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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



4 Reasons saying "No" is the Ultimate Power Move.

Why it's important to your health and sanity to say "No" sometimes.

[Page 11](#)

A second round of BIG (Business Interruption Grants) has been issued. Find out more details on how to apply and the deadline.

[Page 10](#)

It's important to stay on track with your health. Make sure to schedule time for your cancer screenings.

[Page 15](#)

WELCOME OCTOBER

NEW MEMBERS

Keystone Place at Richland Creek

Jan Brenner

1050 Fountain Lakes Dr.

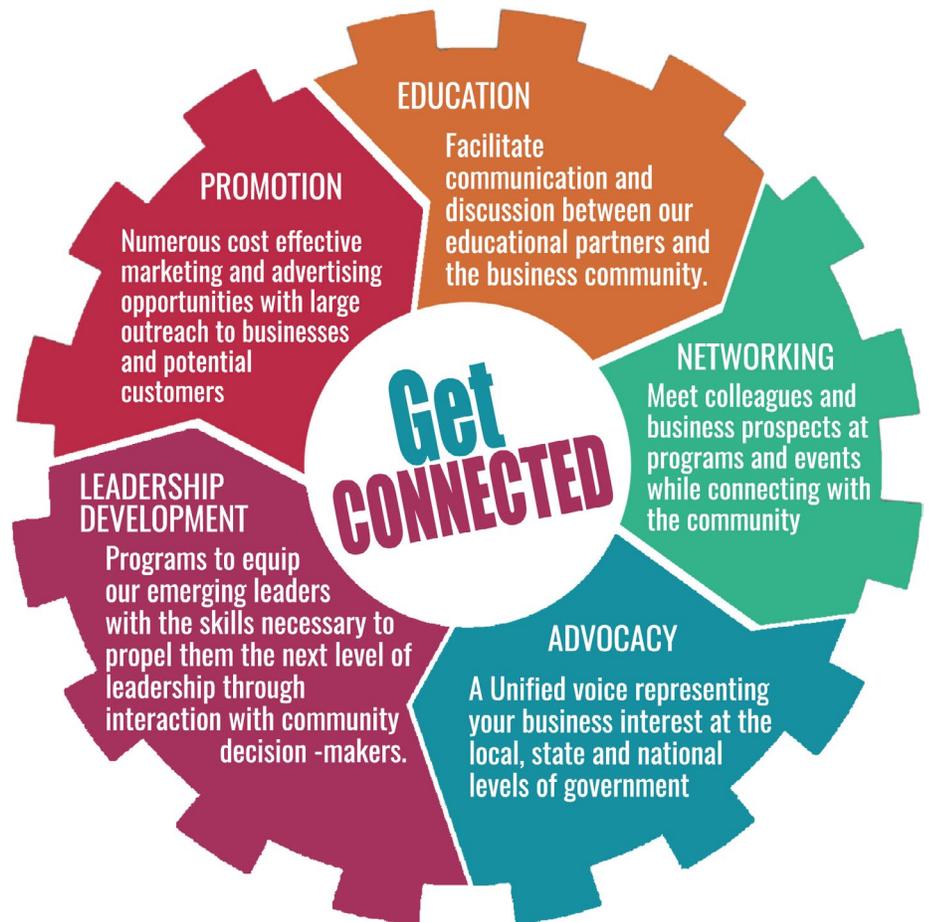
O'Fallon, IL 62269

618 825-9029

Jbrenner@keystonesenior.com

www.keystonePlaceatRichlandCreek.com

(Senior Living)



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

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Local Noon, LLC
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Olson Orthodontics
Parent Teacher Tools & Toys
Realtor Association of Southwestern IL
St. Paul United Church of Christ
Sylvan Learning
The CoffeeHouse Company
The Mail Box Store
The Prime Group RE/MAX Preferred
The Tye-Dyed Iguana
United Way of Greater St. Louis-IL Division
Violence Prevention Center
West & Company, LLC



Free Disposable Masks for Businesses

St. Clair County has provided the City of O'Fallon with disposable blue surgical masks for local businesses. They come in packs of 50. If you're a business who is in need of masks, please contact the Chamber (632-3377 or director@ofallonchamber.com) and we can make arrangements for you to pick up masks here at the Chamber office. No charge.

Masks can be picked up Monday – Thursday, 9 – 11 a.m. at 116 East First Street, O'Fallon. Please call before-hand to let us know you are coming and how many packs you would like.

YOUR CHAMBER OF COMMERCE STAFF

Debbie Arell-Martinez - [E-mail](#)
Executive Director

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

Doris Obernuefemann - [E-mail](#)
Assistant Director

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

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

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.

