



SPRINGFIELD Business JOURNAL

October 2023

15 Under Fifteen
Small business awards

The popularity of pickleball



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Beyond Abraham Lincoln

It was a big week for Springfield, first with the Sept. 19 announcement that Abraham Lincoln Capital Airport was adding a new carrier, Breeze Airways, to provide twice-weekly service to Florida, then a ground-breaking the following day for the long-awaited Scheels Sports Park at Legacy Pointe. "This puts Springfield on the map for sports tourism," Springfield Mayor Misty Buscher said at the event, which was attended by nearly 300 business and community leaders.

The sports park numbers are staggering. There has been controversy surrounding the incentives offered to the developers to offset the \$67 million construction costs for the 95-acre complex, expected to open by the end of 2025. Yet the sports complex is projected to generate \$25 million annually in new spending for Springfield, with an additional 250,000 people from across the country coming to our community each year.

"Sports tourism is a great way to separate people from their money, and we want to do it in Springfield to benefit our local businesses," said Ryan McCrady, president of the Springfield Sangamon Growth Alliance, who has helped to spearhead the project.

Here in Springfield, we tend to be very proud of Abraham Lincoln, but we have much more than that to offer. As someone who moved here after college, I've always found it odd that Springfield natives tend to be the most derogatory about their hometown. More than 1 million people visit Springfield each year for tourism, conventions and other events, and soon we'll have another significant draw, in addition to our nation's most famous former president.

Along with health care, tourism is a large economic driver for Sangamon County, and it's time to think beyond Abraham Lincoln about how we can better leverage our assets to spur further economic development.



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21st ANNUAL 15 UNDER FIFTEEN

Ace Mechanical

ACTS, Inc.

CheckPoint Tire & Service

DeHeve's Tavern

**Garvey Tubman Cultural
Arts Center**

Harry's Pharmacy

Height Media

Mini O'Beirne Crisis Nursery

Northern Lights Lounge

Nothing Bundt Cakes

**The Missy Grady Home Team
- The Real Estate Group, Inc.**

**The Village Tea Room
and Gift Shoppes**

**TNS Detailing and
Restoration**

Tom Day Business Machines

Wooden it Be Lovely



This is the 21st year that *Springfield Business Journal* has partnered with United Community Bank to recognize 15 outstanding small businesses in the local area. To qualify, a business must be located in Sangamon or Morgan county, have been open for at least two years and have 15 or fewer full-time employees. A business is eligible to be recognized again after five years, and one of this year's recipients is a repeat winner. The recipients represent a wide variety of industries, and some have been in business for decades, while others are much newer. What they have in common is that each of these business owners is passionate about their company and providing a service to the Springfield area.

If reading these profiles makes you think of another small business that deserves recognition, you don't have to wait to make a nomination for next year's 15 Under Fifteen. To submit a nomination and view a list of previous selectees, visit www.springfieldbusinessjournal.com and click on the awards program tab.

SNAPSHOT

Established: 2017

Owners: John and Lisa Mikuleza

Employees: 6

Services: HVAC

5043 Old Route 36, Springfield
217-960-8432

PROFILE

John and Lisa Mikuleza opened Ace Mechanical in October 2017. "I decided to open the business because I came from an entrepreneurial family and always saw myself owning my own business," John said. "I also wanted to create an HVAC business that was honest and reasonable for the people in my community."

Multiple family members are involved in the business. "When you call Ace Mechanical, you

will be greeted by my wife or my daughters," John said. "When a tech comes to your house for a service call, it will likely be myself. If you get a system installed, you will meet my brother."

The company prides itself on being a family-owned business that is reliable and trustworthy. John says they want to do the job right the first time and at a cost that is fair.



Ace Mechanical

LEFT TO RIGHT: MORGAN KRUMMRICH, JOSH MIKULEZA, JOHN MIKULEZA, TOM CALHOUN, LISA MIKULEZA AND STEPHANIE BARRINGER

Photos by Josh Catalano

15
15



UNITED COMMUNITY BANK
The Leader of Community Banking

SNAPSHOT

Established: 1991
Owners: Tom Dickey and Tyler Mullen
Employees: 3
Services: Construction

14798 Dixon Road, Auburn
 217-741-4480

PROFILE

In 1990, Tom Dickey was managing a heavy-equipment dealership when two men came to his office to discuss a newly invented horizontal-directional drill. "After seeing what this equipment could do, I knew from my experience and contacts in sales that this was the perfect opportunity for me to start my own business, which had always been my dream," Dickey said. "So in 1991, I bought my first machine, and the rest is history."

ACTS installs water, gas, sewer, drainage and electrical underground lines. It is environmentally friendly because it does not have to dig any trenches. "For the past 30 years, we have serviced multiple villages, cities, water and electrical co-ops, plumbing firms and independent contractors," Dickey said. "ACTS is customer-oriented. We do not leave the job site unless the customer is totally satisfied."



ACTS, Inc.

TOM DICKEY, LEFT, AND TYLER MULLEN



CheckPoint Tire & Service Center

LEFT TO RIGHT: JUSTIN STARNES, JOE DEFREITAS, GENE ACREE, JOHN LEVERENZ, RANDY MCNEAL, ADAM FROMME, JAKE JOHNSON, TYLER LOWE, CHRIS MUNCY

SNAPSHOT

Established: 1998
Owners: Bill Law and Randy McNeal
Employees: 11
Services: automotive

23 Cottonwood Dr., Chatham
 217-483-2528

PROFILE

Bill Law and Randy McNeal were both managing Firestone shops when they decided to take the plunge and launch their own automotive store. CheckPoint Tire & Service Center opened in January 1998 and is still running strong today. "We wanted to get away from the corporation," Law said. "This way we get to hang around with our families more."

CheckPoint is a full-service shop that provides auto and light

truck repair along with maintenance services. When deciding on a location for the shop, Law and McNeal realized that Chatham did not have anything like what they were offering, and that solidified their decision.

"We are a small community that has grown. We are all certified mechanics, and we take care of everyone and treat them fairly. That's why we are still in business," Law said.



DeHeve's Tavern

LEFT TO RIGHT: BILL BOLLETTA, DANA DEHEVE, DEE REESE

SNAPSHOT

Established: 1951
Owner: Dana DeHeve
Employees: 4
Services: Bar and restaurant

209 S. Springfield St., Auburn
 217-438-6344

PROFILE

In August 2023, Dana DeHeve took ownership of a longtime family business. DeHeve's Tavern opened on July 21, 1951, when DeHeve's grandparents used part of their house to start the business. "They turned the front part of the house into the tavern, and they lived in the back," she said. The popular tavern carries an assortment of

food and drinks along with several games for patrons to play.

DeHeve has served as the tavern's assistant manager since 2014, and being a family-owned business, she was the logical choice to take it over when the time came. "We hold the oldest liquor license in Sanagamon County that is still owned by the same family," she said.

SNAPSHOT

Established: 2013
Owners: John T. Crisp Jr.
Employees: 1
Services: nonprofit

PO Box 3742
 1319 S. 13th St, Springfield
 217-303-9406 or 217-553-5847

PROFILE

Garvey Tubman Cultural Arts & Research Center began in 2013. The center's mission is to provide services of interest to the African American community while sharing a viable support system that speaks to the community's educational, emotional and cultural needs. The GTCARC provides educational programs and art courses facilitated by professional artists for the youth of our community. Most programs are either free or offered at a reduced cost so all who want to learn may

participate.

"This authentic program is the only one of its kind in Springfield and the surrounding areas," said Shatriya Smith. "As the executive director, I am proud of the many community accomplishments and connections we make to assist diversity and inclusion. We have a roster of artist, musicians and civically engaged volunteers who repeatedly support our organization by providing assistance with physical, financial and educational needs."



Garvey Tubman Cultural Arts & Research Center

JOHN T. CRISP JR. AND SHATRIYA SMITH



UNITED COMMUNITY BANK
The Leader of Community Banking

SNAPSHOT

Established: 1976
Owner: Scott Bornrtreger
Employees: 4
Services: Pharmacy

620 E. Jackson, Auburn
 217-438-6141

PROFILE

Harry's Pharmacy has been an Auburn landmark since 1976. Scott Bornrtreger credits the founder, Harry Buck, with being influential in the decision for he and his wife, Michelle, to take over the pharmacy in 1991. "I had been a pharmacist for five years before that and have been here ever since," he said.

A family-centered, customer-oriented pharmacy, Harry's

Pharmacy carries medical equipment, gives immunizations, offers medication-adherence packaging and has a full line of cards and gifts along with many unique supplements. Bornrtreger goes out of his way to do what is best for his customers, and his cellphone number is on the front door in case of emergencies. Harry's offers delivery service to Auburn, Waverly and Pawnee.



Harry's Pharmacy

MICHELLE AND SCOTT BORNTREGER



Height Media

LEFT TO RIGHT: JOSH CATALANO, PATRICK MILLER, RALPH SHANK

SNAPSHOT

Established: 2017
Owner: Josh Catalano
Employees: 3
Services: ad agency

PROFILE

In the summer of 2017, Josh Catalano left his full-time job as an art director and opened Height Media later that year. A graduate of the University of Illinois Springfield, Catalano is a photographer and videographer who specializes in branding, marketing, website design and development, social media and communications.

Height Media is a full-service creative agency dedicated to remarkable digital marketing content. For over six years the company

has been helping local businesses accelerate their brands. After three years of growing the company on his own, Catalano added two part-time employees who have years of experience in website design, content creation, social media management, videography and photography.

