

Business of the Year Nominee:

Valvoline Express Care







ACCOMPLISHMENTS AND CONTRIBUTIONS

1. Major achievements through professional projects with which you or your organization have been involved, including dates and positions held.

23 yr owner of Valvoline Express CARE Sullivan
7yr owner of Valvoline Express CARE Rolla
Life member of First Assembly of God Sullivan
10yr member Meremac Valley Eagles AXIC 3781
7yrs scholarship committee Meremac Valley Eagles AXIC 3781
8yr volunteer stage crew Meremac Community Fair

2. Community and civic affiliations, accomplishments, and leadership positions held.

3. Awards, recognition, or honors received.

2021 Sullivan Chamber MAN of the year
2021 Sullivan Chamber Recognition FOR business of the year
2020 Rolla Chamber July business of the month

4. Please describe your feelings about the importance of making Sullivan a beautiful place to live, work and visit, citing any role models and motivating factors.

Having been born & raised in Sullivan it will always be home. Owning & operating a business in Sullivan and being able to give to the schools, Meremac Mission, Churches & various other local programs has given me the humble heart of what a local business can do for its community. One of my biggest role models since a kid is retired ~~and~~ Police Chief Randy ~~and~~ counts, as to what serving the well being of Sullivan community really means.

Business of the Year Nominee:

American Pie Co.







ACCOMPLISHMENTS AND CONTRIBUTIONS

1. Major achievements through professional projects with which you or your organization have been involved, including dates and positions held.

- Sponsored countless charity events with gift cards and baked goods for auctions
- Sponsored Veterans and their families w/ the JISK gifting over \$3000 in 2023

2. Community and civic affiliations, accomplishments, and leadership positions held.

- Covered costs of employees families funerals
- Essential for keeping Sullivan community hydrated, alert and caffeinated to increase workplace productivity! :)
- Owner is a member of the United States Army Reserve

3. Awards, recognition, or honors received.

- Made over 200 pies for State of MO Semiquincentennial Celebration and formally recognized by Lt Gov Mike Kehoe
- Tens of thousands of meals, drinks, desserts lovingly served

4. Please describe your feelings about the importance of making Sullivan a beautiful place to live, work and visit, citing any role models and motivating factors.

As business owners ^{+leaders} we take responsibility for the betterment of our employees and communities. It is up to us to lead by example and represent the qualities and values we ^{wish to create in our} ~~aspire to represent~~ community. Words are important but action speaks volumes.

Brittany Pogue and Sue Pogue

Brittany and Sue are the heart and soul of American Pie Co. These women are kind, creative, ~~gritty~~ ^{passionate}, hard working and just the right amount of attitude. Brittany has been a barista in our community for over ten years. She knows espresso and your favorite drink like the back of her hand. She is recently married, has two beautiful daughters and loves to travel. Sue may be the hardest worker you've ever met. ~~During~~ ^{From} Thanksgiving to Christmas she frequently works 12+ hr days on her feet. In 2021, while helping move her daughter, a bungee cord snapped and hit her in the eye. She had to have emergency surgery to remove the eye. This injury would slow down most people ~~and severely hinder~~ ^{but not Sue.} She did not let this injury define her and she makes no excuses. She is the definition of resilient. Sue loves all things baking, home improvement projects and rocking out to 80's songs. These two women exemplify the spirit of our community. Make the best of what you have, appreciate your friends and family and never give up -

Business of the Year Nominee:

**Missouri Baptist
Sullivan Hospital**



Missouri Baptist Sullivan Hospital (MBSH) has provided 62 years living the mission of Improving the health of the communities we serve. We, as a team reflect how many advances have been made. Being part of BJC has allowed us over the past 25 plus years a complete campus renewal with state-of-the-art equipment to care of our community. BJC has invested over a 125 million dollars in the MBSH campus. Noted to be the largest employer in Sullivan and surrounding communities. We are not for profit health organization we care of the uninsured and the underinsured. Nationally ranked amongst the best – ranking 33 out of over a 1000 liked size hospitals by Vizient a quality organization. We have grown to over 450 employees and the annual payroll has more than doubled in the last 10 years giving back and supporting the Sullivan community. We provide support to several local schools through our school partnerships and annual wellness event to again support our mission of improving the health in our communities. We host many students as we partner with local area schools to allow exposure to healthcare opportunities hopefully to return to our community, but to give the experience regardless their decision to stay with our organization.

Being nominated for Business of the year for 2023, is not only an honor, but a nice recognition of the advancements made to the Missouri Baptist Sullivan Hospital's campus. Being the only hospital in Crawford County with an investment of over 125 million dollars in our services to improve the communities we serve supports our mission is rewarding and why we do what we do. However, the nomination is wonderful confirmation of a community's recognition of this as well. Being able to continue to improve and better the care we provide is a daily mission. We are striving to be the very best for when healthcare is needed, we are here to provide.

Missouri Baptist Sullivan Hospital Vizient National Ranking Celebrated!

• 29 November 2023

- Author: [David Hartwick](#)
- Number of views: 76
- 0 Comments



Missouri Baptist Sullivan Hospital team members gathered November 21 in the cafeteria for our Vizient ranking celebration, with our board of directors and other BJC leaders in attendance to celebrate with us. Pizzas were provided during lunch and supper, and a special surprise of Cookies from our board of directors for all staff. The Cookies were showing 33 out of 1,000 to recognize MBSH's National Ranking from Vizient. Congratulations all around! One Team!

Community Speakers Bureau

With the rapid changes and advancements in medicine today, it can be challenging to keep up with the latest health information, treatments and recommendations. Perhaps you're wondering when you should have your first mammogram? Or you want to know the best diet to reduce your risk for a heart attack?

Comprised of experience healthcare professionals, Missouri Baptist Sullivan Hospital's Speakers Bureau is a complimentary community service offered to area businesses, organizations, civic groups and schools. Our speakers are available to help educate your group members about health topics, while giving them the opportunity to ask questions.

Our role in community education is critical when it comes to improving the lives and health of our local residents. That's why we've assembled a distinguished group of expert speakers – physicians, nurses, nurse practitioners, therapists, and healthcare executives – to address a variety of health topics, including, but not limited to the following:

- **Addiction/Substance Abuse**
- **Breast Health/Mammography**
- **Disaster Preparedness**
- **Flu/Flu Shots**
- **Healthcare Reform**
- **Heart Health (Hypertension, Cholesterol, Stroke)**
- **Lymphedema**
- **Men's Health**
- **Mental Health**
- **Minimally-Invasive Surgery**
- **Nutrition/Weight Management**
- **Organ Donation**
- **Sexual Assault**
- **Therapy (Speech, Physical, Occupational)**
- **Transitional Care/Fall Prevention**
- **Women's Health (OB/GYN)**

If you're interested in having one of our healthcare experts address your business or civic group, contact Stacey Tyree at (573) 860-7951 or [by email](#). Please indicate your preferred health topic and date/time.

Note: speaking engagements are subject to speaker availability.

BJC Scholarship Program Supports Local Students Pursuing Higher Education

BJC Scholars Fund Currently Accepting Applications through April 15, 2024

- 4 January 2024
- Author: [Natalie Counts](#)
- Number of views: 1091
- 0 Comments



BJC HealthCare and The Scholarship Foundation of St. Louis created the BJC Scholars Fund in response to the Ferguson Commission and [For the Sake of All](#) report, which outline the critical correlation between higher education, better health outcomes and greater longevity. Scholarships provide deserving students with the ability to afford higher education which serves as a catalyst for productive change for individuals, families, and communities.

In its seventh year, the fund has already supported a total of 96 students at institutions of higher learning throughout Missouri and Illinois.

“The BJC Scholars Fund Scholarship began with the goal of creating a new pathway to higher education for students who live in the communities that BJC serves,” said Lisa Lochner, president of Missouri Baptist Sullivan Hospital. “The connection between education and long-term well-being is real, and we want to be a part of that, as a key health care provider in the region. We’re proud that several students from our local communities have benefitted from the BJC Scholars Fund Scholarship. By providing this level of support, we know the future for these extraordinary students is that much brighter.”

