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APRIL 2023



WELLNESS
IN THE WORKPLACE

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EFFINGHAM COUNTY

CHAMBER



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LETTER FROM THE PRESIDENT

Happy Spring!

Spring is a time of renewal, it's when we start thinking about taking in the good weather and start enjoying the sunshine. This is also a time when we start thinking about starting or renewing personal goals involving self improvement.

One of the Chamber's goals is to promote Effingham County as an excellent place (in which) to live, work and do business by supporting and developing programs that highlight the quality of life. To reach this goal, the Chamber's Community Development Committee is working on initiatives to help our members and the community with supporting local programs and providing resources to our members.

In this feature you will learn more about mental health awareness and how the Chamber is partnering with local agencies to contribute to improving the quality of life in our County. The Chamber wants to bring awareness of this important issue and is providing companies with information to help prioritize employee mental health as part of their workforce well-being strategy.

Also, join us for the May First Friday Luncheon at the Keller Convention Center where the topic will be "Welcoming Wellness in the Workplace." Featured speakers Afthen Reens, MSW, LCSW with Heartland Human Services and Ashley Dillingham, MSSW, LSW with HSHS St. Anthony's Memorial Hospital will be providing additional information to our members about mental health wellness.

As always, reach out to me or any of the Chamber staff (Becky, Nicole, Jamie, and Jeff) to see how we may be of service to you and your business.



Lucinda Hart, CAE, MBA
President & CEO

Lhart@effinghamcountychamber.com | (217) 342-4147

CAPITOL INVESTORS

Thank you Capital Investors for your unwavering support of the Effingham County Chamber, its initiatives, members, and staff. Your continued investment in the future of the Effingham County community is recognized and appreciated.



Grain Belt Express
An INVERGY TRANSMISSION Project



You can become an Effingham County Chamber Capital Investor by contacting Membership Director Becky Brown at (217) 342-4147.

JANUARY EVENT RECAP



FIRST FRIDAY NETWORKING LUNCHEON

Thank you to Joe Sippers Cafe for being our first host of our new Networking Luncheon! Our goal in changing the First Friday Luncheon to a Networking Luncheon (first month of every quarter) is to encourage networking across our membership while supporting local restaurants. There is no agenda, no formal presentation, no topic, just the opportunity to network with different members and enjoy lunch.



ANNUAL CHAMBER GALA

This year's Annual Chamber Gala, presented by Sarah Bush Lincoln, took us to the Derby! Our wonderful sponsors and guests helped us announce our 2023 Excellence in Business recipients Designs Unlimited Inc. and Jansen's Heating & Air, and Chamber Ambassador of the Year, Tonya Siner.



We also partnered with the Effingham Daily News and Effingham Teutopolis News Report to celebrate the Volunteer of the Year Kim Stanfield and Citizen of the Year Molly Bushue.



Thank you to our sponsors Sarah Bush Lincoln, Agracel Inc., Dieterich Bank, Doebling Winders & Co, LLP, HSHS St. Anthony's Memorial Hospital, The Krusteaz Company, Midland States Bank, Washington Savings Bank, Dan Hecht Chevrolet-Toyota, Jansen's Heating & Air, Koerner Distributor, Inc., SC3F Wealth Management, Siemer Milling Company, Civil Design Inc., Effingham Prompt Care-Dr. Navi Arora, The Equity, The Thelma Keller Convention Center, Patton Printing & Graphics, RE/MAX Key Advantage, Land of Lincoln Credit Union, Merle Norman Cosmetics, and SDS Technology.



Special thank you to Ed Baumgarten Photography for capturing all the fun moments of the evening and Loy Sound for keeping the guests entertained.



FEBRUARY EVENT RECAP



FIRST FRIDAY LUNCHEON - MEET THE COUNTY BOARD

New Effingham County Board Members joined us in February for our First Friday Luncheon where they shared details of what the Board does and what they are hoping for in the years to come.

Thank you Joshua Douthit *County Board Chairman*, Jeremy Deters, Doug McCain, and Chris Keller for answering our questions and leading a great discussion on the future of Effingham County.



NEW LAWS FORUM

The New Laws Forum featured Illinois attorney and expert, Scott Cruz *Partner; Greensfelder, Hemker & Gale P.C.* speaking about Illinois laws, latest changes, legal developments, and how these laws have and will affect your businesses.

Stay tuned for a late Fall Forum where Scott will be back to share updates and planned changes for 2024 with our Chamber members.



COFFEE & CONNECTIONS

Thank you to Layna Bond & Associates, LLC for hosting our 2023 1st Quarter Coffee & Connections. We had a great turnout for this intimate networking event and look forward to more this year! Mark your calendars for June 7 at Civil Design Inc.

C&C is a wonderful way to learn more about what the Chamber can do to help grow your business while meeting other Chamber members in a smaller, more intimate, morning session.



MARCH EVENT RECAP

FIRST FRIDAY LUNCHEON - EXPUNGEMENT DAY INFORMATIVE MEETING



The Chamber's Workforce Development Committee, along with local attorneys and Land of Lincoln Legal Aid, have been working diligently to prepare for Expungement Day being held in the Fall.

Our March First Friday Luncheon introduced this program to our attendees and those interested in participating.

Guests learned what Expungement is and how it can set you up for a future of success despite your past. Minor past infractions can sometimes be a bar to employment or promotion and can limit the pool of worthy job applicants. Expungement removes these infractions from a potential employee's criminal record.

Expungement Day will be held on Saturday, October 14 but there is work to be done prior to that. If you or someone you know can benefit from Expungement, reach out to the Chamber at (217) 342-4147.

