

Chamber CHATTER



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

4.25.24

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

In This Issue:

Cinco de Mayo Regional Fiesta Mixer is next week2-3

April is Donate Life Month13

How managers can tackle the most common employee struggle17-18

News, Events & more!

CHAMBER EVENTS

Watch for Weekly Updates!!

May

2 - 14th Annual Cinco de Mayo Regional Fiesta Mixer - Location - **Volvo CE**, 200 Rowe Rd., Shippensburg, 4:30 - 6:30pm. RSVP requested.

27 - Chamber Office closed for Memorial Day.

RSVP to 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

Thank You For Renewing Your Membership!

Anthony & Sylvan Pools
Hampden Greene
Joy's Ceramics
Penn State Health
Roundtop Mountain Resort
The Sentinel

14th Annual



REGIONAL
FIESTA MIXER

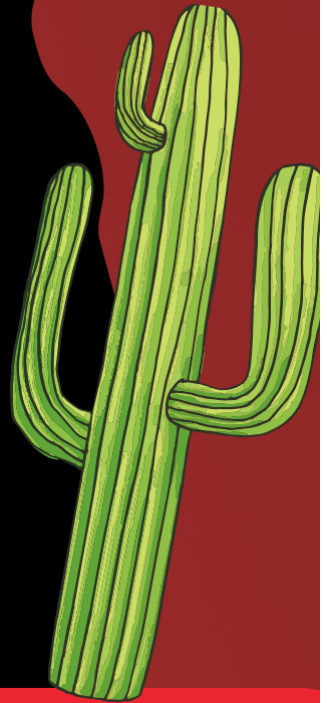
THURSDAY, MAY 2, 2024
4:30 - 6:30 PM

Volvo Construction Equipment
Customer Center
200 Rowe Road, Shippensburg

RSVP: tinyurl.com/2024-Cinco-Mixer



Volvo Construction
Equipment





14th Annual Regional Fiesta Mixer

Thursday, May 2, 2024

4:30 - 6:30 pm

Volvo Construction Equipment
Customer Center
200 Rowe Road, Shippensburg

SPONSORSHIP OPPORTUNITIES AVAILABLE!

Take advantage of this opportunity to connect with 350+ business professionals!

Exclusive Event Sponsor (SOLD)



Event Partner (\$500)

- Logo promoted in all event advertising
- Booth space

Food Sponsor (\$1,000)

- Logo promoted in all event advertising
- Booth Space
- Display Business Banner (provided by Sponsor)



Table Sponsor (\$250)

- Booth space



Volvo Construction
Equipment



Sponsorship Information: chamber@shippensburg.org



HM HOLLOWAY MEDIA SERVICES



Thank you to Heather Holloway, from Holloway Media Services, for presenting her SCOPE system for social media marketing. Her enthusiasm and real world examples helped attendees not only engage on her points, but also relate how they can be used in their own businesses and organizations.

Recognition also goes to UPMC for sponsoring our AM Strategies event and Buhrig's Gathering Place for facilitating the location and lunch.

If there is a subject that you would like to be featured for a future A.M. Strategies...for Business Success, please contact the Chamber office.



Jubilee Day

Save the Date

On June 20, Jubilee Day returns to the streets of downtown Mechanicsburg. This year marks the 94th Annual edition! Don't miss your chance to be exposed to nearly 70,000 attendees from across the midstate.

Booth space is available at a discounted rate for Chamber members. Contact the chamber for an application. 717-796-0811 or info@mechanicsburgchamber.org



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://www.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):

- Thursday, April 25th at 6:00pm. Midway Bowl, Carlisle.

