



Founded in 1982, Oasis is a non-profit educational organization that **empowers thousands of older adults nationwide to pursue healthy, productive, and meaningful lives.**

Oasis is thrilled to have opened a new, permanent Oasis center in partnership with AgeSmart in O'Fallon, Illinois. **View a few of our upcoming classes below or visit stloasis.org/AgeSmart for the full list.**

Find Lifelong Adventure. **Find yourself at Oasis.**

Ernest Hemingway: Man Behind the Myth

AgeSmart - O'Fallon, IL
FRI, October 27
1–3 p.m.
1 Session | \$12

Strengthen & Stretch

MON/WED,
November 13–December 13
1:30–2:30 p.m.
10 Sessions | \$44

Wellness Recovery Action Plan® for Healthy Aging

AgeSmart - O'Fallon, IL
TUE, October 3–November 7
12:30–2:30 p.m.
6 Sessions | Free



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



7 PASSWORDS YOU SHOULD NEVER USE

Overall, passwords still present the biggest challenge for businesses of all sizes. Here are 7 passwords you should never use, and tips on how to choose a strong password to keep your business safe.

Page 10

Take a look at all our upcoming events, holiday promotions and several ways you can donate to a good cause this fall and winter! We've got the breakdown for you - add them to your calendar and stay informed on our website and social media!

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Get ready for our holiday events - Wing Walk and It Pays to Buy Local!

Page 4

NEW MEMBERS

AUGUST NEW MEMBERS

Finding The Forest Counseling
Angela Mitchell
784 Wall St.
O’Fallon, IL 62269
618-515-5158
Angelamitchell661@findingtheforest.org
www.findingtheforest.org
(Counseling Services)

**RE/MAX Preferred
Emily Greenstreet Realtor**
Emily Greenstreet
1668 Windham Way
OFallon, IL 62269
618-534-0500
emily@emilygreenstreet.realtor
www.emilygreenstreet.remax.com
(Real Estate)
Referred by Jon Greenstreet

Le Ono Restaurant
Talani Moe
101 S. Cherry St
OFallon, IL 62269
info@leonorestaurant.com
https://le-ono.resos.com/booking
(Restaurant)
Referred by Jon Greenstreet

Cindy Helmkamp
Bethalto, IL 62010
618-581-8550
mimihelmkamp@icloud.com
(Individual Member)

St. Louis Food Ingredients
Mike Truran
772 Wall St. Ste A
O’Fallon, IL 62269
314-821-8848
Mike@stlfoodingredients.com
http://www.stlfoodingredients.com
(Business Services)

Professional Title & Escrow
Elsie Bradley
1177 N. Green Mount Rd
O’Fallon, IL 62269
618-257-8888
ebradley@professional-title.com
http://Professional-title.com
(Business Services)

SEPTEMBER NEW MEMBERS

Durrah Development, LLC
Tanisha Durrah
Swansea, IL 62226
904-302-3540
tndurrah@gmail.com
(Personal Coaching)

Ganim Orthodontics
Bryan Ganim
1911 Frank Scott Parkway East Ste 1
Shiloh, IL 62269
618-236-9700
Hello@ganimorthodontics.com
www.ganimorthodontics.com
(Orthodontics)

Eric Van Hook
255 South Lincoln
O’Fallon, IL 62269
618-772-3797
evanhook@ofallon.org
(Individual Member)

Harriett’s Sweet Treats
Lachelle Stevenson
622 E. State St.
O’Fallon, IL 62269
618-206-8167
hstbakery@yahoo.com
(Bakery)

Bin There Dump That
Dave Morris
3 York Hills Dr.
Brentwood, MO 63144
314-395-9797
dmorris@bintheredumpthat.com
http://st-louis.bintheredumpthatusa.com
(Dumpster Rental)

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 - August

American Family Insurance Buchtel & Assoc, LLC
Bank of Belleville
First Community Credit Union
Klein's Brand Source
Lincoln Surgical Associates, LTD
Taylor Roofing, Inc
Together Credit Union

One Star Investors - September

1st Bank of Waterloo
Commerce Bank
HD Painting
Keystone Place at Richland Creek
Morrison Plumbing & Heating