Local Student Named 2023 BJC Scholar

One of those scholarship recipients from the 2023 BJC Scholars class is Ella Eichwald of Bourbon, Mo. This scholarship has meant so much to Eichwald, helping her prepare for and embrace all that her college experience has to offer.

“I am extremely grateful to have been awarded this scholarship,” said Eichwald. “It has given me the opportunity to attend a four-year college of my choice that I would not have been able to afford without it. It has also allowed me to focus solely on my academics without the added stress of having to get a job while going to college. This extra time has allowed me to get familiarized with the campus and make new friends as well as connections.”

Eichwald is currently enrolled as a freshman at Missouri State University and majoring in sports medicine. She is in a special program that will allow her to get her master’s degree in five years. Eichwald hopes to one day work as an athletic trainer with a sports team at either the collegiate or professional level. She is also considering working in a hospital setting, where she can specialize in rehabilitation for patients and injury prevention for athletes.

The BJC Scholars Fund

Open to high school seniors planning to pursue a two- or four-year degree at a public Missouri or Illinois state college, university or a school with tuition reciprocity, the BJC Scholars Fund scholarship offers need-based awards of up to \$12,000 per academic year. The annually renewable scholarship can be applied toward tuition, fees, room and board, transportation, and incidental costs.

The Scholarship Foundation of St. Louis – a nonprofit organization based upon the tenet that an educated society is essential to a healthy society – administers all aspects of the program and supports the awardees and their parents in taking full advantage of other state, federal and institutional funds to which students are entitled, to ensure that the BJC Scholars award completes the funding required for full year attendance. The Foundation also provides ongoing support that includes advising, workshops, financial aid counseling, participation in paid internship programs and additional funding opportunities if relevant.

Interested in Applying?

For those students who are interested and eligible, visit [MyScholarshipCentral.org](https://www.myscholarshipcentral.org), follow the instructions to complete the General Application, and then submit the supplemental application for the BJC Scholars Fund Scholarship. To be considered, completed applications and all required supporting documents must be submitted by April 15, 2024. Awards will be announced in June 2024.

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Categories: [MBSH News](#)

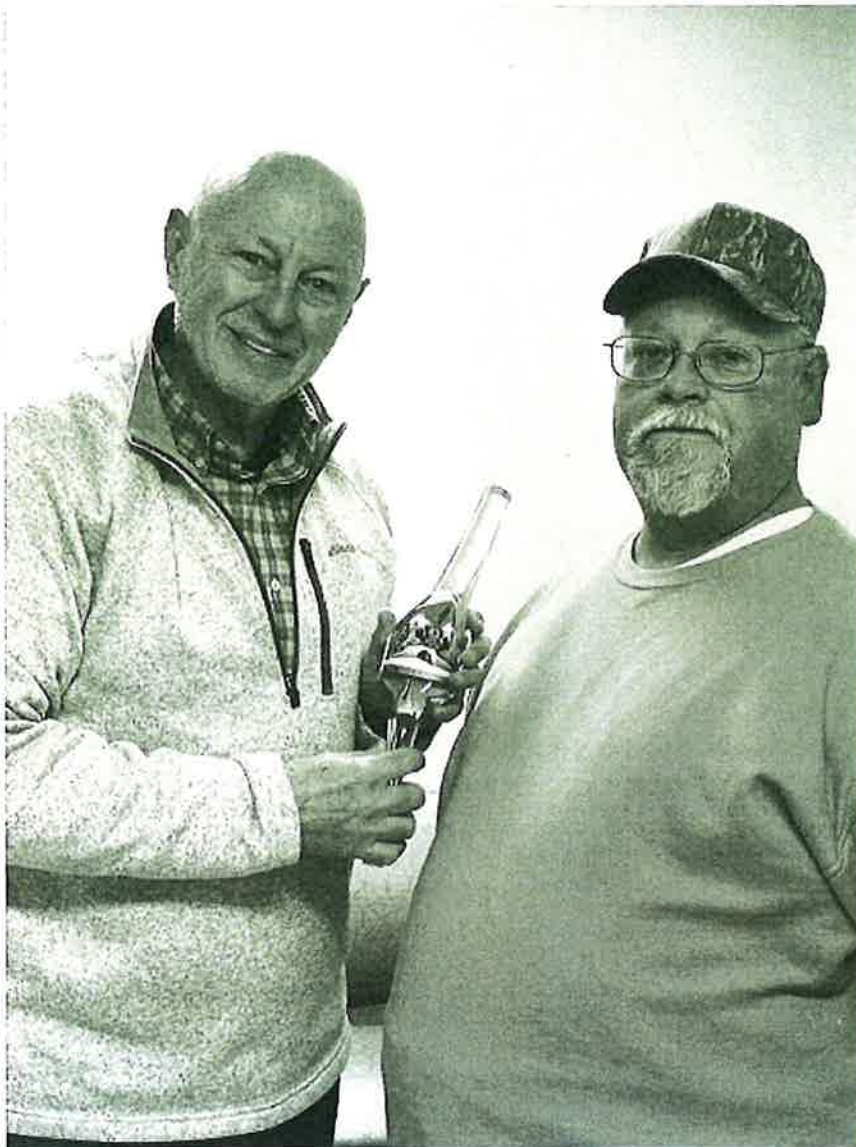
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Total Knee Replacement Surgery at Missouri Baptist Sullivan Hospital Helped Relieve Years of Chronic Pain for Bourbon, Mo. Resident

- 13 February 2024
- Author: [Natalie Counts](#)
- Number of views: 3
- 0 Comments



Our knees tend to show more wear and tear as we age, including soreness, aching, and general discomfort from simple daily movements like walking, exercising, and even standing. One of the common underlying causes of knee pain is osteoarthritis, which occurs as the cartilage in the joint deteriorates causing inflammation.

Bourbon resident Mike Johnson, 52, had been battling chronic knee pain in his right knee due to osteoarthritis since around age 40. He had resorted to receiving cortisone injections while under the care of an orthopedic

specialist in Washington, Mo., which helped for a few years.

“Eventually, those cortisone injections stopped working,” said Johnson. “When an X-ray showed my knee joint was bone-on-bone, I asked about knee replacement surgery; however, my doctor told me I was way too young and that I’d have to have surgery to replace it again in 10 years.”

Frustrated with the pain, Johnson decided to get a second opinion from another orthopedic specialist. That’s what led him to Dr. Paul Frewin orthopedic surgeon who specializes in hip, knee, and shoulder surgery at Missouri Baptist Sullivan Hospital.

Dr. Frewin is part of the Missouri Baptist Sullivan Hospital Orthopedic Clinic, which opened in June 2023 and offers comprehensive orthopedic care to patients, ranging from adolescents to adults. Some of the services include the evaluation and treatment of degenerative osteoarthritis and total joint replacement surgery of the hip and knee.

Johnson made an appointment with Dr. Frewin for a consultation in August 2023, and was appreciative of how Dr. Frewin handled his questions and concerns.

“I know he’s been doing this for years, which was reassuring,” said Johnson. “Dr. Frewin is also very thorough. If I had a question, he answered it and explained it in a way that made sense.”

Understanding his patients’ needs is a priority for Dr. Frewin.

“My goal is to provide every patient with the quality, compassionate care they deserve. I listen to my patients, while providing the proper guidance to help them make informed decisions about their medical care,” Dr. Frewin said.

Dr. Frewin confirmed Johnson had degenerative osteoarthritis, and much to Johnson’s relief, he was a good candidate for a total knee replacement. He also reassured him his new, cementless knee joint would last a long time. According to the American Academy of Orthopedic Surgeons, more than 90 percent of replacement knees are still functioning after 15 years, and 82 percent % still function after 25 years.

“Dr. Frewin noted how much better the technology is today, allowing new knee joints to last far longer than they have in the past,” said Johnson. “He said I’d likely never have to replace this one, which was music to my ears.”