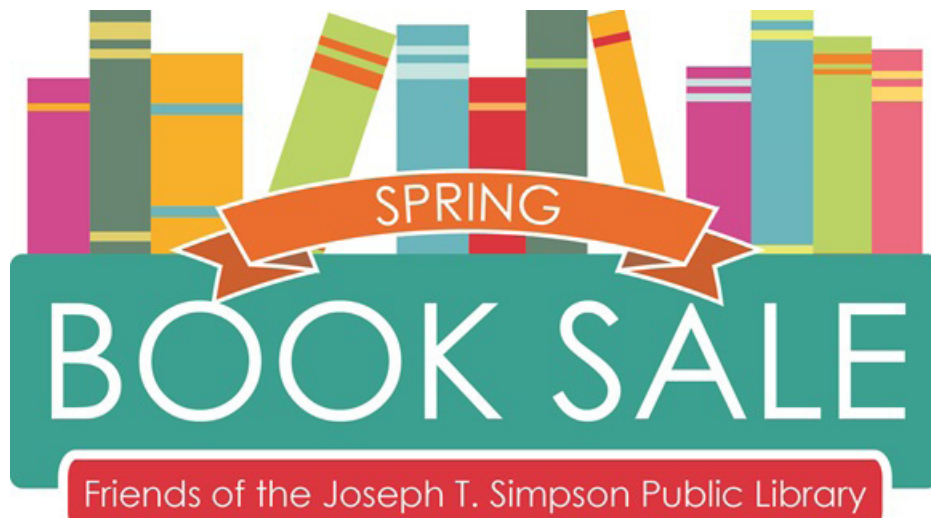
Seeking HOSTS for 2024 EVENTS

- 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.

Our calendar is WIDE open.



The Friends of Simpson Library present their Spring Book Sale Saturday, April 27 and Sunday, April 28.

The regular Book Sale is on Saturday, April 27, from 9:00 am - 2:00 pm.

On Sunday, April 28, from 1:00 - 3:00 pm, it's the Bag Sale—
all the books you can fit in a level bag for only \$10.00!
Some restrictions apply. Paper bags supplied by the Friends of the Library.

"Members Only" Preview: Friday, April 26, 6:00 - 8:00 pm.
Invitations to Preview Night are mailed one month prior to the sale
to current Friends' members, and a list of members will be at the door.
Memberships may be purchased at Preview Night.
Memberships start at just \$25.

The Book Sale is held at our new location:
Book Sale & Donation Center
45 West Allen Street, Mechanicsburg

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.****



Event Schedule

April 27 10:00 - 2:00 p.m.
Living History Day, Frankenberger Tavern
and Union Church. Crafters, re-enactors,
demonstrations.

May 1 1:00 p.m. "That our Daughters May be Cornerstones: A History of Irving College."
Speaker is Chad Leinaweaver. Mechanicsburg Museum Assn. Lifetime Enrichment program held
at the Passenger Station, 2 W. Strawberry Alley., Mechanicsburg, PA.

May 3 6:30 p.m. Frankenberger Raffle Dinner and Game Night. Call Mechanicsburg Museum office
at (717) 697-6088 for details about this full course dinner and fun evening.

May 4 10:00 - 3:00 p.m. Local History Day at JV Baseball Field, Memorial Park.
Organized by Keystone Baseball Club, Mechanicsburg Museum Assn. will have 1 of the 20
exhibit tables. Snacks and lunches available. Games start at 10:30 a.m.

May 22 1:00 p.m. Indian Villages & Trails of the West Shore."
Speaker is Lawrence Knorr. Mechanicsburg Museum Assn. Lifetime Enrichment program held
at the Passenger Station, 2 W. Strawberry Alley., Mechanicsburg, PA.

GFWC (General Federation of Women's Clubs) Mechanicsburg

The next meeting will be on Tuesday, May 14, 2024 at 7:00 PM at Buhrig's Gathering Place,
25 East Main Street, Mechanicsburg. Arrive at Buhrig's by 7:00 PM to carpool for a mystery trip.

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://gfwcmeh.tripod.com/>



For The Health Of A CHILD

Sunday, April 28th, 2024

4:30 to 7:30 P.M.

The Willows at Ashcombe Mansion
1100 W. Grantham Road, Mechanicsburg

Alicia Richards, ABC27 Anchor, Evening Emcee
Mix & Mingle | Delicious Food & Drinks
Silent Auction

*Proceeds to benefit children's
medical & dental services at*



Sponsorships Available!



A Benefit For 

Sunday, April 28th, 2024

The Willows at Ashcombe Mansion

For more information and event details, visit
www.SadlerHealth.org/Support.



**100 N. Hanover St.
Carlisle, PA 17013**

ACCOUNTABILITY WEBINAR




Saturday
May 11, 2024
11:00 AM

The seminar will cover topics such as setting clear expectations, communication strategies, and goal tracking techniques. This webinar is a great opportunity to enhance your skills and boost productivity in a professional environment. So, don't miss out on this chance to learn and grow - sign up today and take the first step towards a more accountable and successful future!

