

Chamber CHATTER



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

2.15.24

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

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News, Events & more!

Seeking HOSTS for 2024 EVENTS

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

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

CHAMBER EVENTS

Watch for Weekly Updates!!

February

19- Presidents Day - Office Closed

29 - Business Leaders Discussion Group -

Location - Mechanicsburg Chamber of Commerce office, 6 W Strawberry Ave, Mechanicsburg. 7:45 - 9:00am. Members only event.

March

12 - Business Women's Networking Luncheon -

Sponsored by **Sadler Health Center, 5210 E Trindle Rd, Mechanicsburg**. 11:30am - 1:00pm. FREE member event.

RSVP to info@mechanicsburgchamber.org

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

Thank You For Renewing Your Membership!

Clay's Service Center, Inc.
Home2 Suites by Hilton Mechanicsburg
Joseph T Simpson Public Library
Members 1st Federal Credit Union
Range End Golf Club
Safe Harbour, Inc.

Mechanicsburg Chamber of Commerce presents:

Business Leaders Discussion Group

Perfect
for:

-business owners
-decision-makers
-management staff

**Thursday, February 29
7:45 - 9:00 am**

**Mechanicsburg Chamber of Commerce office
6 W Strawberry Ave, 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!



**Tuesday, March 12
11:30am - 1:00pm**

Business Women's Networking Luncheon

**Sadler Health Center
5210 E Trindle Road
Mechanicsburg**

Join us as we learn of all the great services that Sadler Health Center offers at their newest facility to serve the Mechanicsburg and West Shore area. Get a tour of the new health center that offers primary care, dental care, behavioral health care, lab services, a pharmacy and vision care all under one roof.

Reservations required.

RSVP to info@mechanicsburgchamber.org



Though the weather was not the most welcoming, it didn't stop a number of hardy ladies from attending the February Business Women's Networking Luncheon. Thank you to the wonderful event team at **Renewal by Andersen** for hosting and educating us on the numerous ways that **RBA Cares**



gives back the community. Along with a terrific meal and the opportunity to get a lead on Valentine's Day with a bouquet bar, we were introduced to some of the newest innovations that **Renewal by Andersen** offers, including a new door system that holds more than 20 patents as it helps to secure the home from unwanted visitors and energy loss. For those that were not able to attend due to the wet, heavy snow, we look to providing information on all the great things that **Renewal by Andersen** does and offers. If you were not able to make it this month, be sure to stop by their showroom at **4856 Carlisle Pike, Mechanicsburg** where you will most definitely be greeted by a smile.

LUNCH AND LEARN MUNICIPAL CONSULTING

SPEAKERS

REGISTER HERE



KARA KALUPSON
SENIOR MS4
COORDINATOR



SAM MECKLEY
COMMUNITY
DEVELOPMENT
SPECIALIST



SHAUN DAVIDSON
HEALTH, SAFETY, AND
ENVIRONMENTAL TEAM LEAD

FEBRUARY 22, 2024

11:30AM-1:00PM

5031 RICHARD LANE, SUITE 111,
MECHANICSBURG, PA 17055

UNLOCK SUCCESS FOR YOUR
MUNICIPALITY AS YOU LEARN
ABOUT THE PA HOUSE BILL 299,
MS4/STORMWATER
MANAGEMENT, AND
MAXIMIZING YOUR FUNDING
POTENTIAL WITH ACTIVE
TRANSPORTATION.

RETTEWSM

Behold His Presence Presents...

BOOK FAIR 2024

FEBRUARY 24, 2024



Join us at Simpson Library on February 24, 2024, from 1:30pm-3:30pm. This book fair is designed to engage readers of all ages, making it a must-visit event. Vendor spaces available. Please contact Linda Donnelly (717) 609-2623 for more information.

Joseph T. Simpson Library
16 North Walnut Street
Mechanicsburg, PA. 17055



You're Invited to a
TELEPHONE

TOWN
HALL

Hosted by Representative
SHERYL M. DELOZIER

Thursday, **FEB. 15**
Beginning at **7 PM**

RepDeLozier.com

Join me for a conversation about the latest state-related and community issues. This is a great way to stay up to date on happenings in Harrisburg and around the 88th District. I look forward to talking to you and taking your questions!