WOMEN IN BUSINESS WORKSHOP



The 2nd Annual Chamber Women in Business Workshop, presented by Visiting Angels & Whitney Roofing, educated, encouraged and inspired our guests.

Attendees left the workshop full of confidence and knowledge to set them up for success in both their personal and professional lives.



Thank you to all who attended and our sponsors who helped make this day extra special - Land of Lincoln Credit Union, Layna Bond & Associates-American Family Insurance, The Beanstalk Boutique, Blissful Bites, Dieterich Bank, Effingham Convention & Visitors Bureau, Heartland Health Food Store, Humbled Soul Boutique, Joe Sippers Cafe, Koerner Distributor, Inc., LeAnn's Light, Marissa Gun Massage & Esthetics, Kathy Schroeder-Mary Kay Cosmetics, and Village Wine & Spirits.



EFFINGHAM COUNTY CAREER FAIR

The Chamber in partnership with the City of Effingham hosted the 2023 Effingham County Career Fair in March at the Keller Convention Center.



We had a great turnout of adults & high school students with about 130 in attendance. Our sponsors and participating businesses made this Fair an amazing resource for job seekers with a variety of business booths, mock interviews, resume review, and professional headshots by Piotrowski Studios.

Thank you to The Equity, Peerless of America, and Sarah Bush Lincoln for helping the Chamber and City put on this event to help boost the workforce in Effingham County!



BUSINESS AFTER HOURS

In March, we drove just up the road to Drs. Sehy & Jones for our first Business After Hours of 2023. It was a fantastic evening to network with other Chamber members at a local business. We were able to tour the office, check out the different glasses and sunglasses they offer, and enjoy some delicious food!

Check out our Events Calendar to stay updated on upcoming events - EffinghamCountyChamber.com/events/





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EFFINGHAM COUNTY

CHAMBER



FRIDAY, JULY 21

Food Trucks | Vendors | Beer Tent

5pm - 10:30pm

**Hometown Throwdown Amateur
BBQ Competition & Tastings**

5:30pm - until sold out*

The Troubadours

5:30pm - 6:30pm

Loose Lips

7pm - 10:30pm



DOWNTOWN EFFINGHAM

f or EffingHAMJAM.com

*While tasting samples last - no refunds. Proceeds benefit the Chamber Foundation of Effingham County Scholarship Program. Questions? Call the Effingham County Chamber (217) 342-4147.



The mission statement of **CEFS Economic Opportunity Corporation** is to provide opportunities for people in our communities through education and support to achieve and maintain stability.

CEFS covers Effingham, Clay, Fayette, Moultrie, Montgomery, Shelby, and Christian Counties. Some services are not available in all counties, and some services are available in additional counties.

CEFS provides Head Start, ages 0 to 5, Meals on Wheels, Food Pantries, LIHEAP (utility bill assistance), Housing Counseling, First Time Home Buyers Assistance, Homeless Services, Home Weatherization, Transportation (Central IL Public Transit and Effingham County Transportation), College Scholarships, Youth Summer Program Scholarships, Workforce Training, Technology Devices and Training, Financial Counseling, Rent Counseling & Rent Payment Assistance, Tax Filing Assistance, Senior Health Insurance Program (Medicare Counseling), RSVP (Senior Volunteer Program), Information and Referrals, and more, depending on funding and qualifications.

The mission statement of **CEFS Adult Literacy Program** is to utilize volunteers and other resources to help adults in our service area meet their literacy goals and to promote education as the key to personal, economic, and social stability.

The CEFS Adult Literacy Programs provides **free** individual tutoring to adults over age 16, who are not enrolled in a traditional high school. We customize all lessons according to the needs of each learner. Adults, who are eligible for the program, receive one-on-one tutoring services in reading, language, math, or English. Life skills, such as reading work schedules, writing resumes, applying for jobs online, understanding food labels, or communicating

during emergencies, are incorporated into lessons as appropriate. This authentic learning takes precedence over textbooks whenever feasible, and vocabulary terms are specifically selected for each learner. Through a federal Rural Technology Access grant, we provide free, quality, refurbished laptops and instruction to those who qualify. The Learning Center houses resource materials, research-based educational software, and household manipulatives such as rulers, analog clocks, and measuring cups. The Learning Center has a large variety of low-level, high-interest fiction and nonfiction to appeal to every reading level and personal interests of the learners.

We welcome new learners. We never charge for our services. We welcome volunteer tutors, who must complete a 12-hour pre service training and pass a background check.

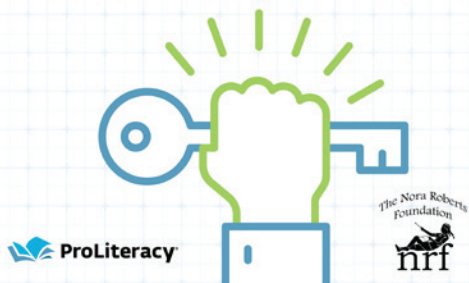
CEFS Outreach and Adult Learning Center
1010 W Jefferson, Effingham
217-347-7033
Swilson2@cefseoc.org
www.cefseoc.org

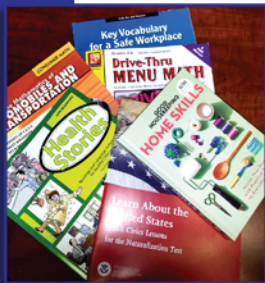


2022

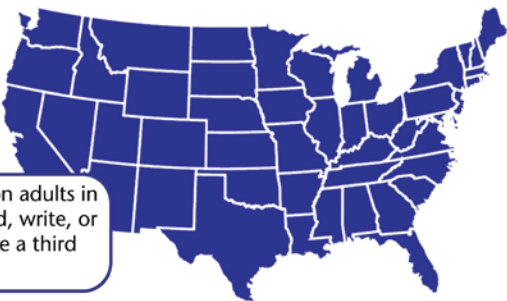
Literacy

Opportunity Fund Recipient





43 MILLION



More than 43 million adults in the U.S. cannot read, write, or do basic math above a third grade level.

