## WEDNESDAYS WITH WARRENTON AREA CHAMBER OF COMMERCE NOVEMBER 9, 2022

#### **UPCOMING CHAMBER EVENTS**

Wednesday, November 9<sup>th</sup> 12:00 pm- 1:30 pm Board of Directors Meeting- Warren County R-3 Central Office

> Saturday, November 12<sup>th</sup> 1:00 pm Groundbreaking Ceremony for Wags & Whiskers

Monday, November 14<sup>th</sup> 11:45 pm- 1:00 pm General Membership Meeting- Country Lake Golf Club

Friday, November 18<sup>th</sup> 8:00 am Ribbon Cutting and Grand Re-Opening for Wal-Mart SAVE THE DATE 2023 Annual Banquet Friday, January 13th

# FRIENDS OF THE CHAMBER

#### Warren County Senior Center

wcseniorcenter.org 636-456-3379

#### **Edward Jones**

Glenda Buxton glenda.buxton@edwardjones. com

#### **Town & County Garage**

townandcountygarage.com 636-745-3626

#### **Next Page Properties**

sellonnextpage.com 636-206-6363

Thank you, Friends, for your support.

## **Business Spotlight Warren County Ambulance District**



Time flies by fast and although we may want things to slow down just a bit to catch our breath, there really isn't time for that when we live in a community on the fast track of growth! We will all blink our eyes and find ourselves five years down the road and things will look much different in Warren County.

Planning is essential and the team here at Warren County Ambulance District is in the thick of it. The district's 10-year updated strategic plan will guide the Board of Directors and administration to prepare for the expected new growth while combating a 15% increase in calls over the past 23 months and surpassed 4,000 calls already this year.

The district currently employs 47 people on the payroll with tenures ranging from 28 years to less than six months. We are proud to have them all on the team and part of this community. As with every employer in the country, the commitment to retain and recruit quality employees is key to an organization's success and we feel this is the reason for consistent quality emergency medical services in Warren County, that generations have deserved since the inception of the district in 1974.

We are committed to embracing the eminent growth, expanding the areas of the district required to support the growth and continue to grow the team here at Warren County Ambulance District for the community to be proud of for years to come.

SEE THE NEXT 2 PAGES FOR IMPORTANT CHAMBER UPDATES! DON'T SKIP!



### 2023 Dues are being sent out now.

Keep an eye out for your 2023 Dues. If you have not received an email or letter by Friday, November 18<sup>th</sup> please contact Stephanie to avoid being left out of the 2023 Directory and missing out on great Marketing and Sponsorship Opportunities.

Invoices will look a little different this year. If you participated in any marketing or sponsorships in 2022, they will be copied on your 2023 Dues. You can pay all at once and save time throughout the year. If you do not want to pay all at once or you would like to add something just let Stephanie know and she will update your invoice.

Be sure to check out our DISCOUNTED LUNCH PRICE for 2023 if you prepay!!

#### **Christmas Parade Committee Forming**

As part of our joint effort with Wright City Area Chamber of Commerce we will be participating in 3 area Lighted Christmas Parade. Wright City- Dec 1<sup>st</sup>, Jonesburg- Dec 2<sup>nd</sup>, and Warrenton- Dec 3<sup>rd</sup>.

We are looking for volunteers to help build the float on November 30<sup>th</sup> at 5 pm, ride in any of the parades, or help donate decorations for our Santa's Workshop. Items needed-lights, cotton batting or other "snow" materials, unwrapped toys that will be donated afterwards to local groups.

Please call or e-mail Stephanie if you are interested in helping.



2022 "Of The Year" Nominations are now being taken.

E-mails went out two weeks ago with the documents to nominate businesses and individuals for the 2022 awards to be presented at the Annual Chamber Banquet on January 13, 2023. We need more nominations! If you need the information resent, please reach out. Help the Chamber recognize the wonderful people making a difference in our community.





TO LIGHT UP OUR TOWN!

Judging will be from December 1st to December 9th.

Winner to be announced at the December 12th Chamber meeting.

Send in your entries—can be pictures or videos. They will be judged on originality, creativity and curb appeal. This includes out side decorations and visible decorations from your business entrance. Judging will be done by Board of Directors and Facebook likes this year!

