

SEPTEMBER 2024

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**618-622-3553
618-531-0309**



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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



How Sustainability Impacts Small Business

Your company's approach to sustainability could become a competitive edge in a crowded marketplace. Plus, it's good for everyone.

Page 10

Our 26th Annual Golf Tournament is September 12 at Far Oaks Golf Club! Register your teams early (by August 8th) for a chance to win a prize, and check out our NEW Sponsorship opportunities this year!

Page 9

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

My Bowl Korean BBQ

Gary Clinton
747 Seibert Rd
Scott AFB, IL 62225
618-581-5769
Gclinton67@gmail.com
<http://mybowlkbbq.com>
(Restaurant)

PrimeLending

Mindy Shafer
4407 Walnut Street, Ste 210
Beavercreek, OH 45440
618-696-9635
mindy.shafer@primelending.com
<https://www.primelending.com>
(Mortgages)

Baysinger Architects

Michael Staub
1405 N. Greenmount Rd, Suite 260
O’Fallon, IL 62269
618-680-0480
m.staub@baysingerarchitects.com
www.baysingersrchitects.com
(Construction, Remodeling Construction)



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!



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
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

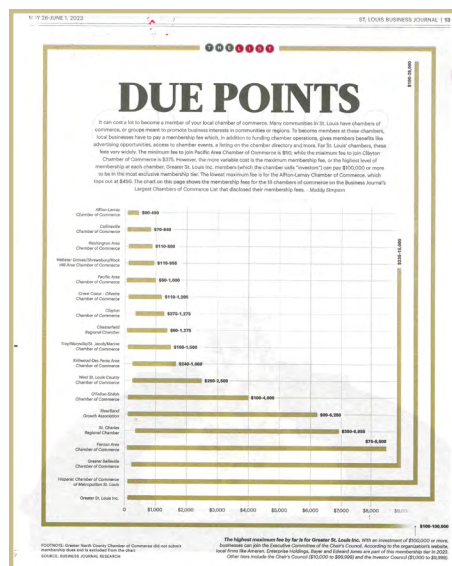
Star Investors

One Star Investors

Clinton Manor Living Center
First Bank
Scott Credit Union

Baughman & Associates
Benjamin F. Edwards & Co.
Chiro Med
Dairy Queen O'Fallon
Destinations by Ellen
Dodd & Wambold
Eagle & Dragon Martial Arts
HMG Engineers, Inc.
Hollywood Hair
I Scream U Scream

J. I Enterprises
O'Fallon Apostolic Assembly Church
Red Door Realty Group, Inc.
RTI Barge Management, Inc.
Southern IL Builders Association
Teen Court Foundation of St. Clair County
Thips Thai Cuisine
Thrivent Financial
Vision Care Associates



THE LIST

LARGEST CHAMBERS OF COMMERCE

RANKED BY MOST RECENT ANNUAL BUDGET

Rank	Chamber	Address and Phone	Website	Member Size	2019 Budget	2020 Budget	2021 Budget
1	O'Fallon-Shiloh Chamber of Commerce	1000 N. Main St., O'Fallon, IL 62450-1000	www.ofallonchamber.com	100	\$30.4M	\$30.4M	\$30.4M
2	St. Louis Area Chamber of Commerce	1000 N. Main St., St. Louis, MO 63101-1000	www.stlouisarea.com	100	\$10.0M	\$10.0M	\$10.0M
3	St. Charles Regional Chamber of Commerce	1000 N. Main St., St. Charles, MO 63301-1000	www.stcharles.com	100	\$10.0M	\$10.0M	\$10.0M
4	St. Louis County Chamber of Commerce	1000 N. Main St., St. Louis, MO 63101-1000	www.stlouiscounty.com	100	\$10.0M	\$10.0M	\$10.0M
5	St. Louis City Chamber of Commerce	1000 N. Main St., St. Louis, MO 63101-1000	www.stlouiscity.com	100	\$10.0M	\$10.0M	\$10.0M
6	St. Louis Metro Chamber of Commerce	1000 N. Main St., St. Louis, MO 63101-1000	www.stlouismetro.com	100	\$10.0M	\$10.0M	\$10.0M
7	St. Louis North County Chamber of Commerce	1000 N. Main St., St. Louis, MO 63101-1000	www.stlouisnorthcounty.com	100	\$10.0M	\$10.0M	\$10.0M
8	St. Louis South County Chamber of Commerce	1000 N. Main St., St. Louis, MO 63101-1000	www.stlouissouthcounty.com	100	\$10.0M	\$10.0M	\$10.0M
9	St. Louis West County Chamber of Commerce	1000 N. Main St., St. Louis, MO 63101-1000	www.stlouiswestcounty.com	100	\$10.0M	\$10.0M	\$10.0M
10	St. Louis East County Chamber of Commerce	1000 N. Main St., St. Louis, MO 63101-1000	www.stlouiseastcounty.com	100	\$10.0M	\$10.0M	\$10.0M

WE MADE "THE LIST" AGAIN THIS YEAR!