2022
Literacy
Opportunity
Fund Recipient



\$2.2 TRILLION

Bringing all adults to the equivalent of a sixth-grade reading level would generate an additional \$2.2 trillion in annual income for the country.

\$106-238 BILLION

It is estimated between \$106-\$238 billion in health care costs a year are linked to low adult literacy skills.

3X THE EARNINGS

Workers who have less education than a high school diploma have the lowest median weekly earnings (\$592), three times less than the highest level of education.



Susan Wilson
CEFS Adult Literacy and
Education Resources
1010 W Jefferson, Effingham
217-347-7033
swilson2@cefsoc.org

A mother's reading skill is the greatest determinant of her children's future academic success, outweighing other factors, such as neighborhood and family income.



This project was made possible by a grant awarded by the Illinois State Library (ISL), a division of the Office of Secretary of State, using funds designated for literacy.

Patient-first care for the whole family.

If you're looking for a new family physician, Andrew Poulos, MD, has joined HSHS Medical Group Family & Internal Medicine - Effingham.

Dr. Poulos provides complete health care for patients of all ages, including annual, school and sports physicals; preventive care; vaccinations and much more.

To schedule an appointment with Dr. Poulos, call 217-347-0458.



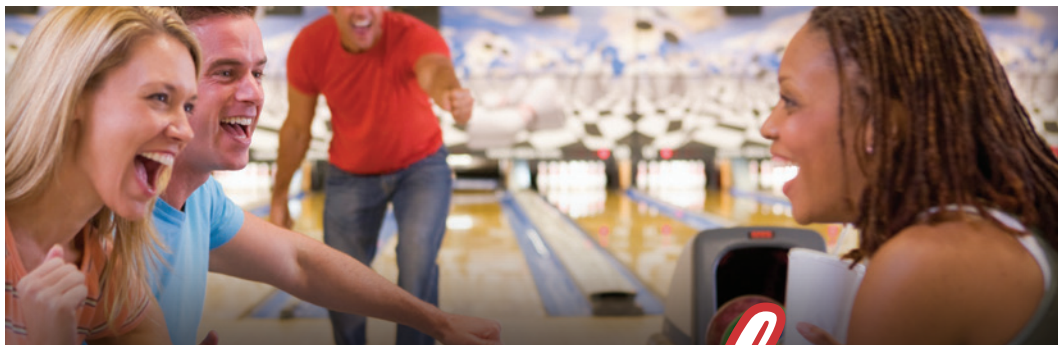
Accepting New Patients



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HSHSMedicalGroup.org



HSHS Medical Group



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Saturday: Open at Noon

Summer Hours

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WELLNESS IN THE WORKPLACE

Guest writers: Ashley Dillingham, MSSW, LSW & Aftan Reents, MSW, LCSW

What does it mean to be well? Discussion around mental health and well-being has become ever present in the media in recent years, and for good reason. According to a survey by the Centers for Disease Control (CDC) in June 2020, a survey of adults found that 31% reported symptoms of anxiety and depression. Yet, there continues to be significant stigma and shame associated with mental health struggles. A survey by the American Psychological Association (APA) revealed:

- 33% of respondents agreed with the statement "people with mental health disorders scare me."
- 39% said they would view someone differently if they knew the person had a mental health disorder.
- 33% of respondents said they did not consider anxiety to be a mental illness, and 22% stated the same thoughts about depression.

Locally, the 2021 Community Health Needs Assessment (CHNA) for Effingham and Jasper Counties found that individuals in our area have less access to mental health care providers:

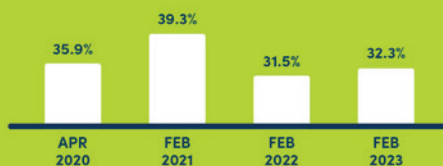
While it's difficult to measure the rate of individuals in the service area suffering from mental illness, there is some data available that can aid in assessing the need. When looking at the Behavioral Risk Factor Surveillance System (BRFSS) question which asks the number of days that mental health is not good for respondents, the rate for Effingham County of those who report frequent mental distress is an average of 14% compared to the state average of 12%. The rate for Jasper County is 15%. The Effingham County rate of emergency department (ED) visits for anxiety-related disorders is nearly double the state rate at 60.94 per 10,000 compared to 36.91 per 10,000. The U.S. Health Resources & Services Administration (HRSA) classifies both Effingham and Jasper Counties as a health professional shortage area for mental health providers... When asked in the CHNA survey "what do you think are the three most important health problems in our community?," 65% of respondents ranked access to mental health services in their top three and 54% of respondents ranked access to behavioral health services in their top three. According to a 2018 article in the Effingham Daily News,

overdoses and suicides were reported as the leading cause of unnatural deaths for the county with 10 suicides and 10 fatal drug overdoses for the reporting period.