- 1st Place One year free advertising on the Warrenton License Office TV, keepsake plaque, bragging rights and a keepsake award sign.
- · 2nd and 3rd Place Bragging rights and a keepsake award sign.
- Winners will also be featured on the Chamber Facebook page.

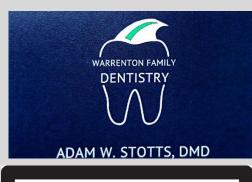
To be considered for judging, call 636-456-2530 or email warrentoncoc@socket.net.

Warrenton businesses interested in entering the City's contest as well please include in your information and your entry will be forwarded to the City as well.

## WELCOME TO OUR NEW MEMBERS









## The future of work is here, employee burnout needs to go Alicia Doniger

The World Health Organization finally recognized burnout as an occupational health issue in 2019.

Employers are making burnout and mental health more of a priority after 19 months of working from home during the Covid pandemic.

Work burnout is real, and during Covid, it only got worse. A survey from careers site Indeed conducted during the spring found more than half of workers saying they felt burned out, and more than two-thirds saying the feeling had gotten worse throughout the pandemic.

The good news: the world of work is taking it more seriously.

While Sweden is the only country to recognize burnout as a disease, the World Health Organization added burnout as an occupational phenomenon in 2019. Research shows the condition is a lot more complex than just a heavy workload, but businesses, from Nike to online dating company Bumble, have recently offered office employees extra time off of work to support their mental health and address the issue of burnout.

How to deal with burnout — and prevent future burnout — is a challenge all businesses are now tasked with as many workers hit 19 months of working from home. Research from work burnout expert Jennifer Moss finds that while the average person says they are "fine" 14 times a week when they are asked how they are doing, 19% of the time they are lying.

Jennifer Moss, author of the new book, "The Burnout Epidemic: The Rise of Chronic Stress and How We Can Fix It," recently spoke with CNBC's Workforce Executive Council about strategies employers and employees can implement to reduce burnout.

"The future of work is here, and that means we need to test some new rules out," Moss said.

Burnout is not considered a mental health illness, but it is a mental health issue, and needs to be treated as such in workplace environments.

Moss said that require leaders to "trust employees and create flexibility" in the workplace. Creating safe spaces, offering psychological safety and resources, and prioritizing employees mental health will benefit workers and business productivity, she said. And any effort made to invest in employee well-being will show up in business results, but it has to start from the top. A leader's first task is to give permission to workers to make their mental health a priority.

"The key to [creating] comfort inside organizations is being permitted to prioritize mental health," Moss said.

Her research finds that while the average person says they are "fine" 14 times a week when they are asked how they are doing, 19% of the time they are lying.

Asking workers more specific questions to better assess how they are doing, will translate into their professional work. Moss says while most meetings go on for too long and harp on non-essential issues, a 15-minute meeting a week between managers and employees can pay off in terms of mental wellness and job productivity, and it should not only focus on work issues.

Among the key questions Moss says should be covered in a short meeting:

How was this week? - What were the highs and lows? -What can I do for you next week to make things easier? - What can we do for each other? "It's so simple," she said

Talking about mental health in the workplace establishes open communication and a safe environment for employees to feel connected to their work and to their leaders, she says, and also helps employees to reach their goals. It helps leaders begin to better understand what their employees need to be more productive.

"Simple actions done with repetition equal positive wellbeing outcomes," Moss said.

More companies are worried about the "Great Resignation" impact on their workforce, and Moss said keying in on burnout and employee's desire to better connect with their work and their values has to be part of the analysis in employee retention efforts.

"The hyper use of technology, not meeting people in person disconnected [workers] emotionally from what we care about inside the organization," Moss said.

The past year-plus of the pandemic has allowed people to develop what Moss calls "cognitive gratitude" and that means employees are zeroing in on what matters most.

"That's why we are seeing the mass resignations. I want more from my manager, more from my leader," she said. Many people are making different life choices than they would have made pre-pandemic, and defining success in new ways.

In some ways, the pandemic also has dissolved the "we" versus "them" mentality between workers and managers, as organizations as a whole have faced the same challenges, and that is a positive, Moss said. It should also make managers more willing to be open with teams.

"Leaders should be transparent about their struggles as well," she said. "It is not healthy to remain stoic."