See why it's great to be a member of the The O'Fallon-Shiloh Chamber of Commerce! We have been recognized as one of the largest Chambers in the area by the St. Louis Business Journal again this year. See how we compare to other Chambers!

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 O'FallonChamber.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.

UPCOMING CHAMBER EVENTS



Ribbon cutting | Come out and support a fellow chamber member!

Location: Serene Renewal Medical Spa & Women's Wellness | 787 Sunset Blvd, Ste 100, O'Fallon

Date and Time: July 14, 2023 | 12:30 p.m.

LEARN MORE!



Business After Hours | 1.5 hours of pure networking - no program, just networking. Are you ready to meet 50+ potential contacts? Come network at our Business After Hours- bring your business cards! Stay for 15 minutes or for the entire time. Tour the host's business, meet people and enjoy light refreshments.

Location: My Bowl Korean BBQ | 747 Seibert Road, Scott AFB/O'Fallon (outside gate)

Date and Time: July 18, 2023 | 5:00 p.m. to 6:30 p.m.

RSVP TODAY!



2023-2024 Employment Law Compliance Update

Location: O'Fallon City Hall Council Chambers | 255 S Lincoln Ave, O'Fallon

Date and Time: July 27 | 12:30 p.m.

Speaker: Scott Cruz, Greensfelder, Hemker & Gale, P.C.

RSVP TODAY!

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

New Episodes Every Friday!

The618now.podbean.com

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.



Only 1 sponsor per episode.

Each 20-second sponsor ad is aired mid-roll of an episode.

Sponsorship includes 4 ads.

Want to feature your business? Only \$200 for 4 weeks of sponsorship!

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!*

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 Alex Schaefer tells us about Recovery Through Movement!



Recovery Through Movement LLC offers a variety of services including recovery from orthopedic and neurological injuries and surgeries, exercise prescription and sport-specific training, management and recovery from chronic orthopedic and neurological

conditions, pain neuroscience education, as well as a form of somatic education known as the Feldenkrais Method® which includes Awareness Through Movement® lessons. As a cash-based private practice, we look to provide a more personalized experience. It means a smaller volume of clients with more time and attention paid to each person, multiple areas of concern are able to be addressed at one visit, scheduling will not be difficult,

and the rate is comparable to an insured PT visit after copay plus the 20% most insurance does not cover.

Please check the website: recoverythroughmovement.com for more details and class schedule.



Alex Schaefer, MPT, FP
Recovery Through Movement LLC
220 E. State St. Unit 1-H
O'Fallon IL 62269
808 283 9949
recoverythroughmovement.com

Caregiver Guilt

<https://hospice.org/caregiver-guilt/>



It's no secret that being a caregiver is a large undertaking. According to the National Alliance for Caregiving and AARP, family caregivers spend an average of 24.4 hours per week providing care.

In today's world, many of us are more transparent about our mental health. Therefore, it's not uncommon to hear about the mental strain a family caregiver may be experiencing. Feelings of guilt, exhaustion, frustration, and anxiety are all common when taking on the role of a caregiver and can make an already challenging time harder.

Signs & Symptoms of Caregiver Guilt

- Detachment— A feeling of going through the motions, knowing you have duties, completing them, but feeling no connection.
- Role Confusion— The lines of a relationship between a caregiver and a dependent can become blurred. You may start to feel like you are no longer a spouse, partner, child, or friend. This may lead to anger.
- Helplessness— Even after all you do, it doesn't feel like you're making a difference. It's important to remember in the face of terminal illness, things may not get better. Your role may solely be to provide comfort.
- Depression— On top of the balancing act you may be doing, you are facing potential loss and may already be experiencing grief for the person you're caring for.
- In short, it's important to remember that these signs and symptoms, among others, are common. Despite our best efforts, life changes when you assume the caregiver role. Change alone can be a driver of our emotions and well-being.