SNOWMAN SELFIE CHALLENGE

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Build a Snowman | Increase Customers | Win Prizes

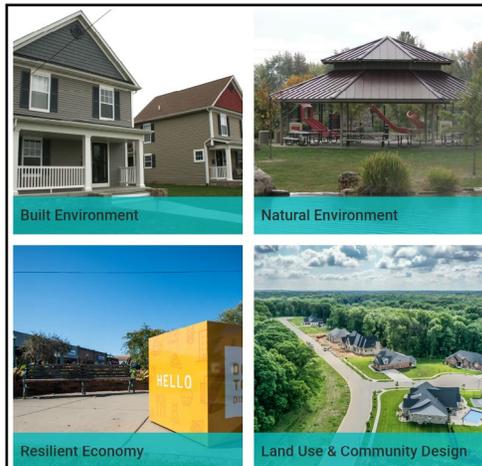
VISIT OUR WEBSITE TO SIGN UP:

OFallonChamber.com/SnowmanSelfie2020

Or call the chamber office for more information/questions: 618-632-3377

**DEADLINE TO REGISTER
IS NOVEMBER 14TH!**

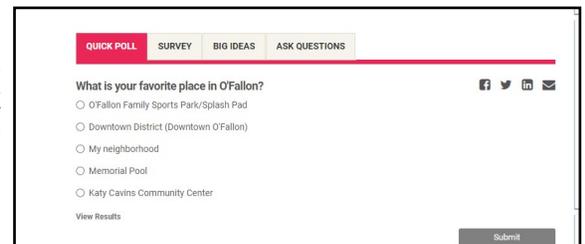
CONTEST RUNS NOVEMBER 23 THROUGH DECEMBER 20



O'Fallon is a growing community of choice in the Metro East, known for an inviting and welcoming atmosphere, resurgent downtown, and enviable sports and recreation opportunities. The City of O'Fallon is creating a 20-year master plan that will build a better O'Fallon for you, your children, and future generations. Think everything from housing and jobs to parks and bike trails.

The goal is to have a community-based master plan - and your input and opinions are needed!

Visit the interactive website and complete the survey, quick poll and submit your Big Ideas for how to improve O'Fallon!



Please join us for

Veterans

Flag



Way

Veterans Day

November 11, 2020

Noon – 3pm

O’Fallon, IL Family Sports Park

Join us by honoring our Veterans this year with a “reverse” parade. We are inviting everyone to drive through the Family Sports Park between 12pm - 3pm. We will have stationary military displays and hundreds of US Flags to honor our veterans for you to drive past and see. Show our veterans your support by decorating YOUR vehicles.

If you or someone you know, has a military vehicle or display and would like to participate, please email us at vetdayparade805@gmail.com



VFW
Post 805



MEMBER NEWS

What Your Doctor Wants You to Know about COVID-19 and Flu Season



Flu season is nothing new in Illinois. Many have had the flu at one time or another and hope to avoid the newest strain each winter. What is new for us is the combination of flu season and the COVID pandemic. COVID arrived near the end of last flu season, yet there are still unknown factors that doctors are watching.

Flu Season and COVID

Health experts anticipate fewer cases of influenza this year than in recent years. The CDC is monitoring the strains prevalent in the southern hemisphere and predicting what is likely to affect us in the winter.

“With precautions like social distancing, less travel and masking already in place to avoid spreading COVID, we expect influenza to spread less this season,” says Amy Britt, APRN, family nurse practitioner with HSHS Medical Group Multispecialty Care in Edwardsville. “However, facing flu season and the COVID pandemic together can make this a challenging winter.”

If someone were to experience COVID and flu simultaneously, their symptoms would likely be compounded and possibly progress faster. “The symptoms of the two illnesses are very similar, so it can be challenging for providers to diagnose the illness. We do know that the outcomes can be very different depending on which it is,” says Britt.

Independently, the influenza we deal with every year tends to affect certain populations more than others with more adverse outcomes. Usually the elderly and those who have chronic medical conditions or are immunocompromised. If you add COVID to that, it’s not a good thing.

Take Precautions

Britt advises her patients to take precautions to diminish the risk of severe illness. “Get your flu vaccine to help avoid symptoms causing confusion for you and your doctor,” she says.

“You should also follow the healthcare directions of the CDC. Continue social distancing, wear face masks, and wash your hands frequently,” she says.

Watch for COVID and Flu Symptoms

It’s difficult to distinguish between COVID and flu symptoms. The flu may include a runny nose, fever, cough, sore throat, earache and muscle aches. However, these symptoms could also occur with COVID.

COVID can present in many different ways. Medical experts thought initially the COVID virus goes to the lungs, but they now know that it can attack any organ in the body. “Often COVID will attack the kidneys and other organs, while the flu is primarily a respiratory illness,” says Britt.

Try not to ignore symptoms. Visit your primary care doctor who may choose to test you for the flu, COVID, or both. There are treatments for influenza if caught very early.

Treatment for COVID and flu starts with addressing the symptoms. “If you have the flu, it’s good to stay home and make sure you keep yourself hydrated. You can take Tylenol for fever and muscle aches, and over-the-counter cough medicine and decongestants may also be useful to have on hand,” says Britt.

