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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



24 Internal Financial Controls Every Small Business Should Have in Place

The 2022 Association of Certified Fraud Examiners (“ACFE”) Report to the Nations shows that small businesses (those with fewer than 100 employees) experienced the highest median loss from fraud—over \$150,000. Here's how to protect your company.

Page 10

Our 26th Annual Golf Tournament is September 12 at Far Oaks Golf Club! Register your teams early and check out our NEW Sponsorship opportunities this year!

Page 2

Do you need employees but just can't seem to find them? Do you have jobs that would be perfect for high school students? Join us at our job fair in August!

Page 4

NEW MEMBERS

Crossfit Straight Cheetah
Luke Quirion
1711 W. Highway 50 Rear A
OFallon, IL 62269
618-420-5097
luke_quirion1@yahoo.com
<http://www.straightcheetah.com>
(Health Fitness)

Alzheimer's Association
Kati Hoffman
11422 Olde Cabin Road, Suite 100
St. Louis, MO 63141
314-801-0444
kbhoffman@alz.org
www.alz.org/Bellevillewalk
(non-profit)
Referred by Cindy Hill

Maria Knedel-Travel Agent
Belleville, IL 62221
618-791-4898
mariaknedel@travelmation.net
(Travel)

*CSL Plasma
Elizabeth Conaway
2025 West Highway 50
O'Fallon, IL 62269
618-726-0339
Elizabeth.conaway@csplasma.com
www.csplasma.com
(medical)

Frida's Cocina
Jobe Toledo
817 Seibert Rd.
Scott AFB, IL 62225
618-416-2151
Fridascocina817@gmail.com
www.fridas-cocina.com
(Restaurant)

Carboe Consultants, Inc.
Karen Carlson
New Athens, IL 62264
630-542-7573
karen@bewellandrenow.com
<http://www.BeWellAndRenew.com>
(Advertising)

Ray's Soul Food & Turkey Legs
Ray Watson
1334 Central Park Drive
O'Fallon, IL 62269
618-589-3133
Rashaan.watson@gmail.com
www.rayssoulfoodandturkeylegs.com
(Restaurant)

**Star Investor*

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

Getting your name out
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Catholic and Community Credit Union

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 Challenge Unlimited
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 Payroll Central
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 Shiloh Chiropractic
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 Southern Illinois University of Edwardsville
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WHY JOIN THE CHAMBER?

- *Make new contacts*
- *Grow your business*
- *Learn new skills*
- *Get involved in the community*
- *Have fun!*

KNOW SOMEONE WHO COULD BENEFIT FROM BEING A CHAMBER MEMBER?
INVITE THEM TO AN UPCOMING EVENT!

YOUR CHAMBER OF COMMERCE STAFF

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

Doris Obernuefemann - [E-mail](#)
 Operations Manager

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

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

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

Jonathan Simmons - [E-mail](#)
 Member Engagement

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.

Print copies are available in the Chamber office upon request.



JOB FAIR

Do you have jobs for High School Students?

**22
August**

Setup

5 Pm

Doors Open

6 Pm - 8 Pm

📍 OTHS
600 S Smiley St, O'Fallon, IL 62269

💰 \$25

Sign up for our OTHS job fair and find the help you need!!

- Chamber Member Businesses Only
- Must have jobs for high school students
- Can hire on the spot
- More details on event page.

MILITARY & FIRST RESPONDER APPRECIATION DAY



**AUGUST 19, 2023
8:00AM - NOON**

First 100 to visit the Chamber stall will receive \$5 in Market Bucks to be used at any participating vendor. Valid August 19 only.



WE APPRECIATE OUR
MILITARY AND FIRST
RESPONDERS!

Come out to Vine Street Market August 19, between 8:00 a.m. and Noon to pick up coupons for \$5 in market bucks to be used at any participating vendor, as well as freebies at 6 downtown businesses!

For more information, please contact the O'Fallon-Shiloh Chamber of Commerce:

Chamber@OFallonChamber.com
618-632-3377



Stay in the know by subscribing to The 618 Now on your favorite podcast app

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Join us every Friday morning for a snapshot of what's happening in the O'Fallon and Shiloh (Illinois) area right now. We'll give highlights of new developments and projects, details of upcoming events and report on good news happening in our community! Listen to The 618 Now to be in-the-know. This podcast is a production of the O'Fallon-Shiloh Chamber of Commerce and the O'Fallon Weekly.

O'Fallon-Shiloh's best-loved Podcast is now offering sponsorship opportunities! With a total of almost 19,000 listeners and growing, this is THE place you'll want to advertise. But don't wait! Spots are limited.



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Contact the Chamber office today!
618-632-3377 | Connect@OFallonChamber.com

HAVE AN IDEA for a podcast topic? Submit your idea for consideration!

