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**Next Board**

**Meeting**

4:30 p.m.

June 8

Council Chambers

**July Newsletter Deadline**

July 5

### *Business Spotlight: AM Remodeling*

By TOBY BROWN

Sure, they've got the "Wow Factor."

But there's much more than just that to AM Remodeling.

Adam Archer and Mark Worlds are the "A" and "M" in AM Remodeling. The two partners formed their present company in 2014, but its roots actually go back almost two decades.

"I had a painting business called Mark Worlds Painting," explained Worlds. "I started it in 2000 and in 2007, gasoline got up to \$4 a gallon and consumers just stopped calling contractors.

"Adam worked for me the entire seven years. He was a great painter and great employee, but I had to shut the business down because it just wasn't making any money."

At that time, the two went their separate ways. Archer went to work in the oil industry and Worlds went into law enforcement.

But seven years later, fate brought them together again. Worlds re-started his painting business in 2014 and hired Archer back.

"About a week into it, I said there's no need for you to work for me this time; let's just do this together," said Worlds.

And thus began AM Remodeling.

But at the time, it was AM Painting.

"Then we started to diversify," said Worlds. "We went to Dalton, GA to Mohawk Headquarters and took a week-long class to learn how to install flooring. We do ceramic, porcelain, tiles, laminate, hardwood and more, so we are Mohawk-certified flooring installers.

"Then a little later, we went to Stone Mountain, GA to TapeTech Industries, the country's leading manufacturer of dry wall tools. They had a week-long class on dry wall finishing, so we went down there and took that class.

"In a lot of our painting jobs, people would ask us to patch a hole or put a new wall up and we'd say no, but let us know when you get it done and we'll come back and paint it. Well, the dry wallers would then come in and do it, and they would tell the customer they could go ahead and paint it. So learning how to dry wall helped with that problem. We became Level Five certified dry wallers." (Continued on next page...)



Before and after examples. (Photos provided.)

## *Business Spotlight Continued...*

With all of the new services being offered, the name AM Painting was no longer indicative of the budding company's product line.

"We also do kitchen cabinet refinishing and bathtub refinishing, so we couldn't call it AM Painting anymore," explained Worlds. "We thought 'Home Improvement' had been done to death and we're not really construction because we don't build things, we just make things look nicer. So we landed on the name AM Remodeling.

"Our foundation has always been painting, specifically interior repaints. We do textured ceilings, and we refinish counter tops, too. We can take an old laminate or butcher block counter top and make it look like granite. It's a very inexpensive fix to a temporary financial problem. So say you'd like to have new countertops but can't afford to go to Lowe's and spend \$2,200. Well, I can come in and make your existing counter top, in one day, look like granite. I'm in and out in six hours and you have a brand new color (I have 64 colors to choose from) and if you take care of it, it will last you seven to 10 years. Then you can save up your money and go get your \$2,500 granite countertop later.

"We also refinish kitchen cabinets. We'll take the doors down, take them back to the shop, sand them down, get all the Polyurethane stain off them and get them down to the bare wood, and then we paint them so it looks like you went to the store and bought brand new cabinets. We can usually do that for about a tenth of the price of what new cabinets would cost. Our average kitchen cabinet refinishing runs about \$1,400. Your average kitchen cabinets are going to run about \$10,000.

"We do a lot of dry wall repair work. It seems the guys that hang dry wall don't finish it, and the guys that finish it don't hang it. So we patch, repair and finish dry wall. We have some special epoxy coatings for floors so we can make your concrete floor have a marble look. Again, it won't last forever, but it's a less expensive alternative that could get you by until you do something else later, like maybe put carpet down."

And that's not all that AM Remodeling can do with floors.

"We install any of the hardwood, Pergo, laminate, floating, vinyl... any of the flooring that you can get at any of the box stores," said Worlds. "We can do ceramic and porcelain tile flooring. We do everything except carpet or roll-out linoleum.

"We do kitchen backsplashes, we do tile shower surrounds where if you want a walk-in shower, we can put the pan on the floor and then tile the sides up and around and put you a nice glass door on.

"Or if maybe you have a fiberglass tub and shower that is, let's say, from the 1970s and painted an odd color. If you don't want to do a walk-in shower, but you'd just really like to have that fiberglass tub painted a different color, we can come in and refinish that tub and shower. We do a lot of the old cast iron bathtubs that have rust or black pits. We refinish a lot of them. I can come in and make them look sparkling new in about four hours."

The refinishing is what creates the "Wow" factor and Worlds takes advantage of that by posting several before-and-after photos on his Facebook page, which can be found by searching for "Mark Worlds Remodeling."

"We are kind of getting known for our cabinet and countertop refinishing due to the Facebook page," he said. "That's because if I came and painted your office blue and took a before and after photo and posted it, nobody would care. I just turned a brown office into a blue office.

"But when I take a dark English Walnut set of kitchen cabinets and do them in a semi-gloss heather grey, I mean it's like POW. It really just wakes the whole room up. Not to sound too cheesy, but it really is that 'Wow Factor' and that's what gets people to look at our Facebook page.

"And perhaps because of that, refinishing has become about 80 percent of our business. We haven't painted in six months – and that was the foundation of our business. That was the foundation of my business back in the 2000s.

"Painting was actually my first love. I always said I could paint every day for the rest of my life and have a smile on my face. But the economy took that away from me for a while and we had to do something else. The other stuff is fun and enjoyable, too. It's fun to watch people come home and see their new cabinets or countertops, and see the shocked look on their faces."

The best way to reach AM Remodeling is through Worlds' Facebook page (Mark Worlds Remodeling). In fact, he prefers this method of contact. One may also text Worlds at 618-384-1427 or call him at the same number.

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## *From the Desk of the Executive Director...*



Summer is a busy time of year at the Chamber of Commerce. We are gearing up for our annual Golf Tournament on June 24 at the Carmi Country Club. If you are interested in playing, please contact the Chamber office. Spots are filling up fast!

*Holly  
Healy  
Executive  
Director*

As you may be aware, proceeds from the Tournament are used to support a scholarship, teacher grants and invest in the White County CEO Program. The Chamber appreciates the opportunity to support education and it would not be possible without our Tournament sponsors and players.

We are also preparing for the July 4th Fireworks. This year, we have a new pyrotechnics company for our show. Jarrett Pyrotechnics from Evansville, Indiana will produce the show this year. The community's financial support of this event is necessary for fireworks to be provided each year. Be sure to thank those who help make this possible.

Summer also brings about CEO Orientation. Last night, I had the privilege of meeting many of the incoming students at orientation. Your encouraging words and support of these students will be invaluable as the school year begins. The Chamber of Commerce wishes the new class well.

As always, the Chamber door is open if we may be of assistance.

*-Holly*

## Fireworks to Highlight Independence Day Festivities in Carmi

The Carmi Chamber of Commerce is once again partnering with the City of Carmi and area businesses and individuals for the annual fireworks show which will begin at 9 pm at the White County Fairgrounds on July 4. This year's display will be by Jarrett Pyrotechnics from Evansville, Indiana. Baseball fans may be familiar with some of their work as they produce many of the Evansville Otters fireworks displays.

