

Chamber CHATTER



MECHANICSBURG
CHAMBER OF COMMERCE
The Strength of One. The Power of Many.™

10.12.23

6 West Strawberry Avenue, Mechanicsburg, PA 17055 (717) 796-0811 www.mechanicsburgchamber.org

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News, Events & more!

CHAMBER EVENTS

Watch for Weekly Updates!!

October

17 - After Hours Mixer - SpringHill Suites by Marriott Camp Hill, 3535 Gettysburg Rd., Camp Hill. 5:00 - 7:00pm.

21 - 28th Annual Streets of Treats - Sponsored in part by **HB Home Services**, downtown Mechanicsburg. 10 am - 2 pm.

24 - AM Strategies... for Business Success - The Best Business Tax Strategy? Being Tax-Free, of Course. Presentation by **The Pennsylvania Center for Employee Ownership** - Sponsored by **UPMC**. Location sponsor - **Joseph T. Simpson Public Library**, 16 N Walnut St, Mechanicsburg. 8:30am - 10:00am.

26 - Business Leaders Discussion Group - Location - **Holiday Inn Express Harrisburg SW-Mechanicsburg**, 6325 Carlisle Pike, Mechanicsburg. 7:45 - 9:00am. Members only event.

RSVP to info@mechanicsburgchamber.org

For a full calendar of chamber and member events, visit www.mechanicsburgchamber.org/events

28th Annual Streets of Treats

Saturday, October 21st

10AM - 2 PM

Interested in sponsorship or participating? -
email

info@mechanicsburgchamber.org

Can you spare an hour or 2?

Volunteers Needed!

Thank You For Renewing Your Membership!

Angel Home Solutions
Avon - Melissa Hiler, Independent Consultant
PNC Bank

Mechanicsburg Chamber of Commerce presents:

After-Hours Mixer

Tuesday, August 15
5:00 - 7:00 p.m.

SPRINGHILL SUITES®
BY MARRIOTT

Hosted by:

SpringHill Suites by Marriott
Camp Hill

3535 Gettysburg Road
Camp Hill, PA 17011

**FREE
EVENT!**

Enjoy an evening of networking, refreshments and a chance to win a prize!

RSVPing is easy, simply email info@mechanicsburgchamber.org, RSVP online, or call 717-796-0811

Mechanicsburg Chamber of Commerce presents:

Business Leaders Discussion Group

Thursday, October 26
7:45 - 9:00 am

Sponsored by
Holiday Inn Express
Harrisburg SW-Mechanicsburg
6325 Carlisle Pike, Mechanicsburg



RSVP to info@mechanicsburgchamber.org or
call 717-796-0811.

This members-only event is **free** to attend!

Bring your questions and business topics and hear what others have to say!

Mechanicsburg Chamber of Commerce presents:

A.M. Strategies ... for Business Success

**Tuesday, October 24
8:30 - 10:00 am**

The Best Business Tax Strategy? Being Tax-Free, of Course.



Employee Stock Ownership Plan is a US Department of Labor program, established in 1974 generally designed for businesses with 20 or more employees, the goal was to create a deferred tax program that would allow business growth and address the ever concerning problem of retirement for workers. But what if your business does not have 20 employees? There's a relatively new program called an **Employee Ownership Trust** that is designed specifically for smaller organizations.

The Pennsylvania Center for Employee Ownership is a 501(c)(3) nonprofit that exists for one reason, to raise awareness about a remarkable program that can benefit business and business owners.

Sponsored by



Location Sponsor:

Joseph T. Simpson Public Library
16 N Walnut Street, Mechanicsburg

Complimentary refreshments included.

