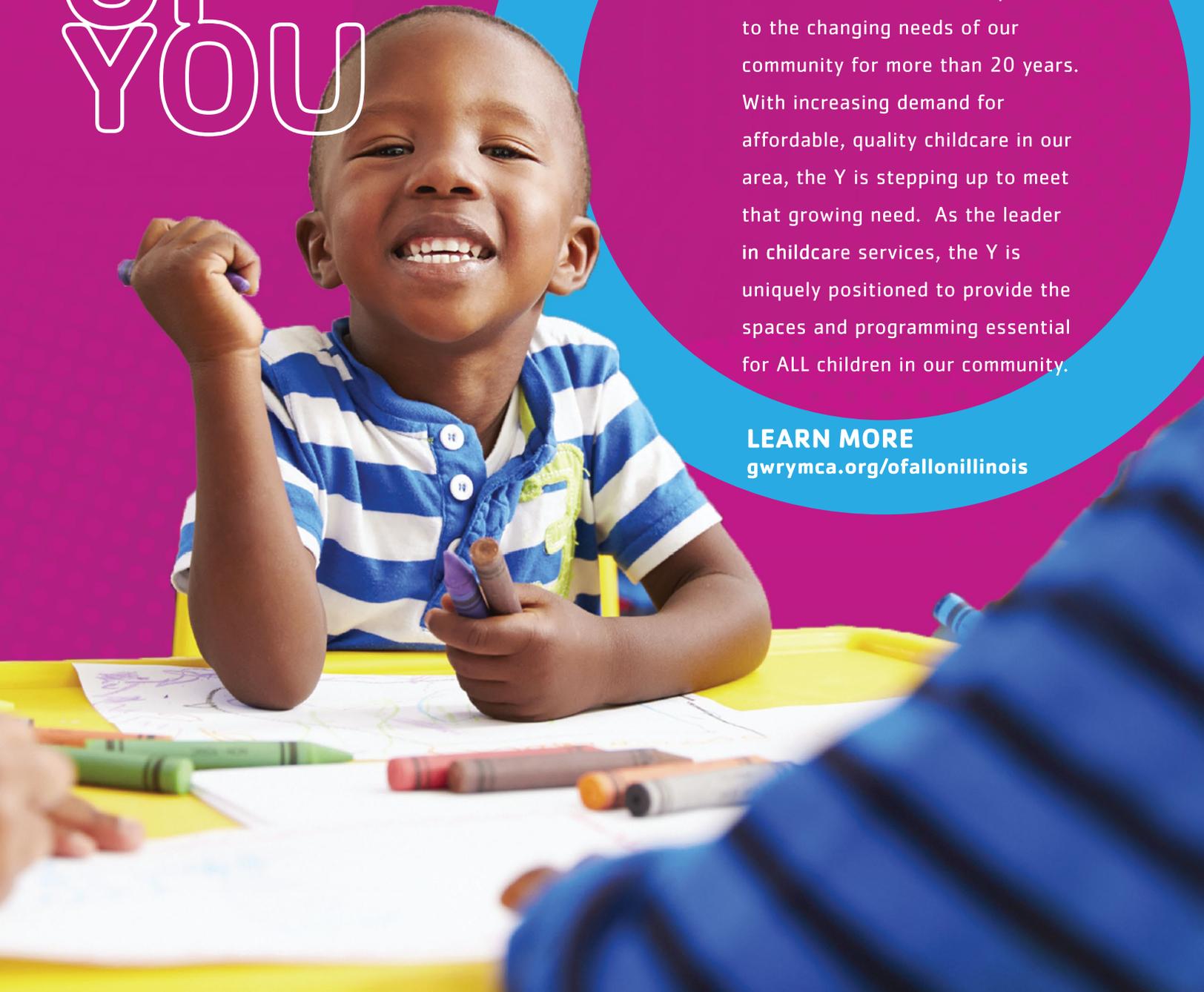
# A CAUSE FOR GOOD BECAUSE OF YOU



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

## LEARN MORE

[gwrymca.org/ofallonillinois](http://gwrymca.org/ofallonillinois)