[Submit Your Idea](#)

*2 weeks advanced notice for event promotion is requested!

[Download the Media Kit](#)

HEALTHCARE & WELLNESS

The Healthcare & Wellness Committee promotes healthcare and wellness in the O'Fallon-Shiloh communities through healthcare leadership, partnerships, education and advocacy. This committee is made up of chamber members who are in the health and wellness industry. This month, Committee member Erin Burton tells us about The Oasis Institute!



As a project coordinator I am always on the lookout for avenues to recruit instructors and new customers. In my role I coordinate and market health/ lifelong learning programs

for older adults in: Madison, Monroe, St. Clair, Randolph, Clinton and Washington county. My favorite part of what I do is connecting people with what they love and seeing people explore new interests.

About: For the past 40 years Oasis has offered programs proven to enrich the lives of older adults using the arts, history, technology, current events, health, exercise, volunteer engagement, and so much more. We offer evidence-based health programs as well as unique classes about almost any topic one could imagine.

Innovative thinking is what makes Oasis special, and it's my goal to connect every older adult with accessible curriculum to further their knowledge and have fun!

Website: <https://st-louis.oasisnet.org/>



Erin Burton, MHA (she/her)
Project Coordinator | The Oasis Institute
Options Liaison | AgeSmart
801 W. State Street | O'Fallon, IL 62269
Office Phone: 618-222-2561 extension 138

Water: Your everyday energy drink | Benefits of staying well-hydrated



Water does your body good. In fact, it is the best choice for your body.

As we head into the middle of summer, medical providers at Hospital Sisters Health System (HSHS) locations in the region want to remind everyone of the importance of staying well-hydrated.

Kayla Barnes, RD, LD, registered licensed dietitian, said, "Water is a vital nutrient that all people need to survive. It helps maintain physical health and mental acuity, as well as overall appearance. Drinking enough water daily can have a positive effect on your life."

Benefits of drinking water

About 60% of the body is made up of water. It regulates body temperature, lubricates and cushions joints and protects organs. Cells need water to transport nutrients. Wastes and toxins are flushed out through sweat, urine and bowel movements—all of which require water.

Drinking enough water can also affect mental health. Being well-hydrated provides what a person needs to stay alert, focused and productive throughout their day. All of this is why it's so important to replace the fluids lost during activities.

Are you dehydrated?

Dehydration occurs when a person loses more fluids than they take in. Be sure to increase your fluid intake in hot weather, when you increase your physical activity and when you are sick (especially with vomiting, diarrhea or fever). Additionally, drinking alcohol and caffeinated drinks can also cause you to lose water.

Some common signs of dehydration include:

- Extreme thirst.
- Dry or sticky mouth.
- Less sweat than usual.
- Dark-colored urine or no urine at all.
- Dry skin.
- Digestive problems.
- Headaches or dizziness.

The good news is that symptoms often go away when you rehydrate.

Choose water

Many people reach for beverage options like sports drinks to hydrate during or after high-intensity exercise or activities with their added carbohydrates, minerals and electrolytes. Other popular drinks are regular soda, fruit drinks and energy drinks. However, these also contain sugar, calories or caffeine.

Sugary drinks are the leading source of added sugars in the American diet.

People who often drink sugary drinks are more likely to face health problems, such as weight gain, obesity, type 2 diabetes, heart disease, cavities, and gout, a type of arthritis.

Barnes shared, "Try reading the nutrition labels on the drinks you are putting in your shopping cart – you might be surprised to see how many added sugars are in some of your choices. Water is a healthy alternative to sugary beverages--100% natural and calorie-free."

For example, a 12-ounce regular soda has more than 10 teaspoons of added sugar, adding up to 150 calories. Consuming two sodas a day adds up to 2,100 calories in a week.

Barnes recommends the following simple steps to increase your water intake without the added sugar:

- Carry a refillable water bottle with you. Set reminders on your phone if you need a nudge to drink throughout the day.
- Choose water when eating out. It saves both money and calories.
- Drink a glass of water before you consume your meal. Besides helping with hydration, it will help you feel fuller so you will eat less.
- Mix up your water options. Try adding fruit slices, like pineapple, watermelon or lemon, or vegetables and herbs, like cucumber or mint. Make flavored ice cubes with 100% fruit juice, unsweetened tea or chopped fruit. Choose seltzer or sparkling water over juices and sugary beverages.
- Don't forget fluids are in many foods too. Eating water-rich fruits and vegetables, such as melons and tomatoes, can help you stay hydrated.