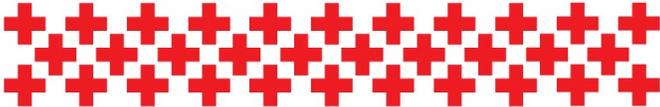
The Chamber is accepting donations toward the \$11,500 display. Those wishing to contribute should mail a check to the Carmi Chamber of Commerce, 225 E Main Street, Carmi, IL 62821.

The display would not be possible without the cooperation of the White County Agriculture Society, Carmi Fire Department, Carmi Police Department, White County Sheriff's Department and the White County Ambulance Service.

"While traffic patterns will remain the same as years past, no parking will be allowed inside the White County Fairgrounds," stated Carmi Chamber of Commerce Executive Director Holly Healy "The Chamber of Commerce encourages you to take advantage of the opportunities we have here at home and enjoy our local fireworks display," added Healy.

**American Red Cross**

*Give blood.* Help save lives.



**Blood Drive**  
**First Christian Church**

Fellowship Hall  
504 Bohleber Drive  
Carmi, IL 62821

**Wednesday, June 21, 2017**  
**2:00 PM to 7:00 PM**

Please Consider a Double Red Donation if Your Blood Type  
is O+, O-, A- or B-

To schedule an appointment, please download the American Red Cross App or go to  
[www.redcrossblood.org](http://www.redcrossblood.org) and enter Sponsor Keyword: FCC-Carmi

Start the donation process before leaving home by completing an online pre-donation and  
health history questionnaire at your convenience on the day of your appointment. You can save  
up to 15 minutes at your next appointment. Learn more at [redcrossblood.org/RapidPass](http://redcrossblood.org/RapidPass)

1-800-RED CROSS | 1-800-733-2767 | [redcrossblood.org](http://redcrossblood.org) | Download the Blood Donor App

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## Carmi Chamber of Commerce Awards Scholarship to Abigail Bryant

The Carmi Chamber of Commerce announced today that Abigail Bryant is the recipient of the 2017 Carmi Chamber of Commerce Scholarship. The scholarship is worth \$500.

Abigail has been involved in a number of activities including the White County CEO Program, Golf Team, track, cross country, Key Club, National Honor Society, STEM Club and has been a class officer. She is also involved in her church, 4-H and volunteers with a number of local community organizations. She is attending Harding University in the fall to study exercise science (pre-physical therapy).

Carmi Chamber of Commerce Executive Director Holly Healy noted, "We wish Abbie well in her future endeavors and look forward to hearing of her success."

The Carmi Chamber of Commerce scholarship is funded by the annual Golf Outing, which will be held on June 24, 2017 and is brought to you in part by First Bank and People's National Bank. Those interested in sponsorship opportunities or forming a team should contact the Chamber office at 618-382-7606 or visit [www.cityofcarmi.com/the-chamber](http://www.cityofcarmi.com/the-chamber) for more information.



## **Golfers still needed for Chamber golf tournament; Money to benefit CWC Students**

The Carmi Chamber of Commerce will host its annual Golf Tournament Saturday, June 24 at Carmi Country Club. Golfers are needed for both the 8 a.m. and 1p.m. shotgun start.

“The money raised will be used to continue the Chamber’s scholarship program, continue competitive classroom grants for Carmi-White County teachers and investing in the White County CEO Program,” said Education Committee Chairman Justin Dartt

The “best-ball” tournament format features four-person teams at a cost of \$50 per player, which includes all green fees, cart fees and lunch. Each member of the winning team will receive a \$100 gift certificate to the country club and a commemorative tournament golf shirt.

Members of the second place team will each receive \$50 country club gift certificates and third place team members will receive \$25 gift certificates.

Prizes will also be awarded for the longest drive, longest putt and closest to the pin contests.

“A \$10,000 cash prize will also be awarded to any golfer fortunate enough to hit a hole-in-one on one of the designated holes that day,” added Dartt.

Lunch will be provided for all golfers from noon to 1 p.m. Individuals that would like to attend, but do not wish to play golf, may purchase lunch for \$10.

One may register by calling the Chamber office at 618-382-7606 or by stopping at the office located in the City Building on West Main Street. This year’s tournament is brought to you in part by People’s National Bank and First Bank.



### **Carmi Chamber of Commerce**

### **Annual Golf Tournament**

**June 24– Carmi Country Club**

Register by June 16 by calling the Chamber Office

Proceeds benefit grants for CWC Teachers, scholarship for a CWCHS Senior and the White County CEO Program.

*Thank you to our 2017 Carmi Chamber of Commerce Golf  
Tournament Sponsors*

**Gold Level Sponsors**



**PEOPLES  
NATIONAL BANK**



**FIRST BANK**

**Bronze Level Sponsors**



**Geo. N. Mitchell Drilling**



First Place Sponsor- Nancy J. Winter, CPA, Browns Fertilizer and Chemical

Second Place Sponsor- U Store U Lock

Third Place Sponsor- Dartt and Company LLC

Hole in One- Hale Body Shop, Huck's and Karing for Kids, Botsch and Associates CPA's

Closest to the Pin- Taylor Eye Care, Wabash Christian Therapy and Medical Clinic, Town and Country Real Estate

Longest Drive- Pro Auto Parts, Merle Norman Cosmetics and Boutique, Andy Acord Edward Jones, Caleb Hughes Edward Jones

Longest Putt- Campbell Funeral Home

Hole Sponsors- First Financial, Yesterday's Drive In, Mr. & Mrs. Dan Drone, Roark Trucking, Rice Motors, Cook Funeral Chapel, Joyner Therapy Services, Marshall Electric, Grayville Super 8, McDonald's, Wabash General Hospital, Keller Landscaping, Do or Dye Salon, Casey's, Plum Street Pharmacy, Banterra Bank, Nikki's Place, Rediscovered Treasures, Tri State Auto Credit LLC

Silent Auction Item Donations- The Courtyard, Carmi Eyecare, Mr. and Mrs. Mark and Sheri Stevens, Escapes Travel and Cruises, Weber's Auto Repair Center and Tropical Sno

## HAMILTON MEMORIAL AUXILIARY TEAMING UP WITH LOCAL BUSINESS FOR POP-UP SHOPPING EVENT

Many are familiar with the Hamilton Memorial Auxiliary's sales that take place every few months. From book sales to scrubs and sweet treats, several of the same companies have returned year after year to sell their items and share portions of their sales with the Auxiliary.

After a few discussions during Auxiliary meetings, the members felt that they should bring new life to the sales by finding new vendors. Being such a small hospital, this was a difficult task, as many of the vendors would not benefit as much as they would by having a sale with a larger hospital. "We really wanted to find someone local that understood that they may not make a ton of money by participating in a sale with us, but at least the sales would be going back to the community one way or another", says Marilyn Smith, Auxiliary Vice President.

Tossing around a few ideas, the Auxiliary members decided to reach out to Beth Sandusky, Owner of Lexi Lane Boutique in McLeansboro. Lexi Lane is a clothing boutique that offers women's clothing, accessories, and décor items. Beth was quick to agree to do a pop-up boutique event with the Auxiliary. "I work a full time job outside of the boutique. My main goal, when starting this business, was to be able to give back to the community, says Beth.