"Building partnerships and growing together through trust and dedication to reflect the heart of local business is what we do," Catalano said.



Mini O'Beirne Crisis Nursery

CHRISS WILSON, LEFT, AND JEN MCMILLIN

SNAPSHOT

Established: 1989

Owner: MOCN Board of Directors

Employees: 11

Services: nonprofit

1011 N. Seventh St, Springfield
217-525-6800

PROFILE

In the 1980s, Marinda "Mini" O'Beirne fell in love with the idea of preventing child abuse through crisis nursery services. These were not readily available in Sangamon County, so O'Beirne spent two years planning a way to bring those services here. Unfortunately, she died of cancer in 1988. However, a steering committee formed to carry out her dream and made it official on May 15, 1989.

"We are a nonprofit social-service agency," said Jen McMil-

lin, executive director. There is no charge for care, so the nursery depends on financial support from the Illinois Department of Child & Family Services, Illinois Department of Human Services, corporate and local grants, fundraising through special events and contributions from businesses, community organizations and individuals.

"Mini O'Beirne Crisis Nursery feels like a second home to me, and I hope our co-workers, family and friends feel the same way," said McMillin.

SNAPSHOT

Established: 1993

Owners: Susan and Doug Bloemke

Employees: 8

Services: bar and restaurant

500 N. Dirksen Parkway, Suite B,
Springfield
217-522-2275

PROFILE

Northern Lights Lounge opened in 1993. In 2018, Susan and Doug Bloemke took ownership of the lounge and were sure to keep the personal service, atmosphere and good times that the customers had grown to love. Susan knew firsthand what made Northern Lights Lounge special because she was a bartender for a year. It didn't take long for her to fall in love with the customers. When the couple purchased the tavern, it was important to Susan to

provide a sense of family for their guests.

"Northern Lights is a small establishment with a big heart," said Susan. "We go out of our way to learn the names of customers and make them feel welcome. We do the same with the employees. We let each person working for us know that they are family, not just an employee. When customers come in, they receive great service and leave with a lasting impression and a smile on their face."



Northern Lights Lounge

BACK TO FRONT: LAUREN WHITE, LAIKEN WICKS, ERICA INGRAM, DAWN SCHUSLER AND SUSAN BLOEMKE (OWNER). NOT PICTURED: DOUG BLOEMKE (OWNER), AARON EDDINGTON AND TAMMY QUEEN.

SNAPSHOT

Established: 2020
Owners: Theo and Kristin Spilman
Employees: 15
Services: Bakery

2476 Wabash Ave., Springfield
217-210-7450

PROFILE

Theo and Kristin Spilman opened Nothing Bundt Cakes in August of 2020. The couple wanted to create an opportunity for community growth in their hometown. The business is a from-scratch bakery, as they bake and frost all cakes onsite, which delivers high-impact results.

Joy and celebration are at the

heart of everything the Spilmans create. "We are so much more than cake," Theo said. "We are the place you come to for any celebration – birthdays, weddings, graduations, holidays and everything in-between. We are zealous about celebrating people where they are through the joy that our cakes and hospitality naturally bring."



Nothing Bundt Cakes

BACK ROW: SEAN URBAN, RONIN AGANS, AHMAD SHEPHARD, RUSTY EASLEY; **FRONT ROW:** JORDAN LINDSEY, THEO SPILMAN, KRISTEN SPILMAN, AMY PIERCE



The Missy Grady Home Team - The Real Estate Group

BACK: JENNIFER MATHIOT, JOSH LEACH AND JACKIE MATTESON
MISSY GRADY, ALLIX MAGGIO

SNAPSHOT

Established: 2016
Owners: Missy Grady
Employees: 5
Services: Real estate

3701 W. Wabash Ave.,
Springfield
217-691-0999

PROFILE

In 2001, Missy Grady left her teaching career to become a full-time real estate broker. She initially joined her family firm, Grady Realtors Inc., which was established in 1969. In 2016, the firm merged with The Real Estate Group Inc., which had been in business since 1997. "My father tragically passed away one month after our merger, and my mother chose to retire. It was at that time that I decided to develop The Missy Grady Home Team - The Real Estate Group Inc.," Grady said.

When a new broker joins The Missy Grady Home Team, they are supported with the guidance and expertise of a seasoned team and leader. Grady takes pride in assisting her teammates in navigating the many unique events that occur during real estate transactions.

"I am proud of my team as each one goes the extra mile to give the best service to their clients, who we like to say are on the team with us," she said. "Nothing brings us more satisfaction than crossing the finish line with them."



TNS Detailing and Restoration

LEFT TO RIGHT: KENNY RAYMER, HALEY FILSON,
NICCI WOODS-MALCOM, TIM STANFIELD

SNAPSHOT

Established: 2019
Owner: Nicole Woods-Malcom
and Timothy Stanfield

1514 Francis Dr, Chatham
217-720-8438

Employees: 5
Services: automotive

PROFILE

TNS Detailing & Restoration was formed in October 2019 when Tim Stanfield and Nicole Woods-Malcom decided to draw on their years of auto detailing experience. "Nicole had a major battle with metastatic cancer in 2018 that placed a strain on the family budget," Stanfield said. "So we started detailing a few cars a month for additional revenue. The business quickly grew, and we have been working to meet the

demand ever since."

TNS specializes in automotive detailing and ceramic coating and is also equipped to service boats, campers, RVs, ATVs, semis and fleet services. "We take our dedication to excellence seriously," Stanfield said. "Engaging in continuous education, certifications and ensuring that we have state-of-the-art equipment are just a few of the many ways we deliver on our mission statement."

SNAPSHOT

Established: 1981
Owners: Dale and Debbie Smith
Employees: 9
Services: Business equipment

3308 Cockrell Lane, Springfield
217-529-8282

PROFILE

Tom Day began his business in 1981 and kept it running in Springfield for three decades. In 2011, Dale and Debbie Smith purchased Tom Day Business Machines and still operate it today.

"Tom Day Business Machines is a premier provider of a complete line of office products, which includes copiers, scanners, printers, shredders, multi-functional devices, software solutions and water filtration systems," Dale said. "Not only are we

focused on our community's success, but we brought our water filtration systems here to provide better drinking water for the betterment and health of our community overall."

Tom Day Business Machines is a family business that puts community first. "We want to see Springfield and the surrounding areas grow and thrive. We would like to facilitate other small businesses by way of helping efficiency with their businesses to ensure their success," Dale said.



Tom Day Business Machines

BACK ROW: MIKE BRIGGS, DALE SMITH JR., BRETT SHORES, NICK MENKE; FRONT ROW: JEFF MENKE, LAURA SMITH, DALE SMITH SR., DEBBIE SMITH; NOT PICTURED: DAN JOHNIGK AND NANCY COPELIN

SNAPSHOT

Established: 2016
Owners: Jennifer and Wayne Friday
Employees: 6
Services: Restaurant and gift shop

3301 Robbins Road, Springfield
 217-787-3308

PROFILE

"We would visit tea rooms and my husband, who is my biggest supporter, encouraged me and helped me to open the business," said Jennifer.

The tea room is a fun place to have lunch or host a party. Each room is decorated in soft florals, vintage china, crystal chandeliers, colorful umbrellas and a fireplace. "One of our specials is the three-

tier trio that is served with a dessert on the top, sandwich or wrap on the middle, and a soup, salad or side on the bottom," said Jennifer. "We also have fun hats that the ladies can wear during lunch and a 100-year-old baby grand piano."

The tea room also has a gift shop with a wide variety of gifts, boutique clothing and home decor.



Village Tea Room & Gift Shoppes

LEFT TO RIGHT: ANGI LAEL, JANET WESTBROOK, NAOMI WILSON, JAN PAYTON, JERRY THORNTON, GABE WOODRUFF, CHASE BOYLE, WAYNE FRIDAY AND JENNIFER FRIDAY



Wooden It Be Lovely

LEFT TO RIGHT: MEGAN MURRAY, REV. MARGARET ANN JESSUP, LIBBY SHELLEY, EMMA BURRIS.

SNAPSHOT

Established: 2016
Executive director: Rev. Margaret Ann Jessup
Employees: 5
Services: Nonprofit

501 S. Douglas Ave.,
 Springfield
 217-606-5307

PROFILE

Wooden It Be Lovely was founded in 2016 to help meet a need in the community. "There are women who want to heal from hard lives but faced numerous barriers to success, which included finding employers that would or could hire them," said Rev. Margaret Ann Jessup, executive director.

At Wooden It Be Lovely, it is a mission that has a business, as opposed to a business with a mis-

sion. "Part of our mission is to help women transition from poverty to financially stable lives," Jessup said. "We do this by employing women to paint furniture, sew and work in our newest business adventure, our Be Lovely Boutique." The employees learn work skills and financial management, while surrounded by a loving and caring community of mentors, as well as community and church volunteers.

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please visit: ucbbank.com/15u15

2022

Absolute Concrete
All in One Laundry Center & Services
Capital Elite Athletics
Community Foundation for the Land of Lincoln
District 23 Boutique

Emerson Press
First Electric Motor Shop
Indigo Restaurant
Intertwine Loc Design
Just The Basics Mobile Bar

MBK Construction
Midwest Mission Distribution Center
Music Therapy Connections
Pure Performance Fitness Center
Street Art Customs

2021

The Alamo
Ashley's at Home Grooming
Axis Accounting Tax Service
Bailey Family Insurance
Bobby Shaw Building and Remodeling

Credit Pro Autos
Duct Dusters
East Side Marine Inc.
Pier 55 Lounge
Hellowater

Illinois Trucking Association
Jerk Shop Go
Keefner's
True Colors Floral
Who Does Your Hair?