Constituents whose phone numbers are on file in our system will automatically receive a phone call to begin the town hall. To ensure your phone number is on file, please call my district office at 717-761-4665. Please be advised that only the phone numbers in our system will receive the call to start the town hall.

The poster features a large white 'JOB' and 'FAIR' with 'AND Government Services' in between. A photo of Representative Sheryl M. Delozier is on the right. The event details are in a blue box on the left, and a quote from her is on the right. A yellow box at the bottom right contains contact information.

JOB AND Government Services FAIR

Representative Sheryl M. Delozier
*Invites You to Participate in a
Job and Government Services Fair*

**Thursday,
MARCH
14**
10 a.m. to 3 p.m
**Mechanicsburg First Church
of God Community Center**
201 East Green St., Mechanicsburg,
PA 17055

I will be hosting a job and government services fair for constituents of the 88th Legislative District which will, in addition to business and employers, include various state agencies and legislative information booths. If you would like to participate as a vendor and set up a table at this event, please fill out our vendor form at RepDelozier.com/Events. There is no cost to participate.

**Please call my office at 717-761-4665
for questions and more information.**

Representative Sheryl Delozier will be hosting a job fair and government services fair for constituents of the 88th Legislative District which will, in addition to businesses and employers, include various state agencies and legislative information booths. If you would like to participate as a vendor and set up a table at this event, [please fill out our vendor form here](#).

[If you would like to attend the fair, please click here.](#)

There is no cost to participate as a vendor or attendee. Please call my office at 717-761-4665 for more information.



Constituents of the 88th District are invited to Representative Sheryl Delozier's document shredding event on Thursday, March 21. A previous email incorrectly stated the event was being held on a Saturday.

Safely dispose of up to four boxes/bags at this free event. This service is for individuals only; no businesses, please. Paper clips and binder clips must be removed prior to the event.

RSVPing for this event helps give the shredding company and her staff a headcount, please let her know you're coming by calling 717-761-4665 or visit RepDelozier.com/Events. Shredding will be taken on a first-come, first-served basis at the event.

Seeking HOSTS for 2024 EVENTS

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 - After Hours Mixer
- 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.

UPMC Kicks-Off “Talk to Us Tuesdays” Recruitment Events



UPMC in Central Pa. hiring teams are inviting community members to any UPMC hospital campus in the region every Tuesday between Jan. 30 and March 26 to learn more about UPMC careers. The “Talk to Us Tuesdays” sessions are offered from 8 a.m. to noon.

Talk to Us Tuesdays is a casual opportunity for clinical and licensed health care professionals to explore rewarding careers at UPMC and learn about UPMC’s Total Rewards package, which is designed to support employees’ total well-being — physically, financially, emotionally and professionally.

No appointment is needed to attend. UPMC is specifically aiming to connect with experienced professionals and current college students studying in the following areas:

- CT, MRI or diagnostic technologist
- Medical laboratory scientist or technician
- Nursing (RNs and LPNs)
- Pharmacy tech
- Respiratory therapist
- Sonographer or echocardiography sonographer
- Surgical technologist

Those interested in speaking with the UPMC hiring team should visit the hospital's main entrance and follow recruitment signage or ask to be directed to the cafeteria.*

Talk to Us Tuesdays Locations

- UPMC Carlisle, 361 Alexander Spring Road, Carlisle
- UPMC Community Osteopathic, 4300 Londonderry Road, Harrisburg
- UPMC Hanover, 300 Highland Ave., Hanover
- UPMC Harrisburg, Brady Medical Building, 205 S. Front St., Harrisburg

* Those attending at the UPMC Harrisburg campus should go to the Brady Building and ask to be directed to the Human Resources Department.

- UPMC Lititz, 1500 Highlands Drive, Lititz
- UPMC Memorial, 1701 Innovation Drive, York
- UPMC West Shore, 1995 Technology Parkway, Mechanicsburg

For more information, contact Emma Hohl at hohlee@upmc.edu, or visit careers.upmc.com to explore all of UPMC's opportunities.