FACILITATOR
LATOYA WASHINGTON

REGISTER ONLINE

 717-554-0981

 www.rhemacreationz.com



Accountability is a crucial aspect of success in any organization. By attending a virtual webinar focused on accountability, you can gain valuable insights and practical tips on how to remain accountable in your personal and professional life. The seminar will cover topics such as setting clear expectations, communication strategies, and goal tracking techniques. This webinar is a great opportunity to enhance your skills and boost productivity in a professional environment. So, don't miss out on this chance to learn and grow - sign up today and take the first step towards a more accountable and successful future!

Visit <https://www.rhemacreationz.com/event-details/accountability> to register online

Third Friday **FOOD TRUCKS**



**APRIL 19 • MAY 17 • JUNE 21 • JULY 19
AUG. 16 • SEPT. 20 • OCT. 18**



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



MULTIPLE TRUCKS /// VARIETY OF FOOD

SAVE - THE - DATE

94th Jubilee Day
Thursday, June 20th

20th Annual Golf Outing
Friday, September 20th

Interested in sponsorship - email
info@mechanicsburgchamber.org

ONE NIGHT ONLY

Live At
The Englewood

May 19th

Doors: 3pm
Show: 4-6pm

Listen to the new
music, with a special
announcement...

Tickets:
EnglewoodHershey.com



CHRISTIAN YEAGER

Report Potholes to PennDOT

While it's always great to welcome the spring thaw, it also brings with it more potholes on our roads and bridges. Extreme fluctuations in temperatures can contribute to more potholes on our roads.

To help combat potholes and prevent them from becoming a danger to vehicles and drivers on the road, you can report potholes to PennDOT. Simply call 1-800-FIX-ROAD or [click here to file a report online](#).

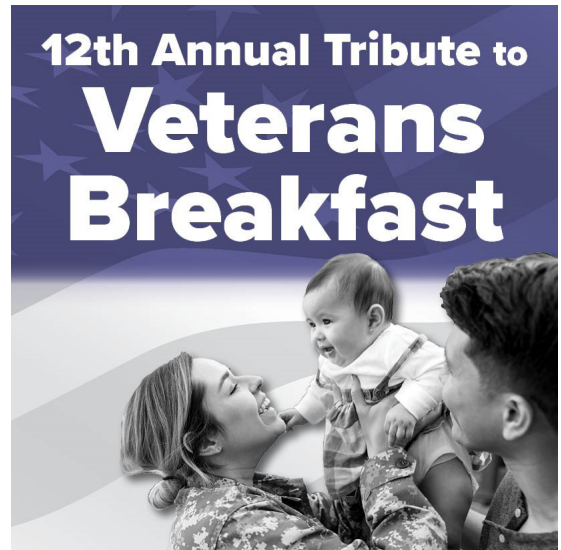


My 12th annual Tribute to Veterans Breakfast will be held Thursday, May 30, at 8 a.m. (doors open at 7:30 a.m.) at the Mechanicsburg First Church of God Community Center, 201 E. Green St. in Mechanicsburg.

The 88th District's veterans, active-duty military personnel and their families are invited to this free program and breakfast to pay tribute to their service. This year, our theme is the veteran's families, as we know when a soldier serves, so does the family by keeping the home life going while they defend our liberties. We thank them for all the sacrifices made while their loved ones served our country.

Our guest speaker will be Alyssa H. Holstay, Esq. Alyssa has been practicing law in Pennsylvania since 2007 and has practiced in criminal law, child welfare law, family law and administrative law. She is also the founder of Selfless Service, a community support and assistance organization for military families, law enforcement and first responders

RSVPs are required. Please call my office at 717-761-4665 or [click here to let us know you're coming](#).



Donate Life Month

April is Donate Life Month, an opportunity to raise awareness about the growing need for organ donation across the Commonwealth and the country. According to Donate Life PA, 20 people on average die each day while waiting for a life-saving organ transplant, and every 10 minutes, another person's name is added to the national waiting list.

Across the country, more than 118,000 people are waiting for a transplant to save their lives, and hundreds of thousands more wait for life-enhancing tissue transplants. In Pennsylvania alone, more than 8,000 people are on the

waiting list for a life-saving organ transplant.

More than 4.6 million Pennsylvanians have added the donor designation to their driver's license, learner's permit or state identification card, but this represents only half of those eligible to register. [If you'd like to register as an organ donor, you may sign up here](#). You are also encouraged to let your loved ones know of your wishes.

For more information about organ donation, visit donatelife.org.