Water is often overlooked as a key element to overall health. Just taking a few simple steps can help you stay hydrated and healthy. If you suspect significant dehydration, seek medical attention immediately at a walk-in clinic or an emergency department. HSHS St. Elizabeth's Convenient Care is open seven days a week from 8 a.m. to 7 p.m. and conveniently located within the O'Fallon Medical Building at 1512 N. Green Mount Road in O'Fallon. All care is on a walk-in basis, so no appointment is needed.

Sources: Academy of Nutrition and Dietetics; American Diabetes Association; Centers for Disease Control and Prevention; Medline Plus

About Hospital Sisters Health System Hospital Sisters Health System's (HSHS) mission is to reveal and embody Christ's healing love for all people through our high quality, Franciscan health care ministry. HSHS provides state-of-the-art health care to our patients and is dedicated to serving all people, especially the most vulnerable, at each of our physician practices and 15 local hospitals in two states - Illinois (Breese, Decatur, Effingham, Greenville, Highland, Litchfield, O'Fallon, Shelbyville and Springfield) and Wisconsin (Chippewa Falls, Eau Claire, Oconto Falls, Sheboygan, and two in Green Bay). HSHS is sponsored by Hospital Sisters Ministries, and Hospital Sisters of St. Francis is the founding institute. For more information about HSHS, visit www.hshs.org. For more information about Hospital Sisters of St. Francis, visit www.hospitalisters.org.

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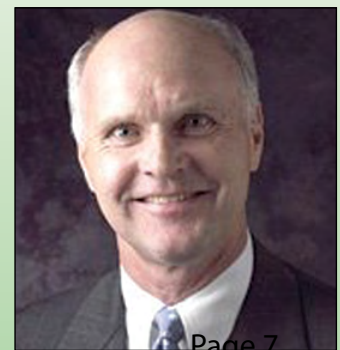
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And as part of BJC HealthCare, we are connected to Barnes-Jewish Hospital. It's the world's best medicine right where you live.



memhosp.org



O'FALLON-SHILOH CHAMBER OF COMMERCE
DIGITAL BILLBOARD ADS
55/64 AT COLLINSVILLE AVE. & MARTIN LUTHER KING DR.
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The Chamber of Commerce purchases a billboard ad which we split into 30 ad spots. Our members can purchase one (or more!) of those spots, allowing you to have a digital billboard ad at a FRACTION of the cost!

52 weeks
\$1,350

32 weeks
\$900

20 weeks
\$600

TYPE OF BILLBOARD: Digital LED
SIZE OF BILLBOARD: 14X49 ft
TRAFFIC COUNT: 133,110 vehicles daily
AD DIMENSIONS: 400 pixels high by 1400 pixels wide
AD FORMAT: JPG, PDF OR PNG

HAVE MORE QUESTIONS OR NEED MORE INFO?
Call the Chamber office: 618-632-3377



SIGN ME UP!

NAME: _____

BUSINESS NAME: _____

EMAIL: _____

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CHOOSE YOUR AD OPTIONS (SPOT IS NOT RESERVED UNTIL PAYMENT IS RECEIVED)

☐ 52 WEEKS | \$1,350

☐ 32 WEEKS | \$900

☐ 20 WEEKS | \$600

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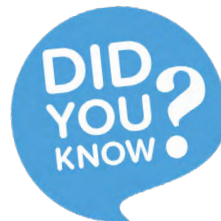
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1. How often will my ad show up? Each ad spot will appear 40 times per day, for 10 seconds at a time.
2. Can I purchase more than one ad spot? Yes! you can purchase as many as you want.
3. How often can I change out my ad copy? Ad copy can be changed out every quarter.
4. Can someone help me design my ad? We would be happy to design your ad for \$50.
5. Are there other advertisers on the billboard? Yes, there will be advertisers paying full price as well as chamber member advertisers.
6. How do I know my ad is running? You can request a "proof of play" report from us at any time which will show the dates your ad has been running.

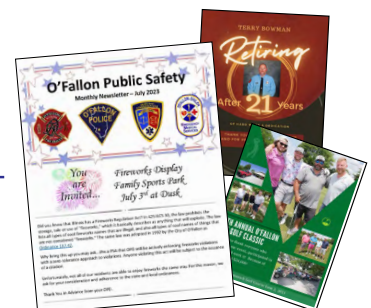
We have a few Billboard ad spots left! Reserve your ad spot today!

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

Click here or tap on the images to open and read the full newsletter!



REGISTRATION AND SPONSORSHIPS ARE NOW OPEN!