JAZZ ME BAND

KIRK WISE UPCOMING
SOLO, DUO & BAND
PUBLIC DATES

Thurs. 2/15 – Big Bottom Brewery @
Al's Pizza, Dillsburg...Kirk solo 6-8

Fri. 2/16 – Hemauer Brewing,
Mechanicsburg...Kirk solo 6-9

Sat. 2/17 – Captain Bob's Steamed Crabs,
Railroad/ Shrewsbury...Kirk solo 6-8

Tue. 2/20 – Greystone Brew House@
Range End , Dillsburg...Kirk solo/duo 6-9

Fri. 2/23 – Reid's Wine & Cider House,
Gettysburg...Kirk Duo 7-10

Sat. 2/24* – Safe Harbour Event,
Carlisle...Full Band 6-10

Tue. 2/27 – Greystone Brew House@
Range End , Dillsburg...Kirk solo/duo 6-9

Fri. 3/1 – Spring Gate Estate, Harrisburg...
Kirk Duo 6-8

Sat. 3/2 – Rotunda Brewing Keg & Eggs,
Annville ...Kirk solo 10-2

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,
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CLASSIC DRY CLEANERS, STUDIO D &
LANDON WISE PHOTOGRAPHY



GFWC (General Federation of Women's Clubs) Mechanicsburg

We are inviting local restaurants and businesses to participate in our second annual **"Flavors of Mechanicsburg"**. This event is a benefit for the "Veterans' Grove" that will house homeless veterans in Central PA with 100% of the proceeds going to them. We will be cohosts with the American Legion Post 109 at 224 West Main St, Mechanicsburg, where our event is being held.

This event is also a celebration of the incredible restaurants now open in Mechanicsburg! It's an opportunity for people to explore our local treasures and for you to exhibit your culinary talents. To participate you are asked to bring 250-300 samples of whatever food you would like to feature. And, of course, please bring along marketing materials such as menus, coupons for patrons to return to your location and any other table top brochures/items you would like to display. There will also be a raffle for door prizes and a silent auction, participation is optional.

Date: **Sunday, April 7, 2024 12:30pm - 2:30pm**

Setup: 11:30pm -12:30pm

Take down: 2:30pm - 3:00pm

If your business would like to participate, please contact Pam Fleck as soon as possible (717-254-6136 or pamfleck13@yahoo.com).

Please consider joining us for this delicious way to support those who served to protect us!



THE FOUNDATION FOR ENHANCING COMMUNITIES

TFEC PROMOTES TEAM MEMBERS TO SENIOR PHILANTHROPIC OFFICER AND PHILANTHROPIC OFFICER

The Foundation for Enhancing Communities (TFEC) is pleased to announce that Debbie Garrison has been promoted to Senior Philanthropic Officer and Erin Gilbert has been promoted to Philanthropic Officer.

Debbie was promoted from her previous position as Philanthropic Officer to Senior Philanthropic Officer. Debbie joined TFEC in July 2018. She holds a bachelor's degree in social work from Millersville University and a master's degree in public administration from Penn State University. Debbie has spent her entire professional career serving the community by working for nonprofit organizations. She is also a member of the Leadership Harrisburg Area Class of 2020.

As the Senior Philanthropic Officer, Debbie will assist in developing and implementing TFEC's philanthropic services. She works closely with members of various Philanthropy team members and committees in formulating and executing goals and objectives. This role manages existing and new fiscal sponsorship relationships and identifies and coordinates philanthropic strategies for new and potential fundholders and donors.

Erin was promoted from her previous position as Donor Services Associate to Philanthropic Officer. Erin joined the TFEC team in March of 2022. Erin holds a Bachelor's degree in Sport Management from Mount St. Mary's University and a Master's degree in Community and Economic Development from Penn State University. Additionally, Erin is a member of the Leadership Harrisburg Area Class of 2024 and a graduate of the Emerging Philanthropists Program Class of 2023. Prior to joining TFEC, Erin spent six years working in the Development Office at the Penn State College of Medicine.