2020

Ayers Trucking
AZ-T-CA Mexican Grill
Bless' It Beauty Salon
By-Pass Auto Body
Chadito's Mexican American Grill

Element Services
Kennedy Sue
Lake Springfield Tavern
Law Automotive
Sam's Best Brands

Springfield Dance
Springfield Monument
Springfield Select Auto Inc.
Troxell Financial
UNDERDOG Sports, Memorabilia & Games

2019

Dr. Lance Taylor D.M.D.
Eye Candy Boutique
Eye Candy Salon & Spa
Frisina Family Wellness
Johnson & Johnson Auto Services

ML Refrigeration
Prairie Wholesale Supply Co.
Propel Sliding Door Automation
Quiznos
Rambach Insurance Agency

Recon Techs Springfield
The Roost
Scoop Du Jour Ice Cream & Coffee Parlor
Serious Lip Balm
Wild Time Exotics

2018

Airman-Hires Funeral Home
Apple Barn
BSafe Home Inspections of Illinois, Inc.
Cleaning General Janitorial Services, Inc.
GoWeb1

Henry's Service Center, Inc.
Hilda's Antique Mall
Legacy Theatre
Maddy's Tavern
Mosquito Joe of Springfield

Nelson Resource Center
Rotherham & Rotherham & Company
Tacology 101
The Book Rack
The Rage Hair Studio & Spa

2017

All in One On-Site Wash & Detail
The Deb Sarsany Team
Monty's Submarines
Bailey Hardwoods & Woodworking, Inc.
Fire and Ale

Rogers HR Consulting
Best Expo, Inc.
Gypsy Dreamer, Gypsy Tribe & Gypsy Soul
Springfield Jr. Blues
Central States Fireworks, Inc.

Law Automotive, Inc.
Springfield Travel Shoppe, Ltd.
CrossFit XLT
Masco Packaging & Industrial Supply
Your Corner Office, Inc.

2016

Bramley Funeral Home
L.A. Burton & Associates
Cooper's StrEATside Bistro
Dreammaker Bath & Kitchen
Fehring Ornamental Iron Works

Hill Meadow Apartments
Jan's Dance Studio
Nature's Select Pet Store
Kraig D. Osborne, DMD
PhysioTherapy Professionals

Prairie Dental Group
Sangamon Reclaimed
South County Publications
Taff Appraisal
Wiley Office Furniture

2015

AZ-T-CA Mexican Grill
Bath Planet
Capital City Crossfit
Chatham Dental Center
Cherry Berry Springfield

Curry's Family Pharmacy
Donald Staten DMD
Farmland Solutions
Gypsy Soul
Kyle Killebrew & Company

L&M Gym & Kids
O3 Internet Consulting
Phoenix Collision
The Chiropractors at Springfield Wellness Center
Zelle Title

2014

Boondocks
Café Moxo
Cookie Factory Bakery
CopperFree Outdoor Lifestyles
D&J's Café

Habitat for Humanity ReStore
Harry's Pharmacy
Jamie's the Diamond Mine
KB Consulting
Kinner Kennels

Kulaviv's Auto Body
Lauterbach Tire
Maid-Rite
The Organized Home
Springfield Running Center

2013

Andrews Landscapes
Capitol Chiropractic Health Center
Country Market, Inc.
Craig Ladage Builders, Inc.
Dick's Shoe Repair

Gorham's, Inc.
Hoogland Center for the Arts
Lee O'Keefe Insurance Agency
Life Safety Resources
Marriott Real Estate Services

Paul Tree Farms
PhysioTherapy Professionals, LLC
Robert's Seafood Market
Thirdwave Data/Comm, Inc.
Velo Mine



UCBbank.com

217-787-3000



HOME HEALTH CARE

Sources: The individual agencies.
DND - did not disclose
Listed in alphabetical order.

NAME STREET ADDRESS CITY/ST/ZIP	PHONE WEBSITE/EMAIL	AGENCY MANAGER	NUMBER OF FULL TIME EMPLOYEES	PRIMARY SERVICES OFFERED	YEAR EST'D
Advanced Healthcare Services, LLC 3900 Pintail Drive Springfield, IL 62711	217-726-6956 ahsllc.org	Juanita Jones RN, WCC	47	Skilled nursing, physical therapy, occupational therapy, speech language pathology, medical social work.	2007
Alterna-Care Home Health System 319 E. Madison St., Suite 2C Springfield, IL 62701	217-679-2631 alterna-care.com kasgro@alterna-care.com	Kathleen Sgro DNP, MBA, RN	40	Skilled nursing, physical, occupational and speech therapy, home health aide, medical social worker, palliative care, non-medical in-home care, adult day care and assisted living.	1990
Apria Healthcare 775 E. Linton Ave. Springfield, IL 62703	217-789-0461 apria.com	Ron Bond	9	Home health care equipment, respiratory equipment, wound care, enteral nutrition.	DND
BrightStar Care of Springfield, Decatur and Bloomington 801 S. MacArthur Blvd. Springfield, IL 62704	217-318-3396 brightstarcare.com/springfield-decatur julie.miller@brightstarcare.com	L. Christopher Miller	40	Home care, medical staffing, IV infusion, wound care.	2015
Enhabit Home Health of Illinois 2970 Baker Drive Springfield, IL 62703	217-542-7138 enhabithomehealth.com	Rachel Deilkes RN/branch director	26	Skilled nursing, physical, occupational and speech therapy.	1984
Family First Home Care 1999 Wabash Ave. Springfield, IL 62704	800-853-5292 familyfirsthc.com beth.albert@familyfirsthc.com	Beth Albert	DND	Pediatric private duty nursing.	1999
Gentiva Hospice 2815 Old Jacksonville Road Suite 201-202 Springfield, IL 62702	217-525-6200 gentivahs.com	Timothy Banks	30	Hospice care.	DND
Help at Home, LLC 605 W. Jefferson St., Suite B Springfield, IL 62702	217-753-0211 helphathome.com	Dana Platt	1,362	Housekeeping, laundry, shopping, meal preparation, personal care, errands.	1975
Home Instead 1440 W. Walnut St., Suite A6 Jacksonville, IL 62650	217-245-9192 homeinstead.com/545	Jerry Best owner	8	Non-medical in-home care including companionship, meal preparation, personal care, Alzheimer's care and more.	2004
Home Instead 2040 W. Iles Ave., Suite A Springfield, IL 62704	217-547-1300 homeinstead.com/762	Rob First Amy Best	100	Personalized in-home caregiving services including companionship, meal preparation, personal care, Alzheimer's care and more.	2011
HSBS Home Care Illinois 3051 Hollis Drive Springfield, IL 62704	1-800-551-6566 hshshomecare.org	Shawna O'Dell agency manager	224	Skilled nursing, physical therapy, occupational therapy, speech therapy, licensed social worker.	1997
Memorial Home Care 701 N. First St. Springfield, IL 62781	217-788-4663 800-582-8667 memorial.health	Christina King director	60	Skilled nursing, physical, occupational and speech therapy, home health aide.	1988
Safe Haven Hospice 1999 Wabash Ave., Suite 202 Springfield, IL 62704	855-879-4096 safe-havenhospice.org	Cara Reynolds executive director	10	Hospice care.	2015
SYNERGY HomeCare of Central Illinois 3259 W. Iles Ave. Springfield, IL 62711	217-303-8555 synergyhomecare.com taylorspada@synergyhomecare.com	Taylor Stevens regional community liaison	4	Personalized care plans, companionship care, assistance with personal care. Available 24 hours a day, 7 days a week.	2013
Visiting Angels 2731 MacArthur Blvd., Suite 201 Springfield, IL 62704	217-568-6308 visitingangels.com	Brittney Tremaine assistant director	85	Personal in-home care including hygiene, meal preparation, medication reminders, housekeeping, errands, companionship and memory care. No minimum hour requirement.	2017

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WOMEN'S EVENT CALENDAR

Illinois Women in Leadership will hold "Party Like It's Fall," a pop-up event, on Thursday, Oct. 12, from 5:30-7:30 p.m. Sarah Goleman, president of IWIL, has graciously offered to open her home to IWIL members and guests. Feel free to bring drinks and a side dish to share.

The October lunch meeting will be held on Thursday, Oct. 19, from 11:30 a.m. to 1 p.m. at Illini Country Club.

For more details or to register for either of these events, visit iwilbiz.

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SENIORS INVEST IN SOCIAL CAPITAL



Rev. Brooks Wilson, pastor of South Side Christian Church, says he has many church members who seek out community causes that mesh with their personal faith beliefs.

PHOTO BY LEE MILNER

Older adults still civically active, even post-pandemic

By Ed Wojcicki

Sarah Phalen, president and CEO of INB, tells the story of her mom, Lora Murgatroyd, who felt she could improve the upkeep of the flowers and bushes in her home community of Sherman.

"She started daily watering and weeding because she saw the need," says Phalen. "She eventually spearheaded a new group called Making Our Village Exceptional (MOVE), and she recruits people to help her. Even though there is a large number of volunteers now, she still loads up her car each day in the summer with water jugs and makes my dad go with her to water these public spaces."

It turns out Murgatroyd is one of a countless number of older adults who find the time to make a difference by volunteering. Data on civic participation trends in post-pandemic times is not readily available, but an informal survey of area leaders finds them mostly optimistic about seniors' civic involvement, with a few caveats.