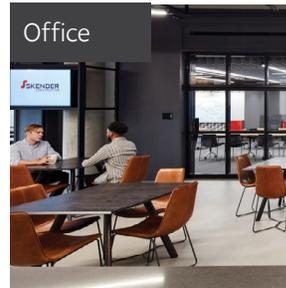
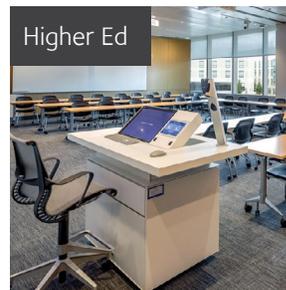
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- Project Management
- Nationwide Service + Account Management
- Installation Services
- Move Management
- Warehousing
- Inventory + Asset Management
- Standards Program
- Maintenance
- Refinishing + Refurbishing



#### Contact

**Lisa Gaffney**  
Senior Account Executive  
Based in O'Fallon, IL

[l.gaffney@henricksen.com](mailto:l.gaffney@henricksen.com)  
217.299.7769

[henricksen.com](http://henricksen.com)  
[henricksen.store](http://henricksen.store)

# Salute to Business Awards Economic Impact \ Beautification Award

The O'Fallon-Shiloh Chamber of Commerce Economic Impact Award is presented to a business who created or retained jobs in our communities, provided a unique service, invested considerable capital for new construction and laboratory cancer research. At Memorial Hospital Shiloh and five other locations, Siteman and its Washington University Physicians provide specialty cancer care to more than 12,000 newly diagnosed patients



effectiveness of innovative cancer therapies. By participating in a clinical trial, patients can gain access to investigational therapies that are not widely available to the public.

Siteman Cancer Center at Memorial Hospital Shiloh is committed to providing access to leading-edge cancer care, including with state-of-the-art technology, to residents of Central and Southern Illinois.

Paintings by regional artists adorn the walls of the facility and a healing garden is located on the west side of the building.

or remodel, and stimulated community development.

each year. Cancers considered rare elsewhere are commonly seen at Siteman.

In 2020, Siteman Cancer Center opened in Shiloh, Illinois, occupying the the first floor of the medical office building at the Memorial Hospital Shiloh complex. The \$36.5 million, 70,650-square-foot medical office building became Siteman's sixth location overall.

The facility contains 2 reinforced concrete vaults for Siteman's LINAC (linear accelerators). It also houses labs, a pharmacy, medical oncology infusion clinics, and radiation oncology clinics, giving patients access to innovative, lifesaving technology and treatments.

Siteman Cancer Center is the only National Cancer Institute-designated Comprehensive Cancer Center in the region, a recognition of Siteman's scientific leadership, resources and breadth and depth of clinical

This facility provides multidisciplinary care with radiation oncology and chemotherapy services, as well as access to therapeutic clinical trials, which are designed to evaluate the

**Click below to watch the video!**

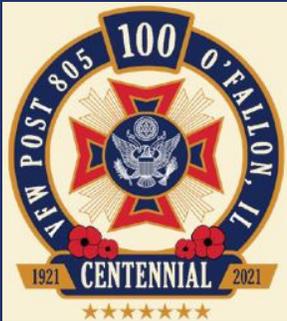


Jeff Dossett, Mayor Bob Weilmuenster, Cindy Helmkamp, John Visconti, DO and Shannon Krus, RN, BSN, OCN

1921 ~ A CENTURY OF SERVICE ~ 2021



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**JULY 24, 2021**



**EVENTS START AT 12 PM**

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Join small businesses from across the state for a series of five monthly webinars to receive helpful and practical tools to navigate the new normal. Experts in their fields will show you all you need to know - from legal considerations to best practices in digital advertising: from brand identity to effective sales techniques: from actionable advice on marketing and communication best practices to help your small business succeed in 2021 and beyond.