Combating Caregiving Guilt & Burnout

It's easy to forget about or not see the priority in self care. However, it is best to be honest with ourselves about this. Pouring from an empty cup will impact your ability to be a present and helpful caregiver. You deserve an hour or two of good in each day. In other words, what makes you happy in life? This can be a time to read, go to the gym, or watch your favorite reality show. These brain breaks are just as good for your mental health as eating or sleeping. So, self-care is something you must block out in your calendar. Whatever it is, you deserve it, and those you're caring for will understand.

Self-care also involves taking care of your health. Think of it this way: if you want to give the best care possible, it starts with you! Proper sleep, eating healthy, and getting fresh air are all elements of a happy life. As aforementioned, caregiving may take a toll on our physical health, but also our mental health. Consider talking to a therapist or clergy member about your caregiver experience. Additionally, ask someone to be your go-to. When you're feeling overwhelmed have a designated friend or

family member to lend a listening ear.

Try one of these things, if you feel a bit overwhelmed with your caregiver role.

- Consider buying into a meal delivery service.
- Save time planning meals, shopping, and cooking. Meal delivery services bring this right to your door, and you're in control of your order.
- Start your morning with fresh air.
- Whether it's a walk or eating breakfast outside you're sure to feel refreshed.
- Keep a journal to track your anxiety triggers.
- Grab a journal and write about your day and when you felt overwhelmed. This can help you find patterns so you can better avoid triggers. You can also find many prompt ideas online.
- Download The Mindfulness App and end the day with a meditation session to wind down.
- Create a "Positivity Playlist" with all your favorite songs.
- 10 Minute Declutter
- Set a timer for 10 minutes, turn on some music, and pick up some clutter around the house. The difference a slightly more organized space can make will amaze you.

As illnesses progress, be realistic about care. Although it may not feel like it, there's power in admitting you can't do it all. This shows your intent to be a helpful caregiver. Respite services can be provided in-home to help give you a much-deserved break. Additionally, it's important to prioritize conversations with the dependent party's physician on when hospice or palliative care might be needed. In conclusion, keep in mind that opting for hospice care can be emotional; however, it should not be looked at as "giving up". Hospice of Southern Illinois offers a team approach to care that makes sure your loved one's end-of-life journey is comfortable and dignified.



Dr. Ellen Middendorf
Hospice of Southern Illinois
800.233.1708 (On Call Support 24/7)
618.222.5905 (Local) /
618.222.6831 (Fax)



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Your Best MedicineSM is Right Here.

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
- Siteman Cancer Center—the only satellite facility in Illinois
- Family Care Birthing Center
- Specialty care from Washington University Physicians in Illinois, Inc.
- Children's at Memorial

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.
(EASTBOUND INTO IL)

HOW DOES IT WORK?

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: _____

PHONE #: _____

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

☐ 52 WEEKS | \$1,350

☐ 32 WEEKS | \$900

☐ 20 WEEKS | \$600

☐ I WOULD LIKE MORE THAN ONE AD

☐ I WOULD LIKE THE CHAMBER TO DESIGN MY AD | \$50

Please indicate how many ad spots you would like

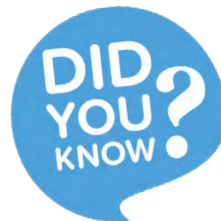
FAQ:

All ads must be approved by the O'Fallon-Shiloh Chamber of Commerce. The Chamber reserves the right to refuse/reject any ad copy.

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!

Visit OFallonChamber.com/Billboard



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**



Registration and Sponsorships are now open! Check out our new sponsorship opportunities for this year, and be sure to get your team registered before the August 8th Early Bird deadline to be entered to win a prize!

Putting Challenge Sponsor - \$800

- 2 meal/drink tickets per session for helpers
- Sponsor provides tent at hole
- Signage on hole with logo; logo on Event Banner
- Add a four-player team for \$450

Platinum Hole Sponsors — \$800

***NEW THIS YEAR* (\$500 for half day)**

- Exclusive use of one golf cart all day / add'l carts \$60
- 2 meal/drink tickets per session for helpers
- Vegas game available to host
- Sponsor provides tent at hole
- Signage on hole with logo; logo on Event Banner
- Add a four-player team for \$450

Club-Level Sponsors — \$550

- Close to clubhouse from 10 a.m. - 3p.m.
- Sponsor provides tent at location
- 2 meal/drink tickets per session for helpers
- Signage on hole with logo; logo on Event Banner