OUR ANNUAL GOLF TOURNAMENT IS **SEPTEMBER 12, 2023** AT **FAR OAKS GOLF COURSE**



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or visit www.OFallonChamber.com/golf2023



BUSINESS TRACK ARTICLE

24 Internal Financial Controls Every Small Business Should Have in Place

<https://www.score.org/resource/article/24-internal-financial-controls-every-small-business-should-have-place>



The 2022 Association of Certified Fraud Examiners (“ACFE”) Report to the Nations shows that small businesses (those with fewer than 100 employees) experienced the highest median loss from fraud—over \$150,000. The schemes that impacted small businesses more than large companies were incidents of “skimming and check and payment tampering.” Plus, there were many cases of financial fraud involving billing, payroll, expense reimbursements, and cash larceny.

Nearly half of the fraud incidents were, according to the ACFE report, due to a lack of internal controls and the override of existing controls. That is why it is imperative for small businesses to implement and enforce financial controls in their companies.

What are financial controls?

Financial controls are internal processes designed to identify and prevent fraudulent actions at your company. Businesses implement financial controls (manually or using software, or both) to ensure accounting mistakes are not incorporated into their financials. Think of financial controls as a safety net for your small business, thwarting embezzlement, theft, and fraud. Unfortunately, many small businesses don’t have the knowledge, time, or trained personnel to implement proper financial controls.

Of course, there are no guarantees that you can eliminate fraud in your company, but having these 24 financial controls in place should help mitigate your risk exposure.

Keep business and personal finances separate.

Never co-mingle your business and personal finances. This

is a common mistake many startup business owners make.

This also means not using your personal credit card for business transactions. If you don’t qualify for a business credit card, you can use a personal card, but make sure you only charge business expenses to it.

And if you loan money to your business or take a loan from your business, document it appropriately with a promissory note specifying repayment terms.

Review your business's monthly bank statements in detail.

Reconcile company records with your bank statements. Have your statements sent directly to your personal email or home address.

Create monthly cash flow projections.

If your actual cash flow falls short of your monthly projections, investigate why. Once a quarter, compare the cash flow for the quarter to your annual budget projections. Don’t put off investigating any discrepancies.

Review all credit and debit card statements for accuracy.

Using payment cards for business expenses can simplify accounting and tax preparation. However, the more employees have company credit cards, the greater the chance of fraud. Require your employees to provide receipts for their credit card purchases. (See # 17).

Review all outgoing payments.

Compare payments to invoices. Watch for duplicate

invoices, new vendors, or multiple invoices from the same vendor in a short time period. Embezzling employees often use these tactics to pay themselves.

Monitor point-of-sale transactions.

Count the cash in the cash drawer at the beginning and end of each business day. Using point-of-sale software that requires employees to log in so you can track who is on the register at any given time reduces the risk of theft.

Set up inventory control systems.

Inventory is often damaged, stolen, or lost. Inspect and count incoming inventory to make sure your orders were filled accurately. Designate a trusted employee to sign for incoming inventory and release outgoing inventory. Regularly conduct an internal inventory of your products or materials.

Review payroll before it goes out.

Watch for any variations in the amounts distributed. Use direct deposit to reduce your risk of payroll fraud. Hiring a third-party payroll provider can also reduce fraudulent activity.

Monitor your use of debt.

Your accountant can help you set a maximum debt-to-equity ratio and a minimum debt-to-cash flow ratio. Stay within these bounds to keep your business from becoming overleveraged.

Conduct background checks before you hire new employees.

This is especially important for employees whose job responsibilities involve finances, such as bookkeeping, accounting, payroll, or handling cash.

Approve new hires before adding them to the payroll.

You should approve all new hires before they are added to the payroll. Don't delegate this responsibility. Follow up by reviewing payroll reports for each pay period and checking for unusual amounts and unfamiliar names.

Regularly update your passwords.

Require your employees to choose unique passwords and change them quarterly. Make sure you have a record of the passwords so that you can access any work computers.

Check up on employees involved with your business finances.

Require these employees to take annual vacations and have someone else handle their duties while they're gone. This is a common way to uncover embezzlement.

Employees who embezzle often inadvertently reveal their crimes by showing up with expensive jewelry or a new car or bragging about new personal purchases. But, of course, there could be an innocent explanation for all that, so don't accuse people without due cause.

Don't put one person in charge of petty cash.

All petty cash disbursements should be authorized by two employees. Record all transactions, and balance the petty cash once a week. Limit how much petty cash can be withdrawn by one employee in a week. Any exceptions should be signed off by you.

Delegate financial duties to multiple employees.

If one person is in charge of all your business financials, such as bookkeeping, payments, and payroll, it's much easier for them to steal from your business.

Limit access to your financial systems.

With the exception of perhaps a few employees (your CFO or controller), your financial team does not need access to all your financial data. Give employees log-in access only to the areas pertinent to their roles.

Create expense reimbursement requirements.

Establish a maximum cash limit for reimbursements that can be submitted without a receipt (\$20 to \$25 is standard).

Implement check signing processes.