Each webinar is \$15. The zoom link will be sent to you upon registration.

Thank you to Ameren Illinois for making this event possible.

[July 21 - The Art of Pivoting: Strategies for Developing a Flexible Business Model for the Future](#)

Aug 18 - Sales and Marketing to Help you Dominate Your Market

**About July's Webinar:**

The Art of Pivoting: Strategies for Developing a Flexible Business Model for the Future Presented by Julie Shields, President/CEO, USASBE 9:00 -10:00 a.m. Wednesday, July 21, 2021

The COVID-19 Pandemic has caused changes to business models in every industry. Learn how three business owners pivoted to extend their brand identity using

technology and social media. Listening to customer's wants and needs has never been so important. The discussion will include how to use data to make your next move. This session will include time for Q&A on how you can apply these concepts to your specific industry.

Takeaways include:

- Tips for "listening" to your customer's new behaviors
- Identifying customers as key influencers.



Julie Shields  
USASBE (United States Association for Small Business & Entrepreneurship)  
jshields@usasbe.org

Julienne (Julie) Shields is the President and CEO of the United States Association for Small Business and Entrepreneurship (USASBE) and started in that role in March of 2020 at the beginning of the pandemic. Since that time, she facilitated the transition of the board from an operating board to a governing board, shepherded the organization from its traditional in-person conference to its first virtual conference, and invested

in digital and virtual competencies and platforms to prepare for hybrid and additional virtual events in the future. Prior to this role, she was the Director of the Center for Entrepreneurship at Millikin University and an entrepreneur in her own right launching a tech startup out of the University of Illinois Urbana-Champaign's EnterpriseWorks incubator. When she is not focusing her efforts on USASBE's mission of advancing entrepreneurship education through bold teaching, scholarship, and practice, she raises her four children and operates a Welsh pony conservation program with her husband.



The O'Fallon Police Department puts out a monthly newsletter with great community information.

[Click to open the full newsletter.](#)



## How to Simplify your life



BY JENN MIKITKA

<https://www.guardianstorage.com/how-to-simplify-your-life/>

Life, especially these days, can feel incredibly overwhelming. We're constantly surrounded by clutter, both online and in our homes, and our days are filled with to-dos and other obligations. It feels like from the time we wake up to the time we go to sleep, we are always doing something. Learning how to simplify your life can help you reorganize to put more time and energy into the things that are truly important to you.

### Declutter

Clutter in your home and in your life is both created and caused by stress. When you are surrounded by clutter, it can lead to discomfort, a lack of focus, and mental and emotional distress. Taking the time to get rid of unnecessary clutter in your home will go a long way in simplifying your life and getting rid of things that overwhelm you – whether you know it or not. Tackling clutter in and of itself can be an overwhelming experience. To avoid this, try the [30 bags in 30 days method of decluttering](#).

### Prioritize

The best step in learning how to simplify your life is understanding what your main priorities are. Take the time to write down a list of the most important things in your life. These are things that you want to take top priority over everything else. It could be your family, travel, mental wellness, financial wellness, etc. Essentially, whatever you value the most, you want to put on that list. Knowing what is truly important to you is a great first step toward putting more time and energy into what matters most.

### Reduce Consumption

When we buy things, they make us happy at that moment. Typically, though, after the initial happiness of your purchase wears off, you just have another thing causing clutter in your home. Now that you have identified your top priorities, you know what to spend your time and money on. Commit to buying fewer things that you don't truly need. Instead, save your money for high-quality items that will last. Reduce the consumption of your time as well. Delete apps and social media that take up valuable time that could be spent on your priorities.

## Learn from Minimalism

Living a minimalist lifestyle isn't for anyone, but there are things you can learn from those who live minimally. Minimalism is built around eliminating excess in our lives to make time and space for the things that are truly important – similar concepts to the tips listed above. By cutting out clutter and noise in your life, you can focus on your happiness and fulfillment.

