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**News, Events & more!**

## CHAMBER EVENTS

*Watch for Weekly Updates!!*

*March*

### **12 - Business Women's Networking Luncheon -**

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

### **28 - Business Leaders Discussion Group -**

Sponsored by **PaySmart Payroll Services, 650 Wilson Ln, Ste. 100, Mechanicsburg.** 7:45 - 9:00am.  
Members only event.

RSVP to [info@mechanicsburgchamber.org](mailto:info@mechanicsburgchamber.org)

## 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...

For a full calendar of chamber and member events,  
visit [www.mechanicsburgchamber.org/events](http://www.mechanicsburgchamber.org/events)

## Thank You For Renewing Your Membership!

**Ellie Mae's Concessions  
Higher Information Group  
TownePlace Suites Mechanicsburg**



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](mailto:info@mechanicsburgchamber.org)

**Mechanicsburg Chamber of Commerce presents:**

## **Business Leaders Discussion Group**

**Thursday, March 28**

**7:45 - 9:00 am**

**Sponsored by**  
**PaySmart Payroll Services**  
**650 Wilson Ln, Suite 100**  
**Mechanicsburg**



RSVP to [info@mechanicsburgchamber.org](mailto: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!**

# GFWC (General Federation of Women's Clubs) Mechanicsburg

The next meeting will be on Tuesday, March 12, 2024 at 7:00 PM at  
Buhrig's Gathering Place, 25 East Main Street, Mechanicsburg.

The speaker will be Fritzi Schreffler spokesperson for PennDot.

Would you like to know more about how we serve the community while  
helping Veterans, libraries and schools? Come for a visit to find out.

For more information, contact Sue at 717.243.9872 visit our website at  
<http://gfwcmecch.tripod.com/>



## AMERICAN PICKERS



**AMERICAN PICKERS ARE LOOKING FOR LARGE, RARE  
COLLECTIONS & THINGS THEY'VE NEVER SEEN BEFORE.  
TELL US THE INTERESTING STORY BEHIND YOUR STUFF!**

**TO BE CONSIDERED, PLEASE CONTACT US AT:**

**[AMERICANPICKERS@CINEFLIX.COM](mailto:AMERICANPICKERS@CINEFLIX.COM)**

**or leave a voicemail at (646) 493-2184**

**or on facebook: @GotAPick**

**PLEASE LET US KNOW:**

- YOUR NAME, TOWN & STATE**
- PHONE NUMBER**
- WHERE YOUR COLLECTION IS LOCATED**
- A DESCRIPTION OF YOUR ITEMS**





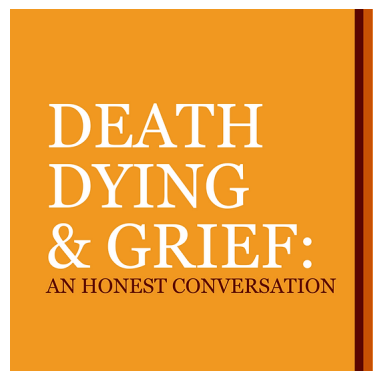
# AMERICAN PICKERS to Film in Pennsylvania

The American Pickers are excited to return to Pennsylvania! They plan to film episodes of The History Channel hit television series throughout your area in April 2024.

AMERICAN PICKERS is a documentary series that explores the fascinating world of antique “picking” on The History Channel. The hit show follows skilled pickers in the business, as they hunt for America’s most valuable antiques. They are always excited to find historically significant or rare items, in addition to unforgettable Characters and their collections.

As they hit the back roads from coast to coast, the Pickers are on a mission to recycle and rescue forgotten relics. Along the way, they want to meet characters with amazing stories and fun items. They hope to give historically significant objects a new lease on life while learning a thing or two about America’s past along the way. The Pickers have seen a lot of rusty gold over the years and are always looking to discover something they’ve never seen before. They are ready to find extraordinary items and hear fascinating tales about them.

The American Pickers TV Show is looking for leads and would love to explore your hidden treasure. If you or someone you know has a unique item, story to tell, and is ready to sell...we would love to hear from you! Please note, the Pickers DO NOT pick stores, flea markets, malls, auction businesses, museums, or anything open to the public. If interested, please send us your name, phone number, location, and description of the collection with photos to: [americanpickers@cineflix.com](mailto:americanpickers@cineflix.com) or call (646) 493-2184 facebook: @GotAPick



**APRIL 20, 2024**

**11 AM - 3 PM**

**THE ENGLEWOOD**

4 PRESENTERS  
LUNCH  
RESOURCES  
FREE ADMISSION

The Englewood, 1219 W End Ave Suite B, Hershey, PA 17036

If the idea of talking about death, dying, and grief makes you cringe, you’re not alone! Join Attorney Jessica Greene at Death, Dying & Grief: An Honest Conversation – an event designed to explore these topics in a safe and uplifting atmosphere. Learn how to navigate and nurture this essential part of our collective journey.