"Generally, I have found a great willingness from a number of older adults to engage in local activities," says Pastor Brooks Wilson of

South Side Christian Church. "Many times it is interest-based, and their passion for this project or that cause helps motivate them to invest. In our context, much of what I see are individuals stepping into community causes that mesh with their personal faith beliefs."

Austin Randolph, president of Springfield Frontiers International, which helps local youth with leadership development and scholarships, hosts the annual Martin Luther King, Jr. breakfast. He believes older people understand community needs and organizations' lack of resources, and so they step up.

"You know the saying, 'It takes a village to raise a child,'" Randolph says. "I say that it takes older people to be civically involved to raise a community."

At the United Way of Central Illinois, executive director Marne Fauser says they depend on volunteers, "and we do see a willingness of older adults to engage with us and other nonprofit organizations in the community."

In 2021, the United Way launched

ReUnited, a program to help retirees fill time and stay connected to the community. The ReUnited group offers regularly planned volunteer opportunities, educational programming, social events and philanthropic opportunities.

Area leaders say that people typically link their own personal interests or passions with their volunteer activity. South Side Christian Church, for example, has an ongoing relationship with nearby Black Hawk Elementary School. Wilson said, "I know a man and his wife who began mentoring a child at Black Hawk years ago. The man would simply come and eat lunch with this boy once a week at school. But with time, the relationship with the child and his family grew more and more. They celebrate holidays together, go on fun trips together and eat together."

Multiply that kind of activity in many other parts of the community and what you get is a rising supply of social capital, which is the combination of networks, norms and trust that facilitate action and cooperation for mutual benefit in a community. Experts



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Monthly Lunch & Learns for Caregivers

AgeLinc provides a luncheon and monthly education opportunity for any family/partner caregiver on the third Wednesday of every month. The Lunch & Learns are hosted at the AgeLinc Conference Center. Caregivers can call the AgeLinc office to learn more about Lunch & Learn topics or to reserve seats.

AgeLinc Caregivers Conference

AgeLinc's offers an Annual Caregiver Conference at the Crowne Plaza, 3000 South Dirksen Parkway, Springfield. Relative/Friend caregivers of both adults and children are welcome to attend this conference for a catered meal, resources, vendor's tables, guest speakers and more. Contact AgeLinc to learn more about this conference and to register. (A participant registration fee of 20 dollars is reimbursed at the end of the conference. Paid respite services for caregivers can be arranged by AgeLinc to allow participation in the conference.)

Relative Caregivers of Children Resource Conference (Kinship Family Resource Conference)

AgeLinc hosts an Annual Kinship Resource Conference for relative caregivers/ foster families for those with children under the age of eighteen. Caregivers/ Foster families will have access to comprehensive resource packets, clothing/diaper resources, back to school supplies, hygiene products, as well as a free boxed meal. Education was provided on The Child Only Grant, The Extended Family Service Program, and McKenny-Vento law for children in public school while staying with a relative caregiver. Contact AgeLinc to learn more about this conference and to register.

Relative Caregiver of Children Gap Fund Assistance (if funding is available)

AgeLinc provides emergency, one-time financial assistance for items or services that address the safety and care needs of relative caregivers of any age or the child(ren) in their care. This funding can fill the "gap" where referral services are limited. Gap assistance may be able to help with utility or rent expenditures, one-time childcare costs, one-time prescription medication costs, education materials, beds, car seats, clothing and more. In addition, Relative Caregivers of children can be linked with services in their community to help establish legal guardianship, clothing, food, state funded healthcare for a minor and more. This assistance requires appropriate documentation of existing or pending legal guardianship of a minor and may only be accessed once per client within a 12-month period. Service provided by AgeLinc for 12-county service area.

SHIP-Senior Health Information Program (Medicare and Medicaid Assistance)

AgeLinc provides free Medicare education and enrollment assistance (comparing and understanding plans and benefits) throughout the year. Have questions about your benefits, open enrollment, plans comparisons, or new to Medicare? Call AgeLinc to make an appointment with a certified SHIP counselor to go over Medicare benefits and Medicare cost assistance. AgeLinc can refer you to a certified SHIP location nearest you. All individuals receiving Medicare benefits are eligible for this service.

Farmers' Market Coupons

From mid-July through the end of October, AgeLinc has coupon books available to low-income seniors for fresh Farmers' Market produce. Farmers' Markets coupons can be redeemed at participating vendors across the multi-county service area. Individuals aged 60 and older can apply for this benefit at the AgeLinc office. Please call to check on availability before applying in person. Supplies are limited.

Benefit Access

AgeLinc can help low-income seniors ages 65 and older or individuals with disabilities apply for reduced-priced car registration and free city bus passes through the Illinois Department on Aging. AgeLinc staff can assist interested parties with the application for benefits online and with the submission of required proof of income.

Information and Assistance

Have a question about transportation, nutrition, care, benefits, financial assistance, or any resources in your community? AgeLinc can help! Call (800)252-2918 Monday-Friday from 8am-4pm for answers to questions and referrals to services for seniors and people with disabilities in your community.

Medicare Fraud Assistance

Have questions about Medicare fraud or possible tele-fraud and mail fraud? Seniors are the targets of frequent attempted "scams," putting their personal information at risk. Never give your Medicare number, bank information, or social security number to anyone who calls you. Call AgeLinc immediately at (800)252-2918 to help identify and report possible fraud.

Navigating Senior Living Options

AgeLinc can meet with you to discuss Senior Living Options for a family member, loved one, or friend. Although we are unable to make recommendations on specific communities, we can assist with scheduling tours for Independent Living, Assisted Living, Supportive Living, Memory Care, and Skilled Nursing communities in the Central IL area.

We're Happy to Share Our Services with the Community

Have an organization, business, or group that would benefit from hearing about the services AgeLinc provides in Central Illinois? Please give us a call at (800)252-2918 and we'll be happy to provide a free presentation. We can also share information on the effects of Social Isolation and Loneliness in seniors in your community and Medicare Fraud Education.

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say the more the social capital, the stronger a community is.

"I believe that in 2023 there are more people who are more comfortable with volunteering and being in groups or out in public," Fauser said of post-pandemic trends. "So seeing signs of more older adults volunteering is great for our local community."

Phalen describes people she knows who "choose things they really are passionate about. Several of my friends are dog lovers and volunteer at the Animal Protective League weekly, take foster dogs and advocate for the organization. They don't want a board seat or a formal position; they just want to help dogs. I know others who are passionate about their church and spend time volunteering there."

A concern some local leaders expressed is whether older adults might face too many family obligations to remain as civically active as they otherwise might be. Many grandparents, for example, watch their grandkids several days a week, Phalen says, and many older working adults are "managing



Austin Randolph, president of Springfield Frontiers International, says it takes older people being civically involved to raise up the community. PHOTO BY LEE MILNER

their parents' doctor appointments, moving their parents to smaller places or assisted care and managing their parents' finances," all of which is time-consuming.

Pastor Wilson has observed other barriers

to involvement, such as empty nesters who want to travel. He says he knows of older adults "who seek to fulfill their bucket-list aspirations" and many who travel frequently to visit family and friends in other states.

Meanwhile, Phalen explained that she found inspiration not only from her mom, but from her dad, Tom Murgatroyd of Sherman. After retiring from the military and allocating time to his grandchildren and aging parents, he became a tour guide at the Abraham Lincoln Presidential Museum, which has evolved into camaraderie that includes lunches and golf with other volunteers.

That's the kind of social capital that benefits communities, and the civic engagement of older adults contributes to their own enjoyment of life. **SBJ**

Ed Wojcicki completed his master's thesis on social capital and civic engagement and has been a freelance writer since 1979. He is finding ways to stay involved in the community following his own retirement.

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PICKLEBALL

More courts on the way in response to demand

By Ed Wojcicki

The explosion of interest in pickleball in Springfield could see the number of available courts nearly double in the foreseeable future, with the opening of the Premier Pickleball Center late this fall and the possibility of adding a dozen or more outdoor courts at Centennial Park.

"Springfield's biggest need has been indoor play space, particularly during cold weather months," says Jack Handy, who founded the Springfield Pickleball Club in 2012, the same year that eight outdoor courts replaced former tennis courts at Iles Park. Both the club and local interest in the game have enjoyed continuous growth since then.

Enter the Premier Pickleball Center, scheduled to open in Springfield in late November. Its indoor facility will be heated in the winter and have large garage doors that open,

providing good airflow in the summer. Its developers are Mike Fox, a Springfield-area business owner and avid pickleball player, and his wife, Angela. They have found the game to be addictive and decided to build Springfield's first dedicated indoor pickleball facility at 3400 Constitution Drive, behind Target.

"There are more people playing every day," Fox says. "The most frustrating thing as a player is once you start, you go to play and you can't get on a court."

Pickleball is a paddle sport that combines elements of badminton, tennis and ping pong. The court is about half the length of a tennis court (44 feet vs. 78 feet for a tennis court), a few feet narrower, and the net a few inches lower. The paddle makes a distinctive popping sound when it strikes the hard plastic ball.

The low-impact nature of the game makes it particularly popular among older adults. According to a 2022 report from the Sports & Fitness Industry Association, more than half (52%) of those who play eight or more times a year are 55 or older, and almost a third (32.7%) are 65 or older. Pickleball is the fastest-growing sport in the U.S., with more than 36 million players nationwide.

