

For Immediate Release

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Chatham, Illinois: As a community bank, Peoples Bank & Trust recognizes the value of volunteerism in our communities. To recognize, commend and promote the volunteerism, Peoples Bank & Trust has established a program to recognize an outstanding community volunteer who personally exhibit outstanding volunteerism and promote the improvement of our communities.

Paula J. Staab Polk has been chosen as the current Peoples Bank & Trust Volunteer of the Quarter for her numerous volunteer activities in the Chatham community. Paula is a member of the Chatham Area Fire Protection District, where she is the Chair of the Board of Commissioners and participates in the Community Day at the Fire Department. Paula is an active member of the Chatham Area Chamber of Commerce. She has been a sponsor for Chatham Uncorked Fall Program, the Annual Mayor's Prayer Breakfast and Chatham Map. She is a sponsor and committee member of the CACC Mardi Gras celebration and volunteer ticket sales at the Sweet Corn Festival. Paula is a donor to the Capital Campaign for the Chatham Area Public Library District and a sponsor of the Murder Mystery Dinner. She serves as a Leader of OWLS group at St. Joseph the Worker Parish where she is also a Faith Commander Nurse, sponsor of the Fr. Franzen Golf Outing and funeral luncheon cook. Paula volunteers as a Special Grandparent for the Ball Chatham School District. She is also active with the Chatham American Legion Post #759 where she volunteers at the weekly Fish Fry during Lent and is a sponsor of the Chatham Homecoming and Memorial Day and Veteran's Day programs. Paula also serves as a Sister Cities member, a group promoting business and educational exchange between Springfield and Ashakaga, Japan.

Paula enrolled in the 6 week Savvy Caregiver program last year. This program is for caregivers of family members who have memory loss. The program includes education as well as compassionate group interaction and problem solving. She offered the use of her Sangamon Prairie Reception Center as a meeting place for the group.

On Veteran's Day 2015 and Memorial Day 2016, the staff of Staab Polk Memorial Home and Cremation Services presented Presidential Citations to families who have had a family member who is a Veteran pass away. The citations are requested from the Department of Veterans Affairs. After they are received, they are matted and framed. The presentations are made at a community celebration with the Chatham American Legion Post #759 and the VFW. Several hundred people are present to applaud the efforts of those who served.

Paula grew up in Springfield where she attended the Cathedral of the Immaculate Conception, Ursuline Academy and Springfield College in Illinois. From there she graduated from St. John's School of Nursing, Southern Illinois University in Carbondale, where she studied mortuary science, and finally Illinois College, where she earned her

bachelor's degree in science. She is the founder of the Staab Polk Memorial Home in Chatham. Paula was awarded the 10th Pursuit of Excellence Award from the National Funeral Home Directors Association. She is the mother of four children and enjoys traveling, photography and spending time with her six grandchildren.

In honor of Paula's many volunteer services, Peoples Bank has donated to the SIU School of Medicine to benefit the Alzheimer's Savvy Caregivers Program for Children and Paula's name will be placed on a plaque displayed at the bank.

Peoples Bank & Trust is an independent Community Bank with ten offices located in Pana, Taylorville, Altamont, Charleston, Morrisonville, Waverly, White Hall, Palmyra, Tower Hill and Springfield. Peoples is a full service bank offering outstanding customer service to consumers, small business, and farmers in Central Illinois. People First Bancshares, Inc., with corporate offices in Pana, Illinois, is the holding company for Peoples Bank & Trust.