F&M Trust donates \$3,000 to support Vision Resources of Central Pennsylvania

F&M Trust recently donated \$3,000 to Vision Resources of Central Pennsylvania, an agency that serves the visually impaired in Cumberland, Dauphin, Franklin, and Perry counties. The donation will support the agency's mission to facilitate independence, enrich the quality of life, and empower individuals who are visually impaired or otherwise disabled through prevention, employment, and educational awareness programs.

“For a century, Vision Resources of Central Pennsylvania has provided services for blind and visually impaired individuals, many of whom have few choices for access to assistance,” F&M Trust President and CEO Tim Henry said. “F&M Trust is proud to support the agency as it remains committed to fulfilling its mission and to treating clients with dignity and respect.”

The bank's contribution will support three of the agency's fundraising events in 2024: Visions of Monte Carlo in April, Vision Bowl in July, and An Evening in the Shadows in November.

“Our annual events are not only fundraising opportunities, but also raise awareness of low vision, blindness, and all of our services to Central Pennsylvania. Two of these events allow the guests a first-hand experience of the challenges faced daily by our clients,” Vision Resources of Central Pennsylvania CEO Cheryl Cuddy said. “We are grateful for the continued support of F&M Trust in helping to carry our message further.”



Vision Resources of Central Pennsylvania CEO Cheryl Cuddy accepts a check from Anne Bednar, manager of F&M Trust's community office in Mechanicsburg.

sam's club™



The following Membership Offers will begin on 4/16 and go through 4/30 with a Celebration Expo happening on 4/20. In Club Event.

New Membership Offers available in-club

- \$50 Plus Membership
- \$14 Club Membership

Plus Challenge:

- Upgrade and get \$20 off \$40 or more purchase.

Credit Offer:

- Earn a \$50 statement credit when you open a new account and use it to make \$50 in Sam's Club purchases within the first 30 days.
- Money Magazine BEST in GAS 5% Cash Back and 3% Cash Back Plus Members 5% Cash Back GROCERIES
- No Annual Fees

Scan & Go Offer:

- \$10 Scan & Go offer for first time users.
- existing members only who want to try Scan & Go for the first time.
- A \$10 Scan & Go offer will automatically load for new members joining.

Scan & Go Instant Savings Offers

- Select items will be on promotion for members who use Scan & Go.

Scan & Go Member Appreciation Offer:

- All members who make an eligible Scan & Go transaction on 4/20 will receive a free CPU trip (Club Pick UP) (Club Members) or free DFC (Home Delivery) (Plus Members), valid through May 10. All first-time Scan & Go users can redeem the \$10 instant offer and the appreciation offer.

Celebration Expo on 4/20

JAZZ ME BAND

KIRK WISE UPCOMING
SOLO, DUO & BAND
PUBLIC DATES

Fri. 4/27 – Hemauer Brewing,
Mechanicsburg...Kirk solo 6:30-9

Sun. 4/28 – Captain Bob’s Steamed Crabs,
Railroad/ Shrewsbury...Kirk solo 1-3

Mon. 4/29 – Lawton Legion, Harrisburg...
Kirk solo 4:30-6

Tue. 4/30 – Greystone Brew House@
Range End , Dillsburg...Kirk solo 6-9

Fri. 5/3 – Pilger Ruh Wine Garden,
Gettysburg...Kirk solo 6-9

Sun. 5/5 – Allegro Wine, Stewartstown...
Kirk solo/duo 1-4

Tue. 5/7 – Greystone Brew House@
Range End , Dillsburg...Kirk solo 6-9

Sat. 5/11 – Captain Bob’s Steamed Crabs,
Railroad/ Shrewsbury...Kirk solo 6-8

Tue. 5/14 – Greystone Brew House@
Range End , Dillsburg...Kirk solo/duo 6-9

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



PennState Health

COMMUNITY HEALTH NEEDS ASSESSMENT

Penn State Health (PSH) hospitals are committed to understanding and addressing the health needs of the communities we serve. Therefore, PSH is undertaking a Community Health Needs Assessment (CHNA) and we would appreciate your input.

Please take the time to participate by April 30, 2024 and use the following link to access the survey:
<https://redcap.link/qofljo0>.

Your survey responses will be held confidential. Any comments you provide will not be attributed to you or your organization but rather included in an aggregate report of findings. We will share results and overall findings from the CHNA, more information coming soon.