The pop-up shopping event with Lexi Lane will take place on June 6<sup>th</sup> from 9 am to 3pm in the hospital lobby. Forms of payment include cash, checks, and payroll deductions for hospital employees. Anyone from the public is welcome to stop in and shop the large array of women's clothing and accessories. A portion of the sales will assist the Auxiliary in continuing to purchase new patient room chairs for the hospital. For more information on the pop-up event, contact the hospital gift shop at 618.643.2361 ext. 2520.

**Rehabilitation  
Department**



Debilitation from surgery, injury, or illness, Hamilton Memorial Rehabilitation Department has you covered.

**Therapy Services:**

- Aquatic Therapy
- Physical Therapy
- Occupational Therapy
- Speech Therapy

For more information or to make an appointment call  
**618.643.2361 ext. 2150**

**Transitional Care  
Rehabilitation**

Designed for patients to stay in the hospital under skilled nursing care while receiving intensive physical, occupational and/or speech therapy.

Contact Glenna Sutton,  
Coordinator for more  
information. 618.643.5824






<https://www.hmhospital.org/physical/>

## *From the Archives...*

The following article appeared in the Chamber's July 1981 Newsletter.

### WHAT DOES THE CHAMBER OF COMMERCE DO?\*

You probably have heard that question asked at one time or another. You may have wondered about it yourself.

It is a legitimate question. A lot of people...including many to whom the chamber is very important...have no real concept of exactly what a chamber of commerce is, how it works, or what it is for.

There are, in fact, a lot of misconceptions about the chamber. For example, there are those who believe the chamber gathers statistics, prints nice brochures, cuts ribbons at grand openings, answers inquiries and advertises what a great place this is to live, work and enjoy the good life.

They're right, up to a point. We do all these things, and proudly so. All these jobs are important. But they aren't why the chamber is here. They're fringe benefits of the chamber, the things we do as a matter of routine because they need doing and we are good at them.

The primary functions of the chamber, though, go far deeper than those niceties. The chamber of commerce is a catalyst... a common vehicle through which the enlightened mutual interests of all segments of the business community work together for the common good of the total community.

A better community means better business, and we are working for a better community for everyone here...Even our detractors. And unfortunately there are a few of those.

That's why we do what we do. Which brings us back to our original question: What do we do?

There is, in the final analysis, one reason for the chamber of commerce to exist. To do whatever is necessary to keep this community's economic condition such that people will be willing to risk their resources here in the hope of making a profit. In any community, it is from the profitable operation of business that all other benefits are derived. Only by succeeding in this fundamental goal can we provide the jobs and product the wealth to finance all the needs that we face every day.

Look around....See all the good things happening. There's a lot of work by a lot of dedicated people behind every one of them.

Look around you...See all the good things we have here? None of those things just happened. There's a lot of work by a lot of dedicated people behind every one of them.

That leaves one question: who is this "we" that does all this?

"We" are you, the member, and all your business neighbors who are also members. You are the chamber of commerce. You provide the ideas, the drive, the goals, the funds and the voluntary service to keep the chamber doing what it does.

You are the chamber. Without you there wouldn't be a chamber.

And just who would do it if the chamber didn't?

\*Adapted from an article in a recent edition of "Executive", a publication of the Association of Chamber of Commerce Executives.

## Watermelon Natural Calm Now Available



Dr. Rhonda J. Button and the staff at Button Chiropractic Natural Health Center, PC are excited to announce a special on the NEW Watermelon flavor of Natural Calm! Natural Calm is the "Anti-Stress Drink", which balances your calcium levels, and restores healthy magnesium levels, which may improve muscle relaxation, decrease spasms, enhance better sleep, help normalize heart rhythm, and decrease irritability and nervousness!

While supplies last, the Watermelon flavor is at the special introductory price of \$15! for a 2-month supply (normally \$22). Other flavors include Sweet Lemon, Orange, Raspberry-Lemon, and Cherry at regular price. Stop in today at 4 Smith Street, or call ahead (618) 382-3337.

Check Out **HUCKS** **\$100** Days of Summer

SAVE MORE. DOWNLOAD THE **HUCKS APP**

**THE BEST DEALS OF THE SUMMER ARE HERE!**

May 24	May 25	May 26	May 27
JL (1oz Steaks)	Hershey's Cookie Crunch	Pringles (1.3oz)	Slim Jim Giant
May 28	May 29	May 30	May 31
Oreo Candy Bar	Pepsi (20oz)	Tornado	Butterfinger
June 1	June 2	June 3	June 4
PF Pt Tea	Rollerbiters	Mentos	Trolli Peg Bag
June 5	June 6	June 7	June 8
Hostess Donettes	Tornado	Chex Mix	Butterfinger
June 9	June 10	June 11	June 12
Pringles (1.3oz)	Pepsi (20oz)	Mentos	Skittles
June 13	June 14	June 15	June 16
Tornado	Hershey's Cookie Crunch	Slim Jim Giant	Mentos
June 17	June 18	June 19	June 20
Oreo Candy Bar	Chex Mix	Frito Lay (XXVL Bags)	Tornado
June 21	June 22	June 23	June 24
PF Pt Tea	JL (1oz Steaks)	Rollerbiters	Frito Lay (XXVL Bags)
June 25	June 26	June 27	June 28
Skittles	Pepsi (20oz)	Tornado	Frito Lay XXVL Bags
June 29	June 30		
Slim Jim Giant	Trolli Peg Bag		

## GRADUATION DAY IS HERE! NOW WHAT?



Dr. Karen Weiss. (Photo provided.)

*A column by Karen Weiss, Ed.D., Vice President for Academic Affairs at Southern Illinois College*

Spring is in the air, and graduation season is upon us. It is a time of anticipation, joy, relief, and for some... uncertainty.

All graduates at all educational levels face the same challenge – what’s next? With the exception of a select group of graduates who already have their plans mapped out, for the majority of graduates their future plans are unknown. This is especially true for high school graduates.

It is unreasonable to assume that all high school seniors know exactly what they want to do for the rest of their lives. Some may know that they want to go on to college, and others may want to jump directly into the workforce. Regardless of the decision made at this level, the truth is that this is a time of discovery for many young people. And one of the best ways to learn more about oneself and about what opportunities are out there is to attend the local community college.

One of the attractions of a community college is the diversity of the programs offered – either career-oriented or baccalaureate transfer. Students can learn a trade, such as welding, or a valued skill set, such as nursing, while others may choose to take a more traditional route. College-bound students can complete the first two years of a bachelor’s degree at a lower cost and closer to home at their local community college.

Not only do students tend to receive more personal attention in a community college setting, they also have more opportunities to become involved with activities and/or groups which interest them the most. In high school, students may not have had the chance to be a part of something that fits their specific interests, but in college they can join with others who have similar interests and backgrounds to become a part of a competitive team in such areas as speech, business, government, or archery, or even to be cast in a musical production or join the choir. College can open the door to untapped talent and student achievement.

In many ways, community colleges are the proving grounds for students to test the waters of adulthood. Students come in young and afraid but eager to learn, and leave more mature, confident, and prepared for that next step.

