

Kenneth Nettleton
First Vice President, Investments

Samuel Loring Vice President, Investments

Christy Hennessey
Sr. Registered Service Associate

Julie Johnson Registered Sales Associate Kristine Tracy
Branch Operations Specialist

Here to Help You Achieve Your Financial Goals!

Services We Offer

- Portfolio Management
- Risk Management
- Financial & Estate Planning

Contact us to schedule a consultation

Phone: (618)632-2388

475 Regency Park, Suite 350 O'Fallon, IL 62269

https://www.raymondjames.com/ofallon-branch/about-us/our-team

Raymond James & Associates, Inc., Member New York Stock Exchange/SIPC



A NOTE FROM THE PRESIDENT

DEBBIE ARELL-MARTINEZ

We have so much coming up in the next couple of months. If you're looking for a way to plug yourself in, now is the time! New this year is our *Wing Walk*. We decided to take a break from our Snowman Selfie Contest from past years and encourage people to design wings instead! The whole point of this is to drive traffic to or inside your business. You'd be surprised how many people don't realize a particular business is here.

On November 8th, we're hosting our *Meet the Municipalities Member Lunch.* Everyone enjoys our State of the City/Village address – this is the same thing, but a little more relaxed. You'll have a chance to meet with various department heads from our municipalities, network, and enjoy a good lunch. What's not great about that?!

Our *annual holiday party is coming up on Dec 6th*. We'll be sharing more information as we get closer, but it's always a fun event.

I personally appreciate our members and all you do to make O'Fallon-Shiloh and our Chamber the best place in the area to do business. Thank you!



This issue:

Participate in Wing Walk 2023 PAGE 06

Apply for the 2024 Leadership Institute PAGE 07

Event Takeways - How You Make a Difference PAGE 12

Host a Business After Hours! PAGE 15

How Small Business Owners Care for Their Mental Health PAGE 16

Monthly Calendar + Upcoming Events PAGE 18

WELCOME NEW MEMBERS!

OCTOBER NEW MEMBERS

Jam Right I Can, LLC Carmen McBride

5343 Belleville Crossing St. Belleville, IL 62226

618 506-0054 | mcbrideatm@hotmail.com

http://www.jamrightican.com (Food & Beverage)

Winds of Change

Stacy Williams Welch Belleville, IL 62220

618-363-6727 | Stacyj1024@gmail.com (Motivational/Public Speaking)

Edward Jones - Charles Richards, AAMS

Charles Richards 124 Springfield Ct. Suite 100 O'Fallon, IL 62269

618-257-2397 Charles.richards@edwardjones.com O'Fallon, IL 62269 http://edwardjones.com/charles-richards

(Financial Advisor)

R.G. Cris and Company

Joel Dozier 2501 Chatham Rd. Springfield, IL 62704 618-335-6894 joeldozier@doziermarketing.com www.doziermarketing.com (Transportation)

Comforting Transitions

Kim Burgess 489 Gastorf Ct. O'Fallon, IL 62269 618-702-9160 Kim@ComfortingTransitions.com http://www.ComfortingTransitions.com

Hot Box Cookies

Korian Harrington 630 W. Highway 50 Suite 200 O'Fallon, IL 62269 309-532-9596 hotboxcookies.oe@gmail.com http://hotboxcookies.com (Food & Beverage)

SSM Health Medical Group

Alan Timmerman

604 Pierce Blvd 317-504-0732

618-222-9244 alan.timmerman@ssmhealth.com https://www.ssmhealth.com

(Health Care)



Newsletter Sponsor \$100 Featured Business Ad \$75 Full Page Ad \$50 1/2 Page Ad \$35 1/4 Page Ad \$25





Busey Bank

Byrd Consultants, LLC

Country Financial- Derrick Lebryk & Michael Schreffler

Delmar Financial Company

Distler's Auto Repair

Full Circle Auto

Global Brew

Heartland Womens Healthcare

Kunkel Wittenauer Group

Metro Lock & Security, Inc.