If you have specific questions or if you require a disability or language accommodation to complete this survey, please email CHNA@pennstatehealth.psu.edu.

How managers can tackle the most common employee struggle

*Eliminate the shame of mental blocks and see an immediate turnaround.
How managers can tackle the most common employee struggle*

By **Hollie Castro** - Fast Company

As leaders, we juggle the responsibilities of enhancing productivity, fostering employee satisfaction, and generating revenue, but a critical yet often overlooked challenge can significantly hinder our progress: mental blocks.

Most of us experience mental blocks—that feeling of being stuck and unable to move forward with a task or project—at some point. If left unchecked, they can spell a world of trouble for each of us personally and, as a result, our businesses' bottom lines, according to a **new study** from my company, Miro.

These challenges carry emotional, financial, and productivity costs, but by understanding mental blocks better, the impact they have on us and our employees, and ways to tackle them, business leaders can curb their impact and help employees be at their best.

Nearly all workers experience mental blocks

While a taboo topic, mental blocks play a significant role in work life. The study polled 2,000 information workers across the U.S. about their experiences with mental blocks revealing that only 4% have *never* experienced a mental block at work.

Meanwhile, 59% of workers revealed that they experience mental blocks on a daily or weekly basis. Half say they spend a few hours a week trying to overcome these blocks, while 27% say they spend a few hours per day managing theirs.

These findings should be worrying to leaders. Using these survey insights and average salary data from the U.S. Bureau of Labor Statistics, it is estimated that just one hour of lost productivity per week costs an enterprise with 1,000 employees over \$2.2 million annually.

Mental blocks impact employees' mental health and productivity

Most workers experience mental blocks under two circumstances: when they don't have all the necessary information and when they feel overwhelmed managing multiple tasks. Other common reasons for mental blocks include not knowing how to start a project, decision-making paralysis despite having the necessary information, and not feeling able to seek help.

Workers say mental blocks make them feel "frustrated," "anxious," "annoyed," and "insecure." Their main concerns about blocks include "appearing lazy or slow," "causing delays for project stakeholders," and stakeholders questioning their competency. Workers even report that mental blocks increase their level of burnout, make them doubt themselves, and contribute to imposter syndrome.

How to respond to mental blocks

Most workers respond to mental blocks by taking breaks to recharge, but nearly half keep working until they push past them. Only a third are willing to talk to a colleague about their mental blocks, and even fewer turn to their managers.

So how can leaders help? First, they should recognize the signs of mental blocks, including decreased productivity, increased stress levels, and worker frustration. Leaders also should speak openly about mental blocks. Only by fostering an environment where everyone feels comfortable discussing this challenge will we see reduced stigma surrounding mental blocks and create a greater sense of camaraderie and progress within a team.

Collaboration plays a significant role in overcoming mental blocks. The report found that about 63% of workers are more likely to experience a mental block when working alone, compared to less than 40% when collaborating with others. Leaders can encourage collaboration in various ways: verbally promoting and rewarding it, setting aside time for team huddles, and using tech tools that facilitate real-time group work.

Another common trigger for mental blocks is the inability to quickly find data or understand assignments (73%). Leaders can alleviate this by regularly engaging with employees, addressing questions, reiterating points, brainstorming, and adjusting project scopes when needed.

Mental blocks also occur when tasks fall outside of employees' training or work scope (71% and 70%, respectively). This underscores the importance of ongoing training and skill development. Employees who feel confident and have access to continuous learning are better equipped to tackle challenges.

Let's not forget: Mental blocks are a constant in the workplace, but we're not. People change roles, switch companies, and pursue new paths in life. To ensure our strategies for managing mental blocks endure, we must prioritize them institutionally. This could involve crafting new policies, enhancing wellness programs, supporting and empowering employee groups, or updating company values.

Eliminate the shame of mental blocks and see an immediate turnaround

Mental blocks aren't always easy to identify or address, and they are certainly not an indictment of someone's ability to do their job well. They are natural occurrences that become substantial challenges only when they aren't treated as such. Unfortunately, that's where we are in today's workplace. But we can change that.

Tackling mental blocks head-on is the way to go. Leaders should start by recognizing the signs; embracing open and honest conversations about blocks; and letting their employees know it's okay to speak up, share their challenges, and ask for support. By taking these steps, leaders can position their people and their companies to thrive in an increasingly competitive business world. Remember, what's good for the employee is great for the company.

About the author

Hollie Castro is the chief people officer at Miro.