**RSVP to info@mechanicsburgchamber.org
or call 717-796-0811**



Mechanicsburg Chamber of Commerce

in partnership with



invites you to attend

28th Annual

Streets of Treats

Downtown Mechanicsburg

Saturday, October 21, 2023

10:00 am - 2:00 pm

Trick-or-Treating at Downtown & Local Businesses

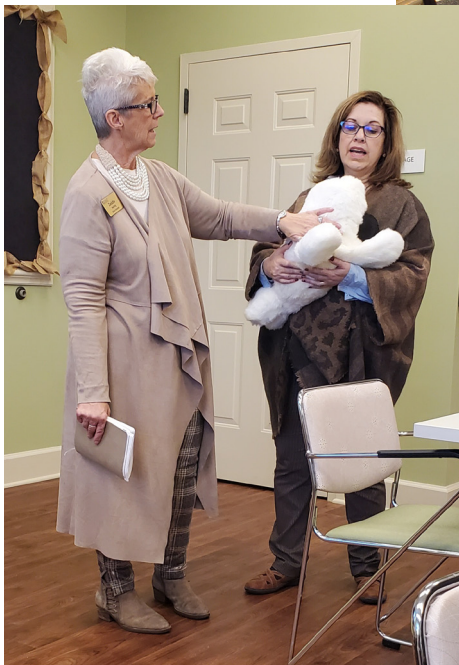
FREE and low cost activities, crafts & games

Pick up your trick-or-treating bag and map of
participating businesses at the Square

2 East Main Street, Mechanicsburg, PA

Questions?

(717) 796-0811 | info@mechanicsburgchamber.org
6 West Strawberry Avenue, Mechanicsburg, PA 17055



Thank you to Zeddie & Stacy for
hosting the Business
Women's Networking Luncheon
and showing off the newest
senior living option for the area,
Legend at Silver Creek.
A beautiful facility...and
everyone loved
Sammy the (AI) Seal Pup.



JAZZ ME BAND

KIRK WISE UPCOMING
SOLO, DUO & BAND
PUBLIC DATES

Thur. 10/12 – Food Truck Rally,
New Cumberland ...Kirk solo 5-8

Fri. 10/13 – Captain Bob's Steamed Crabs,
Railroad PA...Kirk solo 6-8

Sat. 10/14 – Mt. Airy Orchards, Dillsburg...
Kirk solo 9:30-12:30+

Sat 10/14* – Tall Cedars Event, Grantville...
Band 6-10

Sun. 10/15 – Mt. Airy Orchards, Dillsburg...
Kirk solo 1-4

Mon. 10/16 – PA Farm Show Horse Event...
Kirk Duo 4-8

Tue. 10/17 – Greystone Brew House@
Range End , Dillsburg...Kirk solo 6-9

Thurs 10/19 – PA Farm Show Horse Event...
Kirk Duo 4-8

Fri. 10/20 – Farmers Fair , Dillsburg...
Kirk solo 2 PM

For complete up-to-date
schedule, information,
and photos go to
www.jazzmeband.com

Bookings: call Kirk at 717-979-0341 or
E-mail wisemotors@aol.com

Tour sponsors:
FARNHAM INSURANCE,
MEMBERS 1st F. C. U.,
CLASSIC DRY CLEANERS, STUDIO D &
LANDON WISE PHOTOGRAPHY

Third Friday FOOD TRUCKS



APRIL 21 • MAY 19 • JUNE 16 • JULY 21
AUG. 18 • SEPT. 15 • OCT. 20



135 W. Simpson St.,
Mechanicsburg
717-766-4611
fumchurch.com



MULTIPLE TRUCKS /// VARIETY OF FOOD



Saturday, October 21
10am-2pm

Grace United Methodist Church Parking Lot
309 Herman Ave | Lemoyne

Shop our vendor fair, order food from our food trucks.
FREE Fall fun, kids crafts and games!

Sponsored by Musselman Funeral Home & Cremation Services, Inc.
and Grace UM Church.

eliminating racism
empowering women
ywca
carlisle & cumberland county

OCTOBER 21, 1-3PM

HARP *meditation*

FEATURING MUSIC BY
BONNIE BERK

WITH 40 YEARS OF EXPERIENCE IN WELLNESS
PROMOTION, BONNIE IS A BOARD CERTIFIED HOLISTIC
NURSE WITH CERTIFICATIONS IN THERAPEUTIC SOUND,
YOGA, QI GONG, MEDITATION, PERSONAL TRAINING,
PILATES AND REIKI.