As a Philanthropic Officer, Erin will assist with donor and professional advisor relationships through relationship building and meaningful communications. She will directly support the Franklin County Community Foundation as the main team liaison and cultivate donors in the Franklin County regional area as well as TFEC's other regional areas as requested. Erin will also serve as the TFEC Team liaison to the DEI Committee.



**Big Brothers
Big Sisters®**

OF THE CAPITAL
REGION



BOWL FOR KIDS' SAKE

REGISTER TODAY. IMPACT TOMORROW.

1) Choose a Date.

Saturday, March 23

1:00pm & 3:30pm. ABC West, Mechanicsburg.

Sunday, March 24

2:00pm. ABC West, Mechanicsburg.

Sunday, April 7

2:00pm. 222 Dutch Lanes, Ephrata.

Thursday, April 18

6:00pm. Palmyra Bowling, Palmyra.

Thursday, April 25

6:00pm. Midway Bowl, Carlisle.

2) Register Today.

CAPBIGS.ORG/EVENTS

3) Build your team.

Invite friends, family & coworkers.

4) Raise funds.

Support a Little, a Big & a family.

5) Party!

Bowling. Pizza. Drinks. Raffle prizes.
Inspire children to dream BIG!

CAPBIGS.ORG/EVENTS

(717) 236-0199 • events@capbig.org



IGNITE POTENTIAL!



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**Event
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The Tide®  Your Soles ~ Their Souls
Shoe Drive Fundraiser

3RD ANNUAL SHOE DRIVE



Scan the QR code to
find drop off locations.



thetide.org/shoes

CONTACT US!

717-264-7288

events@thetide.org

Donate your new or gently
used shoes through March 6th.

GET INVOLVED!