***NEW THIS YEAR* Bunker Beers Sponsor — \$500**

- 4 Available: 2 for each session
- Each sponsor will provide tent at hole
- No beer tickets accepted
- Signage at hole with logo
- Morning session 10am - noon; afternoon 2-5pm
- Each sponsor provides 5 cases of domestic beer cans

Pin Flag Sponsor — \$400 - Deadline 8/8/23

- Custom pin flag with corporate recognition
- Exclusive—only 18 available
- Selection is based on a first-come basis
- Sponsor retains flags as keepsake
- Must commit by August 6th
- Logo on Event Banner

H2O Sponsor—\$350

- 4 Available: 2 for each session
- Hand out water at send off and provide water via golf cart for 2 hours
- One sponsor each session will cover the Front 9; other will cover the back 9
- Optional for sponsor to hand out water at send off
- Each sponsor provides 8 cases water
- Each sponsor will be provided a golf cart, cooler to put their water in

Gold Hole Sponsor—\$250

- Signage on hole with logo
- Company Name on Event Banner

Silver Hole Sponsor—\$125

- Signage at hole with name of business

***NEW THIS YEAR* Snack Attack Sponsor—\$250**

- 2 available
- Each sponsor will provide 120 clear baggies of snacks (pretzels, granola bars, gum, etc.). The sponsor logo may be on the bags
- Chamber staff will place bags in carts at send-off
- Company name in the program

Meal Sponsor (call or email for details)

- Multiple available

Visit our Website for more information and to sign up!



Click here!

or visit www.OFallonChamber.com/golf2023



BUSINESS TRACK ARTICLE

How and Why to Achieve Sustainability for Business

<https://sba.thehartford.com/business-management/sustainability-for-business/?cmp=EMC-SC-SBA-71998128&eml=1>



Sustainability has gained attention in the business world. An increasing number of customers feel that businesses should be held responsible for their impact on the environment. And many customers make purchasing decisions based on whether a business is eco-friendly.

Staying informed on business trends, including sustainability, is essential to your success as a small business owner. To keep you up-to-date, we'll answer the following questions about sustainability for business:

- What is sustainability in business?
- What is a sustainable business?
- Why is sustainability important in business?
- How can your small business be more sustainable?

What Is Sustainability in Business?

While “sustainability” may seem like a buzzword, it’s much more than that. In a business context, sustainability focuses on a company’s long-term impact, value and lifespan—all of which become intertwined. When organizations create a sustainable mission, their business practices shift toward low- to no-harm operations. For example, they may shift their manufacturing process to produce less carbon emissions. Many eventually go a step further, creating environmentally sustainable missions that actually improve the environment and community.

In a time when consumers are more aware and mindful of their own environmental impact, people often seek out like-minded sustainable businesses. Your company’s approach to sustainability may even become a competitive edge in a crowded marketplace.

What Is a Sustainable Business?

Sustainable business initiatives look different depending on the company and its industry. Some choose to reduce their

environmental impact by focusing on more energy-efficient facilities or moving entirely to renewable energy. Others may look for efficiencies in their supply chains. For instance, businesses may choose logistics providers that transport cargo with a fleet of energy-efficient hybrid and electric vehicles. Or they may audit their suppliers and work more with ones that maintain a lower carbon footprint.

Sustainability initiatives often go hand-in-hand with a company’s values and goals. Take LEGO Group as an example. According to its mission statement, LEGO aims “to be a global force for learning through play.” With this child-focused mission, it makes sense that the company wants to maintain a healthy world for children’s futures.

LEGO uses a multi-pronged approach to environmental sustainability. Their strategy includes manufacturing with sustainable materials, promoting LEGO brick donations to encourage a circular economy, eliminating single-use plastic packaging by 2025, eliminating waste, and reducing their carbon emissions by using more renewable energy and globalizing manufacturing to move closer to its customers.

In fact, LEGO selected its first U.S. factory location based on three criteria, all of which tie to sustainability:

1. Close proximity to major markets
2. An ability to build a carbon-neutral factory with a nearby solar farm
3. Access to a skilled manufacturing workforce

As LEGO demonstrates, business sustainability can go beyond environmental practices to include the longevity of a talented workforce. This is why some sustainability initiatives also focus on workforce diversity and equity. The idea is that diverse perspectives bring a wealth of valuable ideas that can benefit a business. When businesses treat employees equitably, they’re more likely to retain great talent.

Why Is Sustainability Important in Business?