If you have COVID and develop shortness of breath, you should consider keeping a thermometer and a pulse oximeter at home. A pulse oximeter measures the oxygenation in your blood. Usually if someone’s oxygenation drops, they get short of breath and fatigue more quickly. If you are ill and see your oxygenation start to drop, you should seek medical attention quickly.

Where do you get tested for COVID?

HSHS Medical Group patients should call their primary care doctor if they are concerned about their symptoms or their symptoms worsen. If you are not an established patient with HSHS Medical Group and have COVID-like symptoms, you can visit HSHSMGCovidTesting.org to register for a free COVID test at one of the drive-thru testing sites in Decatur, Effingham, O’Fallon or Springfield. You can also contact your local health department for more information on COVID testing.

“Overcoming a pandemic and the flu season can be a community effort,” says Britt. “There are people at risk, but with patience and some lifestyle changes, we can look forward to the future when a vaccine is developed for COVID.”

Jim Sabella of Wolfersberger Funeral Home will make an appearance in an upcoming documentary on the History Channel! The documentary will highlight a century of service to America’s disabled veterans. Titled "The Battle Never Ends" the documentary is scheduled to air on the Military HISTORY Channel on the following dates and times:



- Monday, Nov. 9, at 8 p.m. EST
- Tuesday, Nov. 10, at midnight and noon EST
- Wednesday, Nov. 11, at 8 p.m. EST
- Thursday, Nov. 12, at midnight and noon EST
- Friday, Nov. 13, at 8 p.m. EST
- Saturday, Nov. 14, at midnight and noon EST

Read more about the show on our website: <http://ofallonchamber.chambermaster.com/news>

Seven Reasons to get the Flu Shot



As we approach the winter months, doctors are encouraging the community to get their annual flu shot. “Even with social distancing and masking precautions in place, the flu season is a very real risk to our communities this year,” says Ryan Wood, MD, family and sports medicine physician at HSHS Medical Group Family Medicine – Troy. “The shot is quick, relatively painless, and a simple step you can take to protect yourself and your family

from illness.”

Not sure you want to bother with the flu shot this year? Here are seven reasons to get it done.

Immunization is the No. 1 best way to prevent the flu. With rare exceptions, everyone 6 months and older needs a yearly flu vaccine.

Spare yourself. The flu can bring miserable symptoms and lead to missing work or school.

Influenza makes some people seriously ill. Every year, flu complications lead to hospital stays – and even deaths.

Viruses tend to change each flu season. Scientists review U.S. flu vaccines yearly to make sure they best match circulating viruses.

Influenza spreads. Be ready – get vaccinated as promptly as possible.

Flu vaccines have a solid safety record. Vaccines can't give you the flu – and serious side effects are very rare.

COVID-19 and the flu will likely spread at the same time this year. Reduce your risk of getting both COVID and flu at the same time by getting the flu shot.

HSHS Medical Group now has flu shots available for their patients. Call your local HSHS Medical Group primary care office to schedule an appointment for your flu shot.

Local Non-Profit Provides Services For At-Risk Families



October 27, 2020– Scott Credit Union has donated \$2,500 to help Nurses For Newborns in its mission to provide services to at-risk families to prevent infant mortality, child abuse and neglect with in-home nurses. Nurses For Newborns provides nursing services to promote healthcare, education, and positive parent skills to St. Louis area families who need it most.

“Scott Credit Union believes in making an impact in our communities,” said SCU President & CEO Frank Padak. “We believe in supporting families in a variety of ways and Nurses For Newborns is a perfect way for us to help in providing services to those in need.”

The families aided by Nurses For Newborns receive the healthcare, education and support they need so that every baby will be healthy, safe and nurtured in their home and able to fulfill their full potential, according to the organization’s website.

Nurses for Newborns was founded by Sharon Rohrbach, RN, and Robin Kinney in the early 1990’s. Rohrbach was a nurse in a St. Louis, MO, critical care nursery.

She was frequently called to the hospital’s emergency department to address life-threatening illness in the infants who had just been discharged a few days earlier. Her vision was to start an organization of registered nurses that would make home visits to provide medical assessment of the infants and education for parents.

Rohrbach’s vision was to help people who are living in poverty that served as the catalyst for the creation of the agency. Nurses For Newborns has provided services to nearly 100,000 families.

“They have an impressive mission that provides incredible services,” Padak added. “We were extremely impressed with what they do and wanted to be able to help them in this mission in a small way.”

Nurses For Newborns accepts donations and seeks volunteers who are interested in helping provide services. For more information about the organization, visit www.nursesfornewborns.org.

“We are honored to make this donation and help do our part to support people in need in our community,” Padak added.

Scott Credit Union currently has 19 area locations: Scott Air Force Base; East Belleville; Fairview Heights; Collinsville; O’Fallon; Edwardsville; Waterloo; Highland; West Belleville; Mascoutah; Troy; Wood River; Lebanon; Columbia; Ladue, MO; Crestwood, MO; Ferguson, MO; at Ballpark Village in St. Louis; and its Home Office in Edwardsville.