## Live Within Your Means

The happiest people don't have the best of everything, they make the best of everything. While the idea of owning all the newest, best things is great, the debt and financial hardships that come with it are not. It may be difficult making the adjustment at first, but living within your means will teach you to appreciate what you have and work hard for what you don't.

## Cancel Subscriptions

Simplifying your life can and should include your digital space as well. Receiving notifications of emails all day long that are not relevant clutter your phone and inbox. Trying to sift through junk mail to get to important emails takes up unnecessary time. Spend a few minutes going through your email and unsubscribing to newsletters and promotional emails. Then, go and deactivate old, unused accounts you no longer use. This will reduce notification clutter and inbox clutter. Do this every few months as you notice your inbox getting cluttered again.

## Create Routines

Start by recognizing negative routines that you have throughout the week and work to eliminate them. Then, create positive routines that will simplify your life and make things a little easier. For example, start a routine of making your bed in the morning. Or, begin a routine of spending 15 minutes before bed tidying up your home. For mental well-being, try a routine of walking for 10 minutes at lunch or starting the day with a quick meditation. After doing these routines for a few weeks, it will become a habit that comes naturally. Small things like this will go a long way in simplifying your life long-term.

## Cut Multi-Tasking

Don't try to accomplish multiple things at the same time. Instead, focus on one task at a time and put your energy into doing it fully. If you struggle with jumping from task to task, create a to-do list that you can check off. Don't jump to a new task until the item before it in the list is checked. Focusing on one task at a time will help with concentration and improve your productivity.

## Automate

Think of how much easier your day would be if things on your to-do list were completed automatically. In the high-tech world we live in today, there are things you can have your gadgets handle instead of taking time to do them yourself. The best way to accomplish this is to invest in smart plugs compatible with your smart home, or just a plug with a timer. Set up automatic timers for lights, sprinklers, electronics, etc throughout your home to go off and on by themselves. You can also automate your bills through autopay to reduce mail and never have to worry about missing a payment.

## Slow Down

The best way to simplify your life? Slow down. It's okay to not get everything done in a day. Not every minute of your day needs to be filled with "productive" activity. Every now and then, take a day to just relax and slow down and enjoy the things you love.

## Say No

Lastly, learn to say no to things that do not add value to your life. Of course, saying yes can open doors and allow of to experience new things. You should absolutely say yes to things that may bring you joy. But, it's important to prioritize your time, your money, and your well-being. Sometimes that means saying no. It's okay to put yourself first, even when saying no may disappoint others. You can say no to toxic people, to stressful situations, and to anything else that you don't want in your life.

Don't feel like you have to accomplish all of the things on this list when learning how to simplify your life. Even just starting with one or two can help you begin to prioritize yourself and the things you care about most.

30 BAGS IN 30 DAYS					
YOUR PERSONAL DECLUTTER CALENDAR					
Pantry	Fridge	Kitchen drawers/ counters	Kitchen cabinets	Makeup & toiletries	Linen Closet
Nightstands	Car	Junk drawer	Dresser drawers	Books	Magazines & newspapers
Garage	Shoes	Seasonal decorations	Coats & winter wear	Bathroom drawers	Bathroom cabinets
Living room	Tupperware	Tupperware & bakeware	DVDs, CDs & video games	Home office	Basement
Master Closet	Toys, games & puzzles	Pet items	Bedroom closet	Emails, photos & documents	Shelves & tables

# O'FALLON-SHILOH CHAMBER OF COMMERCE 24TH ANNUAL GOLF TOURNAMENT

FAR OAKS GOLF CLUB



Far Oaks  
GOLF CLUB

419 OLD COLLINSVILLE RD  
CASEYVILLE, IL 62232

Play.

Sponsor.

Volunteer!

