



ST. JOSEPH
Chamber of Commerce

Connections

The President's Perspective

Prioritizing Winter Wellness in the Workplace

As temperatures drop and the year winds down, winter brings a familiar mix of excitement and challenge for businesses. The holiday season can boost morale and energy, but it can also introduce higher stress, increased employee absences, and the natural dip in motivation that often comes with colder, darker days.

Supporting “winter wellness” isn’t just good for employees—it’s good for business. A healthier, happier team is more productive, more engaged, and better equipped to carry your organization into a strong new year. As your Chamber president, I want to offer a few practical, actionable ways businesses of all sizes can prioritize workplace wellness during the winter months.

1. Encourage Flexibility When Possible

The weeks between Thanksgiving and New Year’s often come with competing demands—family schedules, school breaks, and year-end responsibilities. If your business model allows, offering small amounts of flexibility can go a long way in reducing employee stress. Adjusted hours, remote options, or the freedom to attend a child’s holiday program without worry are small gestures that build trust and loyalty.

2. Promote Healthy Habits

With flu season in full swing, now is the time to reinforce good wellness routines. Consider providing resources such as:

- Information on local flu-shot clinics
- Hydration stations or healthy snacks
- Tips for staying active in cold weather
- Reminders about hand-washing and cleaning shared spaces

3. Create a Positive Culture in a Busy Season

Morale can dip quickly when workloads rise and daylight shortens. Take time to celebrate wins—big or small. Recognize employees for their hard work, celebrate team accomplishments, or inject a little holiday fun into the office. A few moments of connection can have a lasting impact on workplace culture.

4. Support Mental and Emotional Well-Being

Winter can be a tough season for many. Encourage employees to take advantage of available mental-health resources, EAP programs, or counseling benefits. Remind your team that it’s okay to take a mental reset day when needed. Creating a supportive environment—one where people feel seen and valued—strengthens your entire organization.

5. Prepare for Weather-Related Disruptions

Snow and ice can create challenges for commuting employees and customer access. Review your inclement-weather policies, communicate clearly, and make plans ahead of time. Knowing expectations before a storm hits builds confidence and reduces anxiety for everyone involved.

6. Lead By Example

Employee wellness starts at the top. When leaders take breaks, manage stress in healthy ways, and prioritize balance, employees feel empowered to do the same. A culture of wellness is something we all help build.

Looking Ahead

Taking steps to support winter wellness is not only good leadership—it’s good business. When your team feels supported, healthy, and valued, your customers feel it too. As we head into a new year full of possibilities, I applaud the businesses across St. Joseph that continue to invest in their people.

The Chamber stands with you as a partner in creating workplaces where employees can thrive, no matter the season. Here’s to a healthy, productive, and inspiring winter for us all. Warm wishes and happy holidays!



Natalie Hawn
President & CEO

NEW MEMBERS

The following businesses and individuals have been approved for membership in the St. Joseph Chamber of Commerce:

Tranquility Massage & Body Spa LLC

Tish Gerling
702 A S. Woodbine Road (07)
(816) 244-3440
tranquilitymassagestjoe@gmail.com
www.tranquilitymassage5.wixsite.com/mystjoe

Massage Therapy

inspireU Children’s Discovery Center

Katherine Patterson-Paronto
521 Felix St. (01)
(816) 271-4900
katherine.patterson-paronto@mymc.com
www.inspireu.com

Education

Personally Yours

Jennie Capps
3702 Frederick Ave. (06)
(816) 232-8554
wepersonalizeforyou@gmail.com
www.personallyyoursholiday.com

Entertainment

Knot-4-Profit Collaborations

Terra James
704 S. 13th Terrace, Savannah, MO 64485
(816) 752-5724
terrajames@knot-4-profit.com
www.knot-4-profit.com

Not for Profit

Private Probation Services/PPS Consulting

Jennie Capps
902 Edmond St. Ste 200 (01)
(816) 671-9151
jennie.capps@privateprobationservices.com
www.privateprobationservices.com

Counseling

Concrete Revival

Al Harmening
26955 238th St.,
Maryville, MO 64468
(712) 250-1610
alex@concreterevival.co
www.concreterevival.co

Concrete Contractors

ZenBusiness

Sallie Clark
5511 Parkcrest Drive, Ste 103,
Austin, TX 78731
(844) 493-6249
outreach@zenbusiness.com
www.zenbusiness.com/missouri-llc