*Read more member press releases on our website: <http://ofallonchamber.chambermaster.com/news>
Have some news you’d like to share? Email your press release to chamber@ofallonchamber.com*



In November 2019, the City of O'Fallon launched the Downtown Façade Improvement Grant Program: a matching grant initiative administered by the City of O'Fallon. The purpose of the program is to encourage and assist property and business owners located in the Central City to improve the exterior appearance of their buildings.



In the inaugural application round, five buildings in the Downtown District received new and improved exteriors. The program immediately provided the Downtown District with a dramatically different look and feel.

Here are the before and afters of the 5 winners of the 2019 Grant Program.



227 West First Street



The Outdoorsman, 127 E. First Street



**Lehman's Barber Shop
123 E. State Street**



**Mueller Florist
101 W. First Street**

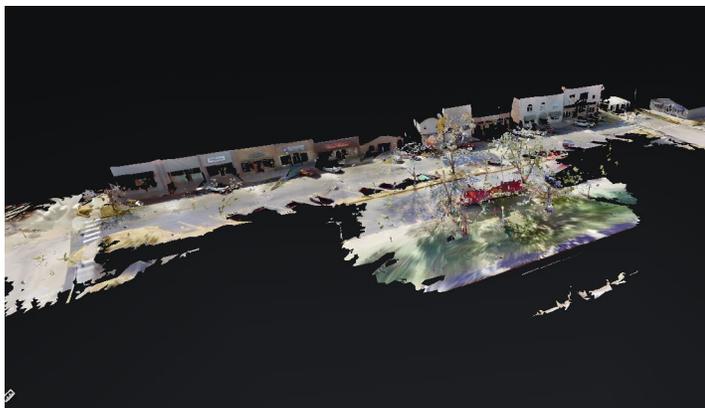


**1st Street Lounge
119 W. First Street**

For more information on the Grant Program, including the 2020-2021 timeline, application and requirements, visit the City's website: www.ofallonillinois.org/downtown-district-facade-improvement-program/

Take a 3D Virtual tour of Main Street O'Fallon and visit the Chamber office virtually!

Thanks to Kirk Schilling of Invelop for putting this together! Think this is pretty awesome? Let Kirk create a 3D footprint for your office, storefront, business or home!



<https://www.invelopnow.com/>

BUSINESS INTERRUPTION GRANTS PROGRAM

The following program (Business Interruption Grants Program) is administered by the State of Illinois Department of Commerce & Economic Opportunity. Please contact DCEO at 800.252.2923 with any questions.

Is your bar or restaurant in need of relief funding? Join the Department of Commerce and Economic Opportunity (DCEO) this Friday, Nov. 6 for an overview and Q&A on the Business Interruption Grant (BIG) Program. This 1-hour webinar is specifically tailored to the hospitality businesses, which receive priority under BIG. \$175M in grants are still available.

Join the Department of Commerce and Economic Opportunity (DCEO) and Accion Serving Illinois & Indiana for an Overview and Q&A on the Business Interruption Grant (BIG) Program.

Register here: <https://bit.ly/3l55eJn>

The Business Interruption Grant (BIG) program is a \$636 million program developed by Governor Pritzker and the Illinois General Assembly to provide economic relief for small businesses hit hardest by COVID-19. BIG leverages federal funding provided by the CARES Act to help offset COVID-19 related losses for Illinois small businesses.

BIG is the largest program of its kind in the nation – leveraging federal CARES Act funds to establish economic recovery programs: over \$270 million for small businesses, and another \$270 million exclusively for childcare providers, administered jointly by DCEO and IDHS.

Funding may be used to help businesses with working capital expenses, including payroll costs; rent; utilities; and other operational costs as defined in the eligible cost list found on DCEO's website.

Full details on the big program are available here: www2.illinois.gov/dceo/smallbizassistance/pages/c19disadvantagedbusgrants.aspx

The following program (Business Interruption Grants Program) is administered by the State of Illinois Department of Commerce & Economic Opportunity. Please contact DCEO at 800.252.2923 with any questions.

Dear Business Owner,

The State of Illinois recently announced a second round of Business Interruption Grant awards. The Business Interruption Grant (BIG) program is a \$636 million program developed by Governor Pritzker and the Illinois General Assembly to provide economic relief for small businesses hit hardest by COVID-19. BIG leverages federal funding provided by the CARES Act to help offset COVID-19 related losses for Illinois small businesses. Funding may be used to help businesses with working capital expenses, including payroll costs; rent; utilities; and other operational costs as defined in the eligible cost list found below.