Most people feel businesses have a social responsibility to their communities. Businesses that ignore this responsibility often prioritize short-term profit over long-term impact. These companies are more likely to suffer from poor public relations which can eventually hurt their bottom lines. On the flip side, socially responsible businesses can gain a competitive advantage that improves their financial performance.

Research backs this up. You may have heard of ESG ratings: ESG stands for environmental, social and governance. The ESG metric helps measure and track a company's societal and environmental impact. The higher the score, the more socially responsible an organization is.

McKinsey's global survey found that investors and C-suite leaders consider companies with higher ESG ratings to hold more value. In fact, many say they would be willing to pay a 10% premium to buy a company with a positive ESG record over a negative one. This could be due to the fact that companies that are highly rated for sustainability enjoy higher operating margins and annual shareholder returns, according to Accenture research.

Employees also appreciate working for businesses with sustainable practices. According to the National Environment Education Foundation, nine out of 10 employees who engage with their company's sustainability goals say they're more satisfied at work and have more positive feelings about their employer.

All considered, your business can reap the following rewards by working to be more sustainable:

- Growing more attractive to investors, customers and employees
- Improved operating margins and financial performance
- Gaining a positive public perception
- Maintaining compliance with national and local environmental laws and regulations
- Serving a higher purpose

How Can Businesses Be More Sustainable?

Companies have found various ways of implementing sustainable practices that fit their business models. As you brainstorm ideas, consider how your business's actions and output will impact not just your profits but also people and the planet.

Follow these steps to land on the right sustainability initiatives for your business.

1. Ask your employees, customers and other stakeholders what changes they would like to see to make your business more sustainable. They may share some great ideas and will likely feel more engaged after you ask for their opinions.
2. Evaluate your current state of sustainability. Look at your hiring practices, whether and how you give back to your community, ways to reduce your carbon emissions, and the types of waste created by your current operations. Doing so may uncover some ways to improve.
3. Consider which sustainability initiatives best align with your business's overall goals, values and customers' values.
4. Once you decide on a direction, clearly define your sustainability goals and communicate them to all stakeholders to make sure they understand and agree with them.
5. Create achievable, quantifiable goals for improving

sustainability with a plan for measuring success against a defined timeline.

6. Communicate milestone steps towards achieving those goals to help engage your employees and track your progress along the way.
7. Regularly measure and report on your progress as your business works towards its sustainability goals.
8. As you reach your goals, review the effectiveness of your plan and set new targets.

Common Questions About Sustainability in Business

Below are answers to some frequently asked questions about sustainability in business.

How can blockchain be used to support sustainable business practices?

Some enterprises use blockchain technology to achieve greater transparency in their supply chains. This transparency not only helps them track raw materials from origin through production and consumption, but can also help uncover opportunities to improve sustainability efforts such as reducing waste, incentivizing recycling and improving energy efficiency.

How does sustainability impact profit?

Sustainability initiatives can result in cost savings—and lower expenses yield higher profits. For instance, a company that installs more efficient windows and motion-sensor lighting will spend less on energy. Consumers and businesses alike may also be willing to spend more to work with sustainable companies. This is why many sustainable businesses perform better financially than their peers.

How can I make my small business more sustainable?

Many small business owners improve their business sustainability by looking for ways to reduce their energy consumption, especially as energy costs rise. Consider renewable energy sources and look for ways to make your facilities and shipping practices more energy efficient.

Other ways small businesses can achieve sustainability goals include:

- Using less paper and lighter shipping materials
- Launching recycling initiatives
- Allowing work-from-home days to keep employees' vehicles off the road
- Using earth-friendly products such as chemical-free cleaners
- Stocking reusable mugs and cups in staff kitchens
- Donating to environmental causes
- Sponsoring employee volunteer events such as tree planting and park clean-ups
- Hiring eco-friendly vendors

June Ribbon Cuttings

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



THE MITRE CORPORATION | 821 W. US HWY 50, STE 201, O'FALLON

Expanding reach in the St. Louis region; serving public interest for the community and national security sponsors



O'FALLON PARKS AND REC - ALL ABILITIES PLAYGROUND | 401 E 5TH ST, O'FALLON

A place for laughter, friends and fun where all children and their families can play together regardless of their abilities



I3 BROADBAND | 5321 N ILLINOIS ST, FAIRVIEW HEIGHTS

Your neighborhood provider of fiber-optic internet, HD TV, and voice services

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!



DO YOU KNOW A DESERVING WOMAN?

The Metro East Diaper Bank is looking for women who make a difference in the community to be featured in a fundraising calendar (2024). Nominate yourself or someone else!