Johnson’s total knee replacement surgery was scheduled for the following month. He then met with anesthesia and physical therapy to go over what to expect with the surgery, recovery, and rehab. On Tuesday, September 5, 2023, Dr. Frewin performed a total knee replacement surgery on Johnson’s right knee at Missouri Baptist Sullivan Hospital. The surgery was a success, and Johnson was up and taking a few steps that night.

“The pain was pretty intense, which I expected. This was also my first surgery ever. I’ve never even broken a bone,” said Johnson. “But my nurses were wonderful. If I needed anything, I just hit the call button, and they were there.”

Mr. Johnson returned home with orders for in-home care and physical therapy for the first month. By the second month, he was going to the hospital’s Therapy & Wellness Center for physical therapy twice a week for a total of eight weeks. He continued to do his exercises at home as well.

Four months later, Johnson is enjoying his new knee. He is moving around with much less pain and even returned to work eight weeks after surgery, whereas most patients take 12 weeks before going back to work.

“I’m pleased to say that Mike recovered ahead of schedule and is back to enjoying his life pain free,” said Dr. Frewin.

For Johnson, he knows he made the right decision. “I’m so glad I went through with the surgery. Now, I’m ready to get my other knee done,” he said.

How MBSH's Therapy & Wellness Center Helped

A Young Patient with Hydrocephalus Overcome Challenges

- 9 February 2024
- Author: [David Hartwick](#)
- Number of views: 9
- 0 Comments



In October 2020, 31-year-old Paula Lang, of Sullivan, Mo., was busy enjoying a rather uneventful first pregnancy. However, during a routine 35-week ultrasound, Lang learned her daughter, Amelia, had a medical complication: hydrocephalus – a neurological disorder caused by an abnormal buildup of cerebrospinal fluid in the ventricles deep within the brain.

The day after her birth, Amelia was transferred via ambulance to St. Louis Children's Hospital for further evaluation and treatment by Jennifer Strahle, MD, a pediatric neurosurgeon at the hospital. Amelia first

underwent an endoscopic third ventriculostomy (ETV), where a tiny hole is made to drain the fluid and relieve pressure, before eventually having a surgical shunt placed several weeks later.

“The shunt worked beautifully,” said Lang. “Dr. Strahle then recommended Amelia begin weekly therapy as soon as possible to reduce her risk for developmental delays. I asked if we could have Amelia undergo therapy at Missouri Baptist Sullivan Hospital’s Therapy & Wellness Center since it’s practically in our backyard.”

In February 2021, at three months old, Amelia was evaluated by two therapists at Missouri Baptist Sullivan Hospital’s Therapy & Wellness Center, who created a tailored therapy plan to help address Amelia’s needs. She began visiting the Center every Tuesday for physical and occupational therapy sessions.

“Amelia is pretty stubborn, so I was worried she wouldn’t respond well to her therapists and their expectations,” said Lang. “I often joke that it’s Amelia’s world...everything she does is on her terms. But her therapists meet Amelia exactly where she is to get her to engage with her therapy.”

It’s working. After nearly three years of ongoing physical and occupational therapies, Amelia has made incredible strides with her development. To read more about Amelia's story, which is

featured in our latest issue of Community Notes, click here: <https://ow.ly/1XsC50QxXC2>

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Community Notes

Health & Wellness Magazine
Winter 2024

BJC HealthCare
Missouri Baptist Sullivan Hospital

MBSH's Prenatal and Childbirth Care Providers and Mother Baby Unit:

Quality Medical Care, Conveniently Close to Home (and Work)

For most of her life, Steelville, Mo. resident, Abigail Wishon, 29, sought medical care in Washington, Mo. However, when she learned she was pregnant in 2020, she called a few Ob/Gyns, but couldn't get an appointment.

Then, Wishon found Amirah Tan Abdullah, MD, an Ob/Gyn at Missouri Baptist Sullivan Hospital (MBSH) and got an appointment with her relatively quickly. Turns out, Dr. Tan was exactly who Wishon was looking for to guide her through her prenatal journey.



Amirah Tan Abdullah, MD

"My first appointment with Dr. Tan was when I was six weeks pregnant, and she agreed to see me every week for the next few weeks to help calm my fears until we could see the baby's heartbeat," said Wishon. "Dr. Tan was incredibly patient and thorough, answering all my questions and never rushing through my appointments. I also appreciated how her staff scheduled my appointments around my teaching schedule."

Wishon's first pregnancy with her son, Henry, went smoothly. She saw Dr. Tan at the Cuba Medical Office for her prenatal appointments and appreciated being able to have her checkups so close to her workplace.

Dr. Tan is part of a team of prenatal and childbirth care providers at MBSH. She sees patients in Sullivan as well as at the Cuba

Medical Office. *"I really enjoy working with and getting to know my patients. My goal is to cater to their specific needs, so they can have the best prenatal and childbirth experiences possible,"* said Dr. Tan.



Abigail Wishon and family

That's one of the things that drew Wishon to Dr. Tan. *"I love Dr. Tan and look forward to my appointments with her,"* said Wishon. *"She took the time to get to know me and understand my wishes and concerns. And she always remembers the little things, which I really appreciate."*

Wishon's labor and delivery experience went smoothly as well. She enjoyed the comforts and support she received in the Mother Baby Unit at MBSH, especially from the nursing staff. Wishon also appreciated the breastfeeding support she received in the hospital, which led to a successful one-year breastfeeding experience with her first son, Henry.

In 2022, when Wishon discovered she was pregnant with her second son, Jack, she looked

forward to returning to Dr. Tan for her prenatal and childbirth care. And Dr. Tan was equally excited to see Wishon again and help guide her through another healthy pregnancy and delivery.

"It's been so easy to work with Abigail throughout her pregnancy, delivery and postpartum journeys," said Dr. Tan. *"She is a great patient and such a lovely person. My staff adores her, too. I'm grateful she has entrusted me with her medical care these last few years. I miss getting to see her regularly."*

Wishon has since referred four of her good friends to Dr. Tan and MBSH for their prenatal and childbirth care needs.

For more information about Dr. Tan or MBSH's



Abigail, Henry, and Jack



Abigail Wishon and family

How MBSH's Therapy & Wellness Center Helped

a Young Patient with Hydrocephalus Overcome Challenges

In October 2020, 31-year-old Paula Lang, of Sullivan, Mo., was busy enjoying a rather uneventful first pregnancy. However, during a routine 35-week ultrasound, Lang learned her daughter, Amelia, had a medical complication: hydrocephalus – a neurological disorder caused by an abnormal buildup of cerebrospinal fluid in the ventricles deep within the brain. This excess fluid puts harmful pressure on the brain's tissues and requires prompt medical intervention.

The day after her birth, Amelia was transferred via ambulance to St. Louis Children's Hospital for further evaluation and treatment by Jennifer Strahle, MD, a pediatric neurosurgeon at the hospital. Amelia first underwent an endoscopic third ventriculostomy (ETV), where a tiny hole is made to drain the fluid and relieve pressure, before eventually having a surgical shunt placed several weeks later.

"The shunt worked beautifully," said Lang. *"Dr. Strahle then recommended Amelia begin weekly therapy as soon as possible to reduce her risk for developmental delays. I asked if we could have Amelia undergo therapy at Missouri Baptist Sullivan Hospital's (MBSH) Therapy & Wellness Center since it's practically in our backyard."*

In February 2021, at three months old, Amelia was evaluated by two therapists at MBSH's Therapy & Wellness Center, who created a tailored therapy plan to help address Amelia's needs. She began visiting the Center every Tuesday for physical and occupational therapy sessions.