Fox and his wife have been playing pickleball for five years and are enthusiastic about the local pickleball community. They started playing as couples in Duncan Park. "It really is an addiction," he says. "It's a great workout. You're moving a lot; you work up a sweat. I can't think of anything else our age where it's competitive, you get a great workout, and it's fun. There is also the social aspect to it that is almost missed with a lot of sports. You're



Springfield's first dedicated indoor pickleball facility is under construction at 3400 Constitution Drive. It will have 10 indoor courts, plus five additional outdoor courts.

out with people you like, you're hanging out and you get that social interaction that we all need."

The 10 indoor courts will be in two different buildings with five courts each, plus three outdoor courts between them and two more at the back of the parking lot. The facility, which will be available for members only and their guests, will have a semi-cushioned premium surface, special lighting, the best nets available and a 29-foot ceiling, Fox says. It will also have restrooms and vending machines.

A unique feature is how automated everything will be. Members will reserve court times using an app, and they will receive a code to enter the building and use their assigned court. With the automated center open 18 hours a day for a pickleball community that cares about quality facilities,

Fox does not believe it will be necessary to have staff on site all the time, although the center will be open 18 hours a day through the automated system. He does anticipate the center offering instruction classes and hosting member leagues and possibly some tournaments in addition to open play every day.

Fox says bigger cities such as St. Louis have dedicated indoor pickleball facilities, but he is unaware of any others in central Illinois.

Indoor pickleball is offered locally at the two YMCA facilities, the Salvation Army (formerly Gold's Gym) on East Clear Lake Avenue, and with a few removable nets at the Springfield Racquet and Fitness Center. Availability varies at these locations by time of day and day of the week. The Springfield YMCA has two courts at its west side branch and three at the downtown branch. Sports director Alex Brown says the demand for



those courts is always very high, especially in the mornings.

Derek Harms, executive director of the Springfield Park District, applauds the relationship the Park District has with the local pickleball community. "We have worked closely with the Springfield Pickleball Club for many years," he says. "This is a critical partnership that has facilitated the development of 14 pickleball courts (at Iles and Duncan parks), instruction classes, league play and tournaments throughout our community."

Both Harms and Handy mentioned discussions about expanding into Centennial Park, with Handy saying there could be 12 courts initially and eventually as many as 20 courts. No formal announcement has been made, but Handy said it could happen in 2024. If the anticipated public and private court growth continues – Piper Glen opened some courts for its members this summer – the number of courts in Springfield could increase to more than 50 in the near future.

Handy, whose club has grown to more than 400 members, believes the demand exists for the expansion that is occurring. He sees people waiting to play while courts are full and a growing number of younger people interested in playing, while enthusiasm among older people remains high. **SBJ**

Ed Wojcicki, formerly a full-time journalist, has been a freelance writer since 1979. He is retired from both University of Illinois Springfield and the Illinois Association of Chiefs of Police.

RETIREMENT AND CARE COMMUNITIES

Sources: The individual facilities.
DND - did not disclose
Ranked by total number of beds.

	NAME STREET ADDRESS CITY/ST/ ZIP	PHONE WEBSITE/EMAIL	TOTAL BEDS	SERVICES OFFERED	FACILITY MANAGER	NUMBER OF FULL TIME EMPLOYEES	AMENITIES	YEAR EST'D
1	Concordia Village, Senior Living Community 4101 W. Iles Ave. Springfield, IL 62711	217-793-9429 LSSLiving.org concordiavillage@lssliving.org	316	Independent and assisted living, skilled beds and memory care	Jacque Bogner executive director	233	Chapel, movie theater, restaurant-style dining, private dining rooms, outdoor courtyard, several libraries, beauty salon, market, wellness clinic, fitness room, indoor pool, game room, juice bar, art studio, transportation.	1995
2	Lewis Memorial Christian Village 3400 W. Washington St. Springfield, IL 62711	217-787-9600 lewismemorialchristainvillage.org cbanks@chliving.org	233	Independent and assisted living, skilled nursing care	Christine Banks administrator	240	Short-term rehab, physical, occupational, speech, aquatic therapies. Maintenance-free living set on 19 acres. Three beauty salons, community Wi-Fi, tree-lined walking paths, pet friendly, wellness center with therapeutic pool, wide array of activities and events, staff chaplain, church services and Bible studies.	1974
3	Serenity Manor at Springfield 2801 Montaluma Springfield, IL 62704	217-698-9600 serenityspringfield.com	160	Independent living	Ann Boynton	4	Controlled building access, elevators, community spaces, salon, fitness center, unit and community space upgrades, interior mail rooms, covered parking available, pet friendly, on-site laundry, library. Shopping, dining and other small businesses and medical facilities are nearby.	1998
4	Springfield Supportive Living 2034 E. Clear Lake Ave. Springfield, IL 62703	217-522-8843 springfieldsupportiveliving.com jenniferh@springfieldslf.com	135	Supportive living	Shawn Braley	33	Nurses 10 hours per day, CNAs available 24 hours, assistance with medications, bathing, laundry and housekeeping, three meals daily plus snacks, fenced outdoor patio with walking path, daily activities, weekly trips, all utilities included except phone, free Wi-Fi and Dish Network.	2005
5	Hickory Glen 1700 W. Washington St. Springfield, IL 62702	217-793-0431 hickoryglenseniiorliving.com manager@hickoryglenseniiorliving.com	129	Independent living	Rebecca Siltmna	10	Restaurant-style dining, Sunday brunch, transportation, housekeep- ing, activities, social events, full-time lifestyle coordinator, cinema, library, lounge, gym, hair salon, store, pets welcome, utilities and basic cable included.	1986
6	Montvale Estates 2601 Montvale Drive Springfield, IL 62704	217-546-5577 holidayseniiorliving.com victoria.chamblin@ atriaseniiorliving.com	121	Independent living	Victoria Chamblin	20	Transportation, housekeeping, chef-prepared meals, 24/7 emergency response services, pets welcome, salon, social activities, utilities included, some Wi-Fi, exercise room, billiards, weekly trips.	DND
7	Seasons Active Senior Living 3511 & 3201 Conifer Drive Springfield, IL 62711	217-698-5780	120	Independent living	Ruth Engleman Debbie Deopere	8	Garages and covered parking, covered patios, library, exercise rooms, private party room, walking paths, fishing lake.	2004
8	Aperion Care - Capitol 555 W. Carpenter St. Springfield, IL 62702	217-525-1880 aperioncare.com jliddell@aperioncare.com	115	Skilled beds	Jackie Liddell executive director	150	On-site therapy staff, on-call med director, in-house practitioner, dialysis transport, daily activities, IV therapy, pain management, laundry service, in-house social workers, Wi-Fi, transportation, day room, library, business center, private rooms, refrigerators.	2018
9	The Villas Senior Care Community - Assisted Lifestyle and Memory Care 100 Stardust Drive Sherman, IL 62684	217-744-9891	113	Assisted lifestyle	Russ Bogdanovich	69	24-hour nursing, transportation to medical appointments, physical, occupational and speech therapy on site, Wi-Fi, computer access, library, cat friendly, private suites, beauty/barber salon, respite care, bistro and chapel with weekly Mass.	1981
9	Arcadia Care 1021 N. Church St. Jacksonville, IL 62650	217-245-4174 arcadialtc.com	113	Skilled beds	Melissa Schuettler	86	Hospice care, respite, IV therapy, Wi-Fi.	2015
10	Brenden Gardens 900 Southwind Road Springfield, IL 62703	217-529-4586 brendengardensretirement.com chubbell@5ssl.com	112	Independent living	Christina Hubbell, executive director	20	Three meals a day, weekly housekeeping, bus service five days each week, 100% maintenance service, year-round activities, 24-hour cof- fee café, laundry service, six laundry rooms and two elevators.	2006
11	The Villas Senior Care Community - Total Rehab & Skilled Nursing Care 100 Marian Parkway Sherman, IL 62684	217-744-2299 VillasSeniorCare.com	109	Skilled beds	Tonya Alecia	100	Accessible van and bus for outings, courtyard with walking paths and gazebo, therapy gym, Wi-Fi, Jacuzzi tubs, daily activities, avi- aries, café, private and semi-private accommodations, salon, therapy wing, therapy gym and short-term rehab.	1987
12	Regency Nursing Care Residence 2120 W. Washington St. Springfield, IL 62702	217-793-4880	99	Skilled beds	Tammy Riley	90	Private and semi-private rooms, restaurant-style dining, beauty salon services, activities, transportation, Wi-Fi, cable TV, laundry service and private party rooms. Long-term and respite care and short-term rehab including physical, occupational and speech therapy.	1991
13	Illinois Presbyterian Home Communities - Fair Hills Residence, Cottages & Apartments 2005 W. Lawrence Ave. Springfield, IL 62704	217-546-5622 iphcommunities.org maryann.walker@ iphcommunities.org	88	Independent and assisted living	Maryann Walker	45	Scenic, park-like campus, open to all faiths, month-to-month rent. Assisted living - spacious private rooms with walk-in showers, 24/7 nursing assistance, laundry, housekeeping, meals, plus social and spiritual activities. Independent living - apartments or cottages with senior-friendly accessibility, all appliances, light housekeeping, utilities and more.	1954
14	Cedarhurst of Jacksonville 2225 W. Morton Ave. Jacksonville, IL 62650	217-245-2996 cedarhurstliving.com vtempleton@cedarhurstliving.com	86	Assisted living, memory care	Victoria Templeton	54	Therapy, movie theater, lake with fishing, restaurant-style dining, person-centered dementia care, secured care, therapy gym.	2016
14	The Pointe at Jacksonville 20 Jacksonville Place Jacksonville, IL 62650	217-602-0930 thepointeatjacksonville.com	86	Supportive and assisted living, memory cares	Kimberly Wiles	DND	Private apartments. All inclusive.	2019
15	Cedarhurst of Springfield 3520 Old Jacksonville Road Springfield, IL 62711	217-203-6522 cedarhurstliving.com jdeaton@cedarhurstliving.com	79	Assisted living, memory care	Jessika Deaton	70	Therapy, movie theater, restaurant-style dining, person-centered dementia care, secured care, 24/7 nursing care, all private apart- ments and suites, therapy staff.	2019

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RETIREMENT AND CARE COMMUNITIES

Sources: The individual facilities.
DND - did not disclose
Ranked by total number of beds.