A \$220 million second round of BIG aims to provide relief for all types of small businesses, but with a particular focus on businesses downstate, in disproportionately impacted areas (DIAs), and for heavily impacted industry and regions – representing businesses that have been unable to reopen or operating at a severely diminished capacity since the spring. The second wave of funds includes the following provisions to ensure a wide distribution of funds geographically and across business type:

- Heavily Impacted Industries - \$60 million for heavily distressed industries, such as movie theatres, performing arts venues, concert venues, indoor recreation, amusement parks, and more.
- Disproportionately Impacted Areas - \$70 million set aside for DIAs, defined by zip codes identified by the General Assembly for communities that are most economically distressed and vulnerable to COVID-19. A map of DIAs is shown below.
- Downstate Communities – DCEO has committed to ensuring that at least half of all remaining funds, totaling more than \$100 million, are reserved for businesses in downstate and rural communities of Illinois.
- Priority Businesses– Apart from the \$60 million for heavily impacted industries, applications from the following types of businesses will be prioritized for review for remaining funds: businesses directly affected by regional mitigations implemented by the state or local governments, independently owned retail, tourism- and hospitality-related industries including accommodations, and more.
- Agriculture - \$5 million of the remainder of funds will be set aside for livestock production disruptions. Applications will be available in the coming weeks from the Illinois Department of Agriculture.
- Grants and Loan Forgiveness for Illinois Small Business Emergency Loan recipients - As authorized by the General Assembly, DCEO will offer grants for businesses that have incurred eligible costs to offset loans received under the Illinois Small Business Emergency Loan program. This round of loan forgiveness and grants will go to businesses that have received loans or remain on the wait list and the program will sunset going forward as DCEO and its partners focus on making BIG awards.

Businesses outside the categories listed above are also eligible to apply and receive funding under the program but may be reviewed later than priority businesses. All businesses will receive a decision on their grant application within four to six weeks of application submission.

Apply Now: [Business Interruption Grant Application](#)
Aplica Aquí: [Aplicación para el programa de subvención de BIG](#)

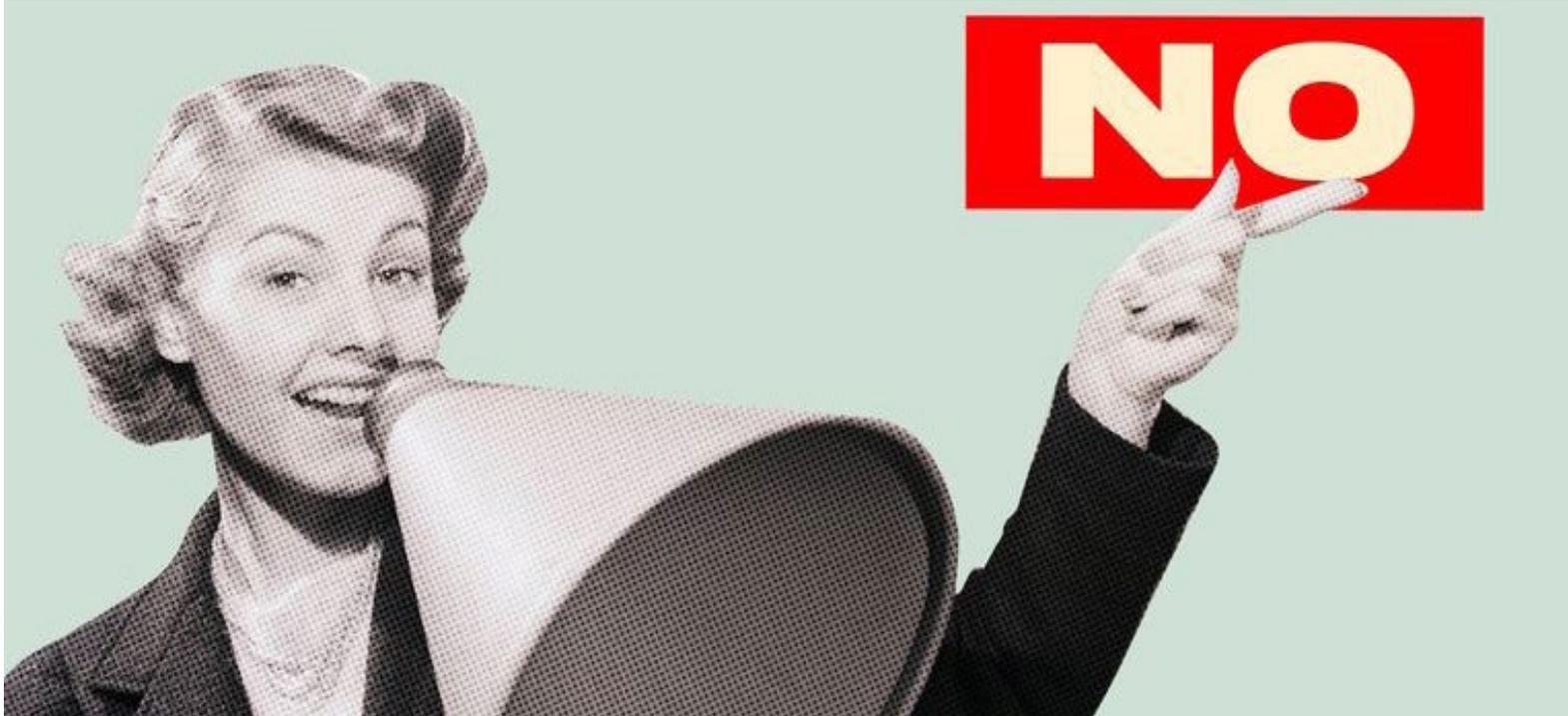
Additional information can be accessed at www2.illinois.gov/dceo/smallbizassistance/pages/c19disadvantagedbusgrants.aspx