The pandemic further compounded mental health and substance abuse concerns across the country. From the Kaiser Family Foundation:

Over the course of the pandemic, many adults reported symptoms consistent with anxiety and depression, with approximately four in ten adults reporting these symptoms by early 2021, before declining to approximately three in ten adults as the pandemic continued. Additionally, drug overdose deaths have sharply increased – largely due to fentanyl – and after a brief period of decline, suicide deaths are once again on the rise... As the end of the declaration of the public health emergency nears – on May 11, 2023 – many people continue to grapple with worsened mental health and well-being and face barriers to care.

THE SHARE OF ADULTS
REPORTING SYMPTOMS OF
ANXIETY AND/OR DEPRESSIVE
DISORDER DURING, THE
COVID-19 PANDEMIC

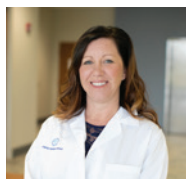


Lucinda Hart, President and CEO of the Effingham County Chamber, shares why mental and emotional health is a focus of the Chamber: "The Chamber's Community Development Committee's goal is to promote Effingham County as an excellent place to live, work and do business by supporting and developing programs that highlight the quality of life. By partnering with local agencies, the Effingham County Chamber is helping contribute to improving the quality of life in our county by providing companies with

information to help prioritize employee mental health as part of their workforce well-being strategy. Focusing on the holistic well-being of employees includes having those conversations about mental health illnesses. We want to bring awareness to this critical issue."

Impact on the workplace

Approximately 160 million people are in the workforce in the U.S. with the average full-time worker spending about half of their waking life at work. Positive mental and emotional well-being of employees is crucial for businesses to maintain positive morale, attendance, productivity and revenue. Work-related stress can lead to increased absenteeism, turnover and accidents due to human error; it can also lead to worsened physical health of colleagues, compounding the cycle of missed workdays, project delays or loss of customers.



Susan LaMonica is an Advanced Practice Registered Nurse (APRN) specializing in mental health with HSHS Medical Group Family and Internal Medicine in Effingham. She shared how although we may think workplace stress is normal and not a big deal, it can lead to physical health problems. "Ongoing stress can actually hurt our health and our well-being. It can cause physical symptoms, like headaches; lead to difficulty concentrating and trouble sleeping; and even increase our risk for heart disease and depression," she shared. "Businesses and organizations that create space and initiatives to allow their workers to decompress at work during their day, debrief difficult situations, and establish healthy work-life balance routines will ensure a happier, healthier work family."

The U.S. Department of Health and Human Services (HHS) reports that in surveys conducted in the U.S. in 2021:

- 76% of workers report at least one symptom of a mental health condition which was an increase of 17 percentage points in just two years.
- 81% of workers will be looking for workplaces that support mental health.
- 84% reported at least one workplace factor that had a negative impact on their mental health.

Supporting Wellness in the Workplace

The City of Effingham rightfully prides itself on being a beacon of entrepreneurship and business in the Midwest. As home to several large corporations as well as innumerable successful small businesses, we are in the unique position to lead the charge in supporting the local workforce in emotional and mental wellness.

In conversation with Amy Guy, she shared: "Effingham is a great place to live and work. We genuinely care about each other. Since the COVID pandemic, it seems like people are becoming more open to taking care of their mental health because it was such a strain on so many levels. One can become more mentally healthy just like one can become more physically healthy. The more we normalize this as employers, the better it is for our community."

While mental health and well-being can feel like a nebulous concept, there are concrete ways business owners and leaders can operationalize wellness support in the workplace. According to the HSS, there are five essentials for workplace mental health and well-being: Protection from Harm, Connection and Community, Work-Life Harmony, Mattering at Work and Opportunities for Growth. Below, we outline what each area encompasses and some suggestions on how businesses can cultivate a healthy workforce which is essential for thriving organizations and communities.

Protection from Harm

Create conditions for the physical and psychological safety of your colleagues and enable adequate rest. Normalize and support focusing on mental health. Operationalize diversity, equity, inclusion (DEI) and accessibility norms.

- If your organization has the space, consider creating a reflection room. For example, HSHS St. Anthony's Memorial Hospital opened its colleague reflection room in 2019 as a place for colleagues to "pause, reflect and restore [your] spirit."



- Ensure team members feel comfortable and supported in taking their mandated lunch and other breaks.
- Offer healthy snacks and drinks in vending areas or break rooms.
- Implement an open-door policy or schedule open office hours. Chris and Beth Debolt, owners and operators of Culver's of Effingham, have fostered an environment that encourages open communication with management and team members. "We have had team members in the past that required some time off to take care of themselves, and we did everything possible to make sure that they got the time off that they needed, and they were reassured that they knew their job was there waiting for them when they were ready to return. We believe that your mental health and well-being is just as important as your physical health."
- Offer an Employee Assistance Program (EAP) and ensure that all colleagues are aware of the program and its benefits. The Effingham Public Library, amongst other local organizations, has an EAP program that is available to all employees, regardless of their hours worked.
- Offer training or access to education for leadership to help them recognize changes in behavior and provide real-time support to employees who may be struggling.

"If you take care of people's mental health, everyone benefits – your business, your community and our families. That doesn't mean employers are solely responsible, but it does mean having empathy and seeing employees' humanity helps make our community better and stronger."