New American Funding

O'Fallon Little Panthers Sports Club

Olson Orthodontics

Professional Therapy Services

SkyZone Fairview Heights

St. Paul United Church of Christ

Standard Rule Promotions

Sylvan Learning of O'Fallon

The Coffeehouse Company

The Mail Box Store



FOR ALL THAT YOU DO TO SUPPORT THE CHAMBER AND OUR COMMUNITY!

MEET YOUR CHAMBER STAFF



Debbie Arnall-MartinezPresident/CEO



Doris ObernuefemannOperations Manager



Melissa Federhofer Marketing & Communications Manager



Jessica Lotz Leadership & Development Coordinator



Johnnie Hodges Membership Coordinator



Jonathan Simmons Member Engagement



Pardon our Progress

We are still open during our outpatient radiology project.





Common cold, seasonal allergies or the flu?

We are conveniently here for you.

1512 N. Green Mount Rd., O'Fallon | Open 7 days a week, 8 a.m.-7 p.m. No appointments necessary.

PAYS TO BUY LOCAL

NOVEMBER 18 - DECEMBER 16



Pays to Buy Local is a campaign created to increase your business visibility while supporting local business.

Encourage customers to send in their receipts of **\$10 or more** for a chance to win *CASH* prizes!

Prize for Member with the **most receipts** submitted.









WING WALK

Take a walk, snap a picture, win some prizes!

11.18.23

till

12.16.23

Come experience the art of O'Fallon-Shiloh businesses!



O'Fallon-Shiloh Chamber of Commerce



ofallonchamber.com/wingwalk



BUSINES **ADVERTISE WITH US!**

10 Duna

DIGITAL LED BILLBOARD ADS

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!

Digital LED | 14x49' | Over 130,000 vehicles daily

52 WEEKS \$1,350

32 WEEKS \$900

20 WEEKS \$600



Have more questions? Reach out to the Chamber!





O'FALLON WEEKLY ADS

Get your ad on the Chamber's EXCLUSIVE O'Fallon Weekly page! Every first Wednesday of the month, the O'Fallon Weekly highlights what's happening around town. Your ad supports the Chamber and this local publication!

CLAIM YOUR SPOT

\$29/MO \$350/YEAR **RESERVE BY** 11/15/2023

[®]NO\

SPOTS ARE LIMITED!

PODCAST SPONSORSHIP

The 618 Podcast is a weekly production of the O'Fallon-Shiloh Chamber of Commerce and the O'Fallon Weekly that highlights what's happening in the area! With a total of almost 19,000 **listeners and growing**, this is <u>THE</u> place you'll want to advertise.

\$200/TWO **WEEKS**

20-SECOND **SPOT**

LET US TALK **ABOUT YOUR BUSINESS!**





Leadership Institute

Class of 2023 applications are open



- Meet Monthly
- Identify and develop personalized leadership talents
- Learn about government, non-profits, education, and more
- Engage community leaders

The friends and professional connections I've made through **Lead In** are **invaluable.** What's more, I feel so much more **connected** to the community than I did before this opportunity.

-Ryan Johnson
Director
O'Fallon Public Library



QUALIFICATIONS

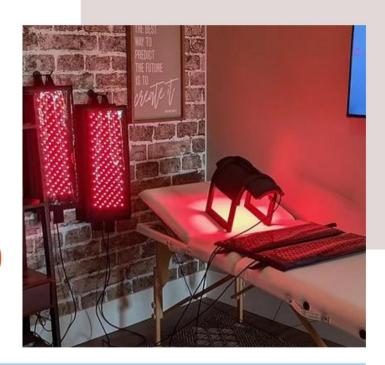
Ages 21-40 Live or work in O'Fallon/Shiloh



We are now offering Red Light Therapy! THE FUTURE OF MEDICINE

CHIRO-MED

HEALTH & WELLNESS



We are light based organisms. We are greatly affected by light. In fact, how we sleep, how we feel, how we function is directly controlled by light. Wouldn't it make sense that light was a significant part of your daily routine?

Red Light triggers the formation of small openings or pores in the fat cells, which releases fatty acids know as lipids. The fluid escapes into your lymphatic system, where your body processes it through your liver.