BUSINESS TRACK

4 Reasons Saying 'No' Is The Ultimate Power Move

Article by Awilda Rivera

<https://medium.com/swlh/4-reasons-saying-no-is-the-ultimate-power-move-b78d12cd1e86>



It was obvious they were offering me a dead end job, not a career opportunity. They thought I was going to jump at the chance to work for them, but they were in for a rude awakening. “No Thank You. I appreciate you thinking of me but I don’t believe I am the right candidate for your needs.” Just like that I said, “NO.” It was a revelation.

Some people thought I was crazy for turning down the secure salary to continue forging my own path as an entrepreneur. When they asked me why I didn’t take the position I would simply say, “why say ‘Yes’ when you can say ‘No’.” Most didn’t know how to react to my declaration, looking at me with concern and worry wondering if I had lost my mind, while others seemed intrigued.

Saying ‘No’ is your best defense against imbalance, burnout, and exploitation. It may sound counter intuitive but its true. Sadly, ‘No’ is an extremely undervalued tool with immense power. The correct use of a strategic ‘No’ can be the difference between elevating yourself to the next level OR allowing yourself to get caught up in a situation that drains you.

Ultimately if you protect yourself, you protect your power. Here are 4 reason why saying ‘No’ is the ultimate power move:

“No” Creates a Boundary

Everyone needs healthy boundaries. Those boundaries need to be clearly defined and easy to identify. When you say ‘Yes’ all the time those boundaries become undefined & blurry. People will begin to assume that no matter what they ask you will always say ‘Yes’. Being thought of as a ‘Yes’ man is highly disadvantageous because it is easy for people to unintentionally take advantage of you, since they know you will agree to whatever they ask.

A well thought out ‘No’ protects you from having the unchecked needs of others foisted on you at a moments notice. It is not your responsibility to fulfill everyone else’s needs. Remembering you have ‘No’ at your disposal will empower you to honor your boundaries.

“No” States Your Position

Sometimes trying to politely decline doesn’t work. You could do your best to use flowery language to communicate that you are not interested, but fail to be heard. Understandably, you may hesitate to use the power of ‘No’ because your afraid of being perceived as rude or aggressive. However, it is your responsibility to truthfully state your position with confidence especially if you are not interested in the opportunity presented.

In many cases the only thing you can say that will accurately communicate your disinterest in an opportunity is ‘No’. In a business negotiation ‘No’ establishes your position and underscores your non-negotiables. In life ‘No’ voids an entire set of options, and narrows your trajectory. Arriving at these ‘Nos’ can be liberating because they are grounded in the invaluable data you collected from considering all the possible benefits and drawbacks of saying ‘Yes’.

When you give yourself permission to evaluate an opportunity through the lens of ‘No’ it is easier to examine the full spectrum of possibilities good & bad. Whereas, when you evaluate an opportunity through the lens of ‘Yes’ the examination can be skewed towards identifying only of the positives associated with the choice.

“No” Gives You Leverage

Anytime you employ the strategic power of ‘No’ you are at an advantage. You know what someone else needs and the urgency with which they wish to have that need met. You are then given an opportunity to leverage what you know to your benefit, by presenting them with an alternative that is mutually beneficial. ‘No’ gives you time to evaluate the best way for you to say ‘Yes,’ putting you in control.

“No” Protects You From Yourself

Everyone wants to be liked, but at what cost? Always Saying ‘yes’ to your Boss, Partner, Children, and Friends is a one way ticket to resentment-town. Saying ‘yes’ all the time creates an unsustainable dynamic in your relationships that causes an energetic imbalance. As the Yogi’s say you need to “Drink as you Pour.” It is unsustainable to be in constant service of others with out pausing to be in service to yourself. In order to put yourself first you have to stop saying ‘YES’ to everything.

Saying “No” is both an act of compassion for others and individual self-preservation.

Ultimately saying ‘No’ is a critical asset on your success journey. Knowing how and when to assert yourself is an art. One must practice employing the power of ‘No’ in order to gain comfort and confidence. Even though collaboration and cooperation are essential to our collective success, that doesn’t mean you have to dance every time the band plays.

Not every opportunity is a good one. Mastering the strategic use of ‘No’ requires a basic level of self-awareness and a desire to evaluate every opportunity that presents itself. If you are willing to slow down your process to engage in this act of intentional evaluation it can revolutionize the way you approach business & life. Having the ability to strategically exercise the power of ‘No’ frees you from the obligation of having to take on more than is required, personally & professionally.