– Amy Guy *The Wellness Loft*

- In instances of high stress or crisis in the workplace, complete a debriefing and offer support to colleagues in processing the experience. HSHS St. Anthony's Memorial Hospital recently implemented When Individuals Need Guidance and Support (WINGS), a peer support group with members trained in crisis support and stress management from a variety of disciplines throughout the hospital. Bobbi Kinkelaar, St. Anthony's Chief Nursing Officer, shared, "This support is similar to counselors being brought into schools after school shootings – they are there to help people process what they have just gone through. We recognize that our colleagues need that similar support with certain difficult experiences. Just because we are trained health care workers doesn't mean we are immune to the effects that happen after experiencing traumatic incidents in our caregiving duties. There is no shame in asking for support after certain situations shake you," she explained.
- Meet with employees in forums or one-on-one meetings to receive their feedback on what is going well and where improvements could be made.

Connection and Community

Foster positive social interaction and relationships through inclusion, cultivating trusted relationships and fostering collaboration and teamwork.

- Have shared spaces where colleagues can interact.
- Implement a huddle (daily or weekly) to meet with your team to go over safety concerns and address hot topics.
- Implement all-staff meetings to update employees and ensure management of all levels interact with employees. Heartland Human Services began implementing quarterly all-staff meetings where employees get agency updates in addition to having a meal and having social interaction with colleagues. Organization leadership reports this has significantly impacted colleague retention and employees' level of comfort bringing concerns to management.
- Encourage use of virtual shared spaces such as Microsoft Teams, especially for teams that work remotely.

Work-Life Harmony

Allow for autonomy over how work is completed. Make schedules as flexible and predictable as possible.

- Review each position to determine what flexibility can be offered. Heartland Human Services identified an opportunity to allow employees to work from home one day a week to complete documentation, make phone calls and complete training, and have seen no negative impact to productivity, while staff morale and engagement has improved.
- Increase access to paid leave and paid time off. The Effingham Public Library has implemented a policy that all staff, regardless of the number of hours they work per week, have access to time off that they can use at their discretion. Director Amanda Williamson shared, "Ensuring access to paid time off for all of our employees makes sure they have the ability to take care of whatever life might throw at them and be able to return to work fully focused."

- Respect boundaries between work and non-work time – make certain that your team members are aware of expectations regarding response time outside of normal business hours.
- Conduct surveys to gather information regarding job demands, level of support by supervisors and conflicts.

Mattering at Work

Engage workers in workplace decisions, especially those that directly impact their daily work. Build a culture of gratitude and recognition.

- A handwritten note of acknowledgement is a simple act that delivers high impact, whether to a colleague or a customer.
- Provide opportunities for colleagues to recognize one another – a shared kudos board, or virtual recognition program.
- Make your mission and values a physical presence in your organization. Integrate them into your daily work at every opportunity and connect individual work with the organizational mission.

Opportunities for Growth

Foster equitable pathways for career advancement.

- Offer quality training, education and mentoring – both in-person and virtually.
- Have policies that reflect your support of DEI initiatives and create spaces for relevant and reciprocal feedback.
- Consider nontraditional growth opportunities based on customer needs and employee skill sets.

Conclusion

For employers to strengthen their organization's success, it's imperative to invest in the mental health and wellness of their employees. Implementing open communication including opportunities for feedback, supporting growth, respecting boundaries outside of the workplace, fostering positive social interaction, and connecting with employees are essential in creating a healthy and productive workforce. Effingham is in a unique position to lead in this area, and we are excited to see how our local business community continues to offer opportunities to support mental and emotional wellness.

AUTHOR BIOS



Ashley Dillingham is a licensed social worker and Director of the Wound Healing Center at HSHS St. Anthony's Memorial Hospital. She received her bachelor's degree from Rhodes College and her master's degree from the University of Tennessee. With over a decade of experience, she has worked in healthcare leadership and a variety of social work roles.



Afthan Reents is the Executive Director of Heartland Human Services, overseeing outpatient programs. She holds a bachelor's degree in psychology from Greenville College and a master's degree in social work from St. Louis University. Her background includes working in foster care and providing intensive in-home therapy to at-risk juveniles and their parents.

CHAMBER MEMBERSHIP

What makes a great leader? Decisiveness, confidence, empathy, ability to motivate a team? No matter the traits, each skill can be gained through practical experience which attributes to personal & professional development.

Volunteerism is a catalyst for developing leadership skills. Volunteering can help grow a business by providing opportunities for networking and building relationships with potential customers, clients and partners. It can also help businesses develop a good reputation and visibility in the community, leading to more customers and clients.

Volunteerism builds professional skills by going outside of your comfort zone. A change of environment encourages new perspectives and utilizes specialized expertise to build professional skills.

Volunteerism is a perfect way to build a network. It offers opportunities to interact with a new group of people and work on communication skills while increasing your contact list and knowledge base.

Volunteerism teaches planning and organizational skills. Learn to plan meetings, organize events, coordinate with others, set goals, define an effective course of action and track results.

Getting involved takes commitment, but those who give their time to volunteer are building the foundation for an abundant career and personal life while accelerating their leadership and opportunities to advance in their organizations.

The Chamber would like to encourage you to take some time and look at your employees. Do you have employee(s) who show leadership skills? Would you like to continue developing their leadership skills? Ask them to get more engaged with the community and the Chamber by volunteering. Contact the Chamber to learn how they can volunteer.

No matter how you volunteer – **YOU** are important to the continued support and growth of the community.
THANK YOU!

Volunteer.
Start where you are.
Use what you have.
Do what you can.

– Arthur Ashe

Volunteerism encourages the development of soft skills.

SOFT SKILLS

integrity

adaptability

creativity

problem-solving

effective communication

self-direction

drive

flexibility



Becky Brown, NFPC
Membership Director
bbrown@effinghamcountychamber.com
(217) 342-4147

For any questions about Chamber membership or local businesses, reach out to Becky Brown to learn more.