In addition, we use a variety of weight loss kits designed to support metabolic hormones, increase fat metabolism, decrease unwanted food cravings, and increase overall health. Our weight loss program is simple, fast, and fun allowing you to have an autopilot program with quick, permanent results.

Red Light Therapy benefits include:

- -Red Light Therapy creates a healthy glow about your face
- -Smooths overall skin tone
- -Supports building collagen, reducing wrinkles, including crow's feet
- -Wrinkles, forehead wrinkles & laugh lines
- -Speeds the healing of blemishes, like acne and rosacea
- -Repairs sun damage
- -Reduces redness, flushing, and broken capillaries
- -Fades scars and stretch marks
- -Brings more moisture to your skin
- -Prevents hair loss & stimulates regrowth Call to book your Red Light and weight loss consultation today!

\$49 consulatation

2 inches loss in 20 mins or your money back

1480 N Green Mount Rd Suite 300 (618) 622 -2222





OCTOBER RIBBON CUTTINGS



Cambridge House

844 Cambridge Blvd, O'Fallon

Hot Box Cookies

630 West Hwy 50, O'Fallon





New American Funding

813 W. Hwy 50, O'Fallon

All-Abilities Playground

209 East 5th Street, O'Fallon (Community Park)

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!





Your Best Medicine™ 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
- Center—the only satellite facility in Illinois

· Siteman Cancer

 Specialty care from Washington University Physicians in Illinois, Inc.

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



BJC HealthCare

memhosp.org

YARD SIGN SALE ENDS 11/03!



Our military affairs committee is again this year selling "we love our military" signs.

The cost is \$25 each. That pays for the signs and the profit goes back into military affairs committee. We will use the funds for welcome gifts for new airmen to the dorm, holiday baking boxes, spouse appreciation day, etc. Anything base- related activities.

Proudly display it at your business or home during Veterans Day Week (November 6-12). But you don't have to wait for November - show your love for our military as soon as you get your sign!

After you place your online order, you will receive an email to pick up your sign at the O'Fallon-Shiloh Chamber of Commerce, 116 E. 1st Street, O'Fallon, IL during business hours, M-F, 9 a.m. to 4 p.m.

ORDER YOURS TODAY!



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

Click on each image below to view the October and November newsletters:

October Newsletter



November Newsletter



MEMBER NEWS

REVITY CREDIT UNION DONATES TO FAIRMONT CITY YOUTH PROGRAMS



Fairmont City, IL - Revity Credit Union employees joined together to raise \$990.00 in the month of September to benefit Fairmont City Youth Programs through their Smile for Jeans Program.

The Smile for Jeans Program is funded by Revity Credit Union employees who make monthly, monetary donations out of their own pockets to a local organization. By donating \$15 or more to a specific organization, Revity employees are able to wear jeans and tennis shoes on Fridays and Saturdays during that month.

Nothing gets better than seeing a smile on an organization's face when Revity Credit Union presents them with a jeans donation check. Revity Credit Union's 2023 Smile for Jeans Program focuses on supporting our local communities that we work, play and live in.

Fairmont City Youth Programs has a lasting impact on the lives of our young athletes, providing them with opportunities to develop their skills, build selfconfidence, and create lifelong memories.

Follow Fairmont City Youth Programs on Facebook, https://www.facebook.com/Fairmontyouthprograms, to find out the programs they have to offer for their community.

To find out more about Revity Credit Union, visit RevityCU.com.



EXTRAORDINARY NURSES RECOGNIZED AT MEMORIAL HOSPITAL THROUGH PRESTIGIOUS DAISY AWARD®

Memorial Hospital Belleville | Shiloh is proud to announce its summer 2023 Daisy Award® For Extraordinary Nurses recipients. This award is part of the DAISY Foundation's program to recognize the super-human efforts nurses perform every day.

Linda Fritsche, RN, has been employed at Memorial in Belleville for 29 years and was nominated by a patient for going above and beyond while treating patients like family. She is the April 2023 winner.

"From the moment Linda walked into my room until her shift was over, she made sure I had everything I needed," said the nominating patient. "She made my time here the best experience I could have had."

Cassandra Schmaltz, RN, is the May 2023 winner and has worked at Memorial in Belleville for a year. She was nominated by a patient for providing consistent, quality care.