Leaders are exhausted too — "exhausted leaders leading exhausted teams," Moss said, referencing the name of a talk she gives. She added that interventions she has done inside organizations show that most managers right now don't really know what their direct reports are doing given how busy they are themselves.

The transparency of the 15-minute meetings, "the constant communication," is what prevents teams from being sent "off trajectory," Moss said, and "that changes the inefficiencies that reduces the workload, which reduces burnout."

Leaders also need to know how to direct employees to resources. Companies are prioritizing mental health because of the pandemic, but many organizations have had mental health resources available for years and had not taken advantage of them. Moss said it is important for leaders to communicate what programs and mental health resources are available to employees and should not feel that they need to be a mental health expert to do so.

Moss said what she learned while interviewing managers is that they are often concerned about having a conversation with workers on the subject without being a mental health expert, and "that made them shut down."

"I keep telling them you are not meant to be a mental health expert, but you are meant to know where those mental health experts exist in your organization. You are a conduit," Moss said, adding that also extends to knowing about community resources. "Managers just need to be able to point people in the right direction."

## Current Job Openings at Child Evangelism Fellowship

17482 State Highway M, Warrenton, Mo 63383

#### **Creative Services**

- Artist/Illustrator
- Editor
- Graphic Designer
- Music Specialist

#### Communications and Marketing

Digital Communications Assistant

#### **Education**

Leadership Training Instructor

#### **Facilities**

Maintenance Technician/Grounds Crew

#### **Finance**

- Financial Assistant - Accounts Receivable/Purchasing

#### Information Technology

- Administrative Assistant
- Helpdesk Technician

#### International Ministries

Finance Account Analyst

#### **Production**

- Digital Printing and Bindery
- Press Operator

For more information, please contact <a href="www.cefonline.com/jobs">www.cefonline.com/jobs</a> or (636) 456-4321

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Owner/Operators also wanted, paid every week, home every night!

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PURCHASE A TV AD AT THE LICENSE OFFICE. FOR \$25 A MONTH OR \$150 A YEAR YOU CAN PURCHASE AN AD THAT RUNS THROUGHOUT THE DAY.

CALL 636-456-2530 OR EMAIL WARRENTONCOC@SOCKET.NET TO LEARN MORE.













Workforce Development Director

Boonslick Regional Planning Commission Warrenton, Missouri

Help area businesses with their hiring needs

Supervise Job Center programs \$35,000—\$45,000/year
Paid health insurance
Vacation & sick leave
Retirement benefits
Paid State & Federal holidays

Visit boonslick.org for a job description Send résumé to janecale@boonslick.org

Boonslick Regional Planning Commission is an equal opportunity employer.

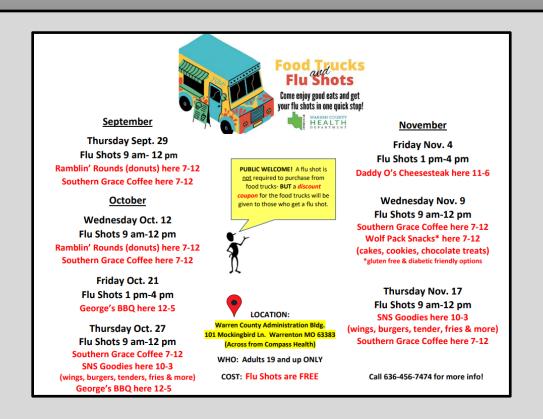




### **Event Dates (See Flyers)**

Sept. 29<sup>th</sup>- Nov. 17<sup>th</sup> November 10<sup>th</sup>-12<sup>th</sup> November 11<sup>th</sup> Food Trucks & Flu Shots at Warren County Health Department Lynda Chandler-Mary Kay Holiday Open House Sale Veteran's Day Parking Lot Bingo at the Aquatic Center

Make sure to check out the flyers for Scenic Regional Library's events and offerings at the Warrenton branch.







Price reflects the total monthly cost for each weekday class. Add the amounts together for your total amount due when registering.