\$40 PER PERSON
REGISTRATION REQUIRED

Proceeds benefit the programs and services of YWCA Carlisle & Cumberland County

SCAN TO REGISTER, OR GO TO:

WWW.YWCACARLISLE.ORG



**YWCA CARLISLE &
CUMBERLAND COUNTY**
301 G STREET
CARLISLE PA 17013
717.243.3818



PENNSYLVANIA
**ARMY
NATIONAL
GUARD**

**Family
Friendly
Game Day
Activities!**

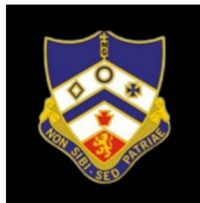
Corn Hole
Football Toss
Rock Wall
Washers
Holey Board
And More!

Join 1-108 FA for a
**COMMUNITY
TAILGATE**

Saturday, Oct. 21

Doors open 11am

**Carlisle Armory
502 Cavalry Road
Carlisle, PA, 17013**



**B1G TEN FANS:
WE GOT YOU
COVERED**



**Koozies, Concessions, Small Games of Chance
available to purchase provided by:**

M^{1st} **Marcello's** **KINGSLEY BLASCO**
MEMBERS 1st RISTORANTE & PIZZERIA
FEDERAL CREDIT UNION
to benefit: **selfless SERVICE**

**BYOB
(Boards,
Bags, Bag
Chairs...)**

FOR MORE INFO, CONTACT SSG MEGAN BOSWELL AT (717) 387-1738

BOARD

Amanda L. Hermansen, PRESIDENT
Jennifer J. Witmer, VICE PRESIDENT
Ryan J. Meldrum, TREASURER
Corey E. Witmer, SECRETARY



DIRECTORS

Alyssa H. Holstay, Esq.
(EXECUTIVE DIRECTOR)
Robert S. Langol Mark Bansner
Dr. Dane Kyle Kai Hermansen
Dr. Danielle Holland Kingsley Blasco

22 September 2023

To Whom it May Concern:

My name is Alyssa H. Holstay, and I am the Executive Director of *selflessservice*, Inc. *selflessservice*, Inc. is a 501(c)(3) recognized not-for-profit organization devoted to supporting, aiding, and assisting active, reserve, and veteran military, first responders and their families.

Please allow this letter to serve as my respectful request for your consideration in partnering with *selflessservice*, Inc. to represent your business at our first ever "Community Tailgate to Benefit *selflessservice*, Inc." This event is being held in partnership with the Pennsylvania Army National Guard (PAARNG) on Saturday, October 21st at the Carlisle Armory on Cavalry Road.

The Community Tailgate is designed to be a family friendly, fun-filled day with PAARNG Recruiters on-site providing information and insight on their day-to-day activities and opportunities to serve and activities including, but not limited to, a climbing wall and backyard games (cornhole, football toss, washers). Admission to this event is free. Funds will be raised to benefit *selflessservice*, Inc. through the sale of concessions and small games of chance, including, but not limited to, rip tickets and a 50/50 raffle.

Our organization is hoping you will consider joining us as a way to promote local businesses and to bring the community together for a fun-filled day. If your business would like to reserve booth space at our event, please RSVP to Megan Boswell (megan.p.boswell.mil@army.mil) no later than October 6th. The cost for representation at the event is a raffle basket valued at \$25, where guests have a chance to win goods or services from your business. We are happy to provide any/all supporters with a donation acknowledgment letter evidencing your charitable contribution(s).

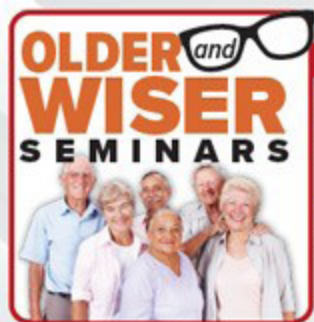
Please feel free to contact me with any questions or requests for additional information. Thank you in advance for your consideration.