Criteria:

- Any woman business owner in the county the diaper bank serves OR
- An active volunteer anywhere: food pantry, church program, community organization, nonprofit etc. in a county the diaper bank serves;
- A short bio about the person and what they do;
- A photo of the person

Email nominations to Norma McCandless at contact@metroeastdiaperbank.org by August 1, 2023 for consideration!

Call 618- 222-2222
Our team has some exciting
news to share with you!



PERIPHERAL NEUROPATHY

"Come learn more about nerve regeneration in 1 hour, than you have in your entire lifetime."



- **Pins and Needles**
- **Numbness/Tingling**
- **Loss of Balance**
- **Pain Feet/Hands**
- **Burning Sensation**
- **Can't Feel The Ground**

Dr. Chad Weber is dedicated to enhancing daily living and improving the general well-being of the O'Fallon and surrounding communities through exceptional patient care and education. He believes in treating the body as a whole and focusing equal importance on all areas that support and build a healthy lifestyle. Patient education is a key element of this process.



Chiro-Med has implemented cutting-edge technology, with a 3-pronged approach to combat Neuropathy symptoms by reactivating + regenerating damaged nerves.

One of the most unfortunate things we have found over the years is that people who struggle with conditions like this are told that the only options are things like prescription drugs that come with all sorts of crazy side-effects...OR...are told they simply have to learn to live with it because there really are no other options.

Contact us today to schedule a \$49
consultation and exam:
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1480 N Green Mount Rd. Suite 300
O'Fallon, IL 62269
(618) - 622- 2222

Do you or someone you love suffer from sharp electric-like shocks, numbness, tingling, balance problems, weakness, extreme sensitivity, the feeling of socks being bunched up, difficulty sleeping, or fear of falling?

MEMBER NEWS

LEADERSHIP COUNCIL APPOINTS NEW DIRECTOR OF MEMBER ENGAGEMENT



The Leadership Council Southwestern Illinois is pleased to announce the appointment of Susan Chapman as the organization's new Director of Member Engagement. Susan brings a wealth of experience from the non-profit world and a deep understanding of the region to her new role, making her a valuable asset to the Leadership Council and its mission.

Susan's professional journey began in the real estate industry in 1997, acquiring a State of Illinois Real Estate Managing Broker's license along with several industry designations. In 2015, Susan made the decision to transition into a new role, joining The Greater Gateway Association of REALTORS® to support her fellow REALTORS® and the real estate industry from a different perspective. In addition to her career, Susan pursued further education, earning a Bachelor of Science in Business Administration from McKendree University in 2019.

Expressing her enthusiasm about joining the Leadership Council Southwestern Illinois, Susan said, "It was a challenging decision to leave the real estate industry, but I am very excited to be working with the Leadership Council. I look forward to collaborating with the staff and area leaders on the future growth here in Southwestern Illinois."

"We are excited to have Susan working with us as she has been a strong advocate for Southwestern Illinois for many years and she will bring that same passion and enthusiasm to her role here," said Leadership Council Executive Director Kyle Anderson. "Her knowledge and experience with the people and businesses of the area will prove invaluable as we continue to unite the region for growth!"

Susan was born and raised in Southwestern Illinois, and currently resides in Troy with

her husband of 32 years. They enjoy a wide range of activities including golfing, biking, boating, sporting events, and theater.

Family is a priority for Susan, and she loves spending time with her three adult children and her granddaughter whenever she's not working.

Susan Chapman is taking over the Director of Member Engagement role from Andrea Beyer, who left the Leadership Council in early June to pursue a position with her church. The Leadership Council expresses its gratitude for Andrea's contributions over the past two years and wishes her well in her new position!

About Leadership Council Southwestern Illinois:

The Leadership Council Southwestern Illinois is a member-based, economic development organization representing Southwestern Illinois. Comprising leaders from various sectors, the Council works collaboratively to champion and advance the region's economic growth. By fostering partnerships, promoting development opportunities, and advocating for business-friendly policies, the Leadership Council aims to create a thriving and prosperous Southwestern Illinois.

DAMOND BOATWRIGHT NAMED BOARD CHAIR OF THE CATHOLIC HEALTH ASSOCIATION'S (CHA) BOARD OF TRUSTEES FOR 2023-24



The Catholic Health Association announced that HSHS President and CEO Damond Boatwright will be inaugurated as chairperson of the association's Board of Trustees for 2023-24.

take place at CHA's annual national Assembly in St. Louis on June 13, 2023. His term begins July 1 and he will serve until June 30, 2024.