AUGUST RENEWALS

Addington Place Shiloh
ADT Security Services
Allstate Insurance -Jessica Harrison
ApexNetwork Physical Therapy
Baird Private Wealth Management
Berkshire Hathaway Home Services Select Properties
Braddock Architectural Services
Caritas Family Solutions
Cecena's Jewelry
Country Companies- Kailee Conner
Dynamic Fusion Dance Center, LLC
Ellerbrake Group
E-Rate Funding Services, LLC
FGM Architects
Functional Health of O'Fallon
Gateway Elite Gymnastics
Gateway Grizzlies Baseball
Holiday Inn Express
Hoyleton Youth & Family Services
Junior Achievement of St. Louis
Kloss Furniture
Laurie Calkins
LF & Son Construction, LLC
Massage Envy
McAlister Deli
National Shrine of Our Lady of the Snows
O'Fallon Assembly of God
O'Fallon Woman's Club
Podiatry 1st
Professional Title & Escrow

Pure 111 Medical Aesthetics
Serene Renewal Medical Spa & Women's Wellness
Shiloh Village School District #85
St. Clare Church
The Yankee Scone

SEPTEMBER RENEWALS

B & P Trophy House
Beacon Payments
BernardiSecurities
Casa of Southwestern IL
Chick-fil-A at Fairview Heights
CrossFit Voyage
Far Oaks Golf Course
Fraternal Order of Eagles-Shiloh 545
Henricksen Contracting Office Furniture
Heritage Heating & Cooling
Kunkel Wittenauer Group
Mike's Automotive
Northwestern Mutual- The Lowery Group
Pat Downey
St. Michael's Episcopal Church
Tamarack Woods Apartments, LLC
The Advertiser Press
The Hut Bar & Grill
United Way of Greater St. Louis/IL Division
Violence Prevention Center
Visiting Angels of Metro East
West & Company, LLC

YOUR CHAMBER OF COMMERCE STAFF

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

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

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

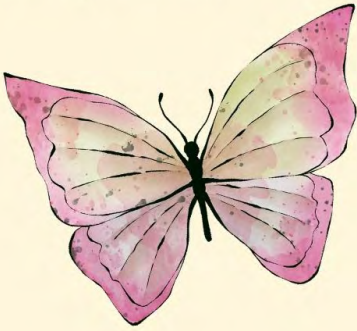
Jessica Lotz - [E-mail](#)
Leadership & Development
Coordinator

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

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

Chamber Tracks is our monthly newsletter and comes out the first week of each month. The deadline for submitting your information for this publication is the 25th of the month preceding publication. We have gone "green" and post the newsletter electronically to the website. An e-mail goes out to all members advising them that the newsletter is available for viewing at OFallonChamber.com/news.html.

Print copies are available in the Chamber office upon request.



WING WALK

11.18.23
till
12.16.23

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

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



O'Fallon-Shiloh Chamber of Commerce



ofallonchamber.com/wingwalk



O'FALLON-SHILOH BUSINESSES!

Participate in our Wing Walk in November - get more foot traffic through your door and win great prizes from the Chamber! We're having wings instead of snowmen this year!

Display wings in your business for the community to snap a selfie with. Wings can be any type - butterfly, angel or even chicken wings! Get Creative!

Win prizes for People's Choice and Most Selfie's Taken with your wings.

Event starts November 18 and runs through December 16, 2023.

There is no cost to your customers to participate, but they can win CASH prizes!

Details and registrations are on our website: OFallonChamber.com/WingWalk



**DOWNTOWN
DISTRICT**

PAYS TO BUY LOCAL

NOVEMBER 18 - DECEMBER 16

Downtown District Members are encouraged to participate in Pays to Buy Local from November 18 - December 16. Increase your business visibility and promotion with this campaign.

Encourage customers to send in their receipts of \$10 or more

Win prizes for Most Receipts submitted

There is no cost to your customers to participate, but they can win CASH prizes!

Details and registrations are on our website: OFallonChamber.com/buylocalbusiness

LOOKING FOR AN EASY AND INEXPENSIVE WAY TO ADVERTISE YOUR BUSINESS? THE CHAMBER HAS YOU COVERED!

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

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/accept any ad copy.

- How often will my ad show up? Each ad spot will appear 40 times per day, for 10 seconds at a time.
- Can I purchase more than one ad spot? Yes! You can purchase as many as you want.
- How often can I change out my ad copy? Ad copy can be changed out every quarter.
- Can someone help me design my ad? We would be happy to design your ad for \$50.
- Are there other advertisers on the billboard? Yes, there will be advertisers paying full price as well as chamber member advertisers.
- 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.

O'FALLON WEEKLY ADS!