	NAME STREET ADDRESS CITY/ST/ ZIP	PHONE WEBSITE/EMAIL	TOTAL BEDS	SERVICES OFFERED	FACILITY MANAGER	NUMBER OF FULL TIME EMPLOYEES	AMENITIES	YEAR EST'D
16	The Bridge Care Suites 3089 Old Jacksonville Road Springfield, IL 62704	217-787-0000 bridgecaresuites.com cschaaf@bridgecaresuites.com	75	Skilled beds	Cindy Schaaf	92	Spa, business center, beauty salon, restaurant style dining, cafe, theater, therapy gym, game room, Wi-Fi, private suites, transportation. Short-term care facility, post-hospitalization, post-surgical, wound care, IV therapy, physical therapy, occupational therapy, speech therapy, respite care, work with hospice providers for hospice care.	2013
17	Trustwell Living 2451 W. White Oaks Drive Springfield, IL 62704	217-787-9000 trustwellliving.com smeyer@trustwellliving	67	Independent and assisted living, memory care	Shannon Meyer	22	Personalized care and services plans, private, spacious apartments, restaurant-style dining, licensed nurses, medication assistance, full activity calendar of educational, cultural, entertainment and social events, all utilities (except phone and cable), pet friendly community.	2022
17	Timberlake Estates 2423 Taylor Ave. Springfield, IL 62703	217-585-9400 projectmgr@timberlakeestatesil.com	67	Independent living	Janelle Jennings property manager	2	Beauty salon, ice cream socials, fitness center, theater room, wireless internet, billiard room, garden.	2008
18	Mill Creek Alzheimer's Special Care Center 3319 Ginger Creek Drive Springfield, IL 62711	217-726-7900 jeanne.campbell@sincerisl.com	66	Memory care	Jeanne Campbell	55	Dementia care program, specially trained staff, supervised, success-oriented activities program, supervised outings, three meals a day, linens and housekeeping, landscaped secured courtyard with walking areas, electronically monitored security system, support groups, educational programs, referral services.	2006
19	Avenues at Springfield 525 S. Martin Luther King Drive Springfield, IL 62703	217-789-1680 tgant@arcadialtc.com	65	Intermediate beds	Tanisha Gant	50	Wound care, on-site X-ray, infection control, medication management, individual and group therapy, dentist, podiatrist and optometrist, diabetes management, pain management.	DND
20	Timberlake Supportive Living 2521 Empowerment Road Springfield, IL 62703	217-321-2100 gardant.com/timberlakeslf.com execdir@timberlakeslf.com	60	Supportive living	Heather Kress	30	Providing lifestyle enrichment programming, three meals per day plus snacks, 24-hour/day aide support, nurses eight hours per day, housekeeping and laundry, transportation to doctor visits and shopping, therapy services in building, financial assistance, refrigerator and microwave, maintenance.	2009
20	Serenity Manor at Spring Creek 4305 W. Washington St. Springfield, IL 62711	217-787-3009 serenityspringcreek.com	60	Independent living	Ann Boynton	4	All apartments on first level, pet friendly, interior mail rooms, laundry hook-ups, updated apartments and community spaces, controlled building access, private entrances with patios.	1995
20	Carriage Crossing Senior Living 1121 Community Drive Rochester, IL 62563	217-660-8872 carriagecrossingsl.com ccrelations@carriagecrossingsl.com	60	Independent and assisted living, memory care, respite care and adult day care	Jenni Stephens executive director	25	Chef-prepared meals, concierge services from housekeeping and laundry to chauffeur, salon or pharmacy services. Fitness classes.	2021
21	Country Lane Memory Care - Assisted Living 875 Riverton Road Riverton, IL 62561	217-629-4265 CountryLaneMemoryCare.com Cari@countrylanememorycare.com	50	Assisted living, memory care	Cari Claussen	32	Memory care with 24-hour licensed nursing and medication management. Staff trained for Alzheimer's disease and dementia. Private and semi-private rooms. Three meals a day, daily housekeeping and laundry and individualized activities. Theater room, lounge areas, dining and activity room, beauty shop, courtyard with country views.	2016
21	The Villas of Holly Brook 825 E. Walnut St. Chatham, IL 62629	217-483-4655 meridiansenior.com vcha.adm@meridiansenior.com	50	Independent and assisted living	TBD	10	Three meals a day, transportation, activities, weekly laundry and housekeeping, assistance with ADLs, medication management, pet friendly, spacious apartments, movie theater, indoor fish pond, game room, all-inclusive care.	2012
21	Centennial Pointe and The Arbors of Centennial Pointe 3440 Hedley Road Springfield, IL 62711	217-546-9301 americareusa.net centennial@americareusa.net	50	Assisted living, senior day program, respite, memory care	Ritta Henson executive director	35	24/7 nursing on site, daily social enrichment programs, restaurant-style dining, beauty/barber shop, exercise area including outdoor walking path and garden, pets welcome. Controlled Multi-Sensory Environment (MSE).	2015
21	The Villas of South Park 10000 S. Main St. Chatham, IL 62629	217-679-5415 villasofhollybrook.com/chatham-il- assisted-living/ chatham_director@villasofhollybrook.com	50	Independent, assisted, intermediate, respite	Paige Wernsing executive director	25	Fishing pond, scheduled activities, two courtyards with a garden and fireplace, ice cream, cappuccino and juice machine, onsite therapy, salon, jetted bathtub in spa room, exercise room, three daily meals, plus snacks.	
22	River Birch Living 4012 Cockrell Lane Springfield, IL 62711	217-547-0400 christianhorizonliving.org rbladmissions@chliving.org	42	Assisted living, memory care	Kelly Briseno executive director	40	Memory care with Pathway Memory Support Programming 24 hours. Assisted living nurse staff on site 24 hours, medication dispensing, home-cooked meals, person-centered care, on-site salon and stylist, linen and laundry services, housekeeping services, quiet and beautiful location.	DND
23	Rochester Estates Senior Living 4817 N. Oak Hill Road Rochester, IL 62563	217-498-6959 elmicroft.com dchapin@elmicroft.com	37	Independent and assisted living	Denny Chapin	35	Private apartments, assistance with bathing, dressing, grooming, medication reminders and supervision, three meals a day and two snacks, weekly housekeeping and laundry, transportation to and from medical appointments, fun activities throughout the day, exercise class and trips out to restaurants and shopping.	2006

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Who's in charge of mom and dad?

By Sarah Delano Pavlik

Unfortunately, something we see frequently in our law practice are disagreements among siblings over who is in charge of caring for mom and/or dad when they become incapable of caring for themselves. Who decides who is in charge, and what limits are there for that person?

Mom and dad can decide for themselves who will be in charge by executing powers of attorney. Illinois law provides for two types of powers of attorney – one for property and one for health care. Every adult should have both powers of attorney. They must be signed by mom and dad while they are still competent. It is too late when mom or dad has had a stroke, or dementia or Alzheimer's disease has set in, and mom or dad no longer knows what he or she is doing. It is possible to sign the documents in spite of a stroke or early dementia or Alzheimer's mom or dad is still competent; however, far too many people only go to the lawyer when it is already too late.

The property power of attorney governs all types of financial transactions unless the principal (mom or dad) specifies otherwise. Authorized transactions include those regarding real estate; financial institutions; stocks and bonds; tangible personal property; safe deposit boxes; insurance and annuities; retirement plans; social security, employment and military service benefits; taxes; claims and litigation; commodities and options; business operations; borrowing; estates; and all other property powers and transactions.

A property power of attorney does not automatically include the power to make gifts of the principal's property. The power to make gifts must be specifically added to the power of attorney. The power of attorney also does not include the power to change a trust agreement or make a will for the principal.

As its name implies, a health care power of attorney governs medical decisions. It governs all medical decisions including organ donation and the termination of life support (as specified by the principal in the power of attorney). A health care agent has the power to admit the principal to a hospital, nursing home or institution. However, the principal can revoke the health care power of attorney at any time, even if he is not competent. Therefore, it can be difficult, if not impossible, to involuntarily commit someone for mental health treatment using a health care power of attorney.

Both the Illinois property power of attorney



and health care power of attorney forms include a section stating that if a guardian for the principal is ever necessary, the principal asks the court to appoint the agent under the power of attorney.

The forms clearly state that a principal cannot name joint agents under the powers of attorney, i.e., mom and dad cannot name two or more children acting together. On a practical level, this is the best practice anyway, as appointing multiple agents can result in disagreements and an inability to use the power of attorney. If mom or dad are determined to name multiple agents, however, they can do so. The statutory forms are not the only forms of power of attorney that can be used in Illinois.

