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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



The City of O'Fallon is getting noticed in a global news outlet for its innovative Master Plan

Photo credit: Wink McCoskey

Why the hyper-local '15-minute city' is gaining ground in urban planning circles, and how O'Fallon is one of the cities leading the way.

[Page 8](#)

Sponsorship opportunities abound! We have two great events coming up that you can sponsor - our 8th Grade Career Exploration Fair and Salute to Business Awards. Sign up online using our [NEW sponsorship form!](#)

More info on both events can be found on

[Page 12](#) and [Page 17](#)

See who is participating in the Candidate Forums and read the candidate bios on our website. Get info on where and when to watch the O'Fallon forum live!

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NEW MEMBERS

New Adventure Web Design & Digital Marketing

Laura Griffith
6331 Edge Water Dr
Waterloo, IL 62298
618-340-9066
(Marketing & Web Design)

Techknow Solutions

Michell Stockman
494 Memorial Dr.
Breese, IL 62230
618-526-1600
michell@tksdesignsteam.com
http://techknowsolutions.com
(Website Design)

Metro East Literacy Project

Linda Mitchell
O’Fallon, IL 62269
618-558-8527
linda.mitchell@metroeastliteracyproject.org
https://www.metroeastliteracyproject.org/
(Organization)

Walker Transport 2.0

Leon Walker
O’Fallon, IL 62269
404-202-7485
Leonvet#96@yahoo.com
(Cargo Transportation)

Redbox+ Dumpster Rental of St. Louis Metro East

Rachel Sperry
109 Sonoma Way
Swansea, IL 62226
618-418-4733
rsperry@redboxplus.com
https://www.redboxplus.com/st-louis-metro-east/
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Coordinator

Johnnie Hodges - [E-mail](#)
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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.

EMPLOYMENT NEWS AND INFO

Illinois Supreme Court Holds BIPA Claims Accrue with Each Biometric Scan, Foretelling Excessive Damages Crippling to Companies

<https://www.greensfelder.com/employment-and-labor-blog/illinois-supreme-court-holds-bipa-claims>

The Illinois Supreme Court resolved a critical question in Illinois Biometric Information Privacy Act (BIPA) cases with an answer that threatens to devastate companies and drive settlement values in pending cases through the roof: a separate claim under the statute accrues each time a private entity scans or transmits an individual's biometric information.

The 4-3 opinion in *Cothron v. White Castle System, Inc.*, issued on February 17, 2023, took up a certified question from the Seventh Circuit Court of Appeals: "Do section 15(b) and 15(d) claims accrue each time a private entity scans a person's biometric identifier and each time a private entity transmits such a scan to a third party, respectively, or only upon the first scan and first transmission?" The case arises from a putative class action case in which the plaintiff, a former White Castle employee, claims the restaurant chain violated BIPA when it introduced a system that required her to scan her fingerprints, without first obtaining her consent, in order to access company computers and paystubs.

Finding for the BIPA plaintiff, the Illinois Supreme Court focused on the language of the Act and agreed that the acts of collection and capture do not "happen only once." Instead, it found that in *Cothron's* case, "collection and capture" occurred each and every time she scanned her finger to access the company's computer system. The court agreed with the federal district court's earlier decision, quoting its observation that "[e]ach time an employee scans her fingerprint to access the system, the system must capture her biometric information and compare that newly captured information to the original scan (stored in an off-site database by one of the third parties with which White Castle contracted)."

The decision concludes that BIPA provides more than just a one-time liquidated penalty — a statutory violation exists with each and every subsequent scan, collection, or disclosure: "We believe that the plain language of section 15(b) and 15(d) demonstrates that such violations occur with every scan or transmission."

The court considered arguments made by White Castle and amici that "allowing multiple or repeated accruals of claims by one individual could potentially result in punitive and 'astronomical' damage awards that would constitute 'annihilative liability' not contemplated by the legislature and possibly be unconstitutional" given that BIPA provides liquidated damages of \$1,000 or \$5,000 "for each violation." The court acknowledged its crippling effect but found that the language of the Act supports its conclusion, regardless of the resulting harsh, unjust, or unwise consequences. Instead, the court explained that it had previously warned of

severe penalties under BIPA and contends that without them, there would be little incentive for companies to comply. Of course, that does nothing to address defendants that allegedly violated the statute well before any of those Illinois court decisions.

As the slimmest of silver linings for defendants, the court noted that in a class action, a court has discretion to award damages that fairly compensate the class and deter future violations without destroying a defendant's business and that the liquidated damages are discretionary — not mandatory. The court noted that "there is no language in the Act suggesting legislative intent to authorize a damages award that would result in the financial destruction of a business." For what it's worth, plaintiff's counsel acknowledged during last year's oral argument before the court that "astronomical damages are not proper under the statute" after the justices signaled discomfort with viewing liquidated damages on a per-scan basis. He suggested that trial courts could use their discretion to apply "other more rational methods" to calculate damages. Still, no defendant will be eager to test this discretion.

Going no farther to address this significant concern that will have very real consequences on defendants, the court punted the issue by concluding that excessive damage awards are a policy-based concern best left to the legislature. It concluded by focusing its attention directly to the legislature: "We respectfully suggest that the legislature review these policy concerns and make clear its intent regarding the assessment of damages under the Act." Dozens of amendments to BIPA were previously introduced in the Illinois legislature in recent years that would have limited damages, eliminated the statute's private right of action, specified when and how often claims accrue, and tightened the statute of limitations. So far, those proposals made little traction in the legislature. This decision could be the wake-up call legislators need to address the devastating consequences that *Cothron* itself has actualized.