Get your ad on the Chamber's exclusive O'Fallon Weekly page! Our page highlights what's happening around town every first Wednesday of the month. Your ad helps to support our local paper AND the Chamber!

SPOTS ARE LIMITED SO DON'T WAIT! Reserve your spot today!

I want an ad
in the O'Fallon
Weekly!



**LOW COST
ADVERTISING IN THE
O'FALLON WEEKLY!**

**AD SPOTS ARE
\$350/YEAR**

Reserve your 2.5x3 ad
for only \$29 a month!

**Deadline to
reserve your
ad is 10/15/23**

Email today to
reserve your ad!
Chamber@OFallonChamber.com

**Don't miss your chance!
Ad spots are limited!**

*12 month commitment and payment
in full for the year is required.

Want a
bigger ad?
Purchase
multiple ad
spots!

Available
ONLY
through the
Chamber!



Stay in the know by subscribing to The 618 Now
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New Episodes Every Friday!

—the—
618 NOW
Podcast

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!

[Download the Media Kit](#)



GOLF!

Our 26th Annual Golf Tournament was held on September 12, 2023 at Far Oaks Golf Club. Check out the photos and video from the event on our website:

<https://ofallonchamber.com/golf2023/>



Thanks to all our sponsors, volunteers and those who donated to this event! We couldn't have done it without you!

26th O'FALLON-SHILOH GOLF TOURNAMENT SEPTEMBER 12, 2023 CHAMBER OF COMMERCE			
PLATINUM SPONSORS SERRA Honda of O'Fallon, McALISTER'S Catering, HSHS St. Elizabeth's Hospital, CLARK WEALTH PARTNERS, REVELITY CREDIT UNION, HORNER+SHIFRIN, TOURNAMENT GIFT SPONSOR MEMORIAL HOSPITAL BJC			
CLUB SPONSORS ATHLETICO PHYSICAL THERAPY, Scott's Union, INVOLP 3D SCANNING		BUNKER BEERS SPONSORS COUNTRY FINANCIAL, MORRISON, APEXNETWORK PHYSICAL THERAPY	
H2O SPONSORS thriver Lisa Vorce, CCPS® Financial Consultant, Together, ADDINGTON PLACE OF SHILOH Assisted Living & Memory Care, esse HEALTH		PIN FLAG SPONSORS IRONHORSE RESOURCES, INC., SICAP, DELMAR, National Bank, Family Eye Care of O'Fallon, P.C., Pulver's, gonzalez	
FOOD AND DRINK SPONSORS McALISTER'S Catering, sam's club, Global Brew, June's BREAKFAST + PATIO, McCleery Safe Storage and Ice, Regency, Hampton, Fairfield by Marriott, Southern Hand Cakes		GOLD SPONSORS RE/MAX PREFERRED, FIRST COMMAND, Heartland Bank, Gateway, THOMAN INSURANCE, MIKE'S AUTOMOTIVE, SKYLINE, SHILOH, CEFCU, RICKHOFF, Henricksen, ARYA MEDICAL SPA, steve's AUTO BODY, Greensfelder ATTORNEYS AT LAW	
Silver Sponsors Advanced Vision Care, Bank of Belleville, Bank of O'Fallon, Barcom Security, Bruckert, Behme & Long, P.C., Cambridge Capital Management, Carrollton Bank, CliftonLarsonAllen, Creative Landscaping, Community Financial Advisors, Egyptian Workspace Partners, Express Employment Professionals, Farmers and Merchants National Bank, First Bankers Trust Company, Holland Construction, IMPACT Strategies, Inc., Judy Dempcy Homes, O'Fallon Fire Department, Payroll Central, Revela at O'Fallon, STL Food Ingredients, State Construction, Sugarfire Smokehouse 64, Thouvenot Wade & Moerchen, Inc., The Billboard Guy, The Rehabilitation Institute of Southern Ill, TownePlace Suites, True North Gloves, Visionary Wealth Advisors			



We Are Hiring!

Position: Weight Loss Sales Consultant

- Starting at \$14/hour + commission
- Full Time
- Mon - Fri (only)
- Opportunity for growth
- Collaborative Team
- Patient Focused
- Upbeat environment

Send your resumes to:
chiromedofallon@sbcglobal.net

Office:
1480 N. Greenmount Rd., Ste. 300
O'Fallon, IL 62269

More information:
www.chiromedltd.com
618-622-2222



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

YARD SIGNS ON SALE NOW!