Support Mental Health Awareness!

KetAssure is utilizing low-dose ketamine IV infusion therapy. This is a relatively new treatment option that has been found to be highly effective and safe option for a variety of mental health conditions.

Find relief from these conditions:

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anxiety

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ECONOMIC DEVELOPMENT

ALTAMONT

The Equity is excited to announce they have recently added a Farm and Home Store in Altamont. The Farm and Home Store, formally known as the Home Center, offers a wide variety of products. From hardware and tools, to feed for your livestock, the team at the store will continue to provide incredible service for your needs. Stop by today to see the new store and see what they have to offer.



In all, the project will cost an estimated \$5,750,000 to complete. The Board anticipates awarding the construction bid at their February 13th board meeting.



DIETERICH SCHOOL 2022 ADDITIONS AND RENOVATIONS

THE UPGROUP GROUP
Architect, Engineer, Landscaper

DIETERICH

Dieterich CUSD #30 finalized plans to expand the footprint of existing facilities to accommodate the increasing enrollment in the district. Enrollment has increased from 426 students in 2010 to 607 this current school year. That is an approximate 30% increase over the 12-year period.

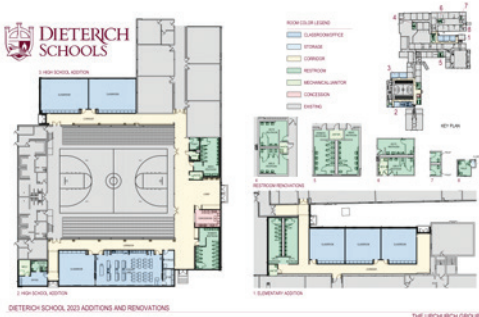
Construction began in March 2023 and will be completed in phases. Construction is scheduled to be completed prior to the 2024-25 school year.

Wright Family Center is currently under construction with concrete foundation work.

Wright Distribution Center groundbreaking is May 11th at 10:00 a.m. in the Industrial Park in Dieterich.

TEUTOPOLIS

Designs Unlimited, Inc. has moved into their new building located at 1106 W Jefferson Street behind McMahon Meats.



There has not been any significant changes or additions to school facilities since the addition of six classrooms and a cafeteria in 1995. That addition was, in part, to eliminate portable classroom structures and to equip the district with a new cafeteria.

The latest addition will bring six new classrooms, a new state-of-the-art science lab and two new restroom facilities. Additionally, the district will be renovating and updating all existing restroom facilities to bring them up-to-date.

ECONOMIC INDICATORS

EFFINGHAM

Effingham Park District has opened the Evergreen Bark Park, located behind Harmony Playground. The dog park is a well-rounded area with something for every member of the family, furry friends included. The fence is up with plans for water fountains, benches, plus more soon!



Road construction:

1. Rickelman Avenue, Phase II. Currently under construction. Completion date, August 2023
2. Ford Avenue, Phase IA. This is a 500' roadway extension east from the existing terminus. Start construction this summer. No impact to travel expected.

3. Evergreen Ave/Willenborg Street Intersection project. Start construction this summer; Complete by end of the year. These roads will be closed to thru traffic.
4. Rollin Hills Subdivision Reconstruction – Currently under construction on S. Lakewood and Rollin Hills Blvd. Estimated completion, July 2023.
5. Quick Trip – Technology Drive Road Widening Project – Currently under construction. Completion date, Summer 2023

IDOT Projects:

1. Fayette Avenue Phase I (Illini Drive to Walnut Street). Start construction summer of 2023. Currently slated to be awarded to McCarthy.

Contractors.

1. City will have new sanitary sewer construction, water main relocation and sanitary force main relocation as a part of this project.
2. 2-year project

REGIONAL EMPLOYMENT STATISTICS

February (preliminary) • January and December (revised)

	FEB		JAN		DEC	
	2023	2022	2023	2022	2022	2021
Total Labor Force	19,771	19,691	19,525	19,681	19,722	19,444
Eff. Co UE Rate	3.9%	3.8%	3.3%	3.7%	2.7%	2.8%
Unemployed	774	753	651	721	528	551
Employed	18,997	18,938	18,874	18,960	19,194	18,893
Illinois UE Rate	4.5%	5%	4.7%	5.3%	4%	4.2%
US UE Rate	3.9%	4.1%	3.9%	4.4A%	3.3%	3.7%

Sources: Illinois Department of Revenue, www.revenue.state.il.us; Illinois Department of Employment Security, www.lmi.ides.state.il.us; Effingham City Building Official, www.effinghamil.com; Federal Deposit Insurance Corporation, www.fdic.gov; U.S. Census Bureau, www.census.gov; and, Effingham County Treasurer, www.co.effingham.il.us/treasurer

WELL DONE!



Agracel, Inc. donated \$10,000 to the Sarah Bush Lincoln Hospice House that is under construction on the hospital's main campus.



Jason Semple has been named Chief Executive Officer of **Dieterich Bank**.



Elaine Stock, Marketing Events Manager for **Heartland Dental**, received the inaugural Heartland Dental Foundation Service Award by the Heartland Dental Foundation.



Joint Active Systems was an Illinois Manufacturers Association Top 16 finalist (of nearly 250 nominated products) in the "Coolest Thing Made in Illinois".



HSHS St. Anthony's Memorial Hospital donated \$5,000 to the Effingham Regional Career Academy to develop a leading edge curriculum to engage area students in career exploration classes and with local business people through work-based learning activities.