The justices dissenting from the opinion explained that the majority opinion is incompatible with the statute's purpose in protecting individuals from the loss of control over their data: "The majority tellingly never explains how there is any additional loss of control or privacy with subsequent scans that are used to compare the employee's fingerprint with the fingerprint that White Castle already possesses." The dissent also identified a major flaw in the majority's reasoning because the Act's worst offenders could receive a slap on the wrist while technical violations are punished severely. It could not have been the legislature's intent, for example, that a bad actor who made a one-time sale of biometric information to a third party with no regard for what that

party would do with it could be subject to at most \$5,000 in liquidated damages. Meanwhile, a well-meaning employer who used an employee's finger scan to access her computer each workday would be on the hook for thousands of dollars in damages as a result of the reoccurring violations.

Earlier this month, the court released another discouraging BIPA opinion in *Tims v. Black Horse Carriers* setting the statute of limitations for claims under the Act at five years. Coupled with *Cothron*, the two decisions greatly expand the potential for liability for BIPA defendants.

Impacts of the Ruling and Key Takeaways for Your Business

The magnitude of this ruling is not hard to envision. Simply multiply the number of an employee's finger scans (since 2008 to present on each day she worked) by the liquidated damage amounts of \$1,000 or \$5,000 per violation. Even for only one employee — let alone thousands for most employers — you can see why this decision imposes scary ramifications on BIPA defendants. In the *Cothron* case, White Castle estimated the potential number to be \$17 billion.

This is not the last we will hear of this issue—as defendants actually face these crippling damages, we can certainly expect more appeals. Consider a recent 2022 decision by the Ninth Circuit Court of Appeals involving statutory damages under the Telephone Consumer Protection Act (TCPA). In *Wakefield v. ViSalus, Inc.*, a TCPA class action related to robocalls, a jury returned a verdict of more than \$925 million in statutory damages (based on the TCPA's \$500 statutory damages). The defendant challenged the damages award under the Due Process Clause of the Fifth Amendment. It argued not that the \$500 statutory penalty was unconstitutional, but that when aggregated to more than \$925 million in the class action, it was so severe and oppressive that it violated the company's due process rights.

The Ninth Circuit held that aggregated statutory damage awards are, in certain extreme circumstances, subject to constitutional due process limitations. The court discussed that due process concerns are heightened when statutory damages are awarded as strict liability without any quantification of actual damages — particularly where there are a large number of violations or aggregation in a class action.

Cothron will lead to similar results and raises these same constitutionality questions. Whether this will actually lead to bankrupting a defendant or not, the dissent and the Seventh Circuit both recognized that this conclusion will lead to "crippling financial loss" for companies.

Also, there's a very real concern that class counsel will use this decision as leverage to extract significant settlement payments from BIPA defendants — settlements in which the class attorneys generally receive 30 percent to 40 percent of the total in fees and costs. Those will likely face little challenge or appeal, and so we may not see any remedy to this concern quickly.

You've likely already been cautioned about ensuring your company is compliant with BIPA and taking mitigating steps to protect your company. Any company that collects or uses biometric data such as finger, face, or retina scans should evaluate its processes and policies with respect to these technologies and consider any applicable laws implicated by their use. At a minimum, companies in Illinois that use biometric information must have a written policy in place, obtain consent before collection, maintain the data securely, refrain from disclosing the data except with the data subject's consent, and refrain from profiting from the biometric data. We strongly encourage you to immediately assess (or reassess) whether you collect or use any type of data that could arguably be subject to BIPA to ensure compliance and avoid the crippling remedies that may result from violation of the statute.



GREENSFELDER

ATTORNEYS AT LAW









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CHAMBER JOB BOARD

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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.

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UPCOMING CHAMBER EVENTS

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1 SIGN UP FOR THE LUNCHEON

2 GET RANDOMLY PAIRED WITH OTHER MEMBERS

3 GET RANDOMLY PAIRED WITH A LOCAL RESTAURANT

HOW IT WORKS:
We will tell you the day before which restaurant you will be going to. You'll find out who your lunch partners are when you show up! The restaurant will have a table reserved for you.

BY THE O'FALLON-SHILOH CHAMBER OF COMMERCE

RESTAURANT ROULETTE | This is a pay as you go event. You can get an affordable lunch at all our participating restaurants.

1. Sign up for the lunch
2. Get randomly paired with a local restaurant
3. Meet your lunch partners they day of!

Location: Various Local Restaurants
Date and Time: March 9, 2023 | 11:30 a.m.

LET'S DO LUNCH!

BUSINESS AFTER HOURS

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: ApexNetwork Physical Therapy | 210 Hartman Lane, Ste 500, O'Fallon
Date and Time: March 21, 2023 | 5:00 p.m. to 6:30 p.m.

RSVP TODAY!

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Ribbon Cutting Ceremony | Come out and support a fellow Chamber member! Meet the owners, tour the facility and enjoy light refreshments. ALL are welcome to attend - bring a friend or co-worker!



Location: June's Breakfast + Patio | 430 South Main Street, Shiloh
Date and Time: March 29, 2023 | 10:30 a.m.

LEARN MORE!

CANDIDATE FORUM TO BE HELD MARCH 2023 FOR UPCOMING ELECTIONS



The O'Fallon-Shiloh Chamber of Commerce, O'Fallon Weekly, and O'Fallon Progress will co-host a series of Candidate Forums in support of the upcoming April elections. These forums provide our residents with a chance to get to know the candidates and provide them with the information they may need to make an informed vote. Forums are held for contested races only.