As the business owner, you should sign all outgoing checks and digital payments if possible. If that's not practical, all checks should require two signers, and at least one should be a long-time trusted employee.

Any payment over a certain amount should be authorized or signed by you.

Double-check cash deposits.

If you have employees making cash deposits, have two or three employees double-count the money first. And check that amount against the deposit receipt.

Require vendors to submit detailed invoices.

Avoid vague language on invoices. Require multiple approvals for adding a new vendor to your system, one of whom should be you.

Don't be predictable.

Let the element of surprise work for you when watching for employee misconduct. Perform your financial reviews and audits at random times.

Secure business credit before you need it.

You never know when you'll need to access cash. Whether you experience a sudden cash-flow crunch or discover an opportunity that requires a cash outlay, do you have financial resources you can tap, such as a business line of credit? The best time to apply for a business line of credit is before you actually need it.

Conduct independent reviews of your finances.

Have an independent reviewer regularly examine your financial reports. Your accountant or CPA is ideal for this job.

Invest in technology.

Buy a robust accounting software system to help you stay on top of your accounts and expenses. Many software systems today come with robust reporting features and financial dashboards so you can check your financial status at a glance.

MEMBER NEWS

LINCOLN SURGICAL ASSOCIATES WELCOMES SCOTT SCHWIESOW, MD, FACS



Dr. Schwiesow to work in Memorial Hospitals and St. Elizabeth's Hospital as emergency and general surgeon

SHILOH, ILLINOIS—Dr. Scott Schwiesow has joined Lincoln Surgical Associates as an emergency surgeon and general surgeon. Dr. Schwiesow will work at Memorial Hospital Belleville, Memorial Hospital Shiloh, and St. Elizabeth's Hospital in O'Fallon. As an emergency surgeon at the hospitals, Dr. Schwiesow will provide acute care surgical services for the emergency rooms and inpatient floors. He will also perform robotic surgeries in his role as a general surgeon.

"Lincoln Surgical is happy to bring Dr. Schwiesow to our team," said James Clanahan, MD, FACS, president of Lincoln Surgical. "Dr. Schwiesow joins Lincoln Surgical after serving as a member of a ground surgical team for the U.S. military. We know he will be a great addition to our surgical staff."

Dr. Schwiesow completed a general surgery residency at Keesler Air Force Base in Biloxi, Mississippi. He received his medical degree from Saint Louis University School of Medicine in St. Louis, Missouri. Dr. Schwiesow is a fellow of the American College of Surgeons and board certified by the American Board of Surgery.

Learn more about Dr. Schwiesow and Lincoln Surgical Associates at www.lincolnsurgical.com.

About Lincoln Surgical Associates
Lincoln Surgical Associates offers a multidisciplinary approach to meeting patients' surgical needs. Specializing in advanced minimally invasive surgery, Lincoln Surgical provides state-of-the-art treatment and expertise in all areas of general surgery including breast, endocrine, colon and rectal, and foregut treatment. Learn more at www.lincolnsurgical.com.

BREANNA SAMPO AWARDED \$8,500 PHI KAPPA PHI FELLOWSHIP



Breanna Sampo of Peru, Ill., has been awarded a Fellowship worth \$8,500 by The Honor Society of Phi Kappa Phi – the nation's oldest and most selective collegiate honor society for all academic disciplines. Sampo is one of 62 recipients nationwide to receive a Phi Kappa Phi Fellowship.

Sampo received a bachelor's degree in psychology from McKendree University this May. As a Phi Kappa Phi Fellow, Sampo will pursue a Ph.D. in positive developmental psychology at Claremont Graduate University.

"Receiving this award fills my heart with such immense gratitude as these funds will make my dream of moving from rural Illinois to southern California possible," Sampo said. "With this fellowship, my transition to graduate school will be a smooth cross-country trip while allowing me to start the semester off strong by having all the need supplies to further establish my academia career."

Since its creation in 1932, the Fellowship Program has become one of the Society's most visible and financially well-supported endeavors, allocating \$649,000 annually to outstanding students for first-year graduate or professional study. This year's program awarded two awards of \$35,000 each, the 1987 Fellowship and the Sherrill Carlson Fellowship; six \$20,000 Marcus L. Urann Fellowships, named for the Society's founder; and 54 fellowships of \$8,500 each.

The selection process for a fellowship is based on the applicant's evidence of graduate potential, undergraduate academic achievement, service and leadership experience, letters of recommendation, personal statement of educational perspective and career goals, and acceptance in an approved graduate or professional program.

Phi Kappa Phi Fellowships are part of the Society's robust portfolio of award and grant programs, which gives \$1.3 million each year to outstanding members and students on chapter campuses through study abroad grants, graduate fellowships, funding for post-baccalaureate development, member and chapter awards, and grants for local, national and international literacy initiatives.