"Cassandra has taken her oath very seriously," said the nominating patient. "She has been respectful, dedicated and explained everything to me about my illness honest and true. She always came to my room with a level head, warm smile and encouraged me to fully participate in my road to recovery."

Melinda Smith, RN, has worked at Memorial in Shiloh for four years and was nominated by a physician for her willingness to go the extra mile for her patients. She is the June 2023 winner.

"I had a patient who required medicine prior to discharge," said the nominating physician. "She took it upon herself to check every single option. The patient was able to get their medication and return home that same night without delay. She demonstrated that she significantly cares for her patients."

Kelly McKelvy, RN, is the July 2023 winner and has worked for Memorial in Shiloh for a year. She was nominated by a patient's family for her compassion and willingness to treat patients like family.

"Kelly immediately became a loving, caring, compassionate member of our family," the family member said. "We will forever be grateful that we had Kelly as their nurse."

In addition to the DAISY Award for Extraordinary Nurses, the Foundation expresses gratitude to the nursing profession internationally in more than 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, among other projects. More information is available at http://DAISYfoundation.org.

If a former or current patient or patient family 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.

SCOTT CREDIT UNION COMMUNITY FOUNDATION DOUBLES DOWN ON SCHOOL SPIRIT WITH EXPANDED WITH YOU GRANT PROGRAM

CHEDIT S

The Scott Credit Union Community Foundation is proud to announce the expansion of its With You grant program, a community initiative that supports local school projects.

During these financially challenging times, the Scott Credit Union Community Foundation has doubled its donation amount, allocating up to \$100,000 to fund a variety of school projects.

"We understand the importance of investing in the future of our communities by supporting local schools," said Frank Padak, President and CEO of Scott Credit Union and Foundation Board Member. "That's why the Scott Credit Union Community Foundation has increased our With You grants from \$50,000 in 2022 to \$100,000 this year. The With You grants are awarded to a variety of school initiatives, empowering educators to unlock even greater potential for students' success."

To learn more about the With You program, read requirements for proposed projects, and submit an application, please visit https://www.scu.org/community-foundation/. Following the application deadline, a dedicated volunteer committee will review all submissions. To ensure a fair and impartial selection process, all school names will remain anonymous throughout the review. Programs that directly benefit students, are need-based, and impact a large percentage of the student body are given priority consideration.

Applications must be submitted online by November 5, 2023. Grant recipients will be announced on SCU's website on December 15, 2023.

"Educators are the backbone of our community, guiding and inspiring the next generation toward a brighter future," remarked Padak. "Their unwavering dedication, passion, and commitment make them invaluable pillars of our society. We have been privileged to support area schools since 2020 and are honored to continue our steadfast commitment to education this year."

Do you have member news you'd like to share? Send it our way!

SUBMIT PRESS RELEASE

VIEW ALL NEWS

EVENT TAKEWAYS

SPEED NETWORKING

For the second year in a row, we held our October Business Over Breakfast event at The Hett at McKendree University speed networking with business students.

This year our 30+ chamber members met in small groups with 90+ McKendree business students ranging from freshman to seniors.







Having Debbie and the O'Fallon-Shiloh Chamber come to McKendree for speed networking sessions has offered our students the opportunity to network and learn from professionals with various career backgrounds.

Students have had great things to say about the event and are invigorated after the session. I believe our students will be better prepared to sell themselves in an interview because of this opportunity.

-Dr. Jean M. Scheller-Sampson, Chair School of Business | Professor of Management and Marketing , McKendree University







Overall, it was a well-run event and the students were respectful and interested in the interaction. As a business owner, I was impressed with this group of students and the potential they have for our future in business, and it was satisfying to know that the experience can help set them up for future success. Our future is bright, and I really enjoyed the opportunity to mentor the next generation. This was our second year hosting this event and if you have an opportunity to pour into our next generation of business, I encourage you to volunteer next year

-Lisa Vorce Financial Advisor | Thrivent - Heartland Advisor Group

77

EVENT TAKEWAYS

RESTAURANT ROULETTE

One area where we had to pivot during COVID was our monthly member luncheons. If you'll remember, the "rules" kept changing on the number of people who could sit together and whether they were in or outdoors. Many of you still wanted to network. At the same time, our restaurants were suffering terribly due to all the changes.