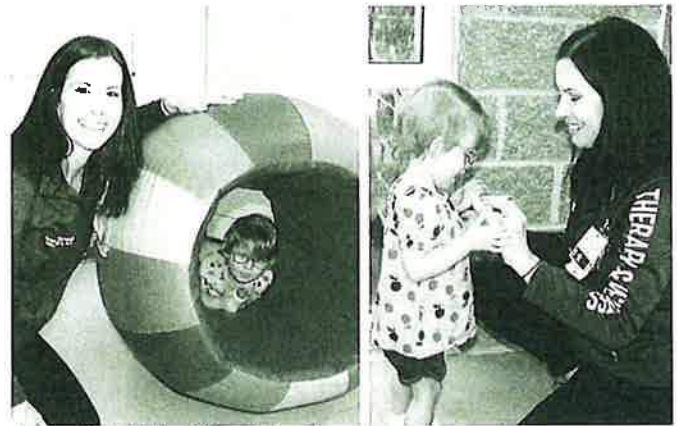
"Amelia is pretty stubborn, so I was worried that she wouldn't respond well to her therapists and their expectations," said Lang. *"I often joke that it's Amelia's world...everything she does is on her terms. But her therapists meet Amelia exactly where she is to get her to engage with her therapy."*

It's working. After nearly three years of ongoing physical and occupational therapies, Amelia has made incredible strides with her development, including walking independently in early 2023.

"Amelia's made tremendous progress in her functional mobility and confidence," said Kerri Wallace, PT, a physical therapist at MBSH. *"Today, she's able to move around with supervision*

on level surfaces, and she continues to improve in various areas – walking skills, stairs, balance, safety, and reducing fall risk through play-based therapy."

"We've used occupational therapy to enhance Amelia's overall development: gross motor, fine motor, and visual skills," said Jenica Bartolotta, OT, an occupational therapist at MBSH. *"Her ocular motor skills were not allowing her to advance age-appropriately at three months old. Therefore, our focus at the beginning was to improve eye alignment, so she could achieve things like rolling, sitting, pulling up, standing, playing with a toy, etc."*



Jenica Bartolotta, OT and Amelia

Amelia will continue with her therapy as she grows, ensuring she progresses accordingly with her physical and occupational therapy needs. Wallace and Bartolotta redefine Amelia's goals every six to eight weeks.

"We're so grateful to Kerri and Jenica for how they've helped her overcome so much," said Lang. *"With their guidance, we're also working on things at home. Amelia goes to the park every day to work on her mobility, climbing, and walking skills. She's even started running. We're also working on her coming down the stairs and her seeing long distance."*

If you're interested in learning more about the therapy services available at MBSH's Therapy & Wellness Center, please call (573) 468-1340.

Upcoming Events

SAVE THE DATE

MBSH Ambassadors Annual Dinner Event – The Great Gatsby

Saturday, February 17, 2024

Sullivan Fraternal Order of Eagles

5:30 p.m.

We are busy planning our annual fundraising gala, which promises to be a fun evening with good food, friends, a live auction, and music! For more information or to purchase tickets, call 573-860-7951 or email rachel.thomure@bjc.org

Hospital News

MBSH Construction, Expansion Updates

Missouri Baptist Sullivan Hospital (MBSH) is pleased to announce the following construction and expansion updates:

Second CT Scanner Available

A second computed tomography (CT) scanner was added to the recently opened, Outpatient Imaging Suite. This additional CT machine expands the hospital's capabilities for patients, providing them with the excellent service and care expected from MBSH and BJC facilities. Inpatient and emergency radiology services are available 24/7. Outpatient procedures are scheduled Monday through Friday. To make an appointment for one of MBSH's imaging services, please call (573) 468-4151.

Gastrointestinal (GI) Services Update

Endoscopic retrograde cholangiopancreatography (ERCP) is now being offered at MBSH. This is a technique that combines endoscopy and fluoroscopy to diagnose and treat certain problems of the biliary or pancreatic ductal systems. ERCP is performed by highly skilled, specially trained gastroenterologists. Additionally, Steven Fern, DO, a gastroenterologist at MBSH, will be moving to the Sullivan Medical Office full-time starting in January 2024. To make an appointment with Dr. Fern, please call (573) 860-6000.



Steven Fern, DO

Emergency Department Expansion

Construction on the expansion of MBSH's emergency department (ED) began in November 2023, which will include an additional three treatment bays and operational enhancements. Emergency services will remain open throughout the construction process. Also, this latest construction project officially marks more than \$100 million that BJC has invested in the hospital and community since 1996. This is a truly remarkable milestone for the hospital and Sullivan community. As part of BJC HealthCare, MBSH shares its mission of improving the health of the people and communities we serve.

MBSH Offers BJC HealthSolutions: Health Benefit Plan for Self-Funded Employers

Missouri Baptist Sullivan Hospital (MBSH) offers BJC HealthSolutions – a direct-to-employer health benefit plan that can help self-funded employers (with 51 or more covered employees) reduce their medical and pharmacy costs and associated risks. This

high-performance plan offers employees and their dependents a high-quality health benefit option with lower out-of-pocket costs and easier access to care to 15 BJC HealthCare hospitals, BJC Medical Group, Washington University Physicians, and independent and affiliated providers.

"We have seen great strides in both cost and quality of care since moving to BJC HealthSolutions in 2021," said Bri Garden, vice president of Versa-Tags. "Entering our third year with BJC HealthSolutions, we continue to see top-tier patient service and medical care, and we've been able to do this without increasing insurance premiums for employees. Our business has not seen an increase in medical benefits cost since we switched. To say this has impacted us positively is an understatement – we're thankful we joined and get to experience what true partnership is when offering medical benefits to our employees."



Bri Garden

If you're interested in learning more, visit BJCHealthSolutions.org.

New Staff

Missouri Baptist Sullivan Hospital is pleased to welcome the following medical providers:



David Waddell, MD

David Waddell, MD, an internist with more than 35 years of experience, joined Missouri Baptist Sullivan Hospital as a full-time hospitalist in September 2023. He works exclusively within the hospital to monitor a patient's daily progress during an inpatient stay. He earned his medical degree from The Ohio State University in Columbus, Ohio, and completed his residency at Walter Reed Army Medical Center in Washington D.C.



Michelle Hassard, MSN, NP-C

Michelle Hassard, MSN, NP-C, is a family nurse practitioner at the Sullivan Medical Office, starting in January 2024. She provides preventative medicine for patients of all ages, offering annual wellness exams and vaccinations, as well as treatment for sprains, common ear/nose/throat conditions, and more. Prior to becoming a family nurse practitioner, Hassard worked

for five years a registered nurse in the emergency department at MBSH. She earned her Master of Science in Nursing from Maryville University in St. Louis and completed her clinical hours for her nurse practitioner license at the Sullivan and Steelville Medical Offices. To make an appointment with Hassard, please call (573) 860-6000.

Hospital News

The First MBSH EMT-Basics Training Class Graduates

Congratulations to the first graduating class of Missouri Baptist Sullivan Hospital EMS Academy's EMT-basics training course! The sixteen week training course included eight students, who received exceptional hands-on training to effectively prepare them for an EMT career – a field that's currently in high demand. The hospital is excited to see these graduates enter the EMT field, helping care for patients when they're in need of emergency medical services.



MBSH Announces New Outpatient Imaging Suite

Missouri Baptist Sullivan Hospital (MBSH) is pleased to announce the opening of its new MBSH Outpatient Imaging Suite. This area houses mammography, bone density, and ultrasound services with much larger, updated rooms for a better overall patient experience. Imaging services is adding another ultrasound machine, which will be the third imaging system for the hospital. A new bone density machine has also been ordered to replace the current system.

"After six months of construction, we're extremely excited to launch the new MBSH Outpatient Imaging Suite. This is the first phase of several upcoming changes to the Radiology/Imaging department and the first of several upcoming changes to our MBSH campus," said Travis Little, radiology manager at MBSH. "By moving our mammography, bone density and ultrasound services to this new space, we're allowing for future expansions in the current radiology department. This is to support the continued rapid growth and demand for radiology/imaging services that MBSH has experienced over the last several years."

The upcoming second and third phases of the radiology expansion will include a second computed tomography (CT) scan machine scheduled to be available by the end of 2023. These new areas will expand the hospital's capabilities for patients, providing them with the excellent service and care expected from MBSH and BJC facilities.

