



Need some extra cash for the upcoming holidays? Buttonwood Business Center is doubling the referral fee for the month of November. Refer a new business to Buttonwood Business Center between now and November 30, and you will receive \$300 when a 12 month Executive Office agreement is signed. We appreciate your referrals!

BBC Announcements

• Parking

Please do not park in the front row of the parking lot. Those spaces should be available for visitors, the elderly, and disabled. Thank you for your cooperation.

• Outgoing Mail

Outgoing mail is picked up twice a day. The Post office picks up the mail in the morning from the receptionist desk and again at 4:00 PM from the mailbox at the end of the parking lot.

• Conference Room

Did you know that you can view conference room availability on our website? Go to www.buttonwoodbusinesscenter.com and click on "Request A Meeting Room". You can view availability for both conference rooms and the club office. If you would like to reserve a room, click on "send a reservation request", include your name and request, and your request will be sent to the receptionist.

• Smoking

There is a designated area for smoking behind the building. You may use the back stairwells to get there. To reenter the building, you may use the glass door located in the back of the building. Please make sure your clients are aware of the smoking policy. Smoking within 20 feet of the front of the building is prohibited.

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BBC Q & A

Q: How do I check my voicemail from a remote location?

A: It's easy. Dial 573-886-8994 and press #. Voicemail will ask for your mailbox number and password. After you enter them, simply follow the prompts.

For all other questions, please visit the front desk or email receptionist@buttonwood-businesscenter.com.



Flu Season: Be Prepared to Prevent

Now that fall is upon us, that means flu season isn't that far behind. Health officials are reminding people to be prepared. According to Flu.gov, flu-related deaths average around 23,600 people per year. Buttonwood Business Center encourages everyone to prepare themselves and prevent from spreading the virus by offering the following recommendations:

- 1) Wash your hands often (either with soap and water or an alcohol based hand gel). Please notice that BBC has placed dispensers of alcohol based gel at various places around the business center for your convenience.
- 2) Practice cough etiquette. Cough into a tissue and throw it away immediately or cough into your sleeve.
- 3) Avoid touching your eyes, nose, or mouth. Flu germs spread this way.
- 4) Do not share drinks.
- 5) Get vaccinated as soon as possible.
- 6) Monitor yourself for the onset of symptoms. If you get sick stay away from others until 24 hours after your fever has stopped without the aid of fever-reducing

medications like ibuprofen or acetaminophen.

Flu Symptoms to watch for include:

- ❖ Fever (greater than 100°F)
- ❖ Headaches
- ❖ Extreme Fatigue
- ❖ Dry Cough
- ❖ Sore Throat
- ❖ Runny or stuffy nose
- ❖ Muscle aches
- ❖ Stomach symptoms such as nausea, vomiting and diarrhea can also occur but are more common in children

What you should do if you believe you have any of these symptoms:

- ❖ Drink plenty of fluids
- ❖ Stay in bed and rest
- ❖ Stay away from others until 24 hours after your fever stops
- ❖ Tell someone you are ill and have them check on you periodically



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Julie Scott - Owner
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New Tenants at Buttonwood Business Center

Please help us welcome the following new tenants. Next time you see one of these people in the hall, please take a moment to say "hello" and introduce yourself.



Judy Wieberg
Life Change Counseling

"Licensed Professional Counselor, Judy Wieberg has returned to Mid-Missouri. Ms. Wieberg, a native of Missouri, provided mental health services in Missouri from 1988 to 2002. After a nine year work project in Nevada she has returned to her home state and currently offers private confidential counseling for individuals, couples and families. Ms. Wieberg is trained and experienced in EMDR therapy. She has worked with custody issues, abuse issues, divorce and relationship problems, clients with depression, ADHD, separation anxiety, adjustment disorders, personality disorders and other mental health issues. She has worked extensively with children dealing with ADHD, dyslexia, learning disorders, behavioral disorders, separation disorders and other school and home issues. Ms. Wieberg, author of "Self-Upgrade: Live the Life You Choose", practices positive psychology and has coached people in making positive, joyful changes in their personal life, relationships, family life and career."

