### WEDNESDAYS WITH WARRENTON AREA CHAMBER OF COMMERCE March 1, 2023

#### **UPCOMING CHAMBER EVENTS**

Wednesday, March 8th 12:00- 1:30 pm

Board of Directors Meeting

Warren County R3 Central Office. 385 W Veterans Memorial Pkwy., Warrenton, MO

Monday, March 13th

General Membership Meeting 11:45- 1:00 pm

Country Lake Golf Club. 21309 Country Lake Dr., Warrenton, MO

# 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

#### **KO Knockout Fitness**

Kevin Oligschlaeger koknockoutfitness.com

#### **Mense Law Firm**

Menselaw.com 636-456-2345

#### The Lodge at Dover Place

thelodgeatdoverplace.com 636-384-3880

Thank you, Friends, for your support.



Spotlight Business of the Month
Scenic Regional LibraryWarrenton Branch
Branch ManagerRobin Schaefferkoetter

My name is Robin Schaefferkoetter. I am a retired teacher, 1st, 2nd, and 8th grade Reading. Upon my retirement from education in 2018, I became employed by Scenic Regional Library in Owensville as the branch manager. My children have moved away and my parents have passed away, so in 2022 I transferred to the Warrenton branch as their manager and have since moved this direction. It's an easy transition from a school to a building full of books.

The library of today is different from the library I grew up in. Today we circulate cake pans, fishing poles, telescopes, microscopes, binoculars, ukuleles, hotspots, Chromebooks, Stem Kits, and Memory Kits. We offer Notary and Passport services. Our Bookmobile is no more, but Storytime lives on from my youth. We offer programs for children, teens, and adults. Take-a-Ticket is once a month and meets the needs of those needing assistance with technology. No appointment is necessary, just bring the device you need help with on the day the library trainer is at the branch. We have 2 book clubs that can be joined. On the 1st, 3rd, and 5th Thursday of each month, the MO Highway Patrol offers driving exams in the meeting room. Bob Dylan once wrote, the times they are a changin'. This is especially true in libraries.

#### Warrenton Area Chamber of Commerce Merchant Madness

Day 1 Maw Maw's Cupboard Day 2 Udderly Moolicious Day3 Social House 227 Day 4 Therapeuo Wellness Day 5

The Nest Cafe Day 6 Warrenton Golf Course

Day 7

Warrenton Oil Day 8

Country Lake Golf Club Day 9

Baymont Inn & Suites

Day 10 Blue House Productions

Day 11

Contractor's Flooring

Supply Day 12

Goin' Postal

Day 13

A-1 Nails Day 14

A Moment of Grace Florist Day 15 Celeste Beauty Bar

Day 16 Bobby G's

Day 17 Casa Tequila

Day 18 Diamond Gal

Photography

Day 19

Walmart Day 20

KO Knockout Fitness

Day 21

Scooter's Coffee

Day 22 K4 Fitness

Day 23

SF\_365 Day 24

G Spot Barbershop Day 25

Lynda Chandler, Mary Kay Day 26

Olive's Bakery

Day 27 Davis Meats

Day 28

Moser's Day 29

Main Street Computers

Day 30

Wedding Wishlist

# WARRENTON AREA CHAMBER OF COMMERCE PRESENTS

### **MERCHANT MADNESS**

PURCHASE RAFFLE
TICKETS FOR
\$10/EACH
FOR YOUR CHANCE
TO WIN.

EACH DAY OF MERCHANT MADNESS WE WILL DRAW A WINNER. THEY WILL BE ELIGIBLE FOR \$100 GIFT CARD TO THAT DAY'S BUSINESS OR TRADE FOR \$75 IN CASH.

\*30 DAYS OF DRAWINGS WILL START ONCE ALL TICKETS HAVE BEEN SOLD. GET THEM BEFORE THEY ARE GONE.





Buy your tickets online at

https://swipesimple.com/links/lnk e769c4cf

WARRENTON AREA
CHAMBER OF COMMERCE



# NEW MEMBER Welcome!



FIND THEM ONLINE AT FACEBOOK.COM/REBELMULE OR CALL (636) 235-6582

www.warrentoncoc.com

www.facebook.com/warrentonareachamber

#### Workplace Mental Wellness Leads to Innovation and Productivity

The Covid-19 pandemic highlighted the importance of addressing and protecting mental health in and out of the workplace.

The negative stigma that previously surrounded discussions of mental health at work is thankfully becoming outdated. Employers are increasingly making tangible changes in favor of the current trend of bringing one's whole self to work.