We promise, it’s not going to be as scary as it sounds. This isn’t your typical event. We’re breaking the silence around these challenging subjects, offering a space for open dialogue and understanding. Come armed with your questions and leave with valuable resources provided by locally-owned businesses. This event is designed to be informative, comforting, and even uplifting. Let’s break the silence and learn together!

**[REGISTER HERE](#)**





## UPMC Holding “Find Your Fit” Job Fairs March 5 to 14

UPMC in Central Pa. is hosting a series of in-person “Find Your Fit” job fairs Tuesday, March 5, through Thursday, March 14, to find talented and dedicated people to join its close-knit culture of excellence. These hiring events will be held at or near all seven of UPMC’s hospitals in the region. A wide range of career opportunities are available, including those in:

- Nursing
- Imaging
- Patient Care Support
- Pharmacy
- Laboratory
- Office Support

Attendees will be able to apply onsite, have their resumes reviewed, meet with UPMC Human Resources representatives and hiring managers and possibly have an onsite interview, learn about the UPMC Scholars Program and sign-on bonus opportunities, and explore UPMC’s Total Rewards benefits packages, which are designed to support employees’ total well-being — physical, financial and emotional.

Tuesday, March 5, through Thursday, March 14, noon to 6 p.m.

Tuesday, March 5  
UPMC Outpatient Services at UPMC West Shore  
Atrium  
2015 Technology Pkwy  
Mechanicsburg

Wednesday, March 6  
UPMC Carlisle  
Education Center  
361 Alexander Spring Road  
Carlisle

Thursday, March 7  
UPMC Community Osteopathic  
Conference Rooms 2 and 3  
4300 Londonderry Road  
Harrisburg

Tuesday, March 12  
UPMC Outpatient Center (Hanover)  
Conference Room 1  
2201 Brunswick Drive  
Hanover

Wednesday, March 13  
UPMC Harrisburg  
Brady Building, Capital Rooms 1 and 2  
205 S. Front St  
Harrisburg

Thursday, March 14  
UPMC Lititz  
Multipurpose Room  
1500 Highlands Drive  
Lititz

Outpatient Services at UPMC Memorial  
Conference Rooms 1 and 2  
1703 Innovation Drive  
York

Registration: Individuals can register online to select a location and area of focus. Registration is not required but is highly encouraged, especially for those wishing to complete an interview at the event. Visit [careers.UPMC.com/events](https://careers.upmc.com/events).



*2nd Annual*

## Family Prayer Brunch

**March 16, 2024**  
**11 A.M.**

**Location**  
444 Silver Spring Road  
Mechanicsburg, PA. 17055

**Contact**  
717-554-0981  
www.rhemacreationz.com

**Purchase Tickets:**  
\$20 per person  
Cashapp- RhemaCreationz19

### Special Guests



**PASTOR ANNETTE TORRES**  
*Temple of the New Beginning Church*



**ELDER GARY NAPPER**  
*New Day International Kingdom Ministries*



**PASTOR PATRICK PRESS & PROPHETESS CHIQUITA PRESS**  
*Kingdom Roar Destiny Center*



**PASTOR NARO SANTELIVERA**  
*The Hospital Church*

*Join RhemaCreationz and local leaders of the gospel for an afternoon of prayer, worship, fellowship and the Word of God. We are coming together as one body, mind, soul and spirit to uplift, motivate and encourage one another in the faith. We are coming to stand in the gap for our churches, families, marriages, careers, and nation. We hope to see you there!*

## Join us for the 2nd Annual Family Prayer Brunch!

Come and gather with your loved ones for a heartwarming morning of prayer, fellowship, and delicious food. This event is a wonderful opportunity to strengthen your family's bond and connect with others in our community.

Mark your calendars for Saturday, March 16, 2024, and be ready to start at 11:00 AM (EDT). We will be hosting this special occasion in person, ensuring a warm and inviting atmosphere for all attendees.

During the brunch, we will engage in heartfelt prayers, share inspiring stories, and enjoy a delectable spread of breakfast favorites. This event aims to create a space where families can come together, find solace, and uplift one another through the power of prayer.