SEPTEMBER 14 2021



Join us for our 24th Annual Golf Tournament on September 14, 2021 at Far Oaks Golf Club.

Registration is now open! Early bird registration ends August 6 - register before that date to be entered to win a prize!

Can't attend but want to participate? Donate items for goodie bags! Promo items, sunscreen, etc.

Not a golfer but want to be involved? Volunteer your time to help or be a sponsor!

We can't wait to see you on the greens!

Sign up  
or Register  
Today!

See who our sponsors are or sign up on our website:  
[OFallonChamber.com/golf2021](http://OFallonChamber.com/golf2021)

## VFW Post 805 is seeking participants for the November 11, 2021 Veterans Day Parade



The Sgt. Charles A. Fricke VFW Post 805 and the Post 805 Auxiliary will be hosting a Veteran's Day parade on Thursday, November 11, 2021. This parade has been a landmark in the city of O'Fallon for over 40 years, and we would like you to be a part of this national observance with us!

RAIN OR SHINE THE PARADE WILL NOT DELAY OR CANCEL

Parade line up is at 12:30 p.m. at O'Fallon Park (on the corner of East 5th street and South Hilgard. The parade will step off at 2 p.m. and will conclude at the VFW post on West 1st Street. A

free meal will be served by the VFW following the parade for those that participate.

Please fill out the attached form and mail it or email it by October 30th to inform us of your intentions to participate and to what manner you will be participating (i.e., float, marching band, or other marching unit). It is very important to let us know what you will be doing so we can plan line-up accordingly.

With American soldiers, sailors, marines and airmen currently in foreign locales actively protecting the freedoms we all hold so dear, this would be a great opportunity for all members of the community to show the appreciation we all owe those who serve in our armed forces, and the debt we owe to those who have made the ultimate sacrifice for our freedom!

Thank you in advance for your participation in making this an inspiring patriotic display! We had a great crowd

last year, hope to get more participates this year. If you know anyone that would like to march or drive in the parade, please have them email us. We would love to have them.

Karen Ridge, VFW Post 805 Senior Vice and Marcia Crawford, VFW Post 805 Auxiliary Senior Vice

Veterans Day Committee Chairman  
[Vetdayparade805@gmail.com](mailto:Vetdayparade805@gmail.com)  
(618) 581-8402

Download the sign up sheet!

**VFW** Sgt. Charles A. Fricke Post 805  
419 W. First St., O'Fallon, IL 62232  
NO ONE DOES MORE FOR VETERANS

Please fill out the form and return it to:  
SGT. CHARLES A. FRICKE  
VFW POST 805  
231 W FIRST STREET  
O'FALLON, IL 62232  
ATTN: Veterans Day Parade  
Or email to: [vfwparade805@gmail.com](mailto:vfwparade805@gmail.com)

ORGANIZATION \_\_\_\_\_

TYPE OF PARADE ENTRY (Please check as appropriate)  
Float  Marching Band  March in Parade   
Motor Vehicle  Other

Number of Units \_\_\_\_\_ Number of People in each Unit \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Telephone \_\_\_\_\_