Inpatient and emergency radiology services are available 24/7. Outpatient procedures are scheduled Monday through Friday. To make an appointment for one of MBSH's imaging services, please call 573-468-4151.

MBSH Announces Newest Board Member



Bri Garden

Missouri Baptist Sullivan Hospital (MBSH) recently welcomed Bri Garden to its Board of Trustees. An employee at Versa-Tags, Inc. since 2016, Garden currently works as vice president, where she's responsible for strategic operations and assessment of internal business needs, including human resources, company culture, regulatory/legal compliance, safety, benefits management, finance and taxation, and overall internal business operations. Garden works

with integrity, critical insight, and charismatic leadership, focusing on creating positive, strong, and effective employee experiences to support the growth of Versa-Tags, its employees, and the surrounding community. She'll be a valuable addition to the Board of Trustees with her years of experience in serving the local community.

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Missouri Baptist Sullivan Hospital (MBSH) is offering BJC HealthSolutions – a direct-to-employer health benefit plan that can help self-funded employers reduce their medical and pharmacy costs and associated risks. This high-performance plan offers employees and their dependents a high-quality health benefit option with lower out-of-pocket costs and easier access to care.

"I've been in business going on 23 years, and I've dealt with many health insurance companies and plans. BJC HealthSolutions has been the 5-star of health insurance since I've acquired them," said Brian Beckett, owner of Valvoline Express Care Sullivan and Rolla.

BJC HealthSolutions' benefits include preferred access to 15 BJC HealthCare hospitals, BJC Medical Group, Washington University Physicians, and Independent and affiliated providers; competitive, preferential fixed rate pricing; concierge-based member support for all plan needs, including finding and scheduling a visit with a provider, answering benefit questions, and telemedicine access; to name a few. If you're interested in learning more, visit BJCHealthSolutions.org.

Community Notes

Health & Wellness Magazine
Late Summer 2023

BJC HealthCare
Missouri Baptist Sullivan Hospital

For a referral please call:

855-747-5400 or to schedule an appointment online, go to: bjcmedicalgroup.org/mbsh

Double-Lung Transplant Patient Finds Quality Pulmonary Rehab Care, Close to Home

Receiving a lifesaving organ is an extraordinary gift. Most transplant recipients feel better and live longer thanks to their new organ. However, transplant recipients are also more susceptible to certain complications from the transplant surgery and the anti-rejection medications they must take post-transplant.

Navigating those post-transplant complications and subsequent hospitalizations can be overwhelming. Having faith, a good support system, and a quality medical team can make all the difference. That's something Bourbon, Mo. resident, Kurtis Schmidt, 66, knows firsthand.

After years of battling chronic obstructive pulmonary disease (COPD) and chronic bronchitis due to smoking, Schmidt underwent a double-lung transplant at Barnes-Jewish Hospital in November 2020.

"My double-lung transplant was pretty tough," said Schmidt. "I had several complications after my surgery that sent me to the hospital's ICU for seven months. I was also warned that I might have to be on a ventilator and trach for the rest of my life."



Kurtis Schmidt and the rehab team

In June 2021, Schmidt was finally discharged home and was prescribed pulmonary rehabilitation to help his new lungs continue to adjust. He chose to undergo his rehab at Missouri Baptist Sullivan Hospital (MBSH). Schmidt had worked with the rehab team previously to meet the pre-transplant parameters to boost his eligibility.

When he first began his post-transplant pulmonary rehab assignment at MBSH, Schmidt was still using a portable ventilator and had his trach. The pulmonary rehab team's initial goals were to wean him off the portable ventilator through various exercises and activities every week.

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Week by week, Schmidt increased his stamina, eventually increasing his walking from just a half mile in 30 minutes to up to two miles an hour. He was thrilled with his progress and so was his pulmonary rehab team.



Mike Whitaker,
RDCS/CRT

"Kurtis worked really hard during his pulmonary rehab sessions and was able to wean off the portable ventilator. Today, he only relies on oxygen at night for his sleep apnea," said Mike Whitaker,

RDCS/CRT, manager of cardiac/pulmonary rehab and cardiac diagnostics at MBSH. "He continues to come to pulmonary rehab for our maintenance program twice a week. Kurtis is truly a success story that's the result of great endurance and determination."

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(continued on back cover)

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“We’re really excited to be able to bring these advanced orthopedic services to Sullivan and the surrounding communities,” said Lisa Lochner, president at MBSH. “From the initial evaluation and diagnosis to non-invasive treatment options and surgical procedures, this MBSH Orthopedic Clinic is just one more way we’re offering patients extraordinary care and the best doctors close to home.”



Paul Frewin, MD

The MBSH Orthopedic Clinic is led by Paul Frewin, MD, a board-certified orthopedic surgeon who specializes in hip, knee, and shoulder surgery. Dr. Frewin earned his medical degree from the University of Vermont College of Medicine in Burlington, Vt., and completed his surgical internship at the University of Nevada-Las Vegas. He

completed an orthopedic surgery residency at the University of Louisville School of Medicine in Louisville, Ky., where he also served as chief administrative resident. Dr. Frewin then completed his fellowship training in arthroscopic surgery/sports medicine and total joint replacement surgery at the University of Texas-Southwestern Medical Center in Dallas.

“My goal is to provide every patient with the quality, compassionate care they deserve,” said Dr. Frewin. “I take pride in listening to and understanding my patients’ needs, while providing the proper guidance to help them make informed decisions about their medical care.”

The MBSH Orthopedic Clinic is open on Tuesdays, Wednesdays, and Thursdays from 9 a.m. to 4 p.m. To make an appointment with Dr. Frewin at the clinic, please call 573-468-1974.

New Staff

Missouri Baptist Sullivan Hospital is pleased to welcome:



Samuel H. Barry, MD

Samuel H. Barry, MD, an ophthalmologist, to the Sullivan Specialty Clinic. Dr. Barry specializes in cornea, cataract, and refractive surgery, including LASIK and femtosecond-laser assisted cataract surgery. He received his medical degree from Tulane University School of Medicine in New Orleans, La. Dr. Barry completed his ophthalmology residency at the University of Missouri in Columbia, Mo., where he was chief

resident. He then finished a one-year fellowship program in cornea and external disease at the University of Maryland and Solomon Eye Associates. To schedule an appointment with Dr. Barry at the Sullivan Specialty Clinic, call 888-733-2010.

Past and Upcoming Events

MBSH EMS Academy EMT-Basics Training Course

We are now accepting applications for our 16 week, EMT-Basics Training Course. Classes begin on Monday, September 25, 2023 and will be held Mondays and Wednesdays from 5:00 PM – 9:00 PM at Sullivan Fire Protection District (SFPD) Station 5

For more information, call 573-468-1126.

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Sullivan Eagles Hall

4 p.m.

Join us for an afternoon of fun that includes a shooting match; axe throwing contest; and archery events. To register, call 573-860-7951 or email Rachel.Thomure@bjc.org.

MBSH Health Fair

Saturday, November 4, 2023

Missouri Baptist Sullivan Hospital

7 a.m. – 10 a.m.

Join us at our annual community health fair for valuable health information, free flu shots for adults 18+, screenings for blood pressure, blood sugar, BMI, lipid profile, etc. For more information, call 573-860-7103.

Community Notes

Health & Wellness Magazine
Winter 2024

BJC HealthCare
Missouri Baptist Sullivan Hospital

MBSH's Prenatal and Childbirth Care Providers and Mother Baby Unit:

Quality Medical Care, Conveniently Close to Home (and Work)

For most of her life, Steelville, Mo. resident, Abigail Wishon, 29, sought medical care in Washington, Mo. However, when she learned she was pregnant in 2020, she called a few Ob/Gyns, but couldn't get an appointment.

Then, Wishon found Amirah Tan Abdullah, MD, an Ob/Gyn at Missouri Baptist Sullivan Hospital (MBSH) and got an appointment with her relatively quickly. Turns out, Dr. Tan was exactly who Wishon was looking for to guide her through her prenatal journey.