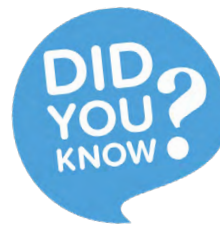
Our military affairs committee is again this year selling “we love our military” signs.

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 September and October newsletters:

September Newsletter



October Newsletter



August/September Ribbon Cuttings

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



RAY'S SOUL FOOD & TURKEY LEGS
1334 CENTRAL PARK DR, O'FALLON

GANIM ORTHODONTICS
1911 FRANK SCOTT PARKWAY EAST, SHILOH



THE PATIO HOMES AT 7 HILLS
(A RICH GORAZD DEVELOPMENT)
1101 EAST WESLEY DR, O'FALLON

BUSINESS TRACK ARTICLE

7 Passwords You Should Never Use at Your Small Business

<https://sba.thehartford.com/business-management/managing-risk/7-passwords-you-should-never-use/?cmp=EMC-SC-SBA-17654652&eml=1>



Owning a small business means owning data. You're constantly acquiring new information related to your customers, your financial details, and all the vendors and contractors with whom you work. One cyber criminal, though, one lucky hack, and you've just exposed your business to a major blow. From lost trust among your clients to costly lawsuits for the damage done, protecting your company from data theft is among your most important responsibilities.

A lot of it comes down to one simple choice you make: passwords.

"Overall, passwords still present the biggest challenge for businesses of all sizes," said Ron Schlecht, founder and managing partner of BTB Security. Businesses hire Schlecht's company to test their digital security for weak spots and, he said, "you can't imagine how many times we still break in to companies because of a bad password."

If you want to avoid weak passwords at your business, start by steering clear of the following list. Read on for seven passwords you should never (ever) use.

Password

Arguably, this is the number-one and most common bad choice. Also prevalent are variations such as P@ssword and P@55w0rd!. These might be easy to remember, but they're also among the first options hackers will try.

QWERTY

Easy-to-guess passwords often take root because they're simple to remember. That's the story with this hacker-friendly option constructed from the sequence of letters at the top left of the typical computer keyboard.

12345

Or, 98765. Or, 4567. You get the picture — no consecutive numbers (and the same goes for sequential letter combinations).

You can only count on passwords such as these to expose your business to digital theft.

BusinessName1

If your shop is called Serafina's Weddings, don't set your password as SerafinasWeddings1. That would be a early choice for hackers looking to break into your valuable data.

Business Address

Skip it entirely, when it comes to passwords. Also avoid trying to mash together similar details, such as your street name and street number — i.e. Main215.

Date of Birth

Thanks to the Internet, it doesn't take much effort to find a person's DOB. Birthdays, birthdates, years of birth — all of them make for readily attainable passwords and are poor choices for your company.

Simple Dictionary Words

Especially if they're related to your business, don't use them. No baseball, football, or soccer for your sporting goods store. No muffler, tire, or spark plug for your auto garage.

And so, what should you do when it comes to picking a password?

A key approach starts with thinking of a passphrase. Next, substitute letters, characters, and abbreviations for parts of it. For example, my first car was a Honda in 1990 would be easy enough to remember, if that was the case in your life. Now, change it to my1stc@r=honda90.

Steer clear of the not so magnificent seven above, and protect your data with hard-to-guess constructions. With a strong password strategy, you're well on your way to foiling online attacks.

Paid Leave for All Workers Act

THE PAID LEAVE FOR ALL WORKERS ACT TAKES EFFECT JANUARY 1, 2024.

The Department of Labor is in the process of preparing guidance and other resources and materials to educate employees and assist employers with compliance. If you would like to submit a question or comment to inform our outreach and compliance assistance efforts, you may do so by emailing: DOL.PaidLeave@illinois.gov

Read the Law: [820 ILCS 192/Paid Leave for All Workers Act. \(ilga.gov\)](#)

UPDATE 8/30/2023: View the [Frequently Asked Questions](#)

Webinar Schedule

DATE	TIME	RECORDING/LIVE LINK
October 3	2 pm - 3 pm	Webex
October 19	10 am - 11 am	Webex
November 1	10 am - 11 am	Webex
November 16	2 pm - 3 pm	Webex

Governor JB Pritzker in March 2023 signed SB208 into law, making Illinois the third state in the nation, and the first in the Midwest, to mandate paid time off to be used for any reason. The historic legislation provides employees with up to 40 hours of paid leave during a 12-month period, meaning approximately 1.5 million workers will begin earning paid time off starting in 2024.