To see the complete list of 2023 Phi Kappa Phi Fellows, please visit www.phikappaphi.org/2023Fellowships.

About Phi Kappa Phi
Founded in 1897, Phi Kappa Phi is the nation's oldest and most selective collegiate honor society for all academic disciplines. Phi Kappa Phi inducts approximately 25,000 students, faculty, professional staff and alumni annually. The Society has chapters on more than

325 select colleges and universities in the United States, its territories and the Philippines. Membership is by invitation only to the top 10 percent of seniors and graduate students and 7.5 percent of juniors. Faculty, professional staff and alumni who have achieved scholarly distinction also qualify. The Society's mission is "to recognize and advance excellence in all fields of higher education and society and engage the community of scholars in service to others."

For more information, please visit www.phikappaphi.org.

NEW COMMUNITY AED PROGRAM LAUNCHED LOCAL FAMILY AND PRAIRIE HEART PARTNER TO SAVE LIVES



The

McGraw family (including Mike and Juliana McGraw, Jenna and Rich Beyers, Christa McGraw and Dona McGraw) has partnered with Prairie Heart Institute and the Prairie Heart Foundation to begin the Community AED Program in memory of Rick McGraw.

"The Community AED Program meets a significant need," says Brandy Grove, manager of philanthropy for the Prairie Heart Foundation. "Recently the Rochester Junior High Baseball Team reached out and requested support for an Automated External Defibrillator (AED) machine at their local baseball field."

Grove says their team witnessed a tragic event when a local community

member suffered cardiac arrest during baseball practice. Although 911 was called, the individual did not survive. When treating a heart attack, every second matters. Research proves Cardiopulmonary Resuscitation (CPR)

and AED save lives. Immediate access to an AED machine could have made a difference on the field that day.

"We grieve with the Rochester community. We are grateful for this partnership with the McGraw family, allowing us to hopefully prevent future tragedies like this by providing life-saving tools," says Grove.

"As the local leader in heart health, Prairie Cardiovascular wants to ensure community members in the regions we serve have access to life-saving tools to provide immediate assistance to those in need," says Tammy Lett, chief operating officer of HSHS Medical Group and Prairie Cardiovascular. "In partnership with Prairie Heart Foundation and the McGraw family, we are proud to provide the Community AED Program to organizations in the communities Prairie serves."

The Community AED Program has already awarded several AED machines to area organizations, including the Loami Police Department, The Springfield Hitting Center/Arsenal Baseball Club, Pleasant Grove Baptist Church, Camp Cilca and Rochester Junior High baseball team.

All approved applicants receive the Zoll AED Plus with Real CPR Help®, real-time CPR feedback to help rescuers save a life. While only half of all sudden cardiac arrest victims will require shock, 100% will need critical and quality CPR. Real CPR guides the user every step of the way, both telling and showing the user what to do. In addition, all approved applicants will receive AED setup, inspection tags and

a 1-year license for each machine.

For more information about the program or to apply, visit <https://www.prairieheart.org/giving/aed-program/> or contact Brandy Grove, manager of philanthropy for Prairie Heart Foundation, at 217-814-5177 or Brandy.Grove@hshs.org.

Photo caption: The Rochester Junior High baseball team and Principal Kim Poole accept their AED machine from Prairie Heart Institute, the Prairie Heart Foundation and the McGraw family.

Find more
Member News
on our website:

OFallonChamber.com

Have a News Release you'd
like to share?

Log in to your account and
post yourself or email

Chamber@OFallonChamber.com

MONTHLY CALENDAR

August

19

[Military and First Responder Appreciation Day](#)
8:00 a.m. | Vine Street Market

21

[Executive Board Meeting](#)
1:15 p.m. | Chamber Depot

22

[OTHS Job Fair](#)
6:00 p.m. | OTHS Smiley Campus

24

[Board of Directors Meeting](#)
8:15 a.m. | City Hall Council Chambers

25

[Business Over Breakfast](#)
8:00 a.m. | Public Safety Building

28

[Member Engagement Committee Meeting](#)
1:15 p.m. | Chamber Depot

BUSINESS MINUTE



Did you know the Illinois Chamber of Commerce is a wealth of information and resources for businesses?

If you are a business owner, president, or responsible for managing Human Resources functions for your organization, you can benefit from Illinois Chamber conferences, seminars, webinars, and publications. And, if you are an accredited professional and need Continuing Education Units (CEUs), many Illinois Chamber programs are approved for HRCI CEU credit.

Check out these upcoming events! Details and links can be found on the Illinois Chamber Event Calendar.

Mark your calendars, register early and don't forget to say the O'Fallon-Shiloh Chamber of Commerce Referred you!