Land of Lincoln Credit Union made a \$25,000 donation to the Homework Hangout Club Inc. (HHC) of Decatur and pledged another \$25,000 per year for the next two years.



J&J Ventures donated \$50,000 to the Sarah Bush Lincoln Health Foundation to benefit the Sarah Bush Lincoln Hospice House.



Land of Lincoln Credit Union was awarded the 2022 Community Contributor of the Year by the Decatur Regional Chamber of Commerce. LLCU was chosen by a committee of Decatur Chamber Ambassadors, all based upon their level of

both volunteer, & monetary commitment to the communities they serve.

WELL DONE! – WHAT’S CHANGED?



Mark Probst, owner of **Probst Auto Body**, was featured on the cover of the January issue of Fender Bender



Robert (Bob) Willenborg, CEO of **J&J Gaming**, has been added to the American Gaming Association (AGA) Board of Directors.



Stephanie Higgs has been named Chief Financial Officer of **Dieterich Bank**.



Scott Kocher, Principal of **Dieterich High School**, was awarded 2023 Wabash Valley Region High School Principal of the Year.



Tim Krouse, **Effingham Country Club**, is the recipient of the 2022 PGA Youth Player Development Award that recognizes a PGA Professional who is a leader in junior golf and reflects the ideals of those who work with youth golfers.

BK Resources moved to their new location at 4A Do It Drive, Altamont.

Boho Chic Clinique moved to 1207 Network Centre Drive, Suite 3A, Effingham.

Consolidated Communications Mattoon Corporate Office has moved to 2116 S 17th St, Mattoon.

EMAC - Effingham Machining & Assembly Components (formerly Waupaca Foundry) has a new website - www.emacna.com.

Hollar's Design with Style, LLC has relocated to 72 Village Square Mall, Effingham. Their new phone number is (217) 347-5750.



HSHS Medical Group Family Medicine - Dieterich is now open at 207 S. Main Street with family medicine providers Dr. Michelle Braddy and Jennifer Kistner, APRN welcoming new patients.

Lavender Ridge: Dignified Memory Care is now Stonebridge Effingham. Their new website is www.stonebridgeseniorliving.com.

Schackmann Hearing has moved to 209 N. 3rd St, Effingham. Their phone number is (217) 342-0304.



Teutopolis Auto Sales opened a second location in Marion, IL DBA as 3713 Auto Sales.

Vantage Outsourcing is now Vantage Surgical Solutions. Their new website is <https://vantage.healthcare/>.

WHO'S NEW!

Brian Keith has been named Dean of Library Services for **Eastern Illinois University**.



Christopher Kibler is the new Effingham County area delivery driver for **Culligan Water**. Call your local representative, Chris Nelson at (217) 500-0449 for more information or service.



Dean Bingham has been named the CEO at **Agracel, Inc.**



(include pic) Dennis Winebrenner is a new Production Manager for **Peerless of America, LLC**.



Eran Allen is the new Bookkeeper for **EJ Water Cooperative, Inc.**

Effingham Army Recruiting Station welcomes Sgt. Jordan Lopez.



Jordan Sammons-Smith has been named President for **Peerless of America, LLC**.

Lance Workman, MD, is doing a Family Medicine rotation at **Family Care Associates** during his residency program through the University of Missouri-Columbia. Next year, he will be completing his program and joining the staff of providers at FCA.

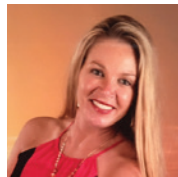


Nick Steffen has joined EJ Water Cooperative, Inc. as a Field Service Technician.

Payton Kocher is the Customer Service Representative for the **City of Effingham**. Congratulations to Matt Wortman on his retirement. Nick Hartke is the Public Property Foreman.



Prairie Cardiovascular Consultants welcomed Suresh Kumar Kulandhaisamy, MD, clinical cardiac electrophysiology to their team as an outreach physician.



Rachel Crane is the Outside Sales Representative for **Peerless of America, LLC**. Lesa McDaniel is the new

Administrator for **The Glenwood Assisted Living of Effingham**. Kayla Newlin is the new Assistant Administrator.

Shelley Smith is the Director of Operations for **Drs. Sehy and Jones**.

WHO'S NEW! – CELEBRATIONS



Susan LaMonica, APRN, has joined **HSHS Medical Group Family & Internal Medicine** in Effingham as a mental health provider.



Suzanne Mask is the new Procurement Manager for **Peerless of America, LLC**.

Team ITS welcomes Doug Newkirk, Network & Video Surveillance Cabling Division Manager and Austin Huber, Tier 1 Technical Support Staff.



Vantage Surgical Solutions appoints Jason Carpenter to Senior Vice President & General Manager of its Flagship Ophthalmology Division.

La Quinta Inn & Suites welcomes Lindsey Page, Assistant General Manager.

Josh & Patty Vaughn have purchased **Mid Illinois Equipment Sales** in Montrose. Skylar Gray is the General Manager/Marketing & Stephanie Ruholl is the HR Manager.

Elizabeth Johnson is the Office Manager for the Effingham office for **Invenergy Transmission's**. The office is located at 1901 S 4th Street, Suite 214 and the phone number is (217) 689-5621.

Kristina Raney is the new Executive Assistant for Chad Markhane, President and CEO, Mike Janis, Executive Director-Professional Services, Bobbi Kinkelaar, Chief Nursing Officer, and Ryan Jennings, MD, Chief Medical Officer.

Becky McGee celebrated 40 years at **Crossroads Bank**.



Chuck Deters retires after 15 years with **Dieterich Bank**.