- BECOME A COMMUNITY DROPOFF LOCATION
- PROMOTE SHOE DRIVE AND COLLECT SHOES
- DONATE YOUR NEW/GENTLY USED SHOES

Mechanicsburg Lions Club

4th Annual “We Serve” Golf Tournament



July 12, 2024 @

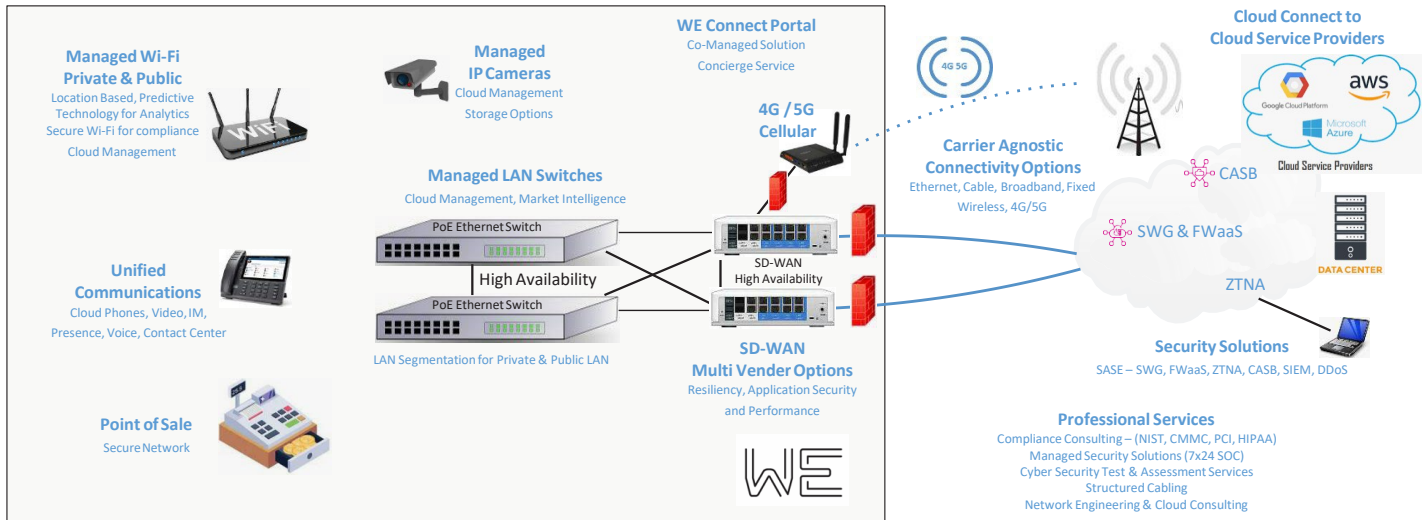


Calling all men and women who enjoy golf, good food, and fellowship. It's never too early to be thinking about warm weather and golf. This is a save the date announcement to let you know that our 4th annual “We Serve” Golf Tournament will be held on Friday, July 12, 2024. Mayapple Golf Club in Carlisle will be hosting our tournament. We will have an 8am shot gun start with lunch to follow at Fiddler's Bar & Grill at the golf course. So, mark your calendars now and plan to join us for a fun filled day of golf and dining with your friends. Registration forms and more details will be made available in early April.



Retail as a Service

Infrastructure as a Service
Customer Administrative Management



Steve Troutman – Senior Solutions Consultant – O: 610-502-6085 – C: 717-497-2002 – F: 610-928-8005 – E: steve@greenstarcloud.io

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W: <https://greenstar-us.com>

W: <https://gstarmarketing.com>

Chamber Chatter is published on-line every Thursday.

We encourage member businesses to send us information on sales, promotions, news and events. It is a great way to promote your business or organization.

Chamber Chatter advertisements will remain for up to 4 weeks, or as space permits.

If you have something to share, please submit it by Wednesday at noon to
info@mechanicsburgchamber.org.

****Chamber Chatter advertising is a FREE member benefit.****

How workaholism impacts your health and your career

One Harvard University study found that work-related stress contributes to 120,000 deaths annually.

By [Rachel Marano](#) - Fast Company

As a healthcare entrepreneur, [it is often difficult](#) to draw the line between my [professional and personal life](#). For years there was no line at all, and I was good with that—until it began to [affect my health](#).

I started my career as a healthcare IT consultant. In 2011, I founded Pivot Point Consulting. Was I a workaholic? Absolutely. And I viewed my workaholism as a badge of honor, as many of us do. I was passionate about my company, dedicated to our employees and clients, and focused on taking my healthcare technology business to the next level while keeping it grounded in closely maintained relationships. Looking back, I was bound to end up where I did and overworking myself.

Workaholic culture—by the numbers

The term “workaholism” was coined in [1971](#) by Dr. Wayne Oates, who defined it as “addiction to work, the compulsive and uncontrollable need to work incessantly.” Regardless of what you call it—workaholism, overwork, work addiction—one thing is clear: It’s not healthy nor sustainable.

We live in a culture where hard work is synonymous with success, but there’s a big difference between working hard and being a workaholic. As a workaholic, I was always “on” and had a difficult time [disconnecting from work](#) at night, on weekends, or on vacation. This meant I was not always being present or living in the moment. I loved my work, but I was exhausted and not making self-care a priority.

According to a [recent study](#) by Aflac, 59% of U.S. workers reported feeling burnt out in their current job. Globally, [worker stress is at an all-time-high](#)—with nearly half of workers (44%) reporting they experienced “a lot of stress” the previous day, according to [Gallup’s 2023 State of the Global Workplace report](#).

The workforce shift brought on by the pandemic has done little to ease our workaholic tendencies: Post-pandemic, 61% percent of remote workers and 53% of on-site workers reported finding it more difficult to unplug from work during off-hours, according to a [study by Indeed](#). Workaholic behaviors can lead to a host of both mental and physical health issues, including anxiety, depression, insomnia, heart disease, high blood pressure, digestive issues, and other chronic illnesses. A [Harvard University study](#) found that work-related stress contributes to 120,000 deaths annually.

Quitting workaholism

I knew I needed to focus on being a better version of myself so that I would be a better leader, grow an even better company, and, ultimately, serve our clients in a better way—one that is more aligned with their missions, most of which are centered around better health and better outcomes.

I realized I needed to take a step back and make a commitment to my personal development in the same way I had made a commitment to my professional development for all those years.