RESTAURANT ROULETTE

ARE YOU READY TO NETWORK?

1 SIGN UP FOR THE LUNCHEON

2 GET RANDOMLY PAIRED WITH 3 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 of 4 reserved for you.

Each person pays for their own lunch at the restaurant.

Join us for a fun new way to network while supporting local restaurants.

RSVP today!
Don't wait...spots are limited!

Place
Your
Bets!_(RSVP)

NOVEMBER 18, 2020

11:30 a.m.

*** Current Mitigations Guidelines will be followed*

MEMORIAL  NETWORK

 BJC HealthCare

Working Together
to Keep Our Community Safe

As we work together to reduce the spread of COVID-19, we are all facing new challenges with work, school, and our social lives, while trying to stay healthy both physically and mentally. The Memorial Network is always here to meet your healthcare needs. We are all doing our part to look out for one another and strengthen our community during trying times. *Stay safe!*

mymemorialnetwork.com

DID YOU KNOW?

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

Click to open the full newsletter.



Behind THE Scenes

Thanks, Sara Field, for organizing this thank you to our local First Responders. What a great event to celebrate National First Responders Day! The Chamber was proud to be a part of honoring our First Responders. Below is Sara's Facebook post about the event:

The United States Congress officially designated October 28th as National First Responder Day in 2017.



As an ambassador for Operation Gratitude (and a girl who loves a theme), I dreamt up a community event that would honor our local First Responders this National First Responders Day. Operation Gratitude's mission is to forge strong bonds between Americans and their Military and First Responder Heroes through volunteer service projects, acts of gratitude, and meaningful engagements nationwide.

I have only lived in this area as a military spouse for a little over 3 months, so to say this was a leap of faith is an understatement! In just 36 days, this event went from a "what if" to a reality. I was blessed time and time again as I approached businesses, emailed police/fire

chiefs, reached out to the city and invited members from around the military and civilian communities to partner in this endeavor. I was blown away by the generosity of this community to step up and support their own. Every single person or business that I asked to contribute said, "YES" without hesitation. EVERY SINGLE ONE. So, once again, a huge thank you to: Sugarfire 64, Sweet Katie Bee's Sustainable Bakery-Café, SGT Charles A Fricke VFW Post 805 O'Fallon IL, Debbie Arell-Martinez, Fitz's, O'Fallon-Shiloh Chamber of Commerce



I certainly had moments of panic and anxiety, but it was evident this day was meant to be. I am humbled by the GOOD in people and my heart is FULL to have worked with and met so many amazing individuals during the process of planning and executing this event. Most importantly, it was so rewarding to look our local heroes in the eye and sincerely thank and honor them for all that they do to selflessly serve on a daily basis. 911 dispatchers, Police, Fire and EMS workers were invited to attend. If only ONE First Responder felt appreciated yesterday...it was worth it. □ As Operation Gratitude often says: #ActionsSpeakLouder



These images (except for a few of my cell phone pics) were captured by a new friend of mine. I didn't know her when I reached out asking if she would take pictures. She took leave in order to be there for this event and she is as sweet as they come. Thank you, Sandy Lynne Photography for giving of your time and talent! The event flyer was made by Sweet Serenity Imaging.

View the full post and images: www.facebook.com/sara.field.5/posts/10157685054653837

HEALTH & WELLNESS

For Your Health: Remember cancer screenings and other important health care

back on track with any medical care we've missed.

Since the coronavirus outbreak took hold in the U.S., there's been a major drop in the number of people getting cancer screenings, vaccinations and other key care.

That's not surprising, of course. In March and April, doctors' offices and hospitals across the country stopped or limited non-essential care to curb spread of the virus and to prepare to treat infected patients. At the same time, many people have avoided appointments to try to reduce their risk of infection. And, now, with new spikes in COVID-19 in parts of the country, we're seeing some variations of this play out again.

Yet, we know that missing regular medical care can impact health, especially the longer it's delayed. Skipped cancer screenings can lead to the disease being diagnosed later, when it's harder to treat. Missed vaccinations can make children and adults more susceptible to serious infectious diseases. And delayed follow-up for chronic conditions like unhealthy blood cholesterol, diabetes and high blood pressure can increase the risk of heart attack and stroke.

"It's important to make sure you still get recommended cancer screenings, even during the pandemic," said Dr. Jean Wang, professor of medicine at Washington University School of Medicine in St. Louis. "Taking action now to prevent cancer and other serious illnesses will help keep you much safer and healthier in the long run."

The specifics of doing that, though, can vary from person to person and from region to region, depending on the status of the COVID-19 outbreak and the capacity of facilities to see patients.

The best approach is to contact your health-care providers and, together, discuss plans for safely getting back on track with the care you need. This may mean scheduling in-person appointments, meeting remotely through telehealth, or checking back with them sometime in the near future.