Print or E-mail Name \_\_\_\_\_

E-mail address \_\_\_\_\_

Please Sign \_\_\_\_\_ Title \_\_\_\_\_

Date \_\_\_\_\_

# Free

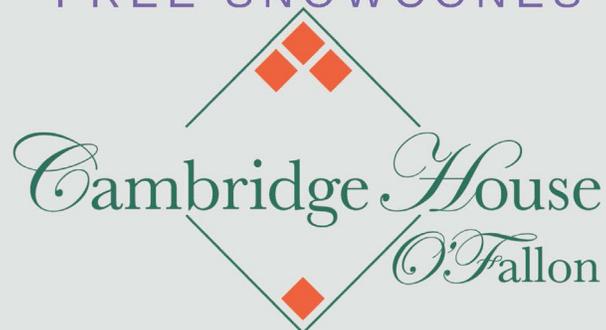


## EVENT

**SATURDAY, JULY 17TH, 2021  
10:00AM - 12:00PM**

**ALL SCHOOLS, HOSPITALS, BUSINESSES &  
RESIDENTIAL HOMES ARE INVITED**

**FREE SHRED TRUCK, FREE HOTDOGS, &  
FREE SNOWCONES**



**844 CAMBRIDGE BLVD., O'FALLON  
618-624-9900/CAMBRIDGEHOUSE-SLF.COM**



# MONTHLY CALENDAR

# July 2021

- 8 [Ribbon Cutting | Healing Centered Counseling](#)  
11:30 a.m. | 4933 Benchmark Centre Dr, Swansea
- 8 [Military Affairs Committee Meeting](#)  
3:30 p.m. | Virtual
- 13 [Ribbon Cutting | CliftonLarsonAllen](#)  
11:30 a.m. | 475 Regency Park Dr, Ste 175, O'Fallon
- 16 [Meet and Mingle in the Morning](#)  
8:00 a.m. | A Limited In-Person networking event
- 19 [Executive Board Meeting](#)  
1:15 p.m. | Chamber Depot | 116 E. First Street, O'Fallon
- 21 [Rebuild Reenergize: A Webinar Series for Business Leaders in a Post COVID World](#)  
9:00 a.m. | Virtual
- 22 [Ribbon Cutting | Keystone Place at Richland Creek](#)  
4:15 p.m. | 475 Regency Park Dr, Ste 175, O'Fallon  
*Open House from 3:00 p.m. to 6:30 p.m.*
- 24 [Restaurant Roulette](#)  
11:30 a.m. | A Limited In-person Networking Event

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



### 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

# UPCOMING EVENTS

**MEET AND MINGLE IN THE MORNING**  
A LIMITED, IN-PERSON NETWORKING EVENT

**JOIN US!**

- 1** SIGN UP ON OUR WEBSITE!
- 2** GET RANDOMLY PAIRED WITH 3 OTHER MEMBERS.
- 3** GET RANDOMLY PAIRED WITH A LOCAL RESTAURANT.

This is the morning version of our Restaurant Roulette! Maybe you're more of a morning person. Here's a chance for you to have coffee/breakfast with 3 other chamber members.

Like Restaurant Roulette, you won't know where you're doing until the day before and you won't know who you're meeting until you get there! What fun!

**July 16, 2021**  
**8:00 a.m.**

**RSVP Today!**

What is restaurant roulette?  
You sign up to join us for lunch on the appointed date/time.  
We'll use our virtual roulette wheel to determine where you eat and who you eat with!  
You're randomly assigned a restaurant (we'll let you know the day before where you're eating).  
You'll find out who your lunch partners are (3 other chamber members) when you show up to eat!  
This is a way to support local restaurants and get a chance to network!

**July 29, 2021**  
**11:30 a.m.**

**RSVP Today!**

**RESTAURANT ROULETTE**

ARE YOU READY TO NETWORK?

- 1** SIGN UP FOR THE LUNCHEON
- 2** GET RANDOMLY PAIRED WITH 3 OTHER MEMBERS.
- 3** GET RANDOMLY PAIRED WITH A LOCAL RESTAURANT.

O'Fallon-Shiloh Chamber of Commerce

**JOIN US!**

July 24, 2021  
11:30 a.m.