The Forums will be held:

Thursday, March 9th, 6:30 p.m.
Shiloh Community Center
7 Park Dr, Shiloh, IL 62269
Trustee Candidates invited

Thursday, March 16th, 6:30 p.m.
City Council Chambers
255 S. Lincoln, O'Fallon

Read the Candidate
biographies on our
website:

[OFallonChamber.com/
CandidateForums2023](https://ofallonchamber.com/CandidateForums2023)

Aldermanic Candidates for Wards 2, 3, 4 invited

A Forum Moderator will introduce all candidates, ask questions, manage time, and maintain proper decorum. The public is invited to attend all Forums; seating will be limited. O'Fallon Broadcast details coming soon.

All candidates have been invited to participate in the upcoming forum.

Below are the candidates running in this year's election:

O'Fallon Alderperson

Ward 2

Jessica Lotz (Incumbent)
Mary-Jeanne Hutchison

Ward 3

Andrea Fohne (Incumbent)
Vern Malare

Ward 4

Todd Roach (Incumbent)
Matthew Gilreath

Shiloh Trustee | 3 Seats Open

Kurt Burrelsman (Incumbent)
Shelly Ettling
Raymond Kelly
Russell McCullough III
Kristine Northway
James Vernier
Julia Warchol (Incumbent)
Daniel Weidenbenner

BUSINESS TRACK ARTICLE

Is the tiny little neighborhood the city of the future?

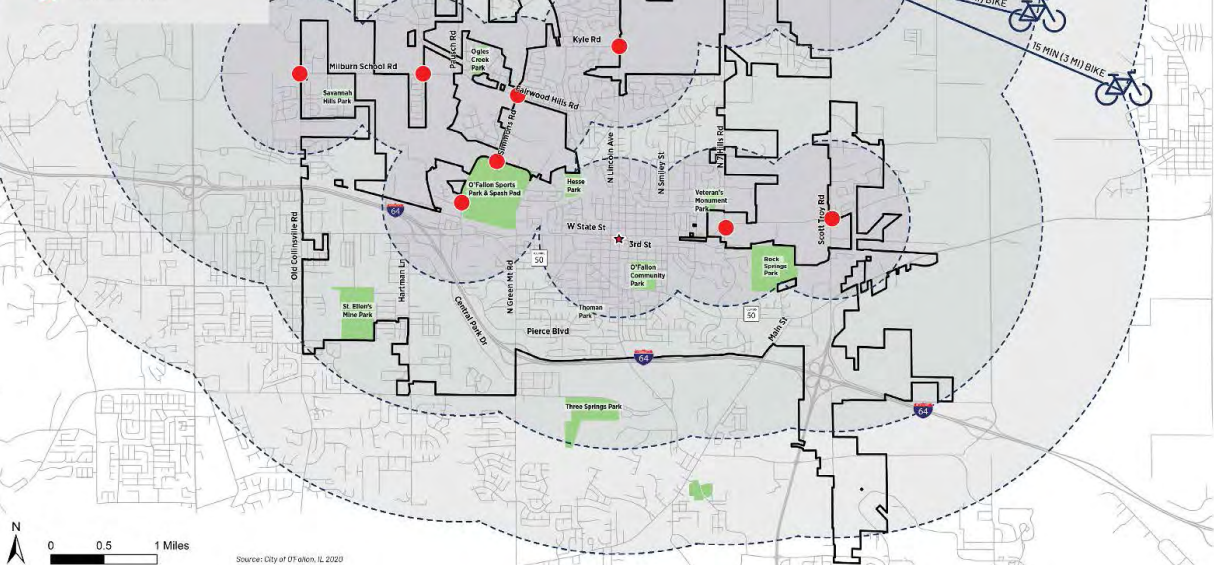
Why the hyper-local '15-minute city' is gaining ground in urban planning circles

https://www.theguardian.com/us-news/2023/jan/25/15-minute-city-urban-planning-future-us-cities?utm_source=social&utm_medium=fb-anyword&utm_campaign=Lexus&kw=0=2239815&fbclid=IwAR05ROyebPcnxchz1y6Z3PqVz8APTQc9Tg-LqY_oN5KHNo5nRg_ntwEtuY

THE 15-MINUTE CITY

March 2021

- Parks
- Neighborhood District Nodes
- Downtown O'Fallon



At first glance, O'Fallon, Illinois, has little in common with Paris, France. Paris has its world-class museums and cream-colored Haussmann-style apartment buildings. O'Fallon, an outer-ring suburb of St Louis with a population of 32,000, has a collection of squat brick buildings settled around a little-used freight rail track in its city center, and a proliferation of mid-century ranch homes on the blocks beyond.

On the other hand, there are macarons for sale at O'Fallon's Sweet Katie Bee's organic bakery cafe. And last year, when O'Fallon adopted a 180-page master plan to guide its development for the next two decades, it chose the same "organizing concept" that Paris's mayor, Anne Hidalgo, made the backbone of her 2020 reelection campaign: the 15-minute city.

The idea is relatively simple. Residents should have everything they need within a 15-minute walk or bike ride from home. "Transforming O'Fallon into a 15-minute city will help make our lives more convenient, less stressful and more sustainable," the plan suggests. Easy enough to imagine in Paris, where there's fresh bread on every corner. But in a sprawling section of the American midwest?

O'Fallon's commitment to self-sufficient districts shows what a sensation the 15-minute city has become since Paris first embraced the idea three years ago. In September, C40 Cities, the network of leaders from the world's largest cities, partnered with UN-Habitat to deliver proof of concept through five pilot projects. The journalist Fareed Zakaria endorsed the idea as a principle for the post-pandemic world. Deloitte identified it as a key trend in its 2021 study of the urban future.

Some dream of escaping gridlock and congestion with the help of tunnels or flying cars. The 15-minute city planner counters: why not just bring the things you need a little bit closer? With white-collar workers cloistered at home during the worst of the pandemic – and many liberated from the commute since – a well-rounded and amply stocked neighborhood has become a widely shared goal.