If mom or dad does not have a power of attorney, then what? For financial transactions, unless someone else has signing authority over certain assets (including, for example, if the assets are held in trust), the only other option is to have a guardian of the estate appointed. If mom or dad does not object to the guardianship or if they are undeniably incompetent, this can be a relatively straightforward procedure. An interested person (generally a family member) files a petition with the court. The petition must include an affidavit from a doctor stating that mom or dad is incapable of handling their own affairs. Mom or dad must be served with process, i.e., the sheriff's office or a private process server must deliver the papers to them, and all other interested parties must receive notice as well.

This includes a spouse, adult children, parents, adult siblings and any agent acting under a power of attorney.

The court will appoint a guardian ad litem to meet with mom or dad and report back to the court if he thinks a guardian is needed and if the proposed guardian is acceptable. If mom or dad wants to challenge the guardianship proceedings, he or she will also hire a lawyer, or the court will appoint one for him or her.

If the family is in agreement on who should be designated guardian, the court will generally appoint that person. If there is not an agreement, the court will first look to the person designated by the incapacitated person. The appointment of a guardian does not void a power of attorney unless the court so provides. So, it is possible to have a guardian with authority over some matters and an agent under a power of attorney with authority over other matters.

So, what happens if mom appoints your brother as power of attorney and you think he is misusing mom's money or making bad health care decisions for her? You can ask the court to order your brother to provide a full accounting for financial matters, or ask the court to order a change in medical care. If your brother refuses to do so or if improper conduct is found, the court can remove your brother as power of attorney and allow the alternate agent to serve, if there is one, or appoint a guardian for mom. Similarly, if your brother is serving as guardian, he must file an accounting with the court. If you believe he is not properly caring for mom, you can file an objection to the accounting.

In order to avoid these disputes between siblings, the best practice is transparency. Mom and dad should tell the children who they have designated as power of attorney so the children know that is what mom and dad want. The power of attorney should keep the other siblings informed of his actions. If no information is provided, it is easy to suspect the worst. Finally, if you think a power of attorney is being abused, act sooner rather than later. There are too many cases where a power of attorney used all of mom and dad's money, and by the time it was discovered, it was too late. **SBJ**

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Illinois College partners with Memorial Health to offer full-tuition scholarships for nursing students



Illinois College and Memorial Health held an event to announce a new partnership that will provide full-tuition scholarships for nursing students. PHOTO COURTESY ILLINOIS COLLEGE

In a transformative move to address the increasing demand for highly skilled nurses in the health care industry, Illinois College has joined forces with Memorial Health to offer full-tuition scholarships for aspiring nursing students.

This pioneering initiative, comprising 50 scholarships annually, is a collaborative effort between Illinois College and Memorial Health to support nursing education. The scholarships will cover the complete cost of tuition for eligible nursing students hailing from the 38 Illinois counties surrounding the Jacksonville campus during the first two years at IC. Furthermore, scholarships continue in the additional two years with a work commitment at any Memorial Health site. These nursing scholarships are in addition to Illinois

College's Advantage Plus Program, which covers 100% of financial need for Illinois residents.

With a 100% first-time NCLEX pass rate of the class of 2023, Illinois College is taking a significant step forward in ensuring that more students can pursue their dreams of becoming registered nurses. Barbara A. Farley, president of Illinois College, expressed enthusiasm about the collaboration, stating, "We are proud to partner with Memorial Health to expand the size, accessibility and affordability of IC's nursing program. This initiative aligns perfectly with our vision to empower students and address the critical need for skilled nurses in our region."

The college's rapidly growing program guarantees admission to qualified applicants with no waitlist;

students start their nursing education without experiencing delays. New nursing simulation labs and facilities open in 2024 to provide specialized training in areas such as home health, neonatal and intensive care. Dedicated nursing coaches ensure students' individual success throughout the program.

Marsha Prater, senior vice president and chief nursing officer at Memorial Health, added, "This partnership represents a crucial investment in the future of healthcare in central Illinois. By removing financial barriers, we aim to inspire and support the next generation of nursing professionals."

For more information about the full tuition scholarships for nursing students at Illinois College, please visit www.ic.edu/nursing/scholarships.



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The James Project provides homes, services for foster families

By Janet Seitz

According to the Illinois Department of Children and Family Services, nearly 600 youths are in foster care in Sangamon County. Among resources and assistance for foster families in the county is The James Project. Its mission is to recruit and support dedicated foster parents in the community through the provision of homes and services.

According to Lindsey Daniels, The James Project's operations manager, the organization fulfills this mission through three main ministries: The Call, The Closet and The James Project Homes. The Call is a program to recruit and mentor new foster parents. Staff works to help interested parties become licensed foster and adoptive parents and mentors in areas pertaining to counseling, financial planning and parenting.

The Closet program supplies physical needs such as clothing, shoes, winter coats, diapers, hygiene kits, mattresses and bedding when a child is newly placed in a foster home. "To accomplish this, we have created a system of volunteers and delivery that works closely with DCFS and the other five child welfare agencies in Sangamon County," Daniels said.

Through The James Project Homes, carefully selected large foster families are provided with quality homes. The James Project currently owns and maintains five houses and leases them for \$1 per year.

"Normally, foster parents take in multiple children or whole sibling groups at a time," said Daniels, noting that some sibling groups are more than three children. "By providing homes that come with four to five bedrooms and three bathrooms, we are supplying foster parents with the space to accept more children into their homes."

The James Project covers the mortgage and home maintenance. Volunteers assist with house and yard work, home-cooked meals and maintenance projects. Daniels said this network of support for the foster parents frees them up so they "can fo-

cus their energy on welcoming the children entering their homes" and use their energy to "create a home that is safe, consistent, loving and secure."

"We are seeing more and more senior citizens having to step up and foster their grandbabies," Daniels added. "With most members of the senior-citizen community being retired, having their own health concerns and living on a fixed income, adding extra kiddos into their home is not something they can afford or ever have expected. They do everything they can to make sure that their grandchildren have what they need so they won't get taken away from them, but then they aren't able to take care of themselves."

Using grant funds, volunteer shoppers with The James Project deliver groceries to senior-led foster homes multiple times a year to help alleviate costs. Seniors also benefit from the Adopt A Child Christmas program in which community members, supplied with Christmas lists for each child, buy three gifts: a want, a need and an educational resource. This program received a boost in 2021 when Amber Chiapetto, an area photographer and social media personality, shared her story about growing up as a foster kid with her more than 800,000 followers on TikTok.

Because of her history in foster care, our mission tugged on her heartstrings and she wanted to get involved," said Daniels. "With Amber's support and the help of her followers, we were able to double the number of foster children served in our Adopt A Child Christmas program in 2021.

"These elderly foster parents can also apply to receive resources from our adventure fund. Our adventure fund can help send these kiddos to camp, take music lessons, participate in sports or take part in extracurricular and enrichment opportunities that can help the family bond and make memories together while helping the child flourish and learn life skills," Daniels said.

When foster parents are supported by receiving

the help they need, the children benefit by experiencing fewer disruptions. "When a child has a more stable environment, that leads to less disruption, stress and trauma in their lives," Daniels said. "As they grow up, they have a lower percentage of committing criminal acts or going to jail and a higher percentage of doing well in school, going to college and having careers to support their own life or the lives of their families. They become physically and emotionally healthy, contributing members of the community."

The greatest challenge for The James Project is supporting those who work in child welfare agencies. Caseworkers are the bridge to getting children safely from one point to the other. "When a child has the same caseworker for the entire time they are in foster care, their permanency rate is 70%," said Daniels. "When that child has multiple caseworkers, that level of permanency drops to 17%."

The greatest reward is seeing foster families flourish. "When we can come alongside foster families and help them feel seen and supported, we know we are doing our job," said Daniels. "Sometimes that support looks like a home-cooked meal or a car seat. Other times it means that their kiddo gets to take gymnastics or piano lessons. Helping with school supplies, groceries or Christmas presents may seem small, but it can be burdensome for foster parents. . . . The parents can focus on creating a loving, safe environment for their kiddos instead of worrying about the expenses that come along with caring for someone."

The James Project receives no government funding for the many programs it offers. All programs are provided through private grants and generous donors in the community. **SBJ**

Janet Seitz is a local communications professional, writer and artist. To share your story, contact her at janetseitz1@gmail.com.

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Become a better influencer with customer-focused selling

By Kelly Gust

Wouldn't it be nice if the boss always approved our big projects or customers bought whatever it is we're selling, whether a product, solution or idea? Of course, a business owner has to get comfortable selling, but many of us just need buy-in or approval from peers, employees, company executives or other stakeholders.

Decision-making is personal; we put our money and often our reputations on the line when we say yes. The art of selling has evolved beyond the transactional and is rooted in a deeper, more personal understanding of clients' needs, preferences and communication styles.

Customer-focused selling is a model developed by the Predictive Index that has helped many service professionals get to yes by building a business that is personal. When we can effortlessly connect with the person across the table, business feels more natural, more intuitive. Much like traveling to a foreign country and mastering a few key phrases in the local dialect, learning a few words of another person's communication style, needs and behaviors will help you be successful.

The buying styles breakdown

Customer-focused selling means stepping into your clients' world and viewing your offerings through their lens. It's not about what you want to say, it's about what they need to hear. Below are the four primary buying/decision-making styles: analyzing, expressing, cooperating and controlling.

Analyzing style: the thinker

Individuals with an analyzing style are detail-oriented, technical and fact-driven. They want proof of your claims and reassurance of the

systems or processes that will ensure success. They tend to be risk-averse, so give them enough detail to have confidence and see the guarantees behind your sales pitch. Stay away from emotional pleas and testimonials about what others think and stick to the facts.