Whether you are a regular attendee or new to our community, we welcome you with open arms. Don't miss out on this memorable occasion! Save the date and join us for the 2nd Annual Family Prayer Brunch.

<https://www.eventbrite.com/e/2nd-annual-family-prayer-brunch-tickets-727650150187?aff=oddtcreator>



# JOB

AND **Government Services**

# FAIR

Representative Sheryl M. DeLozier

*Invites You to Participate in a Job and Government Services Fair*

I will be hosting a job and government services fair for constituents of the 88<sup>th</sup> 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](http://RepDeLozier.com/Events). There is no cost to participate.

<p style="font-size: 24px; font-weight: bold; color: #003366;">Thursday,</p> <p style="font-size: 48px; font-weight: bold; color: #FF9900;">MARCH</p> <p style="font-size: 72px; font-weight: bold; color: #FF9900;">14</p> <p style="font-weight: bold; color: #003366;">10 a.m. to 3 p.m.</p> <p style="font-weight: bold; color: #003366;">Mechanicsburg First Church of God Community Center</p> <p style="font-size: 12px;">201 East Green St., Mechanicsburg, PA 17055</p>	<p style="font-weight: bold; color: #003366;">SOME OF OUR VENDORS INCLUDE:</p> <table border="0" style="width: 100%;"> <tr> <td style="vertical-align: top; width: 50%;"> <ul style="list-style-type: none"> <li>The Woods at Cedar Run</li> <li>Penn State Health</li> <li>The Arc of Cumberland and Perry Counties</li> <li>Melissa Hiler Ind, Avon Representative</li> <li>Members 1st Federal Credit Union</li> <li>MedStaffers</li> <li>Tribe on Quest</li> <li>United Way of Central PA</li> <li>Hilton Harrisburg</li> <li>Career Development Advisors</li> <li>Mid Penn Legal Services</li> <li>Hollywood Casino</li> <li>UCP Central PA</li> </ul> </td> <td style="vertical-align: top; width: 50%;"> <ul style="list-style-type: none"> <li>Commonwealth of Pennsylvania</li> <li>PA Department of Aging</li> <li>PA Treasury</li> <li>PA Department of Military and Veterans Affairs</li> <li>US Postal Service</li> <li>Cumberland County Treasurer</li> <li>PA Auditor General</li> <li>PA Department of Corrections</li> <li>PA Public Utility Commission</li> <li>CareerLink Cumberland County</li> </ul> </td> </tr> </table> <div style="background-color: #003366; color: white; padding: 10px; text-align: center; font-weight: bold;">             Please call my office at <span style="color: #FF9900;">717-761-4665</span> for questions and more information.         </div>	<ul style="list-style-type: none"> <li>The Woods at Cedar Run</li> <li>Penn State Health</li> <li>The Arc of Cumberland and Perry Counties</li> <li>Melissa Hiler Ind, Avon Representative</li> <li>Members 1st Federal Credit Union</li> <li>MedStaffers</li> <li>Tribe on Quest</li> <li>United Way of Central PA</li> <li>Hilton Harrisburg</li> <li>Career Development Advisors</li> <li>Mid Penn Legal Services</li> <li>Hollywood Casino</li> <li>UCP Central PA</li> </ul>	<ul style="list-style-type: none"> <li>Commonwealth of Pennsylvania</li> <li>PA Department of Aging</li> <li>PA Treasury</li> <li>PA Department of Military and Veterans Affairs</li> <li>US Postal Service</li> <li>Cumberland County Treasurer</li> <li>PA Auditor General</li> <li>PA Department of Corrections</li> <li>PA Public Utility Commission</li> <li>CareerLink Cumberland County</li> </ul>
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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](https://RepDelozier.com/Events). Shredding will be taken on a first-come, first-served basis at the event.

## 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...

For more information - on HOSTING AN EVENT  
contact the Chamber office at 717-796-0811 or email - [info@mechanicsburgchamber.org](mailto: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](mailto:hohlee@upmc.edu), or visit [careers.upmc.com](https://careers.upmc.com) to explore all of UPMC's opportunities.