The term itself was coined by Carlos Moreno, a scientist at the Sorbonne who first promoted la ville du quart d'heure in 2016. He dreamed up a city where "in less than 15 minutes, a resident can access his essential life needs". ("Chrono-urbanism" emerged a decade ago and prompted experiments in metropolises such as Portland, Oregon, and Melbourne, Australia, which set their watches on 20 minutes.) Substantively, Moreno's conditions were not so different from existing tenets of progressive city planning, such as walkability, smart growth, mixed-use zoning, "missing middle" housing and ending food deserts. But the 15-minute city felt like less of an obligation than an opportunity.

Moreno's phrase gained traction when Hidalgo made it part of her city hall run in the first half of 2020. The school, as she saw it, would become the "capital of the neighborhood", open to adults for sports and cultural activities on nights and weekends. Streets would be greener, cleaner and calmer. More than a hundred blocks across Paris would be closed to traffic and turned into de facto plazas. Cultural amenities, medical services and governmental functions would be redistributed at the neighborhood level. Forget megaprojects. The new priority was keeping it local.

At first, this conveniently circumscribed version of urban life was a vision. Then it became all too real: when France locked down during the Covid-19 pandemic in March, mere months after Hidalgo

first raised the notion of a Paris made of tiny towns, residents were forbidden from venturing more than a kilometer from their homes if not for “essential trips” – a 15-minute city by decree. Around the world, with offices and schools shuttered, many metropolitan residents became newly involved – and invested – in their neighborhoods. In New York, several local commercial drags clocked more foot traffic and retail spending than they had before the pandemic.

While the idea of a small town existing within a city is not new – US urbanist Clarence Perry advanced the concept of the “neighborhood unit” in the 1920s; Jane Jacobs penned an ode to the little society of her Manhattan block – for most of the 20th century, US development patterns moved sharply away from idealizing the local. Politicians forbade the density necessary to support local amenities on the grounds that it was a driver of squalor and crime. Residential neighborhoods were plotted far from commercial centers, and many banned even small merchants like coffee shops or convenience stores. In 2017, the average shopping trip in the US was more than 7 miles.

In other words, the 15-minute city is a radical rejection of just about everything the US has built in our lifetime. Timur Abbasov, a researcher at the MIT Senseable City Lab, has studied the relationship between local errands and the geography of amenities. Using cellphone data, his team compared 15-minute trips with the presence of nearby stuff to do. According to the findings, the more commerce, parks and services in a neighborhood, the more people travelled locally, whether in the country’s most walkable cities or its least. “In the US context, the 15-minute city is still, in my opinion, about the lack of sufficient density and access to shops and services,” he said. To give people local access, we need more homes near schools, parks and shops – and more commerce in residential neighborhoods.

For most Americans, home looks more or less like O’Fallon, Illinois. There’s parks and supermarkets, hospitals and pizza joints – a bit of everything, really – but mostly there are large swaths of land reserved exclusively for single-family homes. When planners in O’Fallon started interviewing citizens for the new master plan, however, what they heard was: we want opportunities to walk and bike, as well as better access to shops, restaurants and cultural amenities.

“There’s been a lot of discussion about whether traditional suburban zoning is appropriate anymore,” said Walter Denton, O’Fallon’s chief administrator. “What

people like about [neighboring] St Louis is the neighborhood character, different uses mixed together, how quaint it is. Wouldn’t it be great if we could do something like that here? And if I’m working from home more, wouldn’t it be great if there were something close and convenient I could go to without having to drive?”

The master plan he and his team came up with outlines several ideas to help satisfy the residents’ desires, including increased housing density, new housing types to accommodate seniors and young people, mixed-use buildings to integrate commercial entities into residential neighborhoods, and a seamless network for bicycles, pedestrians and other non-drivers.

Whether those changes can happen in O’Fallon before the NIMBY (not in my back yard!) backlash bell tolls is unclear. Many people like mixed-use housing and bike lanes in the abstract, but not when they show up in their back yard. The conservative Canadian author Jordan Peterson recently expressed skepticism about a proposal for a 15-minute city plan in Oxford, England, writing on Twitter: “The idea that neighborhoods should be walkable is lovely. The idea that idiot tyrannical bureaucrats can decide by fiat where you’re ‘allowed’ to drive is perhaps the worst imaginable perversion of that idea – and, make no mistake, it’s part of a well-documented plan.”

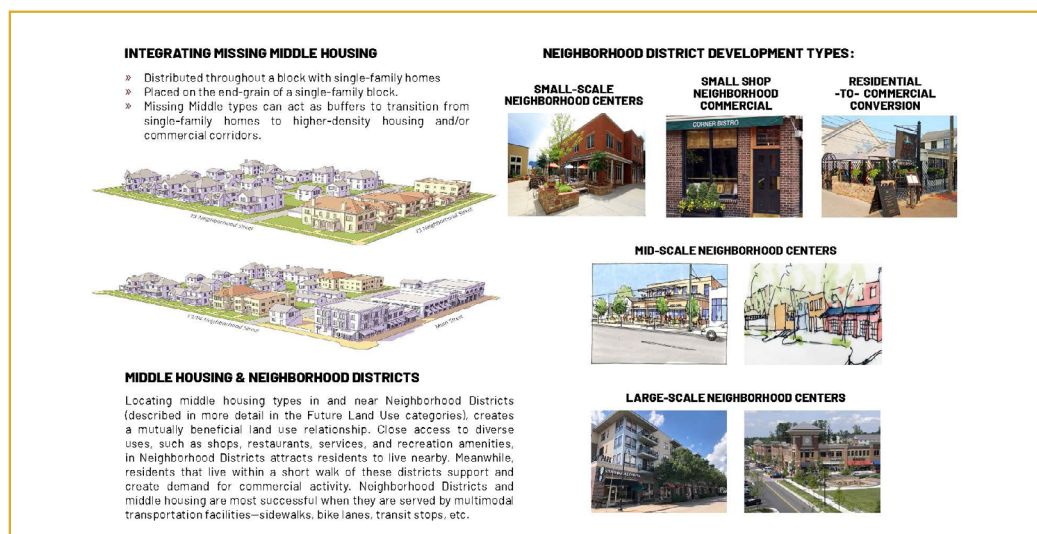
Many observers on the left, too, find the concept lacking. After all, not everyone spent the pandemic working on a laptop from their suburban guest room, and less than 4% of Americans walk or bike to work. One man’s 15-minute city may only be possible because another man travels for miles to work in a local grocery or deliver Amazon packages to his porch. It’s a snag that even Moreno doesn’t have an easy answer for. “Of course, it’s impossible for me to assure a mayor that residents will