Expressing style: the big picture dreamer

Those with the expressing style value attention, recognition and the big vision. They put a premium on relationships and want to feel part of something special. They want the sales process to be agreeable and might come out of it with a new friend. Their world is colored with dreams and aspirations; they connect deeply with those who support their passions. Speak to their interests, keep things upbeat and take time to connect with them on a personal level. Expressing individuals are intuitive, more concerned with their goals than the exact details of how they'll get there.

Cooperating style: relationship-driven

Cooperating individuals thrive on loyal trust and lasting partnerships. They find value in collaboration and team dynamics, measuring their success through the strength of their relationships. Empathetic and good listeners, they will take time during the decision-making process to nurture relationships, keep the peace and build consensus. These individuals are people-oriented and patient. Don't try to rush them or overlook the human element with spreadsheets full of data.

Controlling style: What's the bottom line?

Controlling styles will cut to the chase. They'll decide for themselves if they want the deal done,

and they'll want it done right. More quick-thinking and analytical than emotional, this style can be intense. Skip the pleasantries and get to the bottom line. The key to success here is staying focused on performance, efficiency, achievements and results. This is a style where you can get down to business quickly, but you better have your facts in order.

Understanding and adapting

No one is completely static in their buying style. When stressed or faced with discomfort, people may display backup styles or other behaviors that offer insights into their current state of mind. This is a good opportunity to adapt your approach. By mirroring the preferences and needs of your clients, you enhance your communication and create an environment of mutual understanding.

Customer-focused selling embraces the uniqueness of each client and tailors interactions to specific buying styles. It's not about simply delivering a pitch; it's about establishing rapport, building trust and crafting individual solutions. Practice these influencing skills and become better at selling or just getting the boss' buy-in to your great ideas and projects. **SBJ**



Kelly Gust is the CEO of HR Full Circle, a Springfield-based consulting firm that provides talent management and human resources consulting to organizations of all sizes and stages. She also serves as president of Women Entrepreneurs of Central Illinois.

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Mom + Pop's

By Thomas C. Pavlik



This is the third time that I've reviewed a restaurant run by husband-and-wife team Emily and Corey Faucon. The first was downtown Springfield's Long Nine, the second was when they ran Broadgauge in Petersburg and the third and most recent is their new spot in Petersburg, Mom + Pop's. Just like the first two reviews, we were again pleased with their new venture and believe it justifies the drive out there.

We visited late in the lunch hour, close to 1 p.m., and Mom + Pop's was about a third full. Most of our fellow diners did not appear to be on working lunches.

Mom + Pop's holds itself out as a modern diner. The physical space certainly resembles a diner with its simple tables, wooden wainscoting and hand-painted flowers on the wall. Unlike their time at Long Nine, there is

well-sized and everything is well-seasoned. As their menu claims: Mom says, "We do things the old-fashioned way because it just tastes better," and Pop says, "We do what we do because we love it and are darn good at it."

We were tempted to try one of the handful of fried chicken lunches (\$13-\$15) but were too tempted by some of the other offerings. Notable items included the blue-plate country pork (pork loin, buttermilk marinated and chicken fried with white gravy, green beans, mashies and homemade bread - \$14) and the chicken crack corn (grilled chicken, creamy street corn, pico, rice, citrus greens and avocado crema - \$15).

Instead, we went with the Petersburg, the Long Nine turkey sammich and the breaded pork tenderloin sammich. All items were \$15 and came with ranch-house fries.

taste it. We both agreed that it was an amped-up turkey, cheese and bacon sandwich that elevated itself above its peers. Well done.

Our other guest went with the Petersburg. It was a double smash burger served with the works, cheddar cheese and 'burg sauce on a griddled bun. A smash burger is not your usual thick, grilled, medium-rare burger. Instead, it's smashed flat over a searingly hot flat-grill until it develops into a crispy, craggy, non-uniform, cooked-through patty that's juicy, caramelized and beefy. It was made with ground beef from a local farm. After extended discussion, it was decided that this was a good thing, as the quality beef helped generate a well-browned burger (what's called the Maillard reaction) that created very deep and savory flavors and aromas. The 'burg sauce reportedly didn't overpower the dish, but rather, helped develop



plenty of seating and patrons no longer order at the counter.

The place is open for dinner only on Wednesday and Friday and is closed Monday, Tuesday and Sunday. Saturday offers a brunch buffet. If you follow the Facebook page, you will see that many of the dinners have a unique pop-up menu that usually revolves around a theme. Recently that included an Oktoberfest where patrons were invited to bring their own beer. There's also a wide variety of daily lunch specials, which included the French dip when we dined.

Mom + Pop's core menu (currently the summer menu) is in keeping with what they've been doing over the past years. Bread is made on premises, most items are homemade, Southern elements are prevalent, portions are

The breaded pork tenderloin was quite thick and perfectly crispy. I appreciated the generous amount of salt that was in the breading. It came with their homemade pickles, red onion and a green chile jam. I am generally not a fan of sweet items and, quite frankly, wish that Mom + Pop's had bread and pickles that were less sweet. But the jam was an exception. It was not spicy, but it brought together all of the elements and helped elevate the dish. Like our other orders, it came with a heaping pile of wedge-cut fries that were also nice and crisp.

The turkey sandwich came on focaccia bread and consisted of turkey breast, buttermilk ranch (homemade, of course), cheese and bacon. This is a sandwich that you'll see at any number of diners or pubs. The dish was ordered by my wife, who consented to allowing me to

even more flavor. I managed to snag a bite and would definitely get this on my next visit.

As to that next visit, the drive from downtown Springfield to Mom + Pop's is about 30 minutes each way. Add in the time to actually dine and you have close to a two-hour lunch, which likely explains why most of the diners did not appear to be the work crowd. That's really the only downside we could find, but it was more than offset by the good food and attentive service we received. **SBJ**

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Saturday 10 a.m.-1 p.m. (brunch buffet only)

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Sangamon County new business registrations, August 16 – September 15, 2023

Built2Destroy, 536 W. Fayette Ave. 971-2345. John N. Heard.

Sistah Talk, 17 Redwood Lane. 314-643-6537. Tyra D. Jones.

AffRmd1 Contracting, 560 N. Park Ave., Chatham. 553-3813. Steve L. Richardson Jr.

Calen Trucking Co., 3122 Cumberland Drive, Apt. 3. 312-522-9000. Chad Allen.

Gmom's Attic, 721 St. Mary's Ave. 299-1899. Donna Bowers.

Sheppard's Home Improvements, 2126 Whitefield Road. 760-250-3366. Derrick Duaine Sheppard.

Farley Diesel and Truck Repair, 4501 Industrial Ave. 720-7968. Valerie J. Farley.

LS Virtual Assisting, 55 Northridge, Sherman. 416-8175. Lydia Stuemke.

The Wandless Witch, 203 Narrow St., Loami. 836-2571. Amanda Wanless.

Crochet By Cyndi Jane, 3954 Bissell Road. 361-4163. Cyndi J. Mahan.

Custom Swag Store, 525 Karen Rose Drive, Rochester. 416-0302. Christan Neff, Dianna Maze

TalentSol, 15 S. Old State Capitol Plaza. 441-5554. Johanna A. Vargas.

KAS Designs, 2313 Argonne Ave. 415-1411. Kathleen Sanders.

Impact Financial Group, 2921 Greenbriar Drive, Suite A. 718-4112. David Patrick Scheina, Andrew F. Cashman, Eli Cook, Chet D. Bandy.

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(L to R): **Larry Hardy** - Vice President, Financial Advisor, **Michael Witsman** - Associate Vice President, Branch Manager, Financial Advisor
Nancy Klay - Senior Registered Associate, **Klip Leverton** - Associate Vice President, Financial Advisor, **Chad Golembeck** - Associate Vice President, Financial Advisor

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New businesses

Sangamon County new business registrations, August 16 – September 15, 2022

Lady Noir Charmz, 401 E. Jefferson St., Apt. 805. 610-5997. Tanisha Middleton.

Amor Exotic Maids, 1900 S. Wirt Ave. 341-7907. La'Deja Frazier.

Carriage Way Creations, 7900 Olde Carriage Way. 529-9506. Heartland Publication Inc.

Heartland Productions, 7900 Olde Carriage Way. 529-9506. Heartland Publications Inc.

The Flirty Feather, 10051 Telstar Road, Dawson. 622-4749. Christina Sabin.

Ride Now Transportation LLC, 2501 Chatham Road, Suite R. 953-5156. Dhahabu Owens, Shavonna Bates.

Payne Family Co., 2608 Sarona Road. 416-8818. Melanie Payne, Nicholas Payne.

Shunk Financial Group, 2921 Greenbriar Drive, Suite A. 718-2951. Brent Shunk, Austin Shunk, Alec Shunk.

Brandaid Advertising Agency, 4124 Marie Drive. 416-4870. Kristin Lascelles.

With Love Salon, 2700 W. Lawrence Ave., Suite L. 741-3916. Samantha Taylor Stevens.

Bayley Ellard, LLC, 2105 E. Cook St., Unite 20733. 718-6343. Brian Sullivan.

Jason's Private Duty Home Care, 11650 Pheasant Drive, Rochester. 481-0330. Jason Stuebe.

WEBE JUNK-N-SCHMIDT, 1700 E. Capitol Ave. 891-7961. Michael L. Brady.

Love 2503 LLC dba Loves Place, 1126 S. 11th St. 416-2403. Geneva Pearson.



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