## Welcome New Members!

**AM Remodeling**  
Home Improvement  
607 N State St, Crossville, IL  
62827  
618-384-1427

**Dartt and Company, LLC**  
Professional and Accounting Services  
114 S Walnut St, Carmi, IL 62821  
618-382-3278

**Dartt, LLC**  
Equipment Sales  
407 Fackney St, Carmi, IL 62821  
618-383-5877  
Darttllc.com

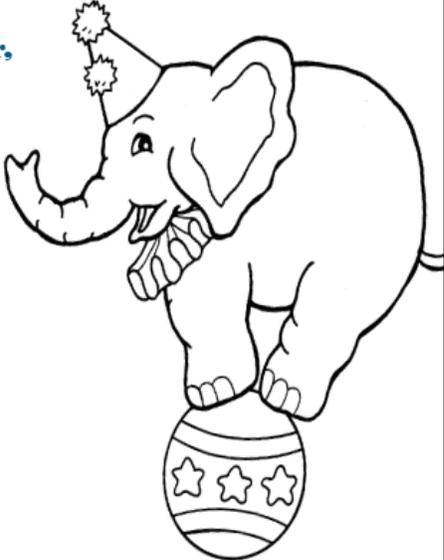
**Ferrell Hospital Senior Prom**  
Featuring Taxi

**Please join us for dinner,  
dancing, and fellowship!**

**Friday June 16, 2017  
6-9pm  
Eldorado High School  
Cafeteria**

**\$7 per ticket  
sold at the door**

**But reserve your seats today  
by calling Beth Cooley  
at 618-297-9649**



**Menu Includes:**  
Corn Dogs  
Taco in a Bag  
Nachos  
Popcorn  
Funnel Cakes  
Cotton Candy

  
**Ferrell Hospital**  
DEACONESS ILLINOIS PARTNER

## Ferrell Hospital Senior Transitions Program Is Accepting Referrals and Opens May 24

Ferrell Hospital is pleased to announce the opening of Senior Transitions, a 55+ outpatient behavioral health service. Senior Transitions offers individualized treatment for older adults who suffer from emotional, behavioral or mental health disorders such as grief, depression, failing memory, anxiety and changes in overall health— all things seniors may experience as they transition through late adulthood.

"The Senior Transitions program is another service that is true to the mission of Ferrell Hospital; which is to be dedicated to improving the health and quality of life for the people and communities we serve. Senior Transitions is a program dedicated to helping our senior population as they enter a time in their lives of challenging and life changing experiences. Our goal in Senior Transitions is to work with the healthcare team to support senior patients in meeting their medical and psychological needs," said Alisa Coleman, CEO of Ferrell Hospital.

Serving the counties of Saline, Gallatin and White, the program provides intensive outpatient treatment Monday through Friday with patients returning to their homes each evening. The program is medically supervised by Dr. Joey Jackson. Most of the therapy sessions are offered in a group format. Dr. Carolyn Seifert is the program psychiatrist via telemedicine.

"Our Senior Transitions program is a wonderful mental health oasis for our aging population, in a time and place where dedicated mental healthcare is difficult to obtain," said Dr. Joey Jackson, Medical Director for Senior Transitions.

Senior Transitions is currently accepting referrals. If you or a loved one is experiencing mental health challenges please call to receive a free, confidential behavioral health assessment. Referrals to Senior Transitions may be made by physicians, nurses, social workers, self or others by calling 618-273-2273. The program will start admitting patients on May 24, with group beginning on May 25.

For more information about Ferrell Hospital and the services offered please visit [www.ferrellhosp.org](http://www.ferrellhosp.org).

**FH**  
**Ferrell Hospital**  
 DEACONESS ILLINOIS PARTNER

# Volunteers Needed!!!

Ferrell Hospital Gift Shop needs volunteers! Volunteering can be a very rewarding experience! For more information please call Beth Cooley at (618)273-3361 extension 151

**FH**  
**Ferrell Hospital**  
 DEACONESS ILLINOIS PARTNER

**Cardiac Rehab is a Team Effort**

You don't need to face heart disease alone. Our cardiac rehab program is a medically-supervised program in which you partner with your doctors, nurses, pharmacists — plus family and friends — to take charge of the choices, lifestyle and habits that affect your heart.

For more information please call (618)273-3361 ext. 398 or 525

*The care I received in the Rehab Department brought me from an unsure and somewhat shaky endurance level to a condition of strength and confidence.*

*-Patient James Brian Voight*



**Ferrell Hospital**  
DEACONESS ILLINOIS PARTNER

*Welcome Dr. Pfalzgraf!*



Ferrell Hospital is excited to announce the new service Rheumatology. Dr. Pfalzgraf will be starting on August 2, 2017

Dr. Pfalzgraf has been practicing in the field of rheumatology for 16 years. He is board certified in internal medicine and rheumatology and is a member of the American College of Physicians and the American College of Rheumatology.

Dr. Pfalzgraf attended medical school at the University of Wisconsin in Madison, WI. He completed his residency in internal medicine at Fitzsimons Army Medical Center in Aurora, CO and completed his rheumatology fellowship at the University of Colorado Health Sciences Center in Denver, CO.

He treats autoimmune inflammatory conditions such as rheumatoid arthritis, lupus, scleroderma, Sjogren's Syndrome, and dermatomyositis/polymyositis. He also has an interest in evaluation and treatment of osteoporosis.

For more information about services offered at Ferrell Hospital call (618)273-3361 or visit [www.ferrellhosp.org](http://www.ferrellhosp.org)



**Ferrell Hospital**  
DEACONESS ILLINOIS PARTNER

*Welcome Back Dr. Partridge!*



Dr. Partridge will be returning to work on June 5<sup>th</sup>.

He will be seeing patients during the following hours:  
Monday – Wednesday 10:00 a.m. to 3:00 p.m.  
Thursday available for hospital follow-ups

To schedule an appointment please call (618)297-9665

## PHYSICIAN SPOTLIGHT

Dr. Joseph Jackson is a Board Certified Family Practice physician and Eldorado native. He is a graduate of Eldorado High School and University of Illinois School of Medicine. Dr. Jackson returned to Eldorado with his wife Katie after completing his residency at Deaconess.

When Dr. Jackson isn't spending time with his Ferrell Family he enjoys spending time with his wife and extended family. He is a dedicated supporter of the Eldorado Eagles and an avid sports fan. Dr. Jackson attends Star Church with his family where he volunteers to help with various activities including working in the nursery.

Dr. Jackson has been a member of the Ferrell Family since 2015 and is excited to be caring for his neighbors, family and friends.

He is currently accepting new patients. For more information or to schedule an appointment please call (618)297-9665



**Ferrell Hospital will be providing FREE sports physicals!!**

**Ferrell Hospital Family Practice  
Tuesday May 23 & Wednesday May 31st from 5-7**

**Carmi Family Medicine  
Monday June 12th from 5-7 & Thursday June 15th from 4-6**



## Sports Physicals



**BRAD BEESLEY WITH FIRST MID-ILLINOIS  
BANK & TRUST  
NAMED ONE OF THE TOP 25 PROGRAM  
MANAGERS IN THE NATION**

**MATTOON, IL** – Brad Beesley, Executive Vice President, Trust and Wealth Management with First Mid-Illinois Bank & Trust, has been named one of Bank Investment Consultant’s Top 25 Program Managers\*, ranking 12th in the nation.