find work a short distance away,” he said.

A 15-minute city could also entrench urban segregation, as residents retreat from the shared space of city life. The MIT paper shows that while residents of wealthy neighborhoods experience more diverse interactions when they shop locally, for residents of poor neighborhoods it’s the opposite. Poor people shop in rich neighborhoods, but rich people don’t shop in poor neighborhoods.

“It’s hard to talk about the 15-minute city and having shops, groceries, healthcare, because many Black and brown neighborhoods in this country don’t have those amenities,” says Andre Brumfield, the head of the cities and urban design practice at the global architecture firm Gensler. For Brumfield, who lives in Chicago, creating 15-minute access in high-poverty neighborhoods is an important objective – but it’s less about zoning reform and more about drawing public amenities and private entrepreneurs to populous areas that lack services.

Finally, there’s the question of whether the 15-minute city is fundamentally at odds with urban interests. Should residents of prosperous enclaves stay in place, their cash will stay in the suburbs too, draining municipal coffers and threatening a spiral of reduced public services and population decline. Then again, that’s not the 15-minute city’s fault. With commuters already more or less gone from downtowns, those once-booming hubs may need to diversify most of all. The 15-minute city may fulfill the desire for convenience in the suburbs. But for every half-empty office district, it’s a lifeline.



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 Samantha Lapp talks about Clinton Manor!



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daily choices, and can make decisions based on their own individual needs, goals, and preferences.

For more information, please go to:
www.ClintonManorLivingCenter.com.

Interested in a career at Clinton Manor?
www.clintonmanor.mitcawm.com/jobs/



Samantha Lapp
Marketing & Public Relations Manager
Southern Illinois Living Centers, Inc.
DBA Clinton Manor Living Center
PO Box 19 | 300 E. Illinois Street | New Baden, IL 62265
Office: 618-588-3826

Medical Director Minute: Understanding Signs & Symptoms at the End of Life

Dr. Ellen Middendorf | Medical Director of Hospice of Southern Illinois



Our goal in hospice care is to improve quality of life. At Hospice of Southern Illinois, we are

experts at managing pain and symptoms related to terminal illnesses. We utilize an interdisciplinary team, including a physician, nurse practitioner, nurses, social workers, bereavement counselors, and hospice aides to provide care to patients and their families. Patients can experience a variety of symptoms at end of life. For example, symptoms may include pain, dyspnea or shortness of breath, constipation, nausea and vomiting, pharyngeal rales or rattling noise in the back of the throat, and terminal restlessness. In short, these are some of the most common. Next, continue reading more information on these specific symptoms.

Common End-of-Life Symptoms & Management

Pain: Pain is a widely prevalent symptom at end of life. 70% of patients with advanced cancer, 75% of heart failure patients, and up to 93% of patients dying from HIV/AIDS experience it. Pain is also very common in patients with dementia and neurologic diseases, such as multiple sclerosis and cerebrovascular disease. In hospice care, the class of medications called opioids most commonly treats pain.

Dyspnea: Dyspnea is the uncomfortable awareness of breathing. This symptom occurs in all disease states. A physical exam or laboratory manifestations cannot infer its presence or severity. It can occur in

the absence of physical signs or abnormal findings on labs or radiographs. Therefore, our team must be very astute in listening to their patients and caregivers to ensure that this symptom is treated promptly. We can attempt nonpharmacologic treatment with oxygen and a bedside fan, but, once again, the mainstay of treatment is opioids.

Constipation: Constipation is a troubling symptom that can be caused by a multitude of issues. Problems within the colon, such as cancer or strictures, can be the culprit. Metabolic issues, including chronic diabetes, hypothyroidism, hypercalcemia, and chronic kidney disease can contribute. Constipation is often omnipresent for neurological conditions (spinal cord injuries, Parkinson's disease, multiple sclerosis, and paraplegia). Many medications have constipation as a common side effect, including opiates, some antidepressants, iron supplements, anti-epileptic drugs, and anti-Parkinsonian agents. A low-fiber diet and an inactive lifestyle often contribute, in addition. Multiple types of laxatives and stool softeners can be helpful.

Nausea and Vomiting: Nausea and vomiting can be particularly distressing and affect an individual's ability to eat. Additionally, there are a variety of causes. For instance, medications, including chemotherapy, opioids, anti-inflammatories, iron, antibiotics, anticonvulsants, and antidepressants, are common agents to blame. Electrolyte disturbances, constipation, inflammation or tumors of the gastrointestinal tract, anxiety, and bowel obstructions are other common

causes. If intracranial pressure increases, either due to a tumor or bleeding, this often leads to nausea and vomiting. There are many pharmaceutical agents available to treat nausea. Many are available to use in combination if needed.