Amirah Tan Abdullah, MD

"My first appointment with Dr. Tan was when I was six weeks pregnant, and she agreed to see me every week for the next few weeks to help calm my fears until we could see the baby's heartbeat," said Wishon. "Dr. Tan was incredibly patient and thorough, answering all my questions and never rushing through my appointments. I also appreciated how her staff scheduled my appointments around my teaching schedule."

Wishon's first pregnancy with her son, Henry, went smoothly. She saw Dr. Tan at the Cuba Medical Office for her prenatal appointments and appreciated being able to have her checkups so close to her workplace.

Dr. Tan is part of a team of prenatal and childbirth care providers at MBSH. She sees patients in Sullivan as well as at the Cuba

Medical Office. *"I really enjoy working with and getting to know my patients. My goal is to cater to their specific needs, so they can have the best prenatal and childbirth experiences possible,"* said Dr. Tan.



Abigail Wishon and family

That's one of the things that drew Wishon to Dr. Tan. *"I love Dr. Tan and look forward to my appointments with her,"* said Wishon. *"She took the time to get to know me and understand my wishes and concerns. And she always remembers the little things, which I really appreciate."*

Wishon's labor and delivery experience went smoothly as well. She enjoyed the comforts and support she received in the Mother Baby Unit at MBSH, especially from the nursing staff. Wishon also appreciated the breastfeeding support she received in the hospital, which led to a successful one-year breastfeeding experience with her first son, Henry.

In 2022, when Wishon discovered she was pregnant with her second son, Jack, she looked

forward to returning to Dr. Tan for her prenatal and childbirth care. And Dr. Tan was equally excited to see Wishon again and help guide her through another healthy pregnancy and delivery.

"It's been so easy to work with Abigail throughout her pregnancy, delivery and postpartum journeys," said Dr. Tan. *"She is a great patient and such a lovely person. My staff adores her, too. I'm grateful she has entrusted me with her medical care these last few years. I miss getting to see her regularly."*

Wishon has since referred four of her good friends to Dr. Tan and MBSH for their prenatal and childbirth care needs.

For more information about Dr. Tan or MBSH's



Abigail, Henry, and Jack



Abigail Wishon and family

How MBSH's Therapy & Wellness Center Helped

a Young Patient with Hydrocephalus Overcome Challenges

In October 2020, 31-year-old Paula Lang, of Sullivan, Mo., was busy enjoying a rather uneventful first pregnancy. However, during a routine 35-week ultrasound, Lang learned her daughter, Amelia, had a medical complication: hydrocephalus – a neurological disorder caused by an abnormal buildup of cerebrospinal fluid in the ventricles deep within the brain. This excess fluid puts harmful pressure on the brain's tissues and requires prompt medical intervention.

The day after her birth, Amelia was transferred via ambulance to St. Louis Children's Hospital for further evaluation and treatment by Jennifer Strahle, MD, a pediatric neurosurgeon at the hospital. Amelia first underwent an endoscopic third ventriculostomy (ETV), where a tiny hole is made to drain the fluid and relieve pressure, before eventually having a surgical shunt placed several weeks later.

"The shunt worked beautifully," said Lang. *"Dr. Strahle then recommended Amelia begin weekly therapy as soon as possible to reduce her risk for developmental delays. I asked if we could have Amelia undergo therapy at Missouri Baptist Sullivan Hospital's (MBSH) Therapy & Wellness Center since it's practically in our backyard."*

In February 2021, at three months old, Amelia was evaluated by two therapists at MBSH's Therapy & Wellness Center, who created a tailored therapy plan to help address Amelia's needs. She began visiting the Center every Tuesday for physical and occupational therapy sessions.

"Amelia is pretty stubborn, so I was worried that she wouldn't respond well to her therapists and their expectations," said Lang. *"I often joke that it's Amelia's world...everything she does is on her terms. But her therapists meet Amelia exactly where she is to get her to engage with her therapy."*

It's working. After nearly three years of ongoing physical and occupational therapies, Amelia has made incredible strides with her development, including walking independently in early 2023.

"Amelia's made tremendous progress in her functional mobility and confidence," said Kerri Wallace, PT, a physical therapist at MBSH. *"Today, she's able to move around with supervision*

on level surfaces, and she continues to improve in various areas – walking skills, stairs, balance, safety, and reducing fall risk through play-based therapy."

"We've used occupational therapy to enhance Amelia's overall development: gross motor, fine motor, and visual skills," said Jenica Bartolotta, OT, an occupational therapist at MBSH. *"Her ocular motor skills were not allowing her to advance age-appropriately at three months old. Therefore, our focus at the beginning was to improve eye alignment, so she could achieve things like rolling, sitting, pulling up, standing, playing with a toy, etc."*



Jenica Bartolotta, OT and Amelia

Amelia will continue with her therapy as she grows, ensuring she progresses accordingly with her physical and occupational therapy needs. Wallace and Bartolotta redefine Amelia's goals every six to eight weeks.

"We're so grateful to Kerri and Jenica for how they've helped her overcome so much," said Lang. *"With their guidance, we're also working on things at home. Amelia goes to the park every day to work on her mobility, climbing, and walking skills. She's even started running. We're also working on her coming down the stairs and her seeing long distance."*

If you're interested in learning more about the therapy services available at MBSH's Therapy & Wellness Center, please call (573) 468-1340.

Upcoming Events

SAVE THE DATE

MBSH Ambassadors Annual Dinner Event – The Great Gatsby

Saturday, February 17, 2024

Sullivan Fraternal Order of Eagles

5:30 p.m.

We are busy planning our annual fundraising gala, which promises to be a fun evening with good food, friends, a live auction, and music! For more information or to purchase tickets, call 573-860-7951 or email rachel.thomure@bjc.org

Hospital News

MBSH Construction, Expansion Updates

Missouri Baptist Sullivan Hospital (MBSH) is pleased to announce the following construction and expansion updates:

Second CT Scanner Available

A second computed tomography (CT) scanner was added to the recently opened, Outpatient Imaging Suite. This additional CT machine expands the hospital's capabilities for patients, providing them with the excellent service and care expected from MBSH and BJC facilities. Inpatient and emergency radiology services are available 24/7. Outpatient procedures are scheduled Monday through Friday. To make an appointment for one of MBSH's imaging services, please call (573) 468-4151.

Gastrointestinal (GI) Services Update

Endoscopic retrograde cholangiopancreatography (ERCP) is now being offered at MBSH. This is a technique that combines endoscopy and fluoroscopy to diagnose and treat certain problems of the biliary or pancreatic ductal systems. ERCP is performed by highly skilled, specially trained gastroenterologists. Additionally, Steven Fern, DO, a gastroenterologist at MBSH, will be moving to the Sullivan Medical Office full-time starting in January 2024. To make an appointment with Dr. Fern, please call (573) 860-6000.



Steven Fern, DO

Emergency Department Expansion

Construction on the expansion of MBSH's emergency department (ED) began in November 2023, which will include an additional three treatment bays and operational enhancements. Emergency services will remain open throughout the construction process. Also, this latest construction project officially marks more than \$100 million that BJC has invested in the hospital and community since 1996. This is a truly remarkable milestone for the hospital and Sullivan community. As part of BJC HealthCare, MBSH shares its mission of improving the health of the people and communities we serve.

MBSH Offers BJC HealthSolutions: Health Benefit Plan for Self-Funded Employers

Missouri Baptist Sullivan Hospital (MBSH) offers BJC HealthSolutions – a direct-to-employer health benefit plan that can help self-funded employers (with 51 or more covered employees) reduce their medical and pharmacy costs and associated risks. This

high-performance plan offers employees and their dependents a high-quality health benefit option with lower out-of-pocket costs and easier access to care to 15 BJC HealthCare hospitals, BJC Medical Group, Washington University Physicians, and independent and affiliated providers.