The Happy Bakery  
1st Street Lounge  
McAlister's Deli  
Shooter's Bar & BBQ

1818 Chophouse O'Fallon  
Sybergs O'Fallon  
The Weingarten  
The Coffeehouse Company

Gia's Pizza  
Bella Milano O'Fallon  
La Casa Mexicana Restaurant  
Peel Wood Fired Pizza & Brewery

# SALUTE TO OUR STAR INVESTORS

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## TWO STAR INVESTORS



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## ONE STAR INVESTORS

1st National Bank of Waterloo  
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  
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  
CSL Plasma  
Dierbergs Markets Inc.  
Discount Storage  
Drury Inn & Suites  
Farmers & Merchants National Bank  
FCB O'Fallon Bank  
First Bank  
First Community Credit Union

Gateway Metro Federal Credit Union  
GEICO Local Office  
GCS Credit Union  
Guaranteed Rate  
Hancock Irrigation Services, Inc.  
Hilton Garden Inn  
Holland Construction Services  
Illinois American Water  
Jack Schmitt Cadillac of O'Fallon  
Jack Schmitt Chevrolet of O'Fallon  
Kerber, Eck & Braeckel, LLP  
Keystone Place at Richland Creek  
Klein's Brand Source  
Korte & Luitjohan Contractors, Inc.  
La Casa Mexicana of O'Fallon  
Lashley Animal Hospital  
Lincoln Surgical Associates, Ltd.  
Lucky Dog Barks and Recreation  
Marcus O'Fallon 15  
Merrill Lynch | Woody Gray  
Mid America Oral Surgery Center  
Morrison Plumbing, Heating and Air  
Jennifer Mueller Memorial Foundation  
Navy Federal Credit Union  
O'Fallon Progress/Command Post  
O'Fallon Shiloh Towing

OST Container  
Parkway Lakeside Apartments  
PNC Bank  
Providence Bank  
R&W Builders, Inc.  
Regency Manor  
Regions Bank  
Serra Honda of O'Fallon  
Schaefer Auto Body Centers  
Scott Credit Union  
Scott Family Housing  
Sigman Heating and Air Conditioning  
Simmons Bank  
Spectra Graphics  
The Lash Lounge Shiloh  
The Regency Conference Center  
Taylor Roofing  
Together Credit Union  
Town & Country Bank  
TownePlace Suites by Marriott  
U.S. Bank  
Veterans United Home Loans  
Washington University Physicians |  
Pediatric Specialty Care  
Webster University  
Wisper Internet

# BOARD OF DIRECTORS

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## EXECUTIVE BOARD

Cindy Helmkamp, President  
Together Credit Union

Kevin Meder, Treasurer  
CliftonLarsonAllen

Jeff Dossett, Vice President  
Memorial Hospital Belleville | Shiloh

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Dr. Vinay Bhooma  
HSHS St. Elizabeth's Hospital

Sam Loring  
Loring Financial Management  
of Raymond James

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Village of Shiloh

Lorraine Cavataio  
Sandberg Phoenix & von Gontard P.C.

Kenric Lynn  
Local Noon, LLC

Mayor Herb Roach  
City of O'Fallon

Jon Greenstreet  
Bike Surgeon

Susan Schultz  
Webster University

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Village of Shiloh

Dan Jackson  
Carrollton Bank

Tony Smallman  
BARBER Murphy Group, Inc.

Nathan Klitzing  
Cambridge Capital Management

Kevin Welch  
1st National Bank of Waterloo

## CHAMBER AMBASSADORS

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Christina Carretta  
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Severns Family Chiropractic

Sheri Welch  
Sheri Welch Insurance

Brett Faulk  
Stifel

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Jaclyn Gross  
Hilton Garden Inn

Mieke Taylor  
Reach the Meek Marketing, LLC

Erik Huber  
Bank of Springfield

Reneé La Bruyere

O'Fallon-Shiloh Chamber of Commerce  
P.O. Box 371  
116 E. First Street  
O'Fallon, IL 62269  
www.OFallonChamber.com

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

**Our June news letter Sponsor is:**  
**[Together Credit Union](#)**

## **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.

We bet you didn't know that Shiloh Church (UMC) is the oldest Methodist Church in the state of Illinois, founded in 1807. Bet you also didn't know Shiloh UMC is the Mother Church of First United Methodist Church of O'Fallon, founded in 1864.

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



ical Society