The Illinois Department of Labor has released dates and times for webinars it will be conducting to discuss compliance with the Paid Leave for All Workers Act. Register for the various dates and times by clicking the link below:

REGISTER TODAY!

Annual Chamber Luncheon Event: MEET THE MUNICIPALITIES

DATE/TIME:

November 8, 2023 | 11 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.

Each station will have a short presentation. Visit with four or more presenters and be entered to win a prize.

REGISTER TODAY!



CHAMBER of COMMERCE
O'FALLON • SHILOH

**ANNUAL CHAMBER LUNCHEON EVENT:
MEET THE MUNICIPALITIES**
Klucker Hall | 14 Park Dr, Shiloh

CITY OF O'FALLON
Mayor Herb Roach

VILLAGE OF SHILOH
Mayor Bob Weilmuenster

O'FALLON PARKS & RECREATION
Director Andrew Dallner

CITY OF O'FALLON
Community Development
Director, Justin Randall

O'FALLON-SHILOH FIRE DEPARTMENT

O'FALLON POLICE DEPARTMENT

SHILOH POLICE DEPARTMENT

- Each station will have continuous presentations (10 minutes).
- Come hear what a particular speaker has to say or come to hear as many as you'd like.
- Have your lunch whenever you'd like to have it: before, during, after, or take it with you.
- For those who listen to 4 or more presentations, you'll be entered into an attendance prize drawing.
- Come meet our municipalities and find out what's going on – don't miss this event!

**WEDNESDAY
NOVEMBER 8, 2023**
11:00 a.m. - 1:00 p.m.

\$20 REGISTRATION INCLUDES A BOXED LUNCH TO BE EATEN ON SITE OR TAKEN WITH YOU

Lunch for presenters sponsored by BARBERMURPHY Group

REGISTER ON OUR WEBSITE:
OFallonChamber.com

MEMBER NEWS

KING'S HOUSE AT THE NATIONAL SHRINE OF OUR LADY OF THE SNOWS



Beginning Friday, October 27, at 4:00 pm through Sunday, October 29, at 2:00 pm, the couples retreat allows you to experience our "I Want to See You" silent retreat while encompassing your togetherness as a couple. This retreat centers on the story of the man born blind. Come and share the experience of being noticed by Jesus, touched, healed and called to witness to the new sight God's love provides.

Fee: \$400.00 (Includes lodging and meals) Evergreen Park, IL; Midlothian, IL; and at the Jesse Brown VA Medical Center. For details on opening accounts at Scott Credit Union, visit www.scu.org.

FLU SHOTS AVAILABLE AT HSHS MEDICAL GROUP DRIVE-THRU LOCATIONS AND PRIMARY CARE OFFICES



HSHS Medical Group

reduce their risk of illness by getting the flu vaccine.

The public can now receive their flu vaccine at the following flu shot clinics.

HSHS Medical Group Walk-in Lab
2901 Old Jacksonville Rd., Springfield
Walk in or schedule appointment at MyHSHS.org Monday – Friday, 7:30 am - 4:30 pm

HSHS Medical Group Drive-Thru Care
5285 E. Maryland St., Suite A, Decatur
Walk in or schedule appointment at MyHSHS.org
October 17 and November 10, 8 am – 2 pm

HSHS Medical Group Drive-Thru Care – 406 Hartman Lane, O'Fallon
No appointment needed
October 13, 10 am – 4 pm

The drive-thru locations are not able to provide flu vaccines for children enrolled in the Illinois Medicaid Vaccines for Children (VFC) program. Patients who are enrolled with this program will need to coordinate with their primary care office or the local health department.

Appointments for flu vaccines are also available to established patients at HSHS Medical Group primary care clinics in central and southern Illinois. Call your HSHS Medical Group primary care office or use MyHSHS, the HSHS online patient portal, to schedule an appointment.

How to make a vaccine appointment through MyHSHS

It is free and easy to create a MyHSHS account and schedule an appointment online:

Go to www.myhshs.org.
Login or create a MyHSHS account by clicking "Sign Up Now."

Under Menu, click "COVID-19/Influenza Vaccine Scheduling."

Click "COVID-19 /Flu Vaccination" and answer questions on eligibility to schedule a flu vaccine, COVID vaccine or both.

You will be able to choose from available appointments at our Springfield, Decatur and O'Fallon drive-thru locations.

Who Should Get a Flu Vaccine

Everyone 6 months and older needs a yearly flu vaccine, the Centers for Disease Control and Prevention recommends. Getting vaccinated is even more important if you or someone you live with is at higher risk for complications from the flu.