# The Secret to Engaging in Dementia



**Rebekah Wilson, MSW**  
Owner, Aging Care Coach LLC

LIVE WEBINAR

**WEDNESDAY, MARCH 27**

**1:00 - 2:30 pm ET/12:00 pm - 1:30 pm CT**

This online educational program is about **engaging individuals living with dementia** in social engagement programming and care delivery. This program is intended for **clinicians and family caregivers** and is designed to:

- 1 Help participants identify and understand the impact of brain changes in various parts of the brain on engagement
- 2 Identify categories of time use and the importance of balanced time use
- 3 Explore effective environmental modifications that will enhance participation in care delivery and social engagement

Rebekah Wilson, MSW, Dementia Trainer and Consultant will present this 90-minute online presentation that empowers participants to implement strategies to increase engagement and quality of life for individuals with dementia. Additionally, participants will identify approaches to share with direct care workers and family caregivers to reduce caregiver burden and stress.

## 1.5 CE Credits Offered For

- Psychologists
- Social Workers
- Counselors
- MFTs
- Long-Term Care Administrators
- Other behavioral health professionals

24-ART-313

**CLICK TO REGISTER**

ARTIS SENIOR LIVING OF WESTSHORE

150 N. 12th Street, Lemoyne, PA 17043 | [717-409-8921](tel:7174098921)

[Westshore.ArtisSeniorLiving.com](https://Westshore.ArtisSeniorLiving.com)



# CARLISLE CHAMBER CAREER & JOB EXPO



**APRIL 4, 2024  
2:30 - 5:00 PM**

**CARLISLE EXPO  
100 K STREET  
CARLISLE**

**EXHIBITORS**



**50+ EMPLOYERS**

With more than 50 local employers, this Career & Job Expo will provide multiple hiring opportunities

**MULTIPLE INDUSTRIES**

Diversity of industries will be represented to provide our job seekers a variety of career pathways and inquiries

## PRESENTED BY



**ALLEN DISTRIBUTION**

PROMISES **DELIVERED**

## WORKFORCE SPONSOR

**GIANT**

## PARTNERS



cumberland valley  
CUMBERLAND AREA  
ECONOMIC DEVELOPMENT  
CORPORATION



**CARLISLECHAMBER.ORG**

***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](mailto:info@mechanicsburgchamber.org).

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



This event could be right up your alley! The BIGGEST BOWLING PARTY in the region is back to ignite the power and promise of youth. Bowl for Kids' Sake raises funds for Big Brothers Big Sisters of the Capital Region. Gather your friends, family and coworkers to bowl for a cause! Raise funds to connect youth across 5 counties with caring mentors who inspire kids to dream BIG! The more you raise, the bigger your impact! Multiple event dates are available. Register today at [CAPBIGS.ORG](https://CAPBIGS.ORG).

Bowl for Kids' Sake is sponsored by Hershey's Chocolate World.

Event has multiple dates/times/locations (additional event dates may be added):

- Saturday, March 23rd at 1:00pm & 3:30pm. ABC West, Mechanicsburg.
- Sunday, March 24th at 2:00pm. ABC West, Mechanicsburg.
- Sunday, April 7th at 2:00pm. 222 Dutch Lanes, Ephrata.
- Thursday, April 18th at 6:00pm. Palmyra Bowling, Palmyra.
- Thursday, April 25th at 6:00pm. Midway Bowl, Carlisle.



## 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](mailto:pamfleck13@yahoo.com)).

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

# JAZZ ME BAND

KIRK WISE UPCOMING  
SOLO, DUO & BAND  
PUBLIC DATES

Fri. 3/8 – Totem Pole Wine Farm Ranch,  
Carlisle...Kirk solo 6:30-8:30

Sat. 3/9 – Hemauer Brewing,  
Mechanicsburg...Kirk solo 6:30-9

Tue. 3/12 – Greystone Brew House@  
Range End , Dillsburg...Kirk solo/duo 6-9

Sat. 3/16 – Reid's Wine & Cider House,  
Gettysburg...Kirk & Dave Duo 7-10

Tue. 3/19 – Greystone Brew House@  
Range End , Dillsburg...Kirk solo/duo 6-9

Fri. 3/22 – Hook & Flask, Carlisle...  
Kirk & Patrick Duo 7-10

Tue. 3/26- Greystone Brew House@  
Range End , Dillsburg...Kirk solo 6-9

Fri. 3/29 – The Gettysburger Company,  
Gettysburg...Kirk & Patrick Duo 7-10

Sat. 3/30 – Rotunda Brewing & Restaurant,  
Anville...Kirk Duo 6-9

For complete up-to-date  
schedule, information,  
and photos go to  
[www.jazzmeband.com](http://www.jazzmeband.com)