"As a broker, I work with major carriers to help your clients make informed decisions on their insurance and financial needs. Helping self-employed and small businesses access financial services for their employees and families. I am appointed with over 100 of the top carriers in the insurance industry. Our focus is on life insurance, annuities, 401k, college planning, securities and investments. I am a trusted advisor that helps others reach their goals, while protecting their family's financial future. With over 10 years of experience in business I am focused on becoming best in my field. We are always networking in this industry; the next person you meet could be your next client."



Leon Uftring - Broker
All Lines Brokerage

BBC Tenant Events and Announcements

If you or your company has an announcement or event that you would like published in the BBC Broadcaster please e-mail Katherine at staff@buttonwoodbusinesscenter.com.



BBC Thanksgiving Potluck
Wednesday, November 9
11:30 am - 3:00 pm
Ham & Turkey Provided
Please Bring a Side Dish



BBC Food Drive
November 7 - 11
Barrels in Mail Room

Upcoming BBC Closings

**Thursday, November 24 &
Friday, November 25
for Thanksgiving**

**Monday, December 26
for Christmas**

**Monday, January 2
for the New Year**

Enjoy the Holidays!



BBC Holiday Party
Thursday, December 8
4:30 pm - 6:30 pm
Large Conference Room
Drinks & Appetizers Provided



Buttonwood Business Center Tenant Spotlight

In each addition of the BBC Broadcaster we feature one of our tenants and their business. If you are interested in being the next spotlight feature please, contact Katherine at staff@buttonwoodbusinesscenter.com

Title: Carl Willingham - Hearing Instrument Specialist/Owner

Business Description: We provide service and programming in a multiple brand setting. This gives our company the opportunity to provide the best possible hearing solution (hence the name) for each and every customer without the restrictions that a single brand dealer might face. This advantage also means that anyone buying new hearing instruments can be assured they are getting the best possible price, service and technology with the peace of mind that our money back guarantee provides.

Date Started/Opened Business: Floyd Hansett started Hearing Solutions in 1999. I bought the business from Floyd on October 1, 2011. I had been approached a few times about buying franchises of other companies but never felt the situation was right for me. Floyd ran his business with integrity and values that I felt made it a good fit for me.

Education: Mexico High School Class of 1990, Avila University BA-History 1999

Original hometown: Mexico, Missouri

Professional background: Hearing Instrument Specialist (HIS) since 2000. I spent 11 years working for Miracle Ear Hearing Aids in Jefferson City, MO. Much of that time was spent in service centers located in the northern and central part of the state.

Why I'm passionate about my business: More than anything else my job allows me the opportunity to meet and interact with people on a daily basis. At some point, people stop being your patients and start becoming your friends. Professionally, having the opportunity to improve a person's quality of life and enjoyment around their friends and family is a rewarding experience. Business wise my objective is to provide a quality product and outstanding customer service at a fair and reasonable price.

What I do for fun: Spending time with my wife and two daughters, golfing and fishing.

Family: My wife Wendy and my two daughters Sydney, 9 and Sophia, 4.

Most people don't know that I: Spent four years in the Navy from 1990-1994 as Radioman. I also played and coached college baseball at Avila University from 1995-1999.

Contact Information: hearingsolutions@sbcglobal.net
573-256-7173 Columbia
573-581-6633 Mexico or Toll Free 866-581-6633

Hearing Aids Improve Quality of Life

Provided by www.betterhearing.org

According to a comprehensive research study conducted by the Better Hearing Institute (BHI), today's technically advanced, sleekly designed hearing aids are helping people with hearing loss regain their quality of life and remain socially involved. In fact, eight out of ten hearing aid users say they are satisfied with the changes that have occurred in their lives specifically due to their hearing aids. And 82 percent of hearing aid users would recommend hearing aids to their friends.

The findings of this nationally representative survey are both timely and encouraging-particularly given that an increasing number of Americans are suffering from noise-induced hearing loss at increasingly younger ages, oftentimes many years before retirement and even as early as their teens.

The improvements that people saw in their quality of life as a result of their use of hearing aids were broad and varied. Nearly 70 percent of hearing aid users said their ability to communicate effectively in most situations improved their relationships at home, their social life, and their ability to join in groups. And roughly 40 percent noted improvements in their sense of safety, self-confidence, feelings about self, sense of independence, and work relationships. Between 25 and 33 percent of hearing aid users said they even saw improvements in their romance, sense of humor, cognitive skills, and mental, emotional and physical health.



Carl Willingham
Hearing Solutions, LLC