Our lives are a series of habits—some that we intentionally choose and many that we don't. **According to experts**, it takes 21 days to create a habit and 90 days to make a permanent lifestyle change. I knew that I needed to create new habits to make the intentional changes I wanted to make to my life stick.

My personal journey started when I read *The Miracle Morning* and started implementing techniques from the book into my morning routine. I also read *Atomic Habits* and *Tiny Habits* to help create new behaviors that minimized my cognitive load. And I started journaling daily using tools like the *Big Life Journal* and *The Five Minute Journal*.

Dan Harris' *Ten Percent Happier* was another game changer for me. I reduced my stress through mindfulness practices without losing my edge. I was also introduced to the *Calm app* and was inspired by Calm's Chief Purpose Officer, Jay Shetty, and **his approach** to personal development.

The culmination of all of this research led me to a **TED talk** about how emergency room doctors and clinicians stay calm and focused amidst the chaos of their jobs. It offered me a straightforward framework to help take back control and feel less overwhelmed. Resources like this enabled me to focus on what was essential. What didn't serve me, I chose to either stop doing or outsource. By taking things off my plate, I was able to redirect that time to things that give me energy and bring me joy—like exercising, practicing yoga, and spending quality time with my family.

How to create a workplace culture free of workaholism

In order to address workaholism within my team, I became mindful about effective leadership and culture. Instead of attending every meeting and being involved in every project, I carved out more time for goal setting and strategic initiatives. We implemented a culture roadmap for our company to ensure that we don't lose focus on what was important to our team as we grew.

advertisement

After reading *Emotional Intelligence 2.0* and being introduced to the power of emotional intelligence (EQ), I invested in an EQ coach for myself and my team to improve self-awareness, self-management, social awareness, and relationship management.

As I continued to develop my skills, supported by healthy habits and resources, I also completed *Chris Voss' Black Swan* training on tactical empathy, which is a key component of EQ and a training I provided to my team.

I also made the following changes:

- I offered my coworkers the book *The Advantage* to foster organizational health.
- I encouraged my coworkers to take the *Working Genius* assessment to tap into the collective geniuses of our team.
- I began using *The Predictive Index* to better align candidates/consultants to roles.
- I made meetings 55-minutes and 25-minutes long to enable 5-minute breaks in between.
- I banned meetings on Friday afternoons.
- I banned non-essential work after hours or over the weekend.
- I announced well-being days.

In short, we set out to do everything with purpose and to create a culture that aims to embrace and support the health and well-being of our people—whether that’s our employees, our consultants, or our clients.

The core values that counteract workaholism

When I first started my journey, I wrote down three core values that I wanted to start living by. For anyone looking to unpack their workaholic behaviors, I encourage you to carve out the values you’re looking to model and start making them part of your life. Here are mine:

1. **Instead of fighting work-life balance, block time for what’s most important—professionally and personally.** I live by my calendar, so I put everything that I need to do during the day on it (including breaks to allow me to check in with myself, reset, and transition). By putting what matters on my calendar, I commit to being present in whatever I’m doing—whether it’s running or yoga, breathwork, strategic planning, or meetings.
2. **Embrace self-care.** Self-care is a broad concept, but for me it includes getting enough sleep, eating properly, exercising, spending time with family and friends, and, generally, making time for the things that give me energy and purpose.
3. **Revisit your personal goals.** While many of us have professional career goals that we set annually, we aren’t always as disciplined about setting personal goals that stretch us—particularly as we get older. For 2024, I took up running and challenged myself to run every day and my goal is to run a half marathon and full marathon someday.

This year marks two years since the moment I realized I needed to make a change. I’m still deliberate about blocking time, prioritizing self-care, revisiting my goals, and ensuring the life I’m living is the life I want to live.

It’s a work in progress and so am I, but I have a framework in place to lean into healthy choices that not only help me be a better person, but also have made me a better leader, too. It’s a lifestyle and a mindset I consciously choose every day—not only for myself, but also for my family and my team.

About the author

Rachel Marano is president and founder of Pivot Point Consulting, the healthcare consulting division of Vaco Holdings.