This group includes older adults; pregnant women; young children; and people with chronic health problems, such as asthma, diabetes, heart disease or cancer.

People in high-risk groups are more vulnerable to flu complications. They may become very sick if they get the flu. Some may have to go to a hospital.

But remember: Almost everyone should get a new flu vaccine every year. Even healthy people can get sick and pass it on. And past vaccines won't protect you because flu viruses always change.

It takes two weeks to build immunity to the flu virus. So try to get vaccinated by the end of October. That way your body will be ready to fight the flu when it gets here.

MCKENDREE UNIVERSITY CONTINUES TO CELEBRATE HISTORY-MAKING SUCCESS



Path initiative.

The past two years have been especially fruitful for McKendree University as they continue seeing great success in their Clear

Within this past year alone, the university has seen an increase in several enrollment aspects, including online undergraduate students (up 12 percent), total graduate student hours (up 23 percent) and total undergraduate students (up 5 percent). There have also been steady increases in several online programs, including the master's in clinical mental health and counseling program, the master's in education in curriculum and design program, the master's in teaching program, the master's in business administration program and the master's in nursing program. Additionally, an impressive amount of interest has been shown in one of the university's newest programs, the Paraprofessional+ Pathway program, a fully online offering for paraprofessionals looking to become full-fledged elementary teachers with initial licensure in only two years.

The university has also seen some of the largest classes in its 195 years of history within the past two years. This year's incoming class has already demonstrated their academic prowess and potential as an astounding 30 percent of new students – up from last year's number by two percent – are receiving honors scholarships. These students hail from 35 states and 28 countries, similar to last year's numbers of 33 states and 30 countries.

This continued success has been attributed to various factors, especially the university's Clear Path initiative. This unique initiative provides transparency in the scholarship and financial aid process for undergraduate students residing in nearby counties that they are guaranteed the personalized experience provided by a private institution at a public school price. This initiative, which began in the fall of 2021 with 34 counties, has recently been extended to include a total of 63 counties in Illinois.

"We continue to be excited about Clear Path and the opportunity it provides to show students from our region how a McKendree education is affordable," said Chris Hall, vice president for admission and financial aid at McKendree University.

McKendree will continue hosting Preview Days this year, which will give visitors the opportunity to learn more about the university's academics, co-curricular activities and campus life during an interactive student-faculty panel and campus tour. This year, Preview Days will take place on Monday, Oct. 9; Saturday, Nov. 11; Monday, Feb. 19, 2024; and Saturday, April 6, 2024. Interested students and parents may register for a Preview Day here.



Upcoming Fall and Winter Events

We have a lot of ways to give back this fall/winter, and many fun activities/events to attend! Mark your calendars and get ready!

SEPTEMBER

We ♥ our military yard signs.

Proceeds from these signs are used to help offset the cost of dorm welcome boxes and baking boxes, as well as anything else to do with supporting the military.

ON SALE NOW!

OCTOBER

Dorm Welcome Boxes

Donate towards toiletries and household items for new airmen in the dorms at Scott AFB

Boxes will be delivered by the end of October.

Contact us to donate!

NOVEMBER 8

Meet the Municipalities Annual Luncheon Event

Enjoy Lunch at Klucker Hall and take the opportunity to listen to presenters from each municipality.

Registration Includes a box lunch to be eaten on site or taken with you.

Tickets on sale now!

NOVEMBER/DECEMBER

Wing Walk

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

Register your business to participate now!

NOVEMBER/DECEMBER

It Pays to Buy Local

Support our local downtown shops and win great prizes! Are you a downtown business? Increase your business visibility and promotion. Encourage customers to send in their receipts of \$10 or more and they can win cash prizes! YOU can win for most receipts submitted!

DECEMBER

Cookie Drop

This will occur in mid-December.

Consider donating homemade cookies for airmen in the dorms at Scott AFB and those working 24/7

NOVEMBER

Baking Boxes

New this year:

Donate any amount to help provide a baking box to young military families to address food insecurity at Scott AFB. Each box will contain a recipe and items to make that recipe.

Contact us to donate.

DECEMBER 6

Annual Holiday Party & 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 diapers.

Both monetary and actual diaper donations will be accepted.