Beesley is one of nine investment program managers associated with Raymond James that made the prestigious list of 25, compiled annually by Bank Investment Consultant. Factors considered in this year’s ranking were the team’s total assets under management, growth in team annual production, growth in team assets, average production per advisor, and number of advisors under the managers’ direct supervision. His office is located at 1317 Charleston Avenue in Mattoon (1-800-546-5721), where Beesley serves as Raymond James Branch Manager and Registered Principal.



Brad Beesley. (Photo provided.)

“Being named one of the Top Program Managers in the country is a great confirmation of the outstanding work completed by Brad and his team,” said Joe Dively, President and CEO. “Under his leadership, the goal is to provide the highest quality customer service and counsel to our customers and receiving this award is a tribute to that dedication.”<sup>2</sup>

Beesley joined First Mid in 2007 as Senior Vice President and has played a critical executive role at the company over the past ten years. He holds a Bachelor’s Degree in finance from Millikin University, a MBA from Eastern Illinois University and is also a graduate of the Cannon Financial Institute at Notre Dame University. Beesley continues to stay involved with community activities and organizations, such as the Trail Recreation Effingham County (TREC) and Camp New Hope.

\*To compile the list, multiple variables combined into a weighted average. Specifically, six factors were used: 1) total team assets under management; 2) annual growth in team assets; 3) annual increase in team production; 4) average production per advisor; number of full-time advisors on the team directly overseen by the manager; and 6) number of licensed branch employees (LBE) under their supervision. The number of LBEs did not get as much weight as the other variables. Also, in some cases, estimates of production-per-advisor were used by dividing team production by the average number of advisors year-over-year. The ranking may not be representative of any one clients experience, is not an endorsement and is not indicative of future performance. Neither Raymond James nor any of its Financial Advisors pay a fee in exchange for this award/rating. BIC is not affiliated with Raymond James.

## *Escapes Travel and Cruises Specials*

**JOIN US!** Join Michelle Winters & Escapes Travel & Cruises on our 2nd Annual ESCORTED group cruise on a 7 Night Western Caribbean Cruise from New Orleans, LA from August 20-27, 2017 on the newly updated Carnival Dream.

### **ITINERARY:**

Sunday - Aug. 20, 2017 – New Orleans, LA – Depart at 4:00 pm

Monday - Aug. 21, 2017 - At Sea

Tuesday - Aug. 22, 2017 – At Sea

Wednesday - Aug. 23, 2017 – Montego Bay, Jamaica – 8:00 am – 5:00 pm

Thursday - Aug. 24, 2017 – Grand Cayman, Cayman Islands – 7:00 am – 4:00 pm

Friday - Aug. 25, 2017 – Cozumel, Mexico – 10 am – 6 pm

Saturday - Aug. 26, 2017 – At Sea

Sunday - Aug. 27, 2017 – New Orleans, LA

\*A \$75 On Board Free Spending Money Credit Per Room is available if we meet the minimum group requirements at the time of sailing.

You have the option to either drive, ride the train or fly into New Orleans on Aug. 19 to do some sightseeing and spend the night. You have the option to either drive, ride the train or fly home on Aug. 27, 2017. You can also extend your stay before or after your cruise if you like.

Passports are NOT required but recommended.

Contact Michelle Winters at Escapes Travel & Cruises for more information – Office - 618-382-2465 or cell – 618-383-4800.

*Escapes Travel & Cruises – Special Deals & Offers – Updated 5-31-17*

Call Michelle Winters at (618) 382-2465 or cell at (618) 383-4800 for more information

Region/Category	Book By	Travel Between
<b>Canada</b>		
• CAR RENTALS — FREE UPGRADES & DOUBLE UPGRADES*	08/30/17	Now - 12/15/17
<b>Caribbean</b>		
• ALSOL HOTELS & RESORTS — SAVE!	08/30/17	05/16/17 - 12/22/17
• AMRESORTS COLLECTION — SAVE \$150	05/31/17	05/05/17 - 12/15/17
• ARUBA —ROOM SPECIALS + MORE	08/30/17	05/08/17 - 09/30/17
• BERMUDA — FREE NIGHT**	08/31/17	05/16/17 - 08/31/17
• GRAND CAYMAN — SPECIAL SUMMER SAVINGS	08/30/17	05/10/17 - 09/30/17
• IBEROSTAR HOTELS & RESORTS — SAVE UP TO \$200	05/31/17	04/21/17 - 12/22/17
• KARISMA HOTELS & RESORTS — SAVE \$200 + MORE	05/31/17	05/05/17 - 12/22/17
• MARRIOTT RESORTS — SAVE UP TO \$250 + MORE	05/31/17	04/15/17 - 08/31/17
• MELIÁ HOTELS INTERNATIONAL — SAVE UP TO \$200	05/31/17	05/05/17 - 12/22/17
• MEXICO, CARIBBEAN & CENTRAL AMERICA — KIDS STAY AND EAT FREE*	08/30/17	Varies
• PALACE RESORTS — UP TO \$200 OFF + RESORT CREDITS	05/31/17	05/05/17 - 12/22/17
• PUNTA CANA — SPECIAL OFFERS**	07/31/17	05/25/17 - 12/20/17
• RIU HOTELS & RESORTS — \$100 OFF	05/31/17	05/05/17 - 12/22/17
• ROYALTON LUXURY RESORTS — SAVE UP TO \$300	05/31/17	05/08/17 - 12/23/17
• SANDALS® AND BEACHES® RESORTS — UP TO \$1,000 INSTANT SAVINGS	08/30/17	04/12/17 - 10/31/17
• SANDALS® AND BEACHES® RESORTS — INSTANT SAVINGS TO THE CARIBBEAN	Ongoing	Varies
• SEVEN STARS RESORT & SPA — \$200 INSTANT CREDIT + MORE** <b>NEW</b>	07/01/17	04/17/17 - 10/31/17
• SPECIAL DESTINATION WEDDING SAVINGS	Ongoing	Anytime
• THE CARIBBEAN — UP TO 65% OFF ROOMS*	Ongoing	Ongoing
• U.S. VIRGIN ISLANDS — FREE NIGHTS + MORE**	08/01/17	06/01/17 - 10/31/17
<b>Central America</b>		
• AMRESORTS COLLECTION — SAVE \$150	05/31/17	05/05/17 - 12/15/17
• MEXICO + COSTA RICA — ROOMS SPECIALS, RESORT CREDITS + MORE	Ongoing	Ongoing

• MEXICO, CARIBBEAN & CENTRAL AMERICA — KIDS STAY AND EAT FREE*	08/30/17	Varies
• RIU HOTELS & RESORTS — \$100 OFF	05/31/17	05/05/17 - 12/22/17

## Europe

• EUROPE — SAVE UP TO \$225 + MORE	07/31/17	Varies
• EUROPE — UP TO 20% OFF ROOMS, FREE NIGHTS + MORE*	Ongoing	Ongoing
• GLASGOW — SAVE UP TO \$225 NOW	07/31/17	Anytime