Model Employee Policies Handbook Update for 2023 and Beyond

8/22/2023 9:00 am - 12:00 pm

NIU Center, 1120 E. Diehl Road, Naperville, IL 60563

Most employers have an employee handbook, but many have not reviewed and updated it in years. Laws are ever-changing, so are you certain your handbook complies with current laws? Will your handbook stand up to investigation by the DOL, EEOC or NLRB?

[Learn more!](#)



Illinois Sales Tax: Exemptions and Incentives

8/31/2023 1:30 pm - 2:30 pm

We will provide practical advice for claiming and documenting sales tax exemptions; as well as discuss exemptions and documentation requirements for sellers and purchasers. Plan to join Keith Staats, Executive Director of Illinois Chamber's Tax Institute for this presentation!

[Learn more!](#)



Aligning Your Team for Results

9/14/2023 9:00 am - 12:00 pm
NIU Center, 1120 E. Diehl Road, Naperville, IL 60563

Attend this highly-interactive "hands-on" workshop facilitated by Christine Corelli with your team. Together, you learn team skills that are immediately applicable, share ideas, and become aligned with your competitive strategy, business goals, and priorities. After taking this program, you will get the RESULTS you want and need.

[Learn more!](#)

July Ribbon Cuttings

View all our ribbon cutting photos and videos on our website: OFallonChamber.com



SERENE RENEWAL MEDICAL SPA & WOMEN'S WELLNESS
787 SUNSET BLVD, STE 200, O'FALLON, IL 62269

Holistic health to help balance your hormones, lose weight, and turn back the clock. Offering Coolsculpting, RF microneedling, Tox/Fillers, weight loss injections, and bioidentical hormone pellets/creams/sublinguals.

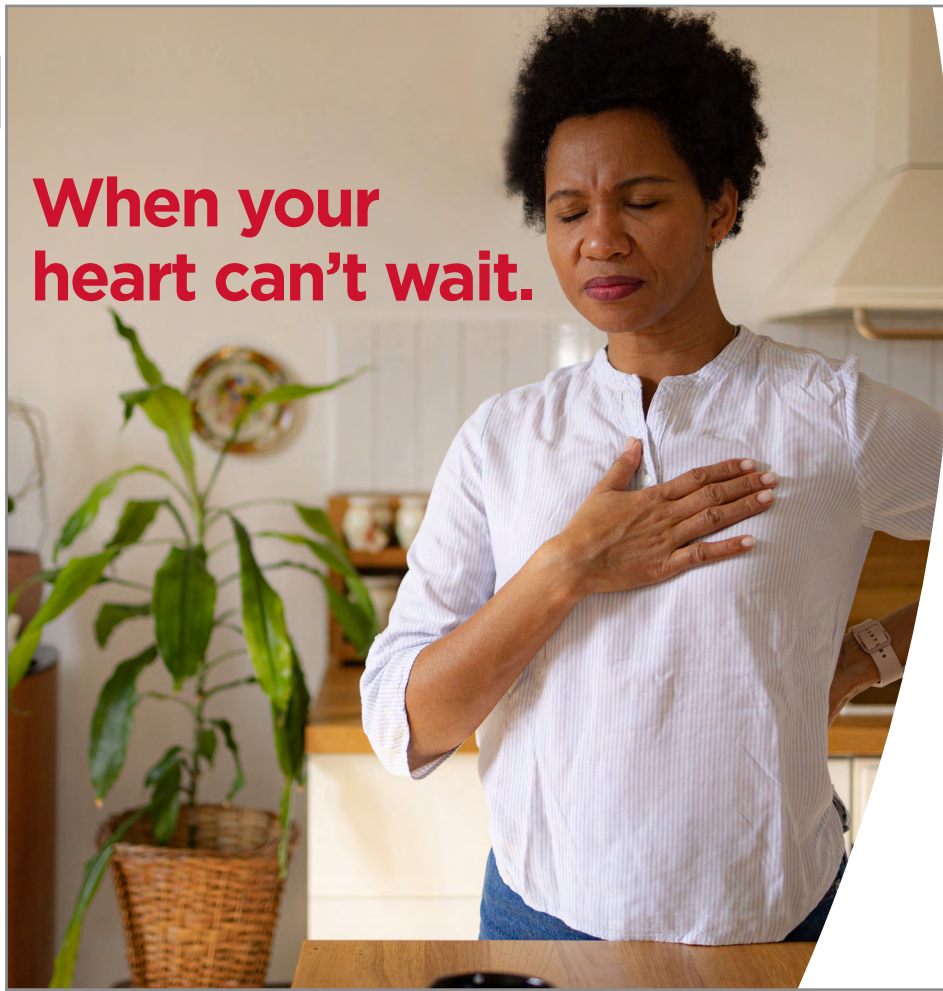
Come out and support a fellow chamber member at our next Ribbon Cutting! Enjoy light refreshments and networking - you never know who you may meet!