"We have seen great strides in both cost and quality of care since moving to BJC HealthSolutions in 2021," said Bri Garden, vice president of Versa-Tags. *"Entering our third year with BJC HealthSolutions, we continue to see top-tier patient service and medical care, and we've been able to do this without increasing insurance premiums for employees. Our business has not seen an increase in medical benefits cost since we switched. To say this has impacted us positively is an understatement – we're thankful we joined and get to experience what true partnership is when offering medical benefits to our employees."*



Bri Garden

If you're interested in learning more, visit BJCHealthSolutions.org.

New Staff

Missouri Baptist Sullivan Hospital is pleased to welcome the following medical providers:



David Waddell, MD

David Waddell, MD, an internist with more than 35 years of experience, joined Missouri Baptist Sullivan Hospital as a full-time hospitalist in September 2023. He works exclusively within the hospital to monitor a patient's daily progress during an inpatient stay. He earned his medical degree from The Ohio State University in Columbus, Ohio, and completed his residency at Walter Reed Army Medical Center in Washington D.C.



Michelle Hassard, MSN, NP-C

Michelle Hassard, MSN, NP-C, is a family nurse practitioner at the Sullivan Medical Office, starting in January 2024. She provides preventative medicine for patients of all ages, offering annual wellness exams and vaccinations, as well as treatment for sprains, common ear/nose/throat conditions, and more. Prior to becoming a family nurse practitioner, Hassard worked

for five years a registered nurse in the emergency department at MBSH. She earned her Master of Science in Nursing from Maryville University in St. Louis and completed her clinical hours for her nurse practitioner license at the Sullivan and Steelville Medical Offices. To make an appointment with Hassard, please call (573) 860-6000.

Community Notes

Health & Wellness Magazine
Late Summer 2023

BJC HealthCare
Missouri Baptist Sullivan Hospital

For a referral please call:

855-747-5400 or to schedule an appointment online, go to: bjcmedicalgroup.org/mbsh

Double-Lung Transplant Patient Finds Quality Pulmonary Rehab Care, Close to Home

Receiving a lifesaving organ is an extraordinary gift. Most transplant recipients feel better and live longer thanks to their new organ. However, transplant recipients are also more susceptible to certain complications from the transplant surgery and the anti-rejection medications they must take post-transplant.

Navigating those post-transplant complications and subsequent hospitalizations can be overwhelming. Having faith, a good support system, and a quality medical team can make all the difference. That's something Bourbon, Mo. resident, Kurtis Schmidt, 66, knows firsthand.

After years of battling chronic obstructive pulmonary disease (COPD) and chronic bronchitis due to smoking, Schmidt underwent a double-lung transplant at Barnes-Jewish Hospital in November 2020.

"My double-lung transplant was pretty tough," said Schmidt. "I had several complications after my surgery that sent me to the hospital's ICU for seven months. I was also warned that I might have to be on a ventilator and trach for the rest of my life."



Kurtis Schmidt and the rehab team

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RDGS/CRT

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Hospital News

The First MBSH EMT-Basics Training Class Graduates

Congratulations to the first graduating class of Missouri Baptist Sullivan Hospital EMS Academy's EMT-basics training course! The sixteen week training course included eight students, who received exceptional hands-on training to effectively prepare them for an EMT career – a field that's currently in high demand. The hospital is excited to see these graduates enter the EMT field, helping care for patients when they're in need of emergency medical services.



MBSH Announces New Outpatient Imaging Suite

Missouri Baptist Sullivan Hospital (MBSH) is pleased to announce the opening of its new MBSH Outpatient Imaging Suite. This area houses mammography, bone density, and ultrasound services with much larger, updated rooms for a better overall patient experience. Imaging services is adding another ultrasound machine, which will be the third imaging system for the hospital. A new bone density machine has also been ordered to replace the current system.

"After six months of construction, we're extremely excited to launch the new MBSH Outpatient Imaging Suite. This is the first phase of several upcoming changes to the Radiology/Imaging department and the first of several upcoming changes to our MBSH campus," said Travis Little, radiology manager at MBSH. "By moving our mammography, bone density and ultrasound services to this new space, we're allowing for future expansions in the current radiology department. This is to support the continued rapid growth and demand for radiology/imaging services that MBSH has experienced over the last several years."

The upcoming second and third phases of the radiology expansion will include a second computed tomography (CT) scan machine scheduled to be available by the end of 2023. These new areas will expand the hospital's capabilities for patients, providing them with the excellent service and care expected from MBSH and BJC facilities.

Inpatient and emergency radiology services are available 24/7. Outpatient procedures are scheduled Monday through Friday. To make an appointment for one of MBSH's imaging services, please call 573-468-4151.

MBSH Announces Newest Board Member



Bri Garden

Missouri Baptist Sullivan Hospital (MBSH) recently welcomed Bri Garden to its Board of Trustees. An employee at Versa-Tags, Inc. since 2016, Garden currently works as vice president, where she's responsible for strategic operations and assessment of internal business needs, including human resources, company culture, regulatory/legal compliance, safety, benefits management, finance and taxation, and overall internal business operations. Garden works

with integrity, critical insight, and charismatic leadership, focusing on creating positive, strong, and effective employee experiences to support the growth of Versa-Tags, its employees, and the surrounding community. She'll be a valuable addition to the Board of Trustees with her years of experience in serving the local community.

MBSH Offers BJC HealthSolutions: Health Benefit Plan for Self-Funded Employers

Missouri Baptist Sullivan Hospital (MBSH) is offering BJC HealthSolutions – a direct-to-employer health benefit plan that can help self-funded employers reduce their medical and pharmacy costs and associated risks. This high-performance plan offers employees and their dependents a high-quality health benefit option with lower out-of-pocket costs and easier access to care.

"I've been in business going on 23 years, and I've dealt with many health insurance companies and plans. BJC HealthSolutions has been the 5-star of health insurance since I've acquired them," said Brian Beckett, owner of Valvoline Express Care Sullivan and Rolla.

BJC HealthSolutions' benefits include preferred access to 15 BJC HealthCare hospitals, BJC Medical Group, Washington University Physicians, and independent and affiliated providers; competitive, preferential fixed rate pricing; concierge-based member support for all plan needs, including finding and scheduling a visit with a provider, answering benefit questions, and telemedicine access; to name a few. If you're interested in learning more, visit BJCHealthSolutions.org.

Business of the Year Nominee:

Villa West Performing Arts Center



Nominee Acceptance

Jenny Haberberger <director@villawestdance.com>

Wed 2/21/2024 6:05 PM

To: Chamber Director <director@sullivanmochamber.com>

📎 1 attachments (1 MB)

Nominee.pdf;

Hello, please see attached..

Accomplishments & Contributions

Throughout my career, I have been fortunate to be involved in a variety of professional projects, each with its own significant achievements. As a member of Dance Masters of America (DMA), I contributed to the organization's mission of promoting excellence in dance education and performance. Through my involvement with Youth Protective Advocates in Dance (YPAD), I actively work to safeguard the well-being of young dancers and promote healthy practices within the industry. Additionally, my participation in the Star Leadership Program allows me to hone my leadership skills and make meaningful contributions to empower young ladies into becoming future leaders. As a member of More Than Just Great Dancing, I have an important role to foster positive environments for dancers of all ages. In my capacity as a business mentor, I have the privilege of guiding aspiring entrepreneurs toward success, sharing insights and strategies gained from my own experiences. Lastly, as a youth motivational speaker, I have the opportunity to inspire and empower young people to pursue their passions and overcome obstacles on their journey to success. Each of these projects has been instrumental in shaping my professional journey and making a positive impact in the dance community and beyond.

Through the dedication and commitment of its residents and community leaders, Sullivan embodies the essence of unity and progress. I've witnessed positive role models within the community leading by example, fostering a culture of compassion, inclusivity, and civic responsibility. Witnessing their tireless efforts to enhance the town's aesthetic appeal and quality of life fills me with optimism and determination. The Sullivan Area Chamber of Commerce is an organization I am proud to be a member of.