**Bookings:** call Kirk at 717-979-0341 or  
E-mail [wisemotors@aol.com](mailto:wisemotors@aol.com)

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



**We Serve**

*Lions Club of Mechanicsburg, PA*

## **4th Annual Mechanicsburg Lions "We Serve" Golf Tournament**

**Friday, July 12, 2024**



**Tee Off: 8:00am Shotgun Start**

*Proceeds Benefiting*

*Lions Club of Mechanicsburg, PA Charities*



**We Serve**

The Mechanicsburg Lions Club will host the 4th annual "We Serve" charity Golf Tournament on Friday, July 12, 2024 at Mayapple Golf Club in Carlisle. 8am shot gun start with lunch to follow at Fiddler's Bar & Grill at the golf course.

We hope you will join us again this year and help us support our many charitable organizations. Click [here](#) for registration forms. Limited to the first 108 golfers that sign up and pay. We look forward to seeing you on the course. Thank you for your continued support.



## **Geisinger names Terry Gilliland, MD, as president and future chief executive officer**

Geisinger announced that its Board of Directors has appointed Terry Gilliland, MD, as president of Geisinger Health and selected him to assume the role of chief executive officer (CEO) once Jaewon Ryu, MD, JD, transitions to CEO of Risant Health. Dr. Gilliland will become the eighth chief executive officer in Geisinger's 109-year history.

Dr. Gilliland has extensive experience and has held senior roles at several large healthcare delivery and payer organizations. Prior to joining Geisinger, Dr. Gilliland served as chief medical officer and chief science officer at Cogitativo, a healthcare-focused artificial intelligence and machine learning company. Prior to that role, he served as executive vice president of healthcare quality and affordability at Blue Shield of California and senior vice president and chief medical officer of Sentara Healthcare. Earlier in his career, Dr. Gilliland held various leadership roles at the Mid-Atlantic Permanente Medical Group and the Colorado Permanente Medical Group within Kaiser Permanente, in addition to being a practicing general surgeon for Kaiser Permanente.

Dr. Gilliland received his Bachelor of Science in Biology from Stanford University, his Doctor of Medicine from the University of California, Los Angeles, and his Master of Science in Management from the Stanford Graduate School of Business. Dr. Gilliland currently resides in Steamboat Springs, Colo., with his wife and will be relocating to Pennsylvania.

### **About Geisinger**

Geisinger is committed to making better health easier for the more than 1 million people it serves. Founded more than 100 years ago by Abigail Geisinger, the system now includes 10 hospital campuses, a health plan with more than half a million members, a research institute and the Geisinger College of Health Sciences, which includes schools of medicine, nursing and graduate education. With more than 25,000 employees and 1,700+ employed physicians, Geisinger boosts its hometown economies in Pennsylvania by billions of dollars annually. Learn more at [geisinger.org](https://www.geisinger.org) or connect with us on Facebook, Instagram, LinkedIn and Twitter.

# Geisinger



## UPMC OPENS NEW HILLMAN CANCER CENTER LOCATION

UPMC Hillman Cancer Center continues to grow with the opening of a new center at 2020 Technology Parkway, Mechanicsburg. This 38,000-square-foot state-of-the-art facility delivers comprehensive and personalized cancer care with a soothing and modern atmosphere designed to enhance the patient experience.

"As part of the largest integrated community cancer network in the United States, UPMC Hillman Cancer Center focuses on bringing cancer expertise to the communities it serves," said Charles Reninger, MD, medical director of Hematology and Oncology, UPMC Hillman Cancer Center in Central Pa. "Through our comprehensive team care approach, patients in the Mechanicsburg region can get everything they need here, including access to the latest treatment and clinical trials, close to home."

For more information or to schedule an appointment at the UPMC Hillman Cancer Center in Central Pa., visit <https://go.upmc.com/1951Kz-A->.

# The Restorative Power of Small Habits

By [Francesca Giulia Mereu](#) and [Jennifer Jordan](#) - Harvard Business Review

Over the last few years, there's been a renewed focus on burnout, a serious physical and psychological condition that requires attention and care. But a narrow focus on burnout ignores another key part of wellbeing — the more subtle but equally important ongoing maintenance of one's energy, especially through the daily challenges of leadership. The authors identify five key energy batteries: physical, mental, emotional, spiritual, and social. Once you identify which batteries are depleting and why, you can implement mini-habits to help you recharge.

Martin was a member of an executive team tasked with leading a large reorganization of his division, and he was under pressure to deliver results. Despite the stress and workload, Martin enjoyed his work and was motivated to make a difference.