"Death Rattle": Pharyngeal rales are otherwise known as the "death rattle." This sound is caused by the airways accumulating oral secretions. As a result, the patient loses the ability to clear their airways by coughing and swallowing, and it often occurs within 48 hours of death. Suctioning is ineffective to treat this symptom and may cause discomfort to the patient and a reactive swelling in the airway. The mainstay of treatment is a class of medications known as anticholinergics. Anticholinergics dry secretions.

Terminal Restlessness: The final grouping of symptoms to discuss is terminal restlessness which is common in patients with advanced illness nearing death. The patient may have a day-night reversal and is often anxious, restless, and has hallucinations. This complex can be difficult to manage and is often irreversible. Therefore, we focus on symptom control and relief of distress for the patient and the family. Pharmacologic agents treat the symptoms that the patient is experiencing.



Dr. Ellen Middendorf
Medical Director of
Hospice of Southern Illinois
305 S Illinois St.
Belleville, IL 62220
618-235-1703



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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
- 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

SAVE THE DATE!

for the 45TH ANNUAL SALUTE TO BUSINESS AWARDS

MAY 10, 2023



The O'Fallon-Shiloh Chamber of Commerce will host the 45th Annual Salute to Business Awards honoring businesses that have made a particularly positive impact in the community at a luncheon on Wednesday, May 10, 2023. Registration

information to come at a later date. This luncheon is a premier event in our community – our last awards luncheon was in 2019 – we are so excited to be able to host again!

Businesses/Organizations will be recognized for Economic Impact (small and mid-large sized businesses), Business Beautification, and Heritage.

Sponsorship opportunities are available now. Ticket purchase information will be available soon. Follow us on Facebook or watch our website to be the first to get yours!

OFallonChamber.com/s2b_2023/

Sponsor this event



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!



You can now reserve your Billboard ad spots on our website! Click the flyer below or visit OFallonChamber.com/Billboard



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.

MEMBER NEWS

ST. CLAIR COUNTY HEALTH DEPARTMENT TO OFFER ADULT IMMUNIZATION CLINICS STARTING FEBRUARY 13TH, 2023

The St. Clair County Health Department (SCCHD) will be offering low-cost Adult Immunization Clinics starting February 13th, 2023 specifically targeted to adults 19 years old and older who do not have health insurance or for those who have health insurance but does not cover the cost of immunizations (proof required). Clinic appointments will be available every Monday & Tuesday from 8:30 am to 3:30 pm at the health department. Appointments are necessary and can be set by calling 618-233-6170 Monday-Friday 8 am to 4 pm, during regular hours.

Available vaccines include Varicella (Chickenpox), Shingrix (Shingles), Havrix-A (Hep A) Adult, Gardasil (HPV), Engerix-B (Hep-B) Adult, Boostrix (Tdap) and MMR II (Measles, Mumps & Rubella). Vaccines are \$20 each. Immunization Evaluations are \$15 per visit. If the cost of any vaccine listed above is prohibitive, hardship cases will be considered. Adults need certain vaccines throughout life to help prevent them from getting and spreading serious diseases that could result in poor health, missed work, medical bills, and not being able to care for family. Adults may also be at risk for vaccine-preventable disease due to their age, job, lifestyle, travel, or health conditions. Furthermore, protection from some childhood vaccines can wear off over time. In addition to getting a seasonal flu (influenza) vaccine every year, the CDC (Centers for Disease Control and Prevention) recommends every adult get a Tdap vaccine once if they did not receive it as an adolescent to protect against pertussis (whooping cough), and then a Td (tetanus, diphtheria) or Tdap booster shot every 10 years. In addition, women should get the Tdap vaccine each time they are pregnant, preferably at 27 through 36 weeks, to help protect their newborn from pertussis. Any adult who cares for an infant should be up-to-date on their Tdap booster as infants are most at risk for severe, life-threatening

complications from pertussis. The CDC's Adult Immunization Schedule for ages 19 years and older can be found here and guidelines for regularly recommended vaccines can be found here.

The health department continues to offer FREE COVID-19 vaccines and boosters per CDC guidelines and FREE Flu vaccine to adults 18 years and older. COVID-19 vaccine currently being offered include Pfizer and Moderna Monovalent vaccines and Pfizer (age 6 months and older) and Moderna (age 6 months and older) Bivalent COVID-19 vaccine for boosters. People ages 6 months and older should receive one updated (bivalent) booster, if they are eligible, including those who are moderately or severely immunocompromised.

About the St. Clair County Health Department

The St. Clair County Health Department, nationally accredited by the Public Health Accreditation Board, works to protect, promote, and improve the health of all people in St. Clair County. Learn more about the St. Clair County Health Department at <https://scchealthdept.com/>. For more information, please contact Brenda Fedak at brenda.fedak@co.st-clair.il.us or via office phone at 618-233-7703 ext. 4420

EXTRAORDINARY NURSE RECOGNIZED AT MEMORIAL



Award® For Extraordinary Nurses. The award is part of the DAISY Foundation's programs to recognize the super-human efforts nurses perform every day.

Patel is a staff nurse on 4 South at Memorial Hospital Belleville and has been employed at Memorial for three years.

Nominated by a peer, Patel was recognized for her natural leadership ability and caring attitude toward both patients and staff.

Rinku Patel, RN, has been honored with The DAISY

"I quickly recognized her as being outstanding," said the nominating peer. "She is organized, pays good attention to detail, and is happy to help others as well as being very approachable. She keeps the manager aware of any concerns and also keeps things running smoothly."



nurses provide patients every day and night. Yet these unsung heroes are seldom recognized for the super-human work they do. The kind of work the nurses at Memorial are called on to do every day epitomizes the purpose of The DAISY Award."