Business of the Year Nominee:

The Secret Kitchen







The Secret Kitchen has been in Sullivan for 5 years now and the owner, Laurie Price, and staff are active in the community. Through Laurie's appointment to the Chamber Board in 2020, she has chaired the committees, Home and Garden Show and The Christmas Festival, both of which has given a spotlight to local businesses. The Secret Kitchen believes that we have been instrumental in making Sullivan a beautiful place to live by participating in the beautification of Main Street every spring and fall since 2020. In addition, we were a large part of the beginning of Markets on Main Street, giving small local entrepreneurs a venue and offering the community an event for family fun.

A very dear friend and mentor presented The Secret Kitchen with a plaque that says, "Great women raise great women who raise great women." It is a core belief of ours that as a business in Sullivan, that Great business owners lift great business owners who lift great business owners!

We have been lifted by many great business owners and try to lift others in the same way. We think that speaks volumes about what an exceptional business community looks like.

We are humbled and honored to be nominated for this award in the company of the other extraordinary businesses.



ACCOMPLISHMENTS AND CONTRIBUTIONS

1. Major achievements through professional projects with which you or your organization have been involved, including dates and positions held.

Revitalization of the Sullivan Downtown
2020-2023 Business Partnership
Begin the Markets on Main Street allowing small
local business people opportunities for exposure
Beautification of Main Street - 2019-2023

2. Community and civic affiliations, accomplishments, and leadership positions held.

SACC - board member - Chair - Christmas Festival
2020-2023 Chair - Home + Garden Show

3. Awards, recognition, or honors received.

SACC - New Business of the Year 2020

4. Please describe your feelings about the importance of making Sullivan a beautiful place to live, work and visit, citing any role models and motivating factors.

Upon choosing this community in which to open a business I committed to always work to make it a better place to live. My children and grandchildren live here, so that is my major motivation. I have many role models who taught me that to serve is to love, so that's what I practice. I love this town, community and business people.

Business of the Year Nominee:

Sullivan Bank





1. Major achievements through professional projects with which you or your organization have been involved, including dates and positions held.

- a. Hosted blood drive with the Red Cross (hosting 2 more in 2024)
- b. Paid for new park equipment and dedicated it as Waller Park making it a safe, fun and inviting park for the kids in the area. The City/Parks Department provided the labor.
- c. Participated in Chamber light parade/trees
- d. Hosted a School Supplies Drive
- e. Sponsor Sullivan Bank Ballpark at SHS
- f. Substantial donor for new SHS football field scoreboard
- g. Host the Annual Rotary Radio Auction – Rotary’s largest scholarship fundraiser
- h. An officer is a founding member of the United Way Power of the Purse fundraiser, raised over \$20,000 that stays local to Franklin County in 2023
- i. Participate in the Home & Garden Show
- j. In 2023, started delivering gift bags to the oncology department at Missouri Baptist
- k. Participants in the Meramec Community Mission Food Drive
- l. Sponsored Sports Booster Golf Tournament, raising nearly \$8,900 for SHS athletic department
- m. Monthly Monetary Life House Donations and Annual Gala Sponsor
- n. Provides Annual Sullivan Bank Scholastic Development Award to SHS graduate
- o. Donor and support of various community events and fundraisers throughout each year, such as: St. Anthony School Auction, charity golf tournaments, Spring Bluff school auction, Strain Japan school auction, Chamber events, United Way events, Crawford Electric election, Ladies Auxiliary,
- p. Sponsor Sullivan Baseball & Softball Associations
- q. Sponsor Sullivan Soccer Associations
- r. Donation of “employee jean day funds” to various community events and needs throughout each year
- s. Bank-wide paycheck deductions for donations to Franklin County United Way
- t. Meramec Community Fair donors, volunteers, parade participants and youth livestock auction (\$160k+ spent on livestock in the last 15 years)
- u. Donor to SHS Marching Band Festival
- v. Donor/supporter to almost all Sullivan schools’ events/programs

2. Community and civic affiliations, accomplishments and leadership positions held.

- a. Mike Hoffman, Chairman of BJC Hospital Board, May of 2014 – current
- b. Barbie Hoke, Vice President and Executive Board Member of the Sullivan Area Chamber of Commerce, since 2018 – current.
 - i. Committee Member of the Sullivan Awards Banquet for 10+ years
- c. Barbie Hoke, Board Member of the Meramec Community Mission, 2014 – 2021, current
- d. Glora Turner, NRA volunteer
- e. Life House Youth Center volunteers
 - i. Tracy Watters
 - ii. Debbie Durham
 - iii. Susan Tod
 - iv. Tori Pohlmann
 - v. Jennifer Lively
 - vi. Kathy Garner

- vii. Sandy Rohrer
- viii. Lisa Volkmann
- ix. Leslie Schatz
- x. Janie Lawrence
- xi. Todd Lawrence
- xii. Margaret Farris
- xiii. Barbie Hoke
- xiv. Sheila Bloomner
- xv. Sierra Messey
- xvi. Angie Hinson
- xvii. Patty Miller
- xviii. Brett Strauser
- xix. Stephanie Bartle
- xx. Krysten Pryor
- xxi. Cheyanna Diekmann
- xxii. Jessica Kraus
- xxiii. Trinity Bruning
- xxiv. Lydia Cuneio
- f. Matt Dace, Board Member for Salvation Army and the Scholarship Foundation of St. Louis, Previous Sullivan Eagles Sports Boosters President
- g. Debbie Durham, Board Member for Jefferson-Franklin Workforce Development Board, 2023 Nominee for Woman of the Year, Treasurer of New Testament Baptist Church
- h. Tracy Watters, member of the Franklin County ARPA Committee, Sullivan Rotary Club President, Board Member and Treasurer of the Spring Bluff Educational Foundation, Meramec Community Mission Board Member and Treasurer, Salvation Army Treasurer and Board Member, Salvation Army Bell Ringing Campaign (13 years), Previous Sullivan Eagles Sports Boosters Treasurer
- i. Joshua Groom, Board Member of Hope Ranch
- j. Madelynn Mallory, Member of St. Anthony School Board
- k. Dawn Cleavelin, member of the Beaufort-Leslie Fire Auxiliary
- l. Leslie Schatz, Sullivan Chamber Executive Director, Secretary for Sullivan Rotary, member of the Ladies Auxiliary and United Way

3. Awards, recognition, or honors received.

- a. Leslie Schatz, awarded 500 service hours from Ladies Auxiliary

4. Please describe your feelings about the importance of making Sullivan a beautiful place to live, work and visit, citing any role models or motivating factors.

As one of the city's oldest businesses, Sullivan Bank is extremely proud to bear our town's name. Starting in 1895, Sullivan Bank has been vital to our city's growth and history. Many of the town's greatest leaders were also leaders at the bank. John Waller, who came to Sullivan at six years old via horse and buggy, was deeply impacted by the kind nature of the Schaffer brothers, who ran the bank at that time.

An innovative leader, inspired by kindness, was the man who laid the ground work for our modern-day Sullivan Bank. We believe that a bank's job is to enable the town's residents the freedoms to start businesses, build homes, pay for education, and provide jobs and investment opportunities so that people can support their families. This has been our mission for 129 years

and counting. We have carried the Sullivan name across the state, and plan to continue to spread the name as far as we can reach. We are proud to represent our town and to continuously support its growth. In order for us to continue expanding, creating jobs, financing homes, protecting family funds, and providing investment opportunities, we must have a healthy and thriving foundation for our business. The town of Sullivan is that foundation and we will continuously support its residents and businesses for generations to come.

Business of the Year Nominee:

Imperial



During the past few years, Imperial Headwear has strived to make an impact not only in the lives of its employees, but also in the lives of members of our communities. In 2023, Imperial broadened its "Culture of One " theory outside of the building doors by joining local and surrounding communities Chamber of Commerce to become closer linked to community activities. We brought back our Blood Drives and at the 1st one held onsite, met and exceeded our goal by 50%. Imperial also joined forces with Grace United Methodists Church to prepare and deliver meals to 100 homebound community members. We also established Imperial Foundation, a separate philanthropic organization that aims to 'grow the game by focusing on 3 pillars; Vitality of Sports, Community, and Sustainability.