Sincerely,

Alyssa H. Holstay, Esq.
Executive Director

selflessservice, Inc.
E.I.N. #87-3488081
831 Lindsey Road, Carlisle, PA 17015
Phone: (717) 991-3471
Email: selflessserviceteam@gmail.com
www.selflessservice.us





Older and Wiser Seminars

THURSDAY, OCT. 5 • 9-10:30 A.M.

at Mechanicsburg Place Senior Center, 97 W. Portland St. in Mechanicsburg

THURSDAY, OCT. 19 • 9-10:30 A.M.

at West Shore Senior Center, 122 Geary Ave. in New Cumberland

THURSDAY, NOV. 9 • 9-10:30 A.M.

at The Woods at Cedar Run, 824 Lisburn Rd. in Camp Hill

Mid Penn Legal Services will lead a seminar educating attendees on the protection offered by Power of Attorney (POA) arrangements and other basics. Topics covered during class will include: what a POA is; what can happen if you don't have a POA; how a POA protects you and your family; the role of agents and other topics. Living wills, wills and health care POAs will also briefly be discussed.

Due to room occupancy limits, RSVPs are required.

Talking Tombstones

- Cemetery Walk

Saturday, October 21

(rain date October 28)

Chestnut Hill Cemetery 327 W Winding Hill Rd
(Corner of York St & West Winding Hill Rd)



8 different Citizens from the past will be telling you the important roll they played in the history of Mechanicsburg.

6Tours approx. 45 minutes long

11, 11:15, 11:30, 2:00, 2:15

and 2:30 .

\$8 members,

\$10 non-members,

\$5 12 and under





Check off Your Holiday “To Do” List While Supporting a Great Cause

Order beautiful poinsettias and help support United Way of the Capital Region’s internal campaign!

These make great office decorations or gifts for family, friends or coworkers!

Poinsettias will be delivered the first week of December. Order 5 or more and receive FREE delivery!

- Poinsettias are 6” pots
- **COLORS:** red, white, pink or burgundy
- **COST: \$12 each**
- **Orders are due by November 16** and can be placed using the link below or visit our website at uwcr.org.

For more information, contact Heidi Neuhaus at 717.724.4055, or by e-mail at hneuhaus@uwcr.org.



What is United Way of the Capital Region’s Internal Campaign?

Just like other organizations, United Way of the Capital Region runs a fundraising campaign among its staff members. Funds are generated through donations and special event sales such as this one. All proceeds from this sale will go directly to United Way’s 2023 campaign.

Thank you for supporting United Way!

PLACE YOUR ORDER TODAY AT:
www.uwcr.org/uw-poinsettia-sale

United Way of
the Capital Region





CAEDC Launches Two Tourism Grants

The Cumberland Area Economic Development Corporation (CAEDC) through its destination marketing arm, the Cumberland Valley Visitors Bureau, is announcing the return of tourism-focused grants. The returning Tourism Product Development Grant and a new grant, the Tourism Recovery Grant, will launch on Monday, August 28th.

The Tourism Product Development (TPD) Grant is intended to increase the number of products, experiences and services that draw overnight visitors to the Cumberland Valley. Awarded grant projects will increase the number of visits, length of stays and spending by visitors in the County. Applicants for the TPD Grant can request between \$25,000-250,000 (previous TPD grant capped at \$100,000).

The Tourism Product Development Grant has been on hiatus since mid-2020.

The new Tourism Recovery Grant is designed to help tourism-related industries recover from the Covid-19 Pandemic. Applicants can request between \$2,500-\$10,000 in funding for this program. The grant can be utilized for the purchase of machinery and equipment, marketing to new audiences, development of new experiences and deferred maintenance that increases tourism or enhance the visitor experience.