Monday. 8:00-8:45am Jeanette \$16 Members 9:00-9:45am Sherry

\$28 Residents 10:00-10:45am Mary D

\$40 Non-Residents 5:15-6:00pm Sherry

Tuesday. 8:00-8:45am Jeanette \$20 Members 5:15-6:00pm Mary G

\$35 Residents \$50 Non-Residents

Wednesday

8:00-8:45am Jeanette \$20 Members 9:00-9:45am Sherry \$35 Residents 10:00-10:45pm Mary D \$50 Non-Residents 5:15-6:00pm Sherry

\* No Class November 23 Sherry

Thursday.

\$12 Members \$21 Residents \$30 Non-Residents 8:00-8:45am Jeanette 5:15-6:00pm Mary G

\*No Class November 10 Jeanette \*No Class November 24 Pool Closed

Friday.

\$12 Members \$21 Residents

\$30 Non-Residents

8:00-8:45am Jeanette 10:00-10:45am Mary D

\*No Class November 11 Jeanette \*No Classes November 25 Pool Closed

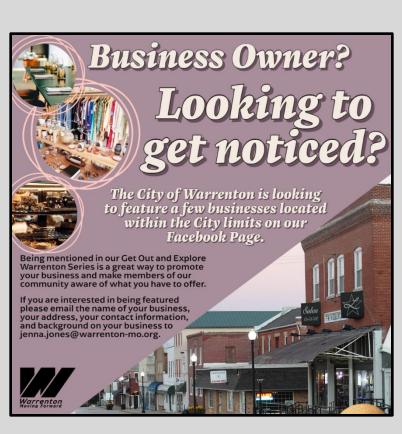
#### **Balance & Fall Prevention Class** with Jeanette

A low impact workout focused on improving walking, balance, flexibility, and strength which is beneficial in reducing the risk of falling and injuries.

> Tuesday 9:00-9:45am \$16 Members, \$28 Residents, \$40 Non-Residents Thursday 9:00-9:45am \$8 Members, \$14 Residents, \$20 Non-Residents

Please register for classes at the Aquatic Center 751 Warrior Ave. 63383 636-456-2288







A program that gives a 'Grandparent' (resident at a care facility) a gift for Christmas.

Gift: a Fragrance-Free Nourishing Shea Hand Cream, Mint Bliss Energizing Lotion for Feet & Legs and a pair of fuzzy socks.



## For simply \$25,

I can provide a gift to a 'Grandparent' whose family may be far away and possibly will not, otherwise, receive a Christmas present.

How many grandparents would you like to gift?

call, text or email: Lynda Chandler 636-359-1110 lyndachandlermk@gmail.com







Any business or individual who owes

Missouri State taxes can benefit from

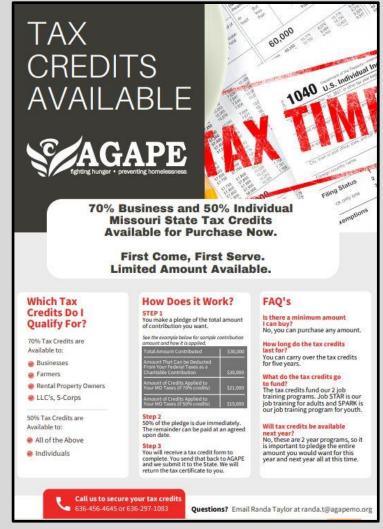
buying tax credits!

CONTACT US

636-456-4645 x102

randa.t@agapemo.org AGAPEMO.org







#### FALL SCHEDULE: SEPTEMBER OCTOBER NOVEMBER

SF 365

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sanday
6AM BOOTCAMP		6AM BOOTCAMP		6AM BOOTCAMP	7AM BOOTCAMP	Closed
7:30am Morning Yoga		7:30am Morning Yoga		7:30am Yin Yoga	8:30am Vinyasa Yoga	Closed
9AM BOOTCAMP		9AM BOOTCAMP		9AM BOOTCAMP	10AM BOOTCAMP	Closed
				12:20pm Lunch Time Yoga	11:30am Yoga + Little ones	Closed
G:10pm Vinyasa Yoga	6:10pm Restorative Yoga	G:10pm Vinyasa Yoga	6:10⊅m Vinyasa Yoga			Closed
7:05PM BOOTCAMP	7:05PM BOOTCAMP	7:05PM BOOTCAMP	7:05PM BOOTCAMP			Closed

DROP-IN ANY CLASS \$10 SF-365.SQUARE.SITE 314 384-2267 FOLLOW US @SARA FIT365