MY BOWL KOREAN BBQ
747 SEIBERT RD, SCOTT AFB, IL 62225

My Bowl Korean BBQ is Your Happy Place!
Opened to the public in mid-August.

**When your
heart can't wait.**



We do our best work under pressure. At a moment's notice, Prairie Heart's highly qualified cardiologists are prepared for every emergency, with the latest, advanced technology and a heart for compassionate care. When your heart is in crisis, we are here with you.

Learn more at steliz.org/ER.

 **Prairie**
Heart & Vascular Institute
HSHS St. Elizabeth's Hospital

Here with you.

SALUTE TO OUR STAR INVESTORS



TWO STAR INVESTORS



HSHS Medical Group

ONE STAR INVESTORS

1st National Bank of Waterloo
i3 Broadband
Aaron Holdge Allstate
American Family Insurance Buchtel & Assoc.
Associated Bank
Auffenberg Dealer Group
Bank of Belleville
Bank of O'Fallon
Baysinger Architects
Belleville News Democrat
BOS Metro East Banking Center
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CEFCU
Cambridge House O'Fallon
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Catholic Community Credit Union
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Clete's, Inc.
Clinton Manor Living Center
Coldwell Banker Brown Realtors
Commerce Bank
Country Estate Kennel
Discount Storage
Drury Inn & Suites
Farmers & Merchants National Bank
FCB O'Fallon Bank

First Bank
First Bankers Trust Company N.A.
First Mid Bank and Trust
First Community Credit Union
Gateway Metro Federal Credit Union
Gateway Solutions
Guaranteed Rate
Heartland Bank
Hilton Garden Inn
HD Painting and Stain Co.
Holland Construction Services
Home Heating and Cooling
Jack Schmitt Auto World
Jack Schmitt Chevrolet of O'Fallon
KB Homes Powered by KW Pinnacle
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.
Merrill Lynch | Woody Gray
Mid America Oral Surgery Center
Morrison Plumbing, Heating and Air
Navy Federal Credit Union
O'Fallon Progress/Command Post
O'Fallon Shiloh Towing
OST Container
Premier Remodeling
First Mid Bank and Trust

Regency Manor
Regions Bank
Revela at O'Fallon
Revity Credit Union
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 Record Madison/St. Clair
The Regency Conference Center
The Rehabilitation Institute of Southern Illinois
Together Credit Union
TownePlace Suites by Marriott
U.S. Bank
Washington University Physicians |
Pediatric Specialty Care
Water Sweets Soap Company, Inc.
Webster University

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Memorial Hospital Belleville | Shiloh

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Dan Jackson, Treasurer
Carrollton Bank

2022-2023 BOARD MEMBERS

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BARBERMURPHY Group

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Melissa Fanning
United Way of Greater St. Louis

Kurt Schroeder
Greensfelder, Hemker & Gale, P.C.

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Erik Huber
Bank of Springfield

Dave Snyder
Rotary Club of O'Fallon /Emeritus

Ken Hutchens
Shiloh United Methodist Church

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

This month's newsletter sponsors is: ChiroMed O'Fallon

Would you like to be the first page of our next newsletter?
Let us know! chamber@ofallonchamber.com | 618-632-3377

July - December 2023
SAVE THE DATES

BUSINESS AFTER HOURS (BAH)
ANNOUNCEMENTS AND ATTENDANCE PRIZE DRAWINGS ARE AT 6 P.M.

 (outside Shiloh gate)
747 Seibert Road, Scott AFB
Tuesday, July 18 • 5-6:30 p.m.


8550 Forest Boulevard, Caseyville
Tuesday, September 19 • 5-6:30 p.m.


400 North Alton Street, Lebanon
Tuesday, November 14 • 5-6:30 p.m.

Please RSVP to 618-632-3377 or chamber@ofallonchamber.com

RESTAURANT ROULETTE

Thursday, August 10 11:30 a.m.
Thursday, October 12 11:30 a.m.

Have an exceptional networking lunch with 3 to 7 other chamber members!

Location at various member restaurants
You RSVP; we tell you the day before where you're going for lunch; you find out who you're having lunch with when you arrive at your table!

BUSINESS OVER BREAKFAST (BOB)
Friday, August 25 8:00 a.m.
Public Safety Building • 285 N. Seven Hills Road, O'Fallon

NETWORKING EVENT
Thursday, October 5 Morning Event
Business Over Breakfast Networking Event with McKendree University business students

CHAMBER MEMBER LUNCHEON
SAVE THE DATE
Wednesday, November 8 11:30 a.m.