Consultants

Traditions Health & Hospice

Shannon Chura
3001 Frederick Ave. (06)
(816) 572-2247
shannon.chura@traditionshhealth.com
www.traditionshhealth.com

Hospice Care

360 Painting of St. Joseph

Gabriel Orrico
P.O. Box 332, Weston, MO 64098
(816) 281-6217
gorrico@360painting.com
www.360painting.com.com/Saint-Joseph

Painting Contractors

Suds Window Cleaning

Curtis Stafford
3906 Oakland Ave. PO Box 8536 (06)
(816) 538-1637
sudswindowcleaning23@gmail.com
sudswindowclean.com

Window Cleaning

House Doctors of Saint Joseph

Gabriel Orrico
P.O. Box 332, Weston, MO 64098
(816) 281-6217
gorrico@360painting.com
www.housedoctors.com/Saint-Joseph-Mo

Home Improvements

Buchanan County Fairgrounds

Cheri Morton
301 N. County Park Road,
Easton, MO 64443
(816) 343-4523
bcmofairgrounds@gmail.com

Event Centers/Special Events

December Calendar

For more information, call 816/232-4461. CREDIT CARD RESERVATIONS CAN BE MADE ONLINE, www.saintjoseph.com

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BUSINESS after HOURS Holiday Party

Presented by Altec Industries, Inc.

It's the most fun and largest Business After Hours of the year!! Enjoy food and drinks from Chamber Tastes caterers, see products from vendors and enjoy the holiday spirit!.

Tuesday, Dec. 2
5 to 7 p.m., Free

Stoney Creek Hotel & Conference Center
1201 N. Woodbine Road

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Economic Development Summit

Presented by R/S Electric Corp.

Dr. Chris Kuehl will put economic topics in layman's terms and give his presentation in a way everyone enjoys. Come learn from the economist and futurist and have a few laughs along the way.

Wednesday, Dec. 3
11:30 a.m. to 1 p.m., \$40

Lunch provided
Fulkerson Center, MoWest
4525 Downs Drive

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Lunch & Learn Seminar

Presented by Altec Industries, Inc.

Topic -- Year-End Reflect

Reflect, Refocus and Re-Energize yourself and your business for a successful 2026. Annette Weeks, with Aspire Business Development, will lead this motivating discussion to help you get on the right track for a successful year.

Tuesday, Dec. 9
11:30 a.m. to 1 p.m., \$12

St. Joseph Chamber of Commerce
3003 Frederick Ave.

RESERVATIONS REQUIRED:
816/232-4461
or www.saintjoseph.com

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DIPLOMATS CLUB Breakfast

Presented by Altec Industries, Inc., Nodaway Valley Bank & Rogers Pharmacy

The Diplomats Club is a fun group that provides opportunities to promote your business and serve as a link between the Chamber and the community. Join them for their monthly meeting!

Thursday, Dec. 11
7:15 a.m., \$10

Breakfast provided
Southern Roots Event Center
239 Illinois Ave.

RESERVATIONS REQUIRED:
816/232-4461 or www.saintjoseph.com

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St. Joseph Young Professionals

Presented by Altec Industries, Inc.

Join St. Joseph Young Professionals for "Network on Tap: Holiday Edition."

Break out your tackiest holiday threads because we're turning up the cheer with Music Bingo, light appetizers, and a cozy (yet hideous) sweater contest. The first 20 attendees in a sweater will score a COMPLIMENTARY drink ticket—because your sweater deserves a reward. Music Bingo kicks off at 6:30PM. Appetizers will be provided, but there will be a cash bar.

Thursday, Dec. 11
6 to 7:30 p.m., Free

Hi-Ho Bar & Grill
1817 Frederick Ave.

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Shop St. Joseph

Presented by First Option Bank

This popular program encourages residents to shop locally during the holidays. Shoppers collect tickets from Nov. 12 through Dec. 15 and a \$10,000 grand prize winning ticket number is released on **Dec. 17**. A small business prize and lots of fabulous second chance prizes are available as well.

Nov. 12 to Dec. 15. Drawing Dec. 17
go to www.saintjoseph.com for more info

A note from Lady Whistledown...



Save the Date -- January, 10, 2025