"Rinku shows compassion for patients and staff," said Kristin Atchisson, RN, patient care manager on the 4 South nursing unit. "She is a nurse that can grow to any height. She is very genuine. 'People will forget what you said. People will forget what you did, but people will never forget how you made them feel.' That's a quote from Maya Angelou, and that describes Rinku."

In addition to the DAISY Award for Extraordinary Nurses, the Foundation expresses gratitude to the nursing profession internationally in over 4,600 healthcare facilities and schools of nursing with recognition of direct care Nurses, Nurse-led Teams, Nurse Leaders, Nurses Advancing Health Equity, Nursing Faculty, Nursing Students, Lifetime Achievement in Nursing and through the J. Patrick Barnes Grants for Nursing Research and Evidence-Based Practice Projects, Medical Mission Grants their new Health Equity Grant program. More information is available at <http://>

B o n n i e Barnes, FAAN, CEO and co-founder of The DAISY Foundation said, "When Patrick was critically ill, our family experienced first-hand the remarkable skill and care

If you would like to nominate a Memorial nurse for a Daisy Award®, please go to <https://www.memhosp.org/daisy-award> and complete a nomination form.

**HSHS MEDICAL GROUP
WELCOMES KATHERINE JONES,
DNP, APRN, NEUROLOGY**



HSHS Medical Group is pleased to welcome Katherine Jones, DNP, APRN, neurology, to our medical team. Katherine sees patients at HSHS Medical Group Multispecialty Care - St. Elizabeth's, which is located at 3 St. Elizabeth's Blvd., Suite 5000, in O'Fallon, Illinois.



As an advanced practice registered nurse in neurology, Katherine provides general neurology care and diagnoses and treats conditions including headaches, dementia, epilepsy and multiple sclerosis.

Katherine earned her Bachelor of Science in Nursing from McKendree University in Lebanon, Illinois. She received her Doctor of Nursing Practice, Family Nurse Practitioner, from University of Missouri in St. Louis, Missouri.

"I am fascinated by neurology and the complex disorders of the brain," Katherine said. "Recognizing the subtle neurological cues that can be indicative of serious underlying issues is my mission." To schedule an appointment with Katherine, talk to your primary care provider about a referral. If you have questions about neurology services, please call 618-641-5803

**THOMPSON JOINS LOUER
FACILITY PLANNING**



Megan Thompson recently joined Louer Facility Planning, Inc. as an interior designer and social media planner.

A graduate of Southeast Missouri State

University with a Bachelor of Science in Interior Design, Thompson brings creativity balanced with technical knowledge.



"Megan has been a wonderful addition to our team of talented interior design professionals," said Yvette Paris, the Collinsville-based firm's President.

Louer Facility Planning is the only woman-owned, full-service commercial furniture dealership in the Metro East St. Louis region. The firm takes a design-oriented approach to providing smart workspace solutions. Louer's clients include those in the corporate, financial, healthcare, government, and educational sectors.

**NEW ADVENTURE WEB DESIGN
& DIGITAL MARKETING NOW
OFFERING FREE VIDEO AUDITS**



Southern Illinois - Full-service digital marketing agency, New Adventure Web Design & Digital Marketing, has announced its free video audit available to small business owners in the St. Louis Metro Area and Southern Illinois region. The free video audits will inform & educate business owners to the minor and major problems affecting their business' visibility on Google Maps. The review will also go over other important areas like Google Organic visibility, business data/citations, website user experience, website content, website load time, local competitor discovery, and social media presence to see how they are performing and make recommendations for improvement.

Business owners who wish to accelerate their business growth and reach a higher revenue can leverage this opportunity. The spokesperson for the internet marketing agency said: "In these video audits, we highlight areas of strength, areas of weakness, and provide a customized strategy for how we can help the business improve their online presence if they hire us. We provide these video audits free of charge with no purchase necessary, and no strings attached."

New Adventure Web Design & Digital Marketing, at the free video audit announcement, noted that this is their way

of giving back to the local business community. Business owners who are struggling with establishing an online brand can leverage the free audit to identify areas that are holding them back and how the problems can be fixed. Those who wish to work with the experts at the end of the free audit stand a chance of enjoying the array of internet marketing solutions that they offer.

The New Adventure Web Design & Digital Marketing team has experienced and professional website designers ready to work with owners of businesses of all sizes. The website designers ensure that clients who do not already have an online presence get the perfect website that complies with search engine standards and also appeals to their target audience. The design team ensures that clients are carried along at each step of the design and build process to ensure overall satisfaction.

Other than their website design solution, New Adventure Web Design & Digital Marketing also helps businesses to generate leads, phone calls, and clients through solutions like Google Business Profile Optimization, Locally-focused content creation & Syndication, online reputation management, review generation, and more.

Business owners who wish to connect with more customers online can contact the team at New Adventure Web Design & Digital Marketing to get started or visit the company's website for their free video audit solution. The internet marketing company is located at 6331 Edge Water Dr. Waterloo, IL 62298 US and can be reached via phone at (618) 340-9066.

Find more
Member News
on our website:
OFallonChamber.com

MONTHLY CALENDAR

March

8 [Downtown District Committee Meeting](#)

8:45 a.m. | City Hall Council Chambers

9 [Restaurant Roulette](#)

11:30 a.m. | Various Local Restaurants

9 [Shiloh Board of Trustees Candidates' Forum](#)

6:30 pm. | Shiloh Community Center | 7 Park Dr, Shiloh

16 [O'Fallon City Council Candidates' Forum](#)

6:30 p.m. | O'Fallon City Hall | 255 S. Lincoln Ave, O'Fallon

20 [Executive Board Meeting](#)

1:15 p.m. | Chamber Depot

21 [Education Committee Meeting](#)

1:00 p.m. | O'Fallon District 90 Offices

21 [Business After Hours](#)

5:00 p.m. | ApexNetwork Physical Therapy

27 [Member Engagement Committee Meeting](#)

1:15 p.m. | Chamber Depot

29 [Ribbon Cutting | June's Breakfast + Patio](#)

10:30 a.m. | 430 South Main Street, Shiloh



Illinois South is now Discover Downstate Illinois!