Stay tuned for more details

STAY CONNECTED WITH US ON OUR WEBSITE AND SOCIAL MEDIA FOR MORE DETAILS ON THESE EVENTS! BE SURE TO CHECK OUR WEBSITE CALENDAR TO RSVP AND REGISTER FOR THE EVENTS YOU ARE INTERESTED IN.

www.OFallonChamber.com | [www.Facebook.com/OFallonShilohChamber](https://www.facebook.com/OFallonShilohChamber)

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 Gina Ratermann tells us about Brightly Senior Living and we also hear from Studio Strong founders Dorren Warfield and David Prouhet!



I am the Director of Community Engagement and Events for both the Glen Carbon and Mascoutah communities. I generate innovative ideas to promote our brand and our products. I set specific marketing goals and implement strategies aligned with our business targets. Most of all, I make sure that we have events that bring smiles to many faces. I have the perfect job that lets me socialize with my residents and other marketing friends.

Brightly Senior Living communities are as unique as the people that live in them. We are dedicated to doing everything possible to creatively meet the needs of those we care for. Every level of our organization focuses on what is possible, what's achievable and what's next. We use knowledge,

skills, and life experiences to enrich our residents' lives and create joy. Brightly redefines assisted living and memory care by removing the hassle of additional costs with a simple monthly rent that is truly all inclusive. We do all of this while celebrating the spirit of the individual and utilizing the strength of the community to provide the very best lifestyle. We ask ourselves every day in everything we do, "How does this benefit our residents?" It's how we approach each detail in crafting experiences that our residents will love.



Gina Ratermann
Director of Community Engagement and Events
Mascoutah: 618.566.0566
Glen Carbon: 618-307-5034
Cell Phone: 618-830-3146

Studio Strong, the Premier Personal Training Studio, Celebrating Clients in the Metro East



Studio Strong, the leading personal training studio in O'Fallon. Since its founding, Studio Strong has been dedicated to providing a unique and personalized fitness experience to its clients. With a team of highly trained

and experienced personal trainers, Studio Strong offers a variety of programs and services to help clients reach their fitness goals.

"At Studio Strong, our goal is to provide a welcoming and supportive environment where clients can achieve their fitness dreams," says co-founder Doreen Warfield. "We are passionate about helping our clients become the hero of their own fitness story and are proud to have helped so many people in our community over the past 12 years."

Studio Strong offers a range of programs, including one-on-one personal training, group classes, seasonal adventures, and fitness challenges. Their personal trainers work with clients to set and reach fitness goals, such as weight loss, increased strength and mobility, and improved nutrition. With regular check-ins and supportive staff, Studio Strong helps clients stay accountable to their fitness journey.

In addition to its fitness programs, Studio Strong also celebrates its clients in many ways, including birthdays, personal records, goal achievements, and more. They believe that fitness is about more than just working out and

strive to create a fun and supportive community for their clients.

"We are proud of what we have accomplished and are excited for what the future holds," says co-founder David Prouhet. "We are committed to providing the best possible fitness experience for our clients and will continue to innovate and evolve to meet their needs."

Studio Strong is located at 629 West Highway 50, O'Fallon, IL 62269. For more information, visit their website at studiostrong.fit.

About Studio Strong: Studio Strong is a premier personal training studio that offers a comprehensive approach to fitness. With a team of experienced personal trainers, Studio Strong provides personalized fitness programs, group classes, seasonal adventures, and fitness challenges to help clients achieve their fitness goals. For more information, visit their website at studiostrong.fit.



Doreen Warfield
David Prouhet
Studio Strong
618-581-0193
admin@sutdiostrong.fit

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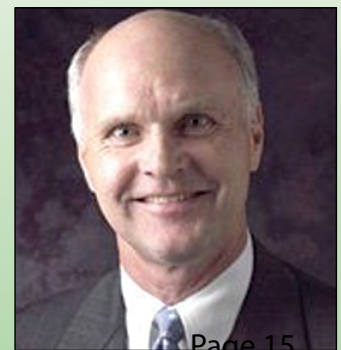
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MONTHLY CALENDAR

October

10

[Military Affairs Committee Meeting](#)
3:30 p.m. | O'Fallon VFW Post 805

11

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

11

[Ambassador Meeting](#)
11:15 a.m. | Southern IL Builders Association

12

[Restaurant Roulette](#)
11:30 a.m. | Various Local Restaurants

16

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

17

[Education Committee Meeting](#)
1:00 p.m. | O'Fallon District 90 Offices

18

[Ribbon Cutting - Cambridge House O'Fallon](#)
4:30 p.m. | 844 Cambridge Blvd, O'Fallon

19

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

20

[RE-CONNECT - A Member Networking Social Event - **CANCELLED**](#)
1:00 p.m. | O'Fallon Station

24

[Ribbon Cutting - New American Funding](#)
1:00 p.m. | 813 W. Hwy 50, O'Fallon

30

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

31

[MAXimize Your Benefits \(MAX\)](#)
8:30 a.m. | Chamber Depot

A NOTE FROM THE PRESIDENT/CEO

We regret to inform you that the Re-Connect networking event scheduled for Friday, October 20th, has been cancelled.