For both programs, applicants must provide at least \$0.50 match for each dollar awarded. "We're excited to re-launch tourism grant opportunities for many businesses in the Cumberland Valley as they continue to rebuild and find new ways to highlight our area as a tourism destination" said CAEDC Marketing Manager, Ashley Kurtz.

CAEDC began offering tourism grants in 2010 and has awarded over \$1.9 million to 199 projects. Notable grant projects include a large outdoor entertainment area at Midway Bowling Alley, two Escape Rooms at Grand Illusion Hard Cider, portions of the Cumberland Valley Rail Trail, including the Conrail Museum, a new performance space at the Central Pennsylvania Youth Ballet, and a tasting room at Winery At The Long Shot Farm.

The Winery at The Long Shot Farm Co-Owner Tina Weyant said "We have been growing grapes and berries in the Cumberland Valley for many years, and we are so thankful for the generous support from CAEDC, allowing us to share our passion for making wine."

Learn more about CAEDC's Tourism Grants [here](#).

[Click here](#) to find the Grant Application

Interested applicants should contact Ashley Kurtz, CAEDC's Marketing Manager at AKurtz@VisitCumberlandValley.com.



CAEDC is Accepting Applications for LSA Grants

The Local Share Account (LSA), a statewide grant program opened on Friday, September 1, 2023 and interested non-profit applicants can apply through the Cumberland Area Economic Development Corporation (CAEDC).

CAEDC is seeking applicants who are a non-profit organization, need funding for projects between \$25,000-\$1,000,000, and either have an economic development component, or grow overnight stays for visitors in the region.

Eligible uses include:

- Acquisition
- Construction
- Demolition
- Infrastructure
- Purchase of vehicles, machinery and/or equipment (excluding uniforms, protective equipment, consumable supplies, and furniture)
- Planning, consulting, and design costs related to planning projects.
- Engineering, design, and inspection, to include permitting fees, for construction projects not to exceed 10% of the total grant award.
- Administrative costs of the grantee for the purposes of administering the grant. Administrative costs may not exceed 2% of the total grant request.
- Contingency costs not to exceed 5% of documented construction and infrastructure costs.

Interested, qualified applicants can apply on CAEDC's online application at CumberlandBusiness.com/lsa-application or by contacting staff.

The Application window is September 1- November 30, 2023.

The LSA Grant is funded through the PA Race Horse Development and Gaming Act (Act 2004-71), as amended, which provides for the distribution of gaming revenues through the Commonwealth Financing Authority (CFA) to support projects in the public interest within the Commonwealth of Pennsylvania.

We Need Your Feedback



What will help Cumberland County continue to be a preferred place to
Live, Work, & Visit?

Cumberland County needs your feedback to help plan for the future!

The Planning Department is updating its Comprehensive & Land Partnerships Plans and wants input from anyone who lives or works in the county.

Topics Include:

- Special places that should be preserved for future generations
- Actions that should be taken to enhance the county's quality of life
- Projects that should be pursued to improve transportation, recreation and natural resources
- Ways to communicate and engage residents in decision making.

Complete the **online survey** by October 31, 2023!

The Cumberland County Comprehensive and Land Partnerships plans are long range policy documents that establish goals and objectives for the county. Comprehensive plans typically consider a wide variety of topics including land use, housing, economic development, public facilities, transportation, and natural resource protection.

Seeking HOSTS for 2024 EVENTS

- After-Hours Chamber Mixer
- Business Women's Networking Luncheon
- Business Leaders Discussion Group

BE A HOST and showcase your business, service and more...

For more information - on HOSTING AN EVENT
contact the Chamber office at 717-796-0811 or email - info@mechanicsburgchamber.org.



Regional Leaders Breakfast

Tuesday, November 14, 2023 • 7:30-9:00 AM

Shippensburg University

Reisner Dining Hall, Tuscarora Room

Please join us for a complimentary breakfast and hear from President Charles E. Patterson to learn more about the diverse assets Shippensburg University has to offer for collaboration and partnership with our leaders in the region.