For more than a decade, ILLINOISouth Tourism has grown its awareness throughout the region as it helps promote communities, businesses, attractions, and events in their 20-plus county coverage area of Southern Illinois. Today the bureau is announcing that after ten years of being known as ILLINOISouth, they are rebranding to Discover Downstate Illinois, which will take effect immediately.

[Check out their new website!](#)

O'FALLON • SHILOH
CHAMBER of COMMERCE

CAREER FAIR

LEARN MORE!
<https://ofallonchamber.com/careerfair>

Be a Role Model and talk to students about your profession! There is no fee to serve as a Role Model; limited number of role models needed. Or sign up to sponsor the event!

SPONSORSHIP OPPORTUNITIES

- Lunch for Role Models - \$600 (2 available)
- Golden Apple Sponsor - \$500
- Red Apple Sponsor - \$250
- Green Apple Sponsor - \$100

Call or email the Chamber to sign up!
(618) 632-3377 | chamber@ofallonchamber.com

Sponsors receive:

- Recognition in all pre-event advertising
- Recognition during event
- Recognition in student and role model guides
- Recognition at event entry
- Full, half or quarter page ad in program book

April 24, 2023
8 a.m. to 2:30 p.m.
Regency Conference Center
400 Regency Park Dr., O'Fallon

sponsorship pays for programs, transportation, venue and lunch for the role models

SPONSOR THE 8TH GRADE CAREER EXPLORATION FAIR!

Sponsor our 8th Grade Career Fair which will be held on April 24, 2023 at the Regency Conference Center.

Sponsors receive recognition pre-event, at event entry, during the event and in both the role model guide and program books.

Your sponsorship helps pay for programs, transportation, venue and lunch for the role models.

Interested in becoming a role model? reach out to Debbie 618-632-3377

SPONSOR TODAY!

**Deadline to sponsor is
March 13, 2023**



**Here with you
for memorable
moments.**

**So you can focus on
what matters most.**

Being together always brings a smile. We will be by your side with expert care so that you can get back to sharing memorable moments. We are here with you so you can focus on what matters most.

Learn more at steliz.org/herewithyou



HSBS
St. Elizabeth's
Hospital

SALUTE TO OUR STAR INVESTORS



TWO STAR INVESTORS



ONE STAR INVESTORS

1st National Bank of Waterloo
American Family Insurance
- Scott Buchtel
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Bank of Belleville
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Belleville News Democrat/O'Fallon
Progress
BOS Metro East Banking Center
Booz Allen Hamilton
Busey Bank
Care Access
C&C Sports
CEFCU
Cambridge House O'Fallon
Cambridge Capital Management, LLC
Carrollton Bank
Catholic Community Credit Union
Central Bank of St. Louis
Clete's, Inc.
Clinton Manor Living Center
Coldwell Banker Brown Realtors
Commerce Bank
Country Estate Kennel
Dierbergs Markets Inc.
Discount Storage
Drury Inn & Suites

Essence Health Care
Farmers & Merchants National Bank
FCB O'Fallon Bank
First Bank
First Bankers Trust Company
First Community Credit Union
First Mid Bank & Trust
Gateway Metro Federal Credit Union
GCS Credit Union
Guaranteed Rate Lending
HD Painting & Stain Co.
Hilton Garden Inn
Holland Construction Services
Illinois American Water
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.
Lucky Dog Barks and Recreation
McKendree Metro Rec Plex
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Merrill Lynch | Woody Gray
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Morrison Plumbing Heating & Air
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O'Fallon Shiloh Towing
OST Container
Regency Manor
Regions Bank
Revela at O'Fallon
Sandberg Phoenix
Serenity & Hope Counseling
Serra Honda of O'Fallon
Schaefer Auto Body Centers
Scott Credit Union
Sigman Heating and Air Conditioning
Spectra Graphics
Taylor Roofing
The Record Madison/St.Clair
The Rehabilitation Institute of
Southern Illinois
The Regency Conference Center
Together Credit Union
Town & Country Bank
TownePlace Suites by Marriott
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Washington University Physicians
-Pediatric Specialty Care
Water Sweets Soap Company
Webster University at SAFB
Wisper Internet

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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 sponsor is ChiroMed of O'Fallon

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

January - June 2023
SAVE THE DATES

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

Bella Milano
455 Regency Park Drive, O'Fallon
Tuesday, January 17 • 5-6:30 p.m.


APEXNETWORK.
PHYSICAL THERAPY
210 Hartman Lane, Ste 500, O'Fallon
Tuesday, March 21 • 5-6:30 p.m.

**TOWNEPLACE
SUITES®**
BY MARRIOTT
445 Regency Park Drive, O'Fallon
Tuesday, June 20 • 5-6:30 p.m.

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

RESTAURANT ROULETTE

Thursday, February 9	11:30 a.m.
Thursday, March 9	11:30 a.m.
Thursday, June 8	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!

BOOK CLUB

	Wednesday, February 8	5:30 p.m.
	Tuesday, May 2	5:30 p.m.

BUSINESS OVER BREAKFAST (BOB)

Friday, January 27	8:00 a.m.
Friday, February 24	8:00 a.m.
Friday, April 28	8:00 a.m.
Friday, June 23	8:00 a.m.



all BOB events located at
Public Safety Building • 285 N. Seven Hills Road, O'Fallon