## Hawaii

• AQUA-ASTON HOSPITALITY — SAVE UP TO \$275 WITH CAR RENTAL	05/31/17	05/01/17 - 12/15/17
• HAWAII — HOTEL SAVINGS, FREE NIGHTS AND MORE*	Ongoing	Ongoing
• HAWAII — SAVE UP TO \$275	05/31/17	04/06/17 - 12/15/17
• HYATT® RESORTS IN HAWAII — FREE NIGHTS + UP TO \$275 OFF WITH CAR RENTAL	06/22/17	05/03/17 - 11/30/17
• MARRIOTT HAWAII RESORTS— SPECIAL OFFERS**	08/14/17	04/04/17 - 12/15/17
• SPECIAL DESTINATION WEDDING SAVINGS	Ongoing	Anytime

## Mexico

• AMRESORTS COLLECTION — SAVE \$150	05/31/17	05/05/17 - 12/15/17
• EL CID CASTILLA BEACH HOTEL — \$300 INSTANT SAVINGS	08/30/17	01/01/18 - 03/31/18
• IBEROSTAR HOTELS & RESORTS — SAVE UP TO \$200	05/31/17	04/21/17 - 12/22/17
• KARISMA HOTELS & RESORTS — SAVE \$200 + MORE	05/31/17	05/05/17 - 12/22/17
• LA COLECCIÓN RESORTS — SAVE!	05/31/17	04/08/17 - 12/22/17
• LOS CABOS — UP TO SAVE!	05/31/17	05/31/17 - 01/02/18
• MARRIOTT RESORTS — SAVE UP TO \$250 + MORE	05/31/17	04/15/17 - 08/31/17
• MELIÁ HOTELS INTERNATIONAL — SAVE UP TO \$200	05/31/17	05/05/17 - 12/22/17
• MEXICO + COSTA RICA — ROOMS SPECIALS, RESORT CREDITS + MORE	Ongoing	Ongoing
• MEXICO, CARIBBEAN & CENTRAL AMERICA — KIDS STAY AND EAT FREE*	08/30/17	Varies
• PALACE RESORTS — UP TO \$200 OFF + RESORT CREDITS	05/31/17	05/05/17 - 12/22/17
• RIU HOTELS & RESORTS — \$100 OFF	05/31/17	05/05/17 - 12/22/17
• ROYALTON LUXURY RESORTS — SAVE UP TO \$300	05/31/17	05/08/17 - 12/23/17
• SPECIAL DESTINATION WEDDING SAVINGS	Ongoing	Anytime

## United States

• AQUA-ASTON HOSPITALITY — SAVE UP TO \$275 WITH CAR RENTAL	05/31/17	05/01/17 - 12/15/17
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• CAR RENTALS — FREE UPGRADES & DOUBLE UPGRADES*	06/30/17	Now - 12/15/17
• FLORIDA — SAVE UP TO \$150, FREE NIGHTS + MORE**	05/31/17	Now - 10/31/17
• HAWAII — HOTEL SAVINGS, FREE NIGHTS AND MORE*	Ongoing	Ongoing
• HAWAII — SAVE UP TO \$275	05/31/17	04/06/17 - 12/15/17
• HYATT® RESORTS IN HAWAII — FREE NIGHTS + UP TO \$275 OFF WITH CAR RENTAL	08/22/17	05/03/17 - 11/30/17
• LAS VEGAS —SPECIAL OFFERS**	Varies	Varies
• MARRIOTT HAWAII RESORTS— SPECIAL OFFERS**	06/14/17	04/04/17 - 12/15/17
• SPECIAL DESTINATION WEDDING SAVINGS	Ongoing	Anytime
• UPSTATE NEW YORK — UP TO \$125 OFF + EXTRA BONUS MILES AND MORE	06/11/17	05/02/17 - 12/31/17
• WALT DISNEY WORLD® RESORT — UP TO 25% OFF ROOMS**	08/31/17	05/28/17 - 10/07/17
• WYNN LAS VEGAS AND ENCORE — 3,000 EXTRA BONUS MILES	06/12/17	05/01/17 - 11/30/17

## Walt Disney World® Resort

• WALT DISNEY WORLD® RESORT — FREE DINING	07/07/17	08/21/17 - 12/23/17
• WALT DISNEY WORLD® RESORT — UP TO 25% OFF ROOMS**	08/31/17	05/28/17 - 10/07/17

## Dive

• TOP SCUBA DIVING DESTINATIONS	Ongoing	Ongoing
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## Group Travel

• FLEXIBLE GETAWAYS — VACATIONING TOGETHER MADE EASY	Ongoing	Ongoing
• GROUP TRAVEL — GET EVERYONE TOGETHER	Ongoing	Ongoing
• SPECIAL DESTINATION WEDDING SAVINGS	Ongoing	Anytime

## Honeymoons & Destination Weddings

• SPECIAL DESTINATION WEDDING SAVINGS	Ongoing	Anytime
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## SkyMiles

• EARN MORE MILES	12/31/17	Now - 12/31/18
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## Worldwide

• EARN MORE MILES	12/31/17	Now - 12/31/18
• EXCLUSIVE MEDALLION MEMBER OFFER — SAVE UP TO \$300	06/30/17	Anytime
• HYATT® HOTELS & RESORTS — UP TO \$225 OFF <b>NEW</b>	05/30/17	05/30/17 - 12/21/17

### ***Current Group Cruises:***

July 3-8, 2017 - Carnival Triumph - 5 Night Western Caribbean From New Orleans, LA - \$50 On Board Credit\*

July 30 - Aug. 6, 2017 - Carnival Dream - 7 Night Western Caribbean From New Orleans, LA - \$50 On Board Credit\*

Aug. 20-27, 2017 – ESCORTED - Carnival Dream - 7 Night Western Caribbean From New Orleans, LA - \$75 On Board Credit\*

Nov. 5-12, 2017 - Carnival Dream - 7 Night Western Caribbean From New Orleans, LA - \$75 On Board Credit\*

Nov. 14-29, 2017 - Star Princess - 15 Night Hawaii From Los Angeles, CA - \$75 On Board Credit & 2 Princess Mugs\*

Jan. 14-21, 2018 - Carnival Dream - 7 Night Western Caribbean From New Orleans, LA - \$100 On Board Credit & Carnival Tote Bag\*

Feb. 3-11, 2018 - Carnival Conquest - 8 Night Southern Caribbean From Ft. Lauderdale - \$100 On Board Credit\*

April 29 - May 29, 2018 - Carnival Horizon - 10 Night Europe From Barcelona - \$200 On Board Credit\*

\*On board credits are per room and are subject to meeting the minimum group requirements at the time of sailing.

A small deposit with full names and dates of birth is needed to book. Group prices can be combined with all current specials. If you would like to take advantage of a special, just ask!

Payment plans are available - Payments can be made at any time!

\*Cruse prices are per person, based on double occupancy.

### ***Other Specials:***

Park, Stay & Fly Program:

Start your vacation a night early with our Park, Stay & Fly program! Call us today for the best rates at your departure airport!

- Stay at a hotel near your departure airport at discounted rates
- Free parking for up to 14 nights at the hotel during your vacation
- Complimentary round-trip shuttle transportation between the hotel and airport



National **Kidney** Foundation®

of Illinois

prevent. educate. empower.