We knew we could no longer have our 75+ member luncheons so we came up with Restaurant Roulette which matches 6-8 random chamber members for lunch at a variety of restaurants.

This year we have had 145 people eat at 23 restaurants sometime during the year. October was our last Restaurant Roulette for 2023 and we're looking forward to 2024 events.

We feel this event gives members a chance to really get to know each other in a small setting and helps our restaurants. Quite often our members visit a restaurant they didn't know existed.

I love Restaurant Roulette. It offers a great opportunity to really connect with a small group of members and make lasting connections.

Restaurant Roulette is a great networking event put on by the O'Fallon-Shiloh Chamber. It offers a unique opportunity to have lunch with chamber members I wouldn't normally connect with. The table topics are great and help keep conversations flowing. I always look forward to them.

Restaurant Roulette is my favorite networking event! I have met a great group of professionals and made lasting personal and professional relationships. Thank you for hosting them.

-Melissa Tutterow Director of Development, Violence Prevention Center SWIL

What a fun day with the chamber Restaurant Roulette. It was fun to walk in and see who my lunch mates were. We had a great time chatting away, making connections and brainstorming referrals. I can't wait to make some introductions to help fellow members.

> -Karen Carlson President, Carboe Consulants

"Although I have lived and worked in O'Fallon for 14 years, I only joined the O'Fallon-Shiloh Chamber of Commerce two years ago. Since then, I started actively participating in the monthly "Restaurant Roulette", where we connect with eight or fewer other chamber members over lunch at a local restaurant.

Not only have I appreciated the opportunity to patronize a number of our local eateries (including ones I had not visited before), but I have enjoyed the opportunity to get to know my neighbors and neighboring businesses in small-group setting, where we can have substantial conversations. After participating in a number of these Restaurant Roulettes, I feel more connected to my city, both as a resident and as a business owner."

-Becky Bertram President, Savvy Technical Solutions











OFALLON-SHILOH CHAMBER OF COMMERCE ANNUAL MEMBER

HOLIDAY PARTY

WEDNESDAY, DECEMBER 6 | 5:00 - 7:30 PM

REGENCY CONFERENCE CENTER
400 REGENCY PARK
O'FALLON, IL 62269
TICKETS: \$21 PER PERSON

- · LIVE MUSIC
- HEAVY APPETIZERS
- · CASH BAR

DONATE TO OUR DIAPER DRIVE!

This year we will be supporting the Metro East Diaper Bank, O'Fallon Food Pantry and airmen at Scott Air Force Base by collecting baby diapers.

Both monetary and actual diaper donations will be accepted. Please see our website for sizes needed!



SPONSORSHIPS NOW AVAILABLE!

VISIT OUR WEBSITE FOR DETAILS & TO SIGN UP! www.OFallonShilohChamber.com/holidayparty









HEALTHCARE & WELLNESS

The Healthcare & Wellness Committee promotes healthcare and wellness in the O'Fallon-Shiloh communities throughout health care 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 Lisa Phillipson tells us about the important work at Hospice of Southern Illinois.

Hospice of Southern Illinois has been providing end-of-life care to the metro east and southern Illinois since 1981. Being a not-for-profit hospice program, Hospice of Southern Illinois offers patients emotional and spiritual support combined with expert medical care, all tailored to the patients wish to remain pain-free and alert as long as possible.

Hospice of Southern Illinois assists families cope with what people fear most about dying: being in pain, being alone, losing control, and being a burden to others. Families are encouraged to participate in bereavement services for a full year following a loved one's death.





Lisa Phillipson Community Relations & Education Director 800.233.1708 (On-Call Support 24/7) 618.222.5905 (Local) 618.222.5969 (Fax)



Now, here's the deal - we usually have more businesses wanting to host than we have available dates. So, to ensure your chance in the 2024 BAH host drawing, reach out to Debbie and express your interest by **November 13th**

We appreciate your enthusiasm, and together, we'll make 2024 BAH events even more memorable. Stay tuned for more updates as we finalize the schedule.