But little by little, Martin found himself struggling to maintain the energy he needed to perform. Small events began to unsettle him far more easily, and it took him longer to move on and regain his usual zest. He had always considered himself resilient and able to deal with uncertain, complex, and high-stakes situations. Martin wondered what was going on.

In recent years, there's been a renewed focus on employee well-being and the link between [systemic organizational problems and burnout](#). Burnout is a serious physical and psychological condition, which requires attention and care.

But in working with our executive clients, we found that a narrow focus on burnout ignores a key part of well-being: the more subtle but equally important *daily* maintenance of one's energy through the quotidian challenges of leading and driving results.

The first signs of losing this daily energy are often similar to the experience of Martin. Symptoms include decreased patience with delays or mistakes and increased self-doubt. We've seen client's strengths (directness, tact, or caution) turn into liabilities (snappiness, fear, or procrastination). Mundane triggers become chronic stressors. Sometimes sleep is affected, colds or coughs become more frequent, and the weekend's rest is not enough to start fresh on Monday morning.

Leaders we've worked with can be hesitant to address these effects, because they don't feel sufficiently serious or impactful. It isn't burnout, so, they feel like they should just "suck it up," in the words of one executive we spoke with.

But we see it differently. This daily maintenance of energy — even when it doesn't feel close to risking burnout — is a key element to sustaining and thriving at the intense pace that is expected of leaders today.

Energy is not just physical or psychological — it's multi-dimensional. Based on our experience over the last 25 years (and building upon [the work of Tony Schwartz and others](#)), we've identified five "energy batteries" that impact leaders' wellbeing:

**Physical battery:** This refers to physical health and vitality. Sleep, movement, and nutrition are the main factors that charge this battery; any challenge in these areas will quickly deplete it.



**Mental battery:** This involves clarity, focus, and intellectual agility. It's usually charged by activities like practicing mindfulness or learning new topics, and it's depleted by constant demands and interruptions.

**Emotional battery:** This is about creativity, emotional intelligence and self-regulation. It's recharged by enjoyable activities, restorative hobbies, creative practices, or fulfilling time with family and friends, and it's depleted by having to manage conflicts or rehash hurtful events.

**Spiritual battery:** This includes motivation and sense of purpose. It can be restored through time in nature, volunteer work, religious traditions, spiritual practices, or introspective activities. In our experience, this is the battery that is most often taken for granted in the business world.

**Social battery:** This refers to both personal and professional relationships. It's charged by social activities, such as time with friends and colleagues (outside of traditional work activities), as well as being able to freely and safely travel. It's depleted when we do not feel safe where we live, when we work in a place where appreciation is scarce, or when we're worried about the well-being of loved ones.

While the boundaries between the five batteries are fluid, an idea of where you are on each helps you more easily and quickly assess your needs. Examining each battery can give you a clearer, more palpable sense of what's recharging — and what's depleting — your energy. If you find yourself struggling in certain areas, you can ask: How are my habits supporting my energy? Where do I recharge faster? Where do I drain more easily? What can I adjust? What do I need to accept for now?

With clients like Martin, we typically see that it's their physical and mental batteries that need recharging. We regularly see clients who have become very sedentary, for example, and at the end of the day are in a brain fog, with far too many hours spent in front of the screen.

To recharge their depleted batteries, we suggest our clients identify “mini-habits,” or a meaningful activity that they can commit to consistently doing. For example, to recharge a physical battery, rather than making a big commitment like exercising three times a week, someone like Martin might decide to climb the stairs and take the farthest parking space to increase his daily steps.

These small tweaks can produce compounded results. For one client, taking short breaks throughout the day provided insights about what he could delegate and what required his direct attention, improving his ability to make accurate decisions and sustain the fast-paced changes in his business. Another found that listening to five-minute meditations on their train ride to work each morning helped to ground them for the day ahead.

By adopting this approach, we've seen clients regain their confidence in their ability to deal with life challenges — both with what they can influence and what they needed to accept (such as a chronic health condition or a restructuring that is occurring at work).

When we start to experience frustration in our work lives, whether from a delayed answer, a postponed call, or a meeting ending with no clear decision, it's time to assess the impact on our five energy batteries. While these incidents might seem minor, they do affect the body and mind, raising cortisol levels and reducing cognitive and emotional resources.

Increasing daily resilience not only helps with everyday well-being, it also helps leaders stay effective in crisis situations because it builds the skills to be mindful of their energy and methods to

keep it at optimal levels.

### **About the authors**

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