Cindy Grunloh celebrated 35 years at **Crossroads Bank**.



Doug Feldhake celebrated 25 years at **Crossroads Bank**.



Dr. Arvinder Arora retired from **Effingham Prompt Care** after 40+ dedicated years.



Greg Hook, Creative Services with **Kingery Printing** retired at the end of 2022 after 38 years.

CELEBRATIONS

John Vogt, partner for the **West & Company, LLC** Effingham office, retired at the end of March after 37 years.



Kory Doty celebrated 5 years at **Crossroads Bank**.



Sandy Bernhard retired from **Washington Savings Bank** after 46.5 years!

Caritas Family Solutions
celebrating 75 years.

Community Directories
celebrating 25 years.

Heartland Landscaping
celebrating 20 years.

Longhorn Buildings LLC
celebrating 20 years.

Teutopolis State Bank
celebrating 5 years.

Tolliver & Co. Barbers
celebrating 5 years.

The XCHNG
celebrated 2 years in March.



If you have news you want to share with the Chamber membership on special awards, recognition, employee promotions, etc., e-mail the information to: Nicole Morrison at nmorrison@effinghamcountychamber.com.

WELCOME TO THE CHAMBER!

AFFORDABLE HOME IMPROVEMENTS

Tarina & Dustin Salger, Owners
804 S Henrietta St, Effingham
(217) 343-4611

Construction Services

Referred by: Stephanie Jackson, Jackson Health, PLLC



AIR EVAC LIFETEAM

Thomas Allen, Program Director AE28 & AE150

6945 N US Hwy 45, Watson
(217) 536-9340

lifeteam.net/home

Medical Services - Air Ambulance

ALLSOP CONSTRUCTION

Shon Allsop, Owner

301 N George St, Beecher City
(217) 994-1753

<http://allsopconstructionco.com>
Home Services - Handy Man



BEHOLD AESTHETICS & WELLNESS CENTER

Adrian Nowitzke, CRNA, MSN, APRN
401 S Banker St, Ste. C, Effingham
(618) 619-8846

beholdu.com

Medical Spa

Referred by: Lisa Wilson, Land of Lincoln Credit Union



BLACK LABEL BRANDING

Lance Garza, Owner

505 S Maple St, Effingham

(217) 610-8068

blacklabel.com

Advertising/Marketing



EFFINGHAM PARK DISTRICT

Jeff Althoff, Director

1906 S 4th St, Effingham

(217) 342-4415

effinghamparkdistrict.org

Recreation/Parks & Campgrounds

WELCOME TO THE CHAMBER!



JACKSON HEALTH, PLLC

Stephanie Jackson, Owner
1901 S 4th St, Ste. 26, Effingham
(217) 660-4600
jacksonhealthpllc.com
Medical Clinic



KETASSURE IV INFUSION CENTER

Cory Hess, Owner
1200 N 4th St, Effingham
(217) 636-1444
ketassurel.com
Clinics/Medical Groups
Referred by: Tom Henderson, State Farm
Insurance

MARK & SHARON DOAN

(217) 663-5230
Lifetime Friend

SAGE STUDIO

Rebekah Robertson & Kelsey Boerngen,
Owners
200 S Third Street, Ste. A, Effingham
(217) 821-4361
Health/Beauty



STILLWATER MULCH INC.

Ross & Ashley Bierman, Owners
18802 N US Hwy 45, Effingham
(217) 844-4444
Stillwatermulch.com
Landscaping Services

VFW CLUB

Trent Schmid, Member
2304 S Veterans Drive, Effingham
(217) 342-3372
Non-Profit Organization
Pay It Forward - The Equity

ZENBUSINESS

Ellen Sartin, Marketing Coordinator
5511 Parkcrest Drive, Austin, TX
(512) 765-4985
<https://www.zenbusiness.com/illinois-llc/>
Consulting - Business Development Services

Upcoming Events 2023

April

20 | Chamber Radio Days
@ 95.7 WCRC

20 | Business After Hours
@ Probst Auto Body

24 | Chamber Travel Info Meeting
Sunny Portugal
@ First Baptist Church Effingham

27 | Succession Planning
@ Holiday Inn Effingham

May

5 | First Friday Luncheon
Welcoming Wellbeing in the Workplace
@ Keller Convention Center

18 | Business After Hours
@ Camp Wassatoga

19 | 56th Annual Golf Outing
@ Effingham Country Club

29 | Chamber Office Closed
Memorial Day

June

2 | First Friday Luncheon
Chamber Scholarship Recipients
@ Keller Convention Center

7 | Coffee & Connections
@ Civil Design Inc.

15 | Business After Hours
@ Top Shelf Beer Wine Spirits

July

4 | Chamber Office Closed
Independence Day

7 | First Friday Networking Luncheon
@ TGI Friday's

13 | Business After Hours
@ Higgs Welding

21 | EffingHAM-JAM
@ Downtown Effingham



VIEW OUR CALENDAR

Dates & locations are subject to change.



Presented by



HSHS
St. Anthony's
Memorial Hospital

56th Annual GOLF OUTING 2023

Friday, May 19 | 8a-2p
Effingham Country Club | Tee time scramble



Register today

\$175/golfer | \$700/foursome
(includes green fees, carts, drink tickets, mulligans, breakfast/lunch, card draw, & team photo)

Scan the QR code, call the Chamber (217) 342-4147 or email NMorrison@EffinghamCountyChamber.com.



Learn more about the Member Benefits the Chamber delivers!
See page 12.

(217) 342-4147 | EffinghamCountyChamber.com

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