Cheers to networking at 2024 Business After Hours!

Exciting news! We are already gearing up for our 2024 Business After Hours (BAH) events and want **YOU** to be a part of the action.

Our BAHs have always been a fantastic opportunity to mingle and network. They're typically held on the 3rd Tuesday of the month from 5-6:30 p.m.

Mark your calendars now! Our annual BAH drawing is just around the corner, scheduled for mid-November.



BUSINESS TRACK INSIGHTS

How Small Business Owners Can Take Care of Their Mental Health

by Anne Shaw | The Hartford

Following several high-profile entrepreneurs' suicides within the last decade, discussing the mental health of business owners has only recently lost its taboo status. In fact, a 2014 Inc. article, "The Psychological Price of Entrepreneurship," won an award for bringing the topic of anxiety, stress and depression among founders to light. While business ownership is a celebrated option, especially in America, focusing only on the good parts is a disservice to business owners who understand all too well the tough sides of business ownership.



"Business owners are so busy taking care of their employees that they forget to take care of themselves."

BRIAN FIELKOW

7 Ways Small Business Owners Can Take Care of Their Mental Health

A Canadian mental health study found that 62% of business owners felt depressed at least once a week, and 54% said that stress impacted their level of concentration at work. When asked about his response to these findings, Brian Fielkow, CEO of Jetco Delivery, said he wasn't surprised.

"Based on what I see with my clients, I expect that this rate is even higher in the United States," <u>he says</u>. "Business owners are so busy taking care of their employees that they forget to take care of themselves." Because most business owners feel responsible for not only their own livelihoods, but also those of their employees, they're more likely to experience stress, have a poor work-life balance and suffer from anxiety.

- 1. Create and abide by work-life boundaries. Choose a specific range of hours in which you commit to work, When that time is done, turn off your work phone or email notifications, switch off whatever communication channels you use for business. This time should be yours, so use it in whatever ways help you decompress.
- **2. Exercise in a way you enjoy every day.** You will not only be taking care of your physical health, but also your mental health. Whether jogging, practicing yoga or playing pickleball, nearly <u>any form of exercise helps relieve stress</u>.
- **3. Keep a journal.** Writing down your thoughts and feelings, even just for five minutes a day, can help you become more mindful of your emotions.
- **4.** If you look for a sense of community in online networks, resist the temptation to "compare and despair," as Penny Power, founder of one of the earliest online business communities, puts it. "In a study [that] I carried out on Facebook, 83% of self-employed people said they were lonely despite using social media throughout their day," she explains. "They looked online at the lives of their peers and felt desperate about their own." Keep in mind that most people's social media presence is a curated highlight reel, not their full reality.

- **5. Take a walk in a natural setting.** While we've already discussed exercise, we haven't covered the benefits specific to enjoying the natural world. Anecdotal evidence and small studies suggest that spending time in natural settings, even urban parks, can lower stress levels. "There's a real sense of peace and composure you get from being outside and away from everything," says Aaron L. Baggish, PhD., associate director of the Cardiovascular Performance Program at Harvard-affiliated Massachusetts General Hospital.
- **6. Spend time with good friends and family.** Whether you choose to vent your worries with your closest friends and family, or you enjoy spending time in their company without any talk of business, just being with them regularly (even virtually) can improve your mental health. Why? Having strong <u>social support in your life helps you cope with stress</u>, says Sheldon Cohen, PhD. and psychology professor at Carnegie Mellon University in Pittsburgh. And "people with social support have fewer cardiovascular problems and immune problems, and lower levels of cortisol—a stress hormone," Tasha R. Howe, PhD, associate professor of psychology at Humboldt State University, explains.
- **7. Find ways to stay productive.** Ticking items off your to-do list can give you a sense of purpose and accomplishment—even lifting a weight off your shoulders that you've allowed to rest there for too long. In fact, some business owners are using this time to discover and capitalize on new revenue streams via eCommerce. So, if your business activity is experiencing a serious downturn and you find yourself with little to do, look for ways in which you can use this time productively. Take care of any administrative tasks that may have fallen behind. Learn a new business-related skill, like social media marketing, that can boost your business, or tackle a big project that you've been meaning to do, but haven't had the time to complete.