Despite our best efforts, ticket sales did not reach the necessary threshold to cover the expenses of the event. While this is only the second time we've hosted the Re-Connect event, with the first being in May 2022, we wonder if the change in season may have impacted ticket sales.

Please understand that this decision was not made lightly. While our goal isn't always to profit from our events, it is essential for us to at least break even. More importantly, we strive to ensure our events offer value to our attendees.

We understand the disappointment this cancellation may bring,

and we sincerely apologize for any inconvenience. Rest assured, we are in the process of issuing refunds to everyone who has already made a payment.

It's worth noting that we've seldom cancelled events in the past, with the primary reason being Covid-related concerns. This situation is unprecedented for us.

Thank you for your understanding and continued support.



Debbie Arell-Martinez
President/CEO
O'Fallon-Shiloh Chamber of Commerce

BUSINESS AFTER HOURS

Our September Business After Hours was hosted by Envisioning Green! Guests enjoyed touring the outdoor showroom, great food and awesome company. Check out the highlight video on our website! OFallonChamber.com/business-after-hours-envisioning-green/



HSHS St. Elizabeth's Hospital Cancer Care Center **2ND ANNUAL BREAST CANCER AWARENESS FUN WALK** *for survivors & supporters*

OCTOBER 14

8:30-Noon | Moody (Longacre) Park, Fairview Heights, IL

- **FREE Registration**
- 1.5 mile walk **(rain or shine)**
- Goodie bag
- Health information
- T-shirt available with proceeds donated to patient funds
- Refreshments provided

REGISTER AT: steliz.org/FunWalk

Presented by:



HSHS
St. Elizabeth's
Hospital



Become a sponsor to get your company logo here!

DONATIONS WELCOME! This event is **FREE** to all, but donations of any amount are accepted to support funding dedicated for cancer patients' transportation needs. Thanks in advance for your kind support! **Donate on the registration page.**

SALUTE TO OUR STAR INVESTORS



TWO STAR INVESTORS



HSHS Medical Group

ONE STAR INVESTORS

1st National Bank of Waterloo
i3 Broadband
Aaron Holdge Allstate
American Family Insurance Buchtel & Assoc.
Associated Bank
Auffenberg Dealer Group
Bank of Belleville
Bank of O'Fallon
Baysinger Architects
Belleville News Democrat
BOS Metro East Banking Center
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
Discount Storage
Drury Inn & Suites
Farmers & Merchants National Bank
FCB O'Fallon Bank

First Bank
First Bankers Trust Company N.A.
First Mid Bank and Trust
First Community Credit Union
Gateway Metro Federal Credit Union
Gateway Solutions
Guaranteed Rate
Heartland Bank
Hilton Garden Inn
HD Painting and Stain Co.
Holland Construction Services
Home Heating and Cooling
Jack Schmitt Auto World
Jack Schmitt Chevrolet of O'Fallon
KB Homes Powered by KW Pinnacle
Kerber, Eck & Braeckel, LLP
Keystone Place at Richland Creek
Klein's Brand Source
La Casa Mexicana of O'Fallon
Lashley Animal Hospital
Lincoln Surgical Associates, Ltd.
Merrill Lynch | Woody Gray
Mid America Oral Surgery Center
Morrison Plumbing, Heating and Air
Navy Federal Credit Union
O'Fallon Progress/Command Post
O'Fallon Shiloh Towing
OST Container
Premier Remodeling

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
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Legacy Planning, LLC

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Ke'Ira Lewis
Etc. Event Planning & Marketing

Lisa Vorce
Thrivent Financial - Lisa Vorce

Cindy Hill
Home Instead

Lindsay Porzeinski
Home Heating & Cooling

Justin Ward
1st National Bank of Waterloo

Erik Huber
Bank of Springfield

Delisa Richardson
Z. D. Richardson Notary Services

Sheri Welch



October 31, 2023 | 8:30 a.m.

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: OASIS / AGESMART

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.