"I am sincerely honored to serve as the next board chair of the Catholic Health Association, and I pledge to represent the association to the best of my abilities," said Boatwright. "The opportunity to be a servant leader during these complex and challenging times is truly a blessing."

CHA, founded in 1915, advances the Catholic health ministry of the United States in caring for people and communities. Comprised of more than 600 hospitals and 1,600 long-term care and other health facilities in all 50 states, the Catholic health ministry is the largest group of nonprofit health care providers in the nation. Every day, more than one in seven patients in the U.S. is cared for in a Catholic hospital.

"We are grateful for Damond's deep commitment to promoting human dignity, the common good and caring for those who are poor and vulnerable," stated Sr. Mary Haddad, CHA President and CEO. "We eagerly anticipate his invaluable perspective and leadership as board chair."

Boatwright serves as President and CEO of Hospital Sisters Health System in Springfield, Illinois. He joined HSHS in June 2021, following his service as regional president of SSM Health in Wisconsin, a position he held since 2014. Boatwright has received esteemed recognition, including Modern Healthcare's Up and Comer Award in 2009 and 2010. He has also been featured as one of Becker's Hospital Review's Hospital and Health System Leaders to Know. In addition, Boatwright served as past chair of the Wisconsin Hospital Association (WHA). In 2020, Boatwright was named as a WHA Distinguished Leader. He was also honored as In Business magazine's 2021 Executive of the Year in Madison, Wisconsin.

ST. LOUIS POST-DISPATCH NAMES SCOTT CREDIT UNION A WINNER OF THE GREATER ST. LOUIS TOP WORKPLACES 20

Scott Credit Union is thrilled to announce that it has been honored with the esteemed Top Workplaces 2023 award by the St. Louis Post-Dispatch. This is the tenth time SCU has received this recognition since 2012. The selection process for this accolade is based entirely on employee feedback gathered through a third-party survey conducted by Energage LLC, a trusted partner specializing in employee engagement technology. The confidential survey evaluated 15 fundamental culture drivers essential to the success of organizations, including alignment, execution, and connection, as well as others.

“Earning a Top Workplaces award is a badge of honor for companies, especially because it comes authentically from their employees,” said Eric Rubino, Energage CEO. “That’s something to be proud of. In today’s market, leaders must ensure they’re allowing employees to have a voice and be heard. That’s paramount. Top Workplaces do this, and it pays dividends.”

Scott Credit Union takes immense pride in fostering an exceptional work environment that prioritizes employee satisfaction, growth, and empowerment. As a recipient of the Greater St. Louis Top Workplaces 2023 award, Scott Credit Union demonstrates its commitment to nurturing a workplace culture that cultivates excellence, collaboration, and a strong sense of belonging among its workforce.

“Receiving the Top Workplaces award is a testament to the incredible culture we have cultivated here at Scott Credit Union,” says Frank Padak, President & CEO. “Our success is driven by the dedication, passion, and talent of each and every member of our team. It is their hard work, enthusiasm, and unwavering commitment to excellence that has made this recognition possible.”

Scott Credit Union is grateful for its dedicated employees, whose commitment,

passion, and invaluable feedback have contributed to this significant recognition. With an unwavering focus on creating an environment where employees can thrive, Scott Credit Union will continue to set new standards for workplace excellence in the St. Louis region.

HSHS ST. ELIZABETH’S HOSPITAL WELCOMES HIGH SCHOOL STUDENTS FROM THE AREA TO A SUMMER HEALTHCARE BOOTCAMP



HSHS St. Elizabeth’s Hospital recently welcomed high school students from across southwestern Illinois for its first Healthcare Bootcamp event of the year. The bootcamp for juniors and seniors interested in a career in health care is designed to give students a realistic look into various health care roles while also allowing an opportunity to make connections in the field.

“Through these job shadowing opportunities, students are able to understand the roles and responsibilities of a health care career by allowing them a deeper look, which in turn will provide motivation to learn the role of the career, type of education that is required, skills that are performed, and network with our health care professionals,” says Gavin Halpin, community sourcing strategist at HSHS St. Elizabeth’s Hospital and organizer of the Healthcare Bootcamp. “These students were able to experience hands-on skill sessions, and network with health care professionals from 11 departments.”