"The reality is [that] self-employed business owners cannot take a day off. They keep going until being busy becomes mental exhaustion, being anxious becomes anxiety and the low mood turns into depression.

Rebuilding yourself is a big job. Prevention is the cure," Power says.

Want to learn more? Sign up for the <u>Small Biz Ahead newsletter</u> to receive a weekly roundup of the latest tools, trends, and resources.



ANNUAL CHAMBER LUNCHEON EVENT: Meet the Municipalities

DATE/TIME:

November 8, 2023 | 11:00 a.m. - 1:00 p.m.

LOCATION:

Klucker Hall | 34 Park Dr., Shiloh

\$20 Registration fee includes box lunch to eat on site or take with you.

Visit as many or few stations as you'd like. Enjoy a boxed lunch from McAlister's Deli



MONTHLY CALENDAR

1	Ribbon Cutting - Le Ono 11:30 a.m. 101 South Cherry Street, O'Fallon
2	Ribbon Cutting - Harriett's Sweet Treats 11:30 a.m. 622 East State Street, O'Fallon
8	Downtown District Committee Meeting 8:45 a.m. City Hall Council Chambers
8	Member Luncheon - Meet the Municipalities 11:00 a.m. Klucker Hall, Shiloh
9	Economic Development Committee Meeting 8:30 a.m. TownePlace Suites St. Louis O'Fallon
	Ribbon Cutting - Edward Jones - Charles Richards, AAMS 11:30 a.m. 124 Springfield Court, O'Fallon
14	Military Affairs Committee Meeting 3:30 p.m. O'Fallon VFW Post 805
14	Business After Hours - The Hett at McKendree University 5:00 p.m. 400 North Alton Street, Lebanon
20	Executive Board Meeting 1:15 p.m. Chamber Depot
27	Member Engagement Committee (MEC) 1:15 p.m. Chamber Depot





NOVEMBER

Meet the Municipalities Annual Luncheon | Nov 8

Enjoy lunch at Klucker Hall while enjoying a presentation from each municipality.

Registration includes a box lunch to be eaten onsite or taken with you.

Register Now!

Baking Boxes

New opportunity this year! Donate any amount to help provide a baking box to young military families and address food insecurity at Scott AFB.

Each box will contain a recipe and the items needed to make it.

Contact to Donate

ONGOING Fall/Winter Campaigns

It Pays to Buy Local

Support our local downtown shops and win great prizes! Are you a local business? Increase visibility and promotion.

Encourage customers to send in their receipts of \$10 or more for a chance to win CASH prizes!

YOU can win for most receipts submitted!

Wing Walk

Snap a selfie with the wings display at participating businesses and win cash prizes!

Register your business to participate now!

DECEMBER

Annual Holiday Party & Diaper Drive | Dec 6

The year we will be supporting the Metro East Diaper Bank, O'Fallon Food Pantry and airmen at Scott Air Force Base by collecting diapers.

Both monetary and actual diaper donations will be accepted.

Set a Reminder

Cookie Drop

The Scott Spouses Club will continue its annual tradition of the Cookie Drop at Scott AFB.

Consider donating homemade cookies for airmen who are staying in the dorms and those working 24/7 shifts.

Donations can be dropped off at the Chamber office on Dec 13th, 9 am - 2 pm.

Find Out More

STAY CONNECTED WITH US THROUGH OUR WEBSITE AND ON SOCIAL MEDIA FOR MORE DETAILS ON ALL EVENTS! BE SURE TO CHECK THE EVENTS CALENDAR OFTEN AND REGISTER FOR EVENTS YOU'RE INTERESTED IN.