1 in 3 American adults is at risk for kidney disease.

Are you the one?

## Free Kidney & Diabetes Screening!

No appointment necessary; must be 18 years or older.

**Location:** Trinity Assembly of God  
(Partnership with Diabetes Today Resource Team)  
1600 Saunders Avenue  
Carmi, IL 62821

**Date:** Tuesday, June 6, 2017

**Time:** 10:00am - 2:00pm

blood pressure · blood sugar\* · body mass index (BMI) · waist circumference · urinalysis\*\* ·  
blood draw (if necessary) · talk about your results with a health care professional



For more information, contact the National Kidney Foundation of Illinois at  
(312) 321-1500 or [www.nkfi.org](http://www.nkfi.org).

**\*Fasting not required**

**\*\*Urine sample will be required**

Dr. Rhonda J. Button of Button Chiropractic Natural Health Center stated, "We want to put out a call for volunteers, medical/technical and also non-medical ie: members of the public who would offer to volunteer 4 hours of their time to help with this."



National Kidney Foundation™

of Illinois

### About the KidneyMobile®

The KidneyMobile® is the nation's first mobile screening and education vehicle for diabetes, high blood pressure and chronic kidney disease. The National Kidney Foundation of Illinois travels across the state to provide comprehensive early detection screenings and kidney disease education for communities most at risk. Since its launch in November 2005, the KidneyMobile® has screened over 42,000 people. Alarming, 75% of those screened were found to have at least one abnormal test result. Furthermore, 80% of those who were found to have a problem learned about it for the first time from the NKFI.

In addition, the NKFI provides follow-up services so individuals who test in an abnormal range will have an opportunity to learn more about their results and treatment options. Visit [www.nkfi.org](http://www.nkfi.org) to view the KidneyMobile® schedule as well as receive more information about the program.

### KidneyMobile® Screening Stations

#### Blood Pressure

Untreated and/or undiagnosed high blood pressure can cause kidney disease. Normal blood pressure is below 120/80.

#### Body Mass Index (BMI)

Body Mass Index is the relation of height to weight. Obesity can cause diabetes and cardiovascular complications.

#### Waist Circumference

This is a simple measurement of the waist. Carrying too much weight around your middle can increase your risk of developing diabetes and other disease.

#### Blood Glucose

This finger prick is used to assess how much glucose (sugar) is in your blood. It is NOT a definite indicator for diabetes. Diabetics and others may have a HbA1c test which provides a 3-month 'snapshot' of the amount of sugar attached to red blood cells.

#### Blood draw

A blood draw provides information on serum Creatinine and eGFR, an estimation of kidney function.

#### Urinalysis

A urine sample determines if there is an infection or if there are microscopic amounts of protein present. This can be an early sign of kidney disease, sometimes referred to as "spilling protein."

#### Private Consultation

The NKFI wants to make sure you understand your screening results and important next steps to better your health. Each participant will have a private consultation at the end of the screening where you receive your individual test results.

#### KidneyMobile® Tours

Everyone is encouraged to board the KidneyMobile® for an educational tour with hands-on displays as well as view a short video featuring people whose lives have been touched by kidney disease.

For more information please contact Megan Craig at (312) 321-1500 or [mcraig@nkfi.org](mailto:mcraig@nkfi.org).



### **Patient Testimonial**

#### **OT**

1. *My reach with both arms is much better.*
2. *Shoulders aren't hurting now, before there was moderate pain.*
3. *The pain in my hands and fingers (arthritis) moderate now.*

#### **PT**

1. *When I started I had to hold on to walls and furniture. I am now walking without touching walls and furniture.*
2. *I am going up stairs holding with one hand to support.*
3. *Walking outside in yard with cane, which I could not before*

***"I would recommend Joyner Therapy Services to my friends and family. I had excellent care – all the girls were friendly, caring, and patient with me." Ida Lou Wilson***



***Megan Robershaw, OTR/L, Ida Lou Wilson, Dr. Jessica Cook, PT,DPT, and Shelby Johnson, PTA***



**JOYNER THERAPY SERVICES**  
**HOSTS EDUCATIONAL SESSIONS AT**  
**SENIOR CITIZENS CENTER**



**Pictured: Ruth Sells, Shelby Johnson, PTA, and Claudine Sells**

On May 3, 2017, Shelby Johnson, PTA, at Joyner Therapy Services in Carmi held an educational session at the **Senior Citizens Center** on Easing Arthritis Pain. Her focus on this date was on shoulders and arms. As you can see from the above picture the event was enjoyed by all.

Upcoming sessions: **June 7<sup>th</sup>, July 5<sup>th</sup>, Aug. 2<sup>nd</sup>, Sept. 6<sup>th</sup>.**

All sessions are opened to the community. Please stop by the Senior Citizens Center on any of these dates to learn additional ways to ease your pain, and you can do this while enjoying a good time with good friends. If you have questions or concerns you can also call the Joyner Therapy Services office at (618) 382.2771 or stop by 108 April Ave., Carmi, IL.



### **Patient Testimonials**

***"The ASTYM that was done on my shoulder and knee has helped a lot along with the exercises that were given to me to do. The pain in my knee and shoulder has gotten a lot better."***

**Stacey M. Glover**



***Dr. Jessica Cook, PT, DPT and Stacey M. Glover***

### **Patient Testimonials**

***"When I came to therapy I could not work my finger to pick up anything, but after some therapy I was able to hold a cup of water. I also can open a door and a can of pop-Mt. Dew. At this point now I can do most everything that I need to do and I feel good with the progress that has helped me from Joyner Therapy Services" Larry Gunter***



***Megan Robershaw, OTR/L, Larry Gunter, Crista Riggle, COTA***



### **Patient Testimonials**

*"Since I have gone to Joyner's (approximately 3 weeks ago) my pain has tremendously subsided—lower back pain & yeah Ms. Jessica and Ms. Shelby have demonstrated exercises that I have and will continue to practice for my balance and core. Ms. Jessica and Ms. Shelby provided excellent care and are exceptionally competent. They were both extremely professional and showed concern for my injury (lower left back). I would highly recommend them for your patients in need of physical therapy" David Elwood*



*Dr. Jessica Cook, PT, DPT, David Elwood, and Shelby Johnson, PTA*

### **Patient Testimonials**

*"I have benefited much from therapy at Joyner. I have improved balance, smoothness of walking, and confidence to try things I had given up out of pain or fear of falling or injury. I have learned things I can do to keep improving on my own." Mildred "Millie" Halterman*





**Free Chair Massages** hosted by **Joyner Therapy Services** at **Lincoln School** in Carmi on May 2, 2017. Pictured below you will see Brianna Combs, LMT, giving 2 of the teachers a chair massage.

Brianna is at the Carmi Office at 108 April Ave, on Monday and Wednesday from 8:15 am – 6 pm. Please either stop by the office with questions or give us a call at **618-382-2771**.