Twenty-three students took part in HSHS St. Elizabeth’s Hospital’s Healthcare Bootcamp on Tuesday, June 20. It included experiences in eleven different departments, which engaged students in a variety of ways and solidified their interest in health care. Students also shared that they enjoyed the positive and caring environment that HSHS St. Elizabeth’s Hospital provided them as guests. Interested students were able to talk directly to HSHS employment specialists about opportunities available to them in the field, opening a door in the

health care industry before they graduate high school.

Funding for the bootcamp was provided by the HSHS St. Elizabeth’s Hospital’s Foundation. “The Foundation is proud to support the next generation of potential health care workers,” says David Garriss, the Foundation’s director. “This community supports our hospitals in so many tangible ways, including the work we do to equip our colleagues to be the best in their field. This community outreach is key to inspiring young people to choose career paths in caring for our community.”

Students from area high schools, including Belleville East, Belleville West, O’Fallon Township, Highland, Civic Memorial, Althoff Catholic and First Baptist Academy, participated in the bootcamp.

For those who did not take part in the bootcamp but are still interested in a job shadow opportunity with HSHS, future opportunities can be found at: <https://www.hshs.org/careers/job-shadowing>

Find more
Member News
on our website:

[OFallonChamber.com](https://www.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

July

12

[Downtown District Committee Meeting](#)
8:45 a.m. | City Hall Council Chambers

14

[Ribbon Cutting - Serene Renewal Medical Spa & Women's Wellness](#)
12:30 p.m. | 787 Sunset Blvd, Ste 100

18

[Business After Hours and Ribbon Cutting](#)
5:00 p.m. | My Bowl Korean BBQ

19

[Strengths Workshop \(Must already be signed up\)](#)
8:00 a.m. | Farmers and Merchants Bank Conference Room

24

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

27

[Employment Law Compliance Update](#)
12:30 p.m. | O'Fallon City Hall Council Chambers

BUSINESS MINUTE



Whether you are leasing commercial space to tenants, renewing an existing lease, or looking to invest in commercial property yourself, understanding these clauses will ensure your lease agreement is fair and beneficial to you.

6 Commercial Lease Clauses Not to Overlook

1. **Rent and rent escalations:** Negotiating a fair rent is essential. Consider the current market conditions and ensure that the rent is in line with what other tenants are paying in the area. Don't forget to detail rent escalations scheduled to occur during the lease term.
2. **Lease term and renewal options:** The length of the lease term is a significant factor in commercial leasing. Determine the length that is best for you and negotiate renewal options that provide flexibility and security for a tenant's long-term needs.
3. **Use and zoning:** The permitted use of the space and zoning regulations should also be clearly defined in the lease agreement. Ensure that the tenant's business is permitted to operate in the space and doesn't violate local nuisance or environmental laws.
4. **Repairs and maintenance:** Determine who is responsible for repairs and maintenance and how repairs will be handled.
5. **Tenant improvements and alterations:** Determine the alterations tenants are permitted to make and who will be responsible for the necessary improvements.
6. **Insurance:** As a landlord, you may require a tenant to purchase various types of insurance such as property, liability, rental interruption, or leasehold insurance; however, be willing to negotiate with prospective tenants to customize insurance based on business type.

In addition to these common clauses, remember to discuss janitorial services, utility bills, and overtime use with any potential tenants.

1173 Fortune Boulevard | Shiloh, Illinois 62269 | 618.277.4400 (office) | barbermurphy.com



Congratulations **Kevin Welch!**

Our Vice President and Lender, Kevin Welch, just graduated from the prestigious American Bankers Association Stonier Graduate School of Banking accompanied by a leadership certificate from the Wharton School of the University of Pennsylvania, a top 3 business school in the country.

Contact Kevin for your commercial lending needs:

Kevin Welch, VP Loan Officer

1177 N Green Mount Rd, O'Fallon, IL 62269

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**At HSHS St. Elizabeth's Hospital,
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when you need them.**

When your doctor recommends a test, HSHS St. Elizabeth's Hospital provides convenient lab services. We work with you and your doctor to deliver the proper testing with prompt and accurate results. Quit chasing your tail—get to St. Elizabeth's for all your lab work.

Learn more at steliz.org/labservices.



**HSHS
St. Elizabeth's
Hospital**

Here with you. Page 17

SALUTE TO OUR STAR INVESTORS



TWO STAR INVESTORS



HSHS Medical Group

ONE STAR INVESTORS

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First Bank
First Bankers Trust Company N.A.
First Mid Bank and Trust
First Community Credit Union
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Navy Federal Credit Union
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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.
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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: Destinations by Ellen

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.