OfallonChamber.com



Facebook.com/OfallonShilohChamber

SALUTE TO OUR STAR INVESTORS

















ONE STAR INVESTORS

1st National Bank of Waterloo i3 Broadband Aaron Holdge Allstate Ameren American Family Insurance Buchtel & Assoc. Associated Bank Auffenberg Dealer Group Bank of Belleville Bank of O'Fallon **Baysinger Architects** Belleville News Democrat **BOS Metro East Banking Center** Busey Bank Care Access C&C Sports CEFCÜ 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 CSL Plasma

Discount Storage Drury Inn & Suites Farmers & Merchants National Bank FCB O'Fallon Bank First Bank First Bankers Trust Company N.A. First Mid Bank and Trust First Community Credit Union Gateway Metro Federal Credit Union Gateway Solutions Guaranteed Rate **Heartland Bank** Hilton Garden Inn HD Painting and Stain Co. Holland Construction Services Home Heating and Cooling Jack Schmitt Auto World Jack Schmitt Chevrolet of O'Fallon KB Homes Powered by KW Pinnacle Kerber, Eck & Braeckél, LLP Keystone Place at Richland Creek Klein's Brand Source La Casa Mexicana of O'Fallon Lashley Animal Hospital Lincoln Surgical Associates, Ltd. Merrill Lynch | Woody Gray Mid América Oral Surgery Center Morrison Plumbing, Heating and Air

Navy Federal Credit Union O'Fallon Shiloh Towing **OST Container** Premier Remodeling Regency Manor Regions Bank Revela at O'Fallon Revity Credit Union Sandberg Phoenix Serra Honda of O'Fallon Schaefer Auto Body Centers Scott Credit Union Scott Family Housing Sigman Heating and Air Conditioning Spectra Graphics Taylor Roofing The Record Madison/St. Clair The Regency Conference Center The Rehabilitation Institute of Southern Illinois Together Credit Union TownePlace Suites by Marriott U.S. Bank Washington University Physicians | Pediatric Specialty Care Water Sweets Soap Company, Inc. Webster University

EXECUTIVE BOARD

Jeff Dossett, Board Chair Memorial Hospital Belleville | Shiloh Nathan Klitzing, Vice Chair Cambridge Capital Management Dan Jackson, Treasurer Carrollton Bank

2022-2023 BOARD MEMBERS

John Eichenlaub BARBERMURPHY Group

Melissa Fanning United Way of Greater St. Louis

Jon Greenstreet Bike Surgeon

Cassidy Hoelscher
The Rehabilitation Institute of
Southern Illinois

Chris Klay HSHS St. Elizabeth's Hospital Donna Richter Southern Illinois Builders Assoc.

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

Susan Schultz Holland Construction

Kevin Welch 1st National Bank of Waterloo

Mike Williams Serra Honda Ex-Officio

Mayor Herb Roach City of O'Fallon

Mayor Robert Weilmuenster Village of Shiloh

Josh Kinney | Lead In Cornerstone Christian Church

Mayoral Representative

Brenda Kern Village of Shiloh

CHAMBER AMBASSADORS

Don Barkley

Debbie Brauer

Alissa Fuhrmann McKendree University

John Grissom Berkshire Hathaway

Jaclyn Gross TownePlace Suites by Marriott

Cindy Hill Home Instead

Erik Huber Bank of Springfield Ken Hutchens Shiloh United Methodist Church

Amy Kempfer Associated Bank

Reneé La Bruyere Horner & Shiffrin

Nathan Parchman Farmers & Merchants National Bank

Ke'Ira Lewis Etc. Event Planning & Marketing

Lindsay Porzeinski Home Heating & Cooling Delisa Richardson Z. D. Richardson Notary Services

Dave Snyder Rotary Club of O'Fallon /Emeritus

Ginni Stajduhar Nothing Bundt Cakes - Fairview Hts

Raven Trebilcock Legacy Planning, LLC

Lisa Vorce Thrivent Financial - Lisa Vorce

Justin Ward 1st National Bank of Waterloo

Sheri Welch



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

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

This month's newsletter sponsors is: Raymond James of O'Fallon, IL

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



MEMBER LUNCHEON Meet the Municipalities

Wednesday, November 8 11:00 a.m. - 1:00 p.m. Klucker Hall



BUSINESS AFTER HOURS The Hett at McKendree

Tuesday, November 14 5:00 p.m. - 6:30 p.m. McKendree University



ANNUAL HOLIDAY PARTY

Wednesday, December 6 5:00 p.m - 7:30 p.m. Regency Conference Center