At left, Joyner Therapy Services hosts a “Free Chair Massage Event” at CWCHS. Pictured is Brianna Combs, LMT. She is available at the Carmi Clinic on Monday and Wednesday from 8:15 am – 6 pm, and on Friday in the Harrisburg Clinic from 8:15 am – 6 pm. To set up an appointment or to inquire about prices please contact the Carmi Clinic at 618.382.2771, or you can stop in the office at 108 April Ave, Carmi, IL 62821. (Photo provided.)



#### **April 2017 Pt of Month**

The April Patient of the Month is Debbie Hall. Debbie is pictured with Megan Robershaw, OTR/L, Shelby Johnson, PTA, and Jessica Cook, PT, DPT.

Debbie participated in home health therapy following a revision of a total hip replacement. During her home health treatments, our occupational and physical therapists worked on dressing and self-care tasks, balance, gait, and home mobility.

Once Debbie was able to leave her home safely, she was referred to outpatient therapy. Since beginning outpatient therapy, Debbie has been able to get off of her platform walker and on to a regular rolling walker. Debbie's upper and lower extremity strength have improved and she is now able to perform more functional activities without issue or pain.

We have enjoyed working with Debbie these past few months and it has been our privilege to progress her from home-bound to modified independent. Debbie is now able to drive and can perform most activities without assistance.

# LiveWell Be Well

TAKE CHARGE OF YOUR HEALTH

## WHO SHOULD ATTEND

Anyone with a chronic health condition OR anyone who is a caregiver for someone with a chronic health condition such as:

- Arthritis
- Asthma
- Diabetes
- Parkinson's
- Heart Disease
- Lung Disease
- Emphysema
- Others

## WHAT YOU'LL LEARN

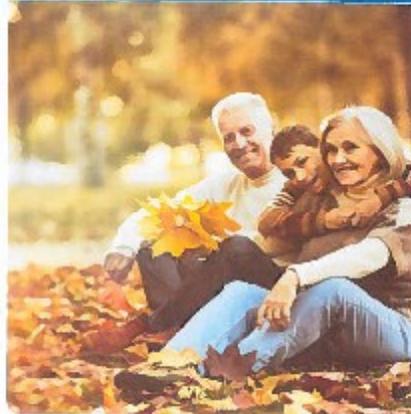
- Building a more effective relationship with your doctor
- Solving problems
- Exploring an exercise routine
- Communicating with family and friends about your condition
- Eating tips to help you feel better
- Managing your medications
- Setting and achieving goals
- Dealing with pain, frustration, isolation, lack of energy

Developed at Stanford University. The Research Has Shown:

- Reduction of days in the hospital
- Increased energy levels
- Reduction of emergency room visits
- Significantly improved overall health status
- Increased feeling of control of your life



**FREE 6 WEEK WORKSHOP**  
Class size is limited - Register early!



## CLASS MEETS

### WHEN

Every Monday for 6 weeks  
June 12 – July 24, 2017  
9:00- 11:30 am

### WHERE

Supportive Living of Wabash  
532 Abelson Dr.  
Carmi, IL 62821

Register Or More Information

CALL

618.382.2900 or

Online at  
[hsid.n.org/takecharge](http://hsid.n.org/takecharge)

This program is a collaborative effort of the DTRTs of the 15 northernmost counties of Illinois

## Senior Fit Testing

Starting in February!



**Session Dates, 9AM:**

February 22 | May 24 | August 23 | November 29

**Where:**

White County Senior Center  
113 S. Walnut St. • Carmi, IL

 wabash **christian** therapy & medical clinic

**APARTMENTS**

**AVAILABLE**

Contact us for more information!

**618-382-2900**

 supportive living of wabash

 wabash **christian**  
therapy & medical clinic

## Another great success!



After shoulder surgery I was a little nervous about therapy. I had heard how painful it was. The first one was painful but Courtney and everyone at WCTMC made every effort to put me at ease and as pain free as possible. The fact that they care about me as a person, not just an apt. was so appreciated. Everyone in the office is amazing and the experience was good. It helps that my outcome was so successful with everyone's help  
Thank You!

**Becky Conner**



# wabash heritage apartments

*The Best Kept Secret In Town...*



Enjoy our stunning new landscape, entrance patio and recent renovations!

## IMMEDIATE OPENINGS

Spacious 2-Bedroom Units

*Experience* maintenance-free living!

### It's Included!

- |  |   |
|--|---|
| <ul style="list-style-type: none"><li>✓ Utilities</li><li>✓ Cable TV</li><li>✓ Sewer</li><li>✓ Water</li></ul> | <ul style="list-style-type: none"><li>• Weekly social activities</li><li>• On-site podiatrist</li><li>• Must be at least <b>62 Years of Age</b> and meet income requirements.</li></ul> |
|--|---|

If you value your **independence** yet want full access to the many features that come with the **comfort and security** of **maintenance-free** community living, come see all we have to offer!

## Call Us Today! (618) 382-4644

 **wabash** heritage apartments  
548 Abelson Drive • Carmi, IL 62821



 **christian** homes, inc.  
est. 1988

**Do you like playing in the dirt and being outdoors?  
Have you ever wondered how salsa and pickles are made?**



**If you answered yes to any of these questions, we have the perfect opportunity for you! All aspects of gardening will be covered when the University of Illinois Extension offers summer classes to youth five and older.**

**The classes will be held on Tuesdays from 9:00 a.m. to 10:30 a.m. beginning June 6 through August 1. All classes will be held at the White County 4-H G.I.F.T. Garden, on the East side of Carmi.**

**Classes will include hands on gardening activities. Youth will learn basic gardening concepts, growing techniques, insect identification etc. They will also pick and prepare produce for the Farmer's Market and donation!**



**A \$10 program fee will cover ALL costs associated with these classes!**



**Contact the University of Illinois Extension Office at 382-2662 for more information and/or register for the classes!**

University of Illinois | U.S. Department of Agriculture | Local Extension Councils Cooperating  
University of Illinois Extension provides equal opportunities in programs and employment.  
If you need reasonable accommodations to participate, please contact the registration office.



## June 2017

June 8– Chamber Board Meeting

June 18– Father’s Day

June 22, 23, 24– Carmi League of Arts presents *Beauty and the Beast*

June 24– Chamber Golf Tournament

July 1– Lions Club Car Show

July 4– Fireworks, 9pm

July 5– July Newsletter Deadline



225 East Main Street

Carmi IL 62821

Phone:

618-382-7606

Email:

chamber@cityofcarmi.com

Website:

www.cityofcarmi.com

### 2016-2017 Chamber Officers

Caleb Hughes

President

Toby Brown

Vice President

Bryan Cowling

Secretary

Justin Dartt

Treasurer

Andy Acord

Past President

Holly Healy

Executive Director

### 2016 - 2017 Board of Directors

Whitney Barbre.....2014-2017

Dr. Jessica Cook.....2016-2017

Josh Foster.....2016-2017

Brock Bolerjack.....2015-2018

Keith Botsch.....2015-2018

Ryan Mitchell.....2015-2018

Sally Weber.....2016-2018

Sheri Stevens.....2016-2019

Abbey Gholson.....2018-2019

Michelle Winters.....2018-2019

Katelyne Wolff.....2016-2019

Dr. Jonah Rice.....Ex-Officio

Mayor Jeff Pollard.....Ex-Officio

Emily Brown, CWCHS.....Ex-Officio