#### **Good Business**

This is not just a trend—it's good business. Studies show employee mental wellness is directly related to creativity and innovation at work. Comprehensive mental health and employee wellness benefits increase productivity, performance, and retention, and reduce the costs associated with losing talent and potential. Employers that offer mental health benefits are twice as likely to report a greater than 50% return to work rate after mental health-related disability leave. This is no small savings, as mental health-related leave is believed to comprise approximately 70% of workplace disability costs.

In addition, in a tight labor market, employers that focus on mental wellness initiatives will likely attract and retain top talent. McKinsey found that 60% of Gen Z respondents consider mental health resources to be important when selecting an employer.

Roughly the same number said they consider mental health initiatives when deciding whether or not to remain with an employer. And 91% of respondents to a 2021 Harvard Business Review survey said they believed that workplace culture should support mental health.

But despite employers' increasing efforts in this area, research finds that most employees still feel that there is a mental health stigma in the workplace. Employers should consider taking steps to demonstrate a commitment to increasing employee wellness and satisfaction at work.

#### **Provide Mental Wellness Benefits**

From employee assistance programs to standalone apps that allow confidential access to therapy for employees and their family members, it's important to provide a menu of resources and clearly and effectively communicate the organization's offerings.

Employers should invest in a communications strategy that ensures employees know that mental wellness resources are available, and that they are enthusiastically encouraged to take advantage of these valuable benefits.

#### **Create a Culture of Support**

Recognizing employees' whole selves, employers should offer initiatives that allow employees to unplug, rest, and recharge when not at work. This might take the form of encouraging employees to actually remain logged off while on paid time off. Unplugging from work and taking time to rest has been shown to positively impact work performance.

But simply supporting use of PTO is not enough. To the extent that an employer can offer benefits that reduce stressors outside of work—such as subsidized transportation, parking, and backup child or elder care —such efforts also go a long way toward reducing employee stress and promoting wellness. It is important to ensure buy-in from the entire organization to create a top-down culture of support. If the organization's leaders do not support employee wellness initiatives, positive benefits will not translate to the employees.

However, when an organization's leaders clearly encourage employees to make full use of the organization's wellness benefits, employees will feel empowered to use those resources to thrive personally and at work. To that end, some employers are appointing leaders responsible for directing mental health initiatives to communicate a clear organizational priority and ensure goals are being met.

#### First-Level Management

While top-down leadership is critical, one of the clearest determinants of employee satisfaction and wellness is first-level management. Managers have the clearest and most direct avenue to supporting direct reports. Managers should promote a positive team culture of autonomy and respect and create norms about responsiveness and urgency that allow employees to unplug and de-stress when they are not required to be working. Managers should also model healthy behaviors for their team—for example, truly logging off when on PTO, or sharing some of their own methods of reducing stress during the workday. But most critically, managers should connect with direct reports through frequent check-ins to discuss their progress, provide positive and constructive feedback, and explore how they can work toward and meet their professional goals. This is important for all teams, but especially those that are hybrid or remote. Simple changes to management style can go a long way toward supporting employee wellness and can make a monumental impact in a way that organization-wide measures cannot.

Any effort to improve employee mental wellness, however small, can have a big impact on employee satisfaction and workplace culture. Employers and managers at all levels should consider how they can best promote a positive, productive workplace that gives employees the support to thrive.

By: Sara Begley- Holland & Knight, Dana Feinstein- Holland & Knight, and Maddie Fenton- Holland & Knight Maddie Fenton



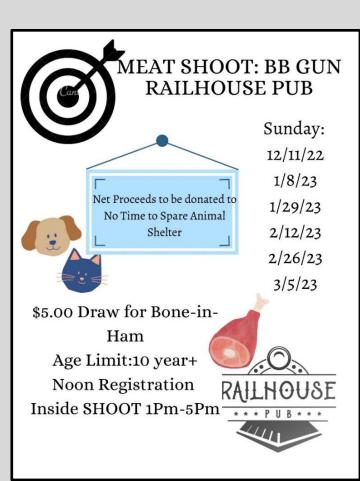
## Save the Date

WARRENTON AREA CHAMBER
OF COMMERCE

# Annual Golf Tournament

MAY 10, 2023
10:00 SHOTGUN START
WARRENTON GOLF
COURSE







#### SNACKS & SHOES DRIVE

It's time for our 2nd annual Snacks and Shoes drive! Donate NEW shoes and prepackaged snacks to support our Warrenton students!