What to expect:

Unique networking opportunities • Meaningful dialogue
Knowledge sharing • Discover new opportunities for your organization

Please register online by November 3, 2023.

Questions? Please contact Lorelee Isbell at (717) 477-1502, ext. 3275 or
lisbell@ship.edu



Dine out at JoJo's Pizza & Pasta!



Join us at [JoJo's](#) on
every Wednesday in October!
11:00 am - 10:00 pm each week
at either location:
107 W. Main St, Mechanicsburg
2210 Aspen Dr, Mechanicsburg

and the restaurant will donate 15% of the cost of your meal to the Friends of the Simpson Library!
This applies to dine-in or carry-out orders.

Simply pick up a dine-out flyer at the library or print one online. Take it with you to JoJo's every Wednesday this month!

Please do not distribute flyers at JoJo's.



Breast Cancer Nutrition Therapy

by Sumathi Suppiah, MD, DABO

Each year in the United States, about 240,000 cases of breast cancer are diagnosed in women. While advancements in medical treatments have improved survival rates, proper nutrition plays a vital role in supporting patients' overall health, immune function, and resilience during their cancer journey.

Breast cancer and its treatments can have a profound impact on a patient's nutritional status. Many people with breast cancer experience some sort of change in their appetite. Some don't want to eat at all. Others may be turned off by certain foods. The important thing to keep in mind is that good nutrition is the key to overcoming many of the side effects of cancer and cancer treatment.

Radiation, chemotherapy, surgery, and hormonal therapies can cause side effects like nausea, vomiting, loss of appetite, and fatigue. Breast cancer patients often experience changes in body composition, such as muscle loss and weight gain, which can further complicate their nutritional needs.

Nutrition therapy for breast cancer patients aims to address these challenges by optimizing nutrient intake to:

- **Support Immune Function:** A well-nourished body has a stronger immune system, better equipped to fight cancer cells and cope with the side effects of treatments.
- **Maintain Healthy Body Weight:** Achieving and maintaining a healthy weight is crucial for reducing the risk of cancer recurrence and managing treatment-related symptoms.
- **Minimize Treatment Side Effects:** Proper nutrition can help alleviate common side effects improving the overall quality of life for breast cancer patients.
- **Promote Healing and Recovery:** Adequate nutrition aids in tissue repair and recovery.
- **Reduce Risk of Recurrence:** Certain dietary choices may help reduce the risk of breast cancer recurrence.

It's important to emphasize a balanced diet rich in fruits, vegetables, lean proteins, whole grains, and healthy fats. These foods provide essential vitamins, minerals, and antioxidants that support overall health. Protein is crucial for muscle maintenance and repair. Include sources like poultry, fish, beans, and tofu in your diet. Fiber-rich foods, such as whole grains and vegetables, help with digestive health and can alleviate constipation, a common side effect of some treatments. Omega-3 healthy fats, found in fatty fish, flaxseeds, and walnuts, may have anti-inflammatory properties and support heart health. Staying well-hydrated is essential, especially during treatments that may cause fluid loss or dehydration.

It's important to minimize consumption of processed and sugary foods, as they can contribute to weight gain and inflammation. Limit alcohol consumption, as it is linked to an increased risk of breast cancer. Some studies suggest a link between high consumption of red and processed meats and an increased risk of breast cancer.

Breast cancer nutrition therapy is an integral part of the holistic approach to breast cancer care. By adopting a balanced and healthy diet, patients can improve their overall well-being, better manage treatment-related side effects, and potentially reduce the risk of cancer recurrence.

Nourishing the body is not only about healing but also about empowering the spirit during this challenging journey.

Sumathi Suppiah, MD, DABO, is the medical director of medical weight management for the UPMC Central PA Weight Management Center. She is passionate about helping her patients achieve optimal health through good diet and nutrition, regular exercise, and mental health support.

To learn more about medical weight management at UPMC in Central Pa., call 717-591-5638 or visit UPMC.com/CentralPaWeightLoss.