Importantly, any urgent concern about your health should be addressed immediately. "If you are having symptoms, do not delay getting care," Wang said. "Since hospitals have adapted to the coronavirus epidemic by taking necessary precautions, it is very safe to come in to get evaluated."

While much of our focus remains on combating the coronavirus outbreak, let's not lose sight of the important goal to stay healthy overall. Cancer screenings and regular medical appointments can be an essential part of that. So, for ourselves and our families, it's a good time to make a plan to get back on track.



Dr. Graham A. Colditz, associate director of prevention and control at Siteman Cancer Center at Barnes-Jewish Hospital and Washington University School of Medicine in St. Louis, is an internationally recognized leader in cancer prevention. As an epidemiologist and public health expert, he has a long-standing interest in the preventable causes of chronic disease. Colditz has a medical degree from The University of Queensland and a master's and doctoral degrees in public health from Harvard University's T.H. Chan School of Public Health.



Article submitted by Dr. Graham Colditz
Associate Director, Prevention and Control
Siteman Cancer Center at Barnes-Jewish Hospital

Grief and The Holidays

The first year after the loss of a loved one can be challenging. Further, the holidays can be particularly tough. It's important to develop a plan of support and implement ways to remember your loved one's life. Here are some tips to offer comfort through the holiday season.

- Call a friend if you have having a hard day.
- Make a list of what you need to prioritize and complete.
- Continue/start a new tradition.
- Light a candle before a meal or share a favorite story at a gift exchange.
- It is okay to say no. Sometimes comfort can be found in peace and reflection.



Hospice of Southern Illinois
Kim Oplet and Christine Litteken
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"Fall back" with the end of daylight-saving time: Good time to reset your sleep habits

Getting an extra hour of sleep on a Saturday night is a nice benefit to the time change. But the care team at HSHS St. Elizabeth's Sleep Disorders Center encourages people to use this time change to recognize how they feel when they wake up, feeling more refreshed and alert with the extra hour of sleep, which hopefully motivates people to prioritize their sleep to optimize their health.

According to American Academy of Sleep Medicine, sleep is one of the three pillars of a healthy lifestyle along with nutrition and exercise. Healthy sleep is essential to your physical health and mental health, improves your memory and focus, and promotes personal and public safety.

Adults, on average, need seven or more hours of sleep each night. Children need eight to ten or more depending on their age. Sleep is just as important as the air you breathe.

Here are some recommended sleep tips to get a good night's sleep.

- Be consistent. Go to bed at the same time each night and get up at the same time each morning, even on the weekends.
- Limit the use of electronics one hour prior to bed to prepare bodies and brains for sleep.
- Avoid large meals, caffeine, and alcohol before bedtime.
- Make sure your bedroom is quiet, dark, relaxing, and at a comfortable temperature.
- Avoid watching TV in the bedroom prior to sleep.
- Avoid using devices that emit light – smart phones, tablets and computers, etc. Blue light emitted by these devices resets the clock in the brain which can delay sleep.
- Get some exercise. Being physically active during the day can help you fall asleep more easily at night.

If tips like these are not helping you feel fully refreshed in the mornings, it could be a sign of a sleep disorder. There are approximately 80 different types of sleep disorders and sometimes the cause has nothing to do with actual lack of sleep.

If you have concerns about sleep patterns, or difficulties falling or staying asleep, talk to your primary care physician to request a referral to HSHS St. Elizabeth's Sleep Disorders Center. Overnight and day-time sleep studies are performed in a hotel-like setting at 791 Wall Street (behind UrgiCare) in O'Fallon.





JOIN GIRL SCOUTS

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MONTHLY CALENDAR

All meetings are virtual

NOVEMBER 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4 Ambassador meeting	5	6	7
8	9 	10	11	12 Economic Dev. Committee Mtg Military Affairs Committee Mtg	13	14 
15	16 Executive Board Mtg.	17 Education Committee Mtg	18 Restaurant Roulette	19 Board of Directors Mtg	20 Business over Breakfast	21
22	23	24	25	26 	27	28 
29	30 					

Drive-Thru COVID-19 Testing

- Schedule your appointment online
- Get tested from your car
- Receive test results online



Have you been exposed to someone who has COVID-19, need a return-to-work or school test or do you have any of the following symptoms?

- Cough
- Fever
- Chills and/or repeated shaking with chills
- Muscle pain
- Shortness of breath or difficulty breathing
- Headache
- Sore throat
- Loss of taste or smell

If so, you can get tested at one of our drive-thru testing locations. The cost of the test is covered by the CARES Act.

You do not need to be an HSHS Medical Group patient to be tested. Online registration required. Schedule an appointment today at HSHSMGCovidTesting.org.



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Clinton Manor Living Center
Commerce Bank
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FCB O'Fallon Bank
First Bank
First Community Credit Union

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GCS Credit Union
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MULTI-CHAMBER LUNCH AND LEARN: NETWORKING VIA LINKEDIN

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"HOW TO NETWORK BETTER VIA LINKEDIN"
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