Bring donations to Rural King (1 Rural King Way, Warrenton, MO 63383) on Thursday, March 16th between 8am-3pm. We will have people outside in the parking lot waiting to collect your donations, feel free to drive up and drop off. We will also have boxes in the office of each school building that week if students bring items in to school. You may also drop off items at First State Community Bank, 607 State Highway 47 Warrenton, MO 63383 starting February 16th up through the day of the drive.

SPONSOR A STUDENT: If you'd prefer to provide funds to cover the cost of shoes or snacks for a student, you can "sponsor" a student. Please send \$25 per student you'd like to sponsor to:

- -Venmo: @Careto-Learn, put Warrenton in the comment
- -Cash or check can be mailed to 385 W Veteran's Memorial Pkwy Warrenton, MO 63383

#### What are we looking for?

- Shoes (toddler size 9- adult sizes)
  - -If donating shoes for high school students,
- Converse and slide style sandals are most requested
- Granola Bars
- Cereal (large resealable bags preferred)
- Goldfish
- Cheez Its
- · Sandwich Crackers (cheese or peanut butter)
- Applesauce pouches
- Individual cups of peanut butter
- Poptarts
- Pretzels
- Slim jims
- Fruit snacks
- · Other non-perishable snack food









### **Eating Smart · Being Active**

Eating Smart Being Active offers research-based information about nutrition, physical activity, food safety and making the most of your food dollars. It is a **FREE** program provided by the University of Missouri Extension Family Nutrition Education Programs. Through a series of engaging lessons and discussions, you will have the opportunity to prepare new recipes, be physically active and learn tips for making healthy choices for yourself and your family.

#### Lesson topics include:

- Knife skills and safety
- Exploring fun ways to be active
- Planning and shopping for healthy meals that fit your budget
- Tips for eating more fruits and vegetables
- Whole grains
- How to choose lean protein
- Building strong bones
- Tips for limiting excess sugar, fat, and salt
- Discuss ways to keep your family healthy

Supplemental lessons geared towards pregnancy and feeding babies are also available.

#### Classes are coming soon to:

Location: Warren County Health Dept. Fitness Ctr.

Dates: Wednesdays, February 8-March 15, 2023

Time: 1:00-3:00 PM

For registration or more information, contact:

Warren Co. Extension Office, 636-456-3444 Class located at 3920 N. Highway 47, Warrenton MO 63383 (corner of Isabella & N. Hwy 47)









### **Warren County Senior Center**



#### **PADDLE AUCTION**

Saturday, April 29, 2023
The MaryLou Community Center-Truesdale, MO
Doors Open: 5:00 p.m.
Auction Starts: 6:00 p.m.

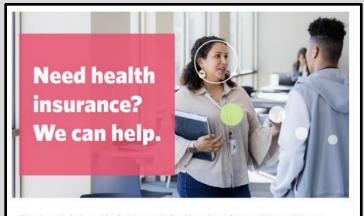
#### **BRING YOUR QUARTERS!!**

Food/Drinks available for purchase by Country Crossroads 4-H

#### Donations accepted thru April 21st

Questions...please contact: Sheryl Stefanski (Senior Center) 636-456-3379





The rules around who qualifies for Missouri Medicaid have changed. More adults ages 19-64 can get low-cost or free health insurance through Missouri Medicaid, called MO HealthNet. You may qualify for Medicaid, even if you didn't in the past. For example, you may qualify if you:

- · Are a single adult and make up to \$1,563 a month
- · Are a family of 4 and make up to \$3,192 a month

#### Join us for free help to apply for Medicaid!

Here's what you need to bring with you to apply:

- · Proof of your household income, such as recent paystubs or W-2s for your household
- · Social Security numbers for all applying
- · Proof of immigration status if not a U.S. citizen or national, such as a green card

Free enrollment assistance available

Call 636-441-1302 ext. 6687 or email kschupp@jacares.org



Powered by Missouri Foundation for Health | Published 2022

Warren County Health Department Announces New Smartphone App

#### Download our app today!

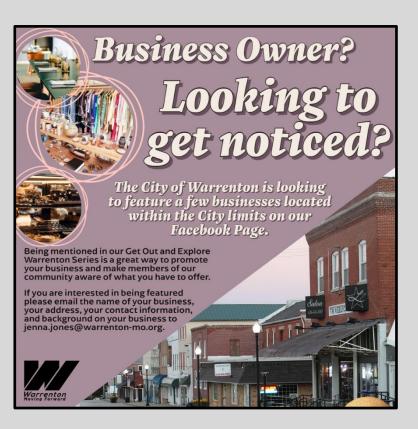
Search: Warren County Health, MO



Built by:



Warren County Health Department is excited to announce the release of the organization's new smartphone application. This app will serve as a new way for the health department to connect with Warren County residents and visitors, providing information quickly and efficiently to anyone with a smartphone.





#### WANT TO ADVERTISE YOUR BUSINESS?

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.



#### JANITORIAL CLEANING SERVICES

WARREN COUNTY AMBULANCE DISTRICT

Bids due by Friday, March 10th @ 4pm

Warren County Ambulance District is seeking bids for Janitorial Cleaning Services for the public area of the main headquarters building located at:

604 Fairgrounds Road, Warrenton, MO
Please submit bids in person, by mail or email. Requests for additional information
should be directed to Darren Lenk, Chief @ (636) 456-8413 x 4.
Drop off or mail: 604 Fairgrounds Road, Warrenton, MO 63383

Email: dlenk@warrencountyambulance.com

#### AREA OF SERVICE

Warren County Ambulance District (WCAD) is seeking a service provider qualified to provide janitorial cleaning services for the public areas of the headquarters.

#### SCOPE OF SERVICE

- · Front entrance vestibule door and glass cleaning interior and exterior.
- · All flooring within the public areas to include tile flooring and carpeted areas.
- Countertops and sink are in (1) staff kitchenette area.
- Handwashing sinks, toilets, mirrors and flooring in (2) public restrooms.
- Dusting, vacuuming, tables and chairs cleaning of (1) carpeted classroom.
- Vacuum carpeted areas in (5) office areas and light occasional office furniture dusting.
- Waste disposal of all included areas.

\*\* WCAD requires vendors to provide a valid Certificate of Insurance

#### WIN A ¼ SIDE OF BEEF AND A FREEZER!!!

Pinnacle Valley Cattle Co LLC and Maw Maw's Cupboard LLC are raffling a ¼ side of beef and a freezer, standard processing included.

**ONLY 100 TICKETS AVAILABLE!!** 

Tickets are \$25 each or 5 for \$100.

The raffle drawing will be held on Facebook Live when all 100 tickets are sold.

#### Rules:

- Must be 18 or older to win
- Pinnacle Valley Cattle Co LLC will deliver beef to processor on date agreed upon between winner and Pinnacle Valley Cattle Co LLC.
- No substitutions
- · No Cash in lieu of prize
- Standard Processing and wrapping is included, special cuts and wrap is paid to the processor by the winner.
- Winner will need to arrange pick up from processor, Pinnacle Valley Cattle or Maw Maw's Cupboard will not be responsible for pick up of processed beef.
- Pinnacle Valley Cattle Co LLC or Maw Maw's Cupboard LLC are responsible for beef left at processor beyond scheduled pick up date.
- Maw Maw's Cupboard LLC and Pinnacle Valley Cattle Co LLC will provide to winner a new freezer in working order, once winner accepts freezer, Maw Maw's Cupboard LLC or Pinnacle Valley Cattle Co LLC provide no warranty of workmanship of freezer.







#### LAWN CARE BIDS

WARREN COUNTY AMBULANCE DISTRICT Bids due by Friday, March 10th @ 4pm

Warren County Ambulance District is seeking bids for Lawn Care Services to be effective from April, 2023 through November, 2023 on an as needed basis.

Please submit bids in person, by mail or email. Requests for additional information should be directed to Darren Lenk, Chief @ (636) 456-8413 x 4.

Drop off or mail: 604 Fairgrounds Road, Warrenton, MO 63383

Email: dlenk@warrencountyambulance.com

#### AREA(S) OF SERVICE

The Warren County Ambulance District (WCAD) is seeking a service provider qualified to provide lawn care services for the four (4) sites known as:

Base 1/Headquarters - 604 Fairgrounds Rd. Warrenton, MO

Base 2 - 111 West South Second St. Wright City, MO

Base 3 - 26091 South State Hwy 47, Warrenton, MO

Base 4 - 99 Bell Rd, Wright City, MO

#### SCOPE OF SERVICE

#### Lawn Mowing:

All (4) bases to be mowed weekly to include trimming and removal, sweeping or blowing of cut materials.

#### Lawn Treatment:

As-needed fertilizer and weed control application to be applied to all properties.

Please include the itemized cost for service of each site.

\*\* WCAD requires vendors to provide a valid Certificate of Insurance.

