

# Chamber CHATTER



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

**11.14.24**

6 West Strawberry Avenue, Mechanicsburg, PA 17055 (717) 796-0811 [www.mechanicsburgchamber.org](http://www.mechanicsburgchamber.org)

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**News, Events & more!**

## Seeking HOSTS for 2025 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!!*

### *November*

**21 - After Hours Mixer** - Sponsored by **Mechanicsburg Area Community Foundation.**  
Location: Spice Restaurant and Bar, 125 W Main St, Mechanicsburg. 5:00 - 7:00pm.

**29 - Annual Community Tree Lighting** - corner of Market and Main Streets, on the square, in Downtown Mechanicsburg. 5:15 - 6:30pm

### *December*

**10 - Business Women's Networking Luncheon - The Bridges at Bent Creek**, 2100 Bent Creek Blvd, Mechanicsburg. 11:30am - 1:00pm. FREE member event.

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

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!**

**Legend at Silver Creek  
New Cumberland Federal Credit Union**

# After-Hours Mixer

Thursday, November 21

5:00 pm - 7:00 pm

(Please note this is a change of date from prior posts)

## SPONSORED BY:



**MECHANICSBURG  
AREA COMMUNITY  
FOUNDATION**

Join us and the **Mechanicsburg Area Community Foundation**  
and enjoy an evening of networking, refreshments  
and a chance to win a prize!

Learn how the Foundation is supporting the Mechanicsburg community  
and how you may help, too.



### EVENT LOCATION:

Spice Restaurant and Bar  
125 West Main Street  
Mechanicsburg, PA 17055

RSVP is easy, simply email  
[info@mechanicsburgchamber.org](mailto:info@mechanicsburgchamber.org)  
or call 717-796-0811

Mechanicsburg's Annual Community



# TREE LIGHTING

Friday, November 29 | 5:15 PM



**DOWNTOWN – CORNER OF MARKET & MAIN STREETS**

**Sponsors Welcome starting at only \$25!**

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Once again, the Mechanicsburg Chamber of Commerce is proud to join the business community of the area in participating as a drop off point for Toys For Tots. If you would like to donate a new, unwrapped toy (or wrapping paper, batteries, tape, etc.), there is a collection box at the office or you may bring your item(s) to any Chamber event.

## TOYS FOR TOTS



**U.S. MARINE CORPS RESERVE**

Other local locations participating include:

A&B Automotive  
AAA  
American Legion Post 109  
Benecard PBF  
Best Line Equipment  
Callery Dental Care  
Classic Rock Design Center  
East Main Dental  
GEICO  
Hot Frog Print Media  
Lower Allen Township  
Mechanicsburg Kung Fu Center  
Mechanicsburg Mystery Bookshop  
Orrstown Bank - Baden Powell Road office  
Orrstown Bank - Market Street, Camp Hill office  
Pivot Physical Therapy  
Premier Martial Arts  
Ritters True Value Hardware  
State Farm Insurance - Denise Dombach  
Trindle Bowl  
University of Pittsburgh School of Social Work  
West Shore Chamber of Commerce  
Zimmerman's Automotive Tire Pros

# Business Women's Networking Luncheon

Tuesday, December 10  
11:30am - 1:00pm



The Bridges at Bent Creek welcomes the  
Business Women's Networking Luncheon for December.

A visit to The Bridges at Bent Creek at the holidays, a beautiful time to capture the community of what Bridges Senior Living provides.

Introduce yourself and your business to familiar faces and hopefully some new ones, too. Come network with local business women and enjoy a light lunch.

Don't forget to bring your business cards to MIX & MINGLE.

**The Bridges at Bent Creek**  
**2100 Bent Creek Blvd**  
**Mechanicsburg**

The Mechanicsburg Chamber of Commerce is collecting new, unused toys for **Toys for Tots**. Please consider making a contribution and bringing one along. Gift wrap, tape, batteries, and similar holiday products are also welcome.

Reservations required.

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





## Over \$3.5 Million in Grant Funding Awarded for 88th District Projects

I am happy to announce that grant funding totaling more than \$3.5 million was awarded to three community development projects in the 88th Legislative District under the Redevelopment Assistance Capital Program (RACP) last week.

Cumberland County is among the fastest growing counties in Pennsylvania. As a result of our expanding population, our infrastructure and amenities need to evolve to meet new goals and demands. The grants will go a long way toward making investments in our communities and make the 88th District a better place to live, work and raise a family.

The dollars for these projects come directly from the fiscal year 2024-25 Capital budget, which I was proud to support under [House Bill 2328](#).

The grant awards are as follows:

- \$1 million for sitework at Cedar Run Business Park in Lower Allen Township. The project involves constructing an access point and initiating sitework for a multi-tenant business park.
- \$511,500 for sprayground rehabilitation at the Hampden Township pool. This project includes the demolition of old sprayground components and installing new concrete, as well as sanitation and filtration systems.
- \$2 million for sitework at Pacifica Mechanicsburg's Beltway Commons. Pacifica must complete extensive sitework including earthwork, installing private water and gas lines, constructing retaining walls, landscaping, pouring concrete, and more.

The Redevelopment Assistance Capital Program (RACP) is a Commonwealth grant program administered by the Office of the Budget for the design, acquisition and construction of regional economic, cultural, civic, recreational, and historical improvement projects.

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## Thank You for Exercising Your Right to Vote

Our Commonwealth saw a great turnout of voters for Tuesday's election, and I want to take a moment to commend everyone who participated. Making your voice heard by casting your ballot is truly foundational to our government.

I also want to extend my thanks and appreciation to the hard-working men and women in our county elections bureaus and at the polls for their commitment to helping the election run smoothly.





The 2024 General Election resulted in significant change in both Harrisburg and Washington, D.C. The PA Chamber is ready to explain and analyze what those changes mean for businesses at our Post-Election Impact Summit next Friday, and we are happy to extend discounted member pricing to you!

We're excited to extend this exclusive opportunity for Chamber members to join us on Friday, November 15, at the Hilton Harrisburg at our member rate! Expert policymakers and political insiders will delve into the 2024 General Election results, examining their implications for businesses and communities in Pennsylvania and beyond.

**What You Can Expect:**

- **Expert Analysis:** In-depth discussions on the outcomes of key state and federal races, led by speakers from the U.S. Chamber, political experts, and more!
- **Policy Insights:** A breakdown of anticipated legislative priorities and what they mean for businesses in Pennsylvania with a bipartisan, bicameral group of legislative leaders.
- **Keynote Speakers:** Engage in dialogue with some of the statewide winners of the elections and hear what they plan to do in office!

**Special Offer for Local Chambers Members:** By partnering with us, you can receive the PA Chamber Member Rate when you register for the summit. This exclusive discount makes it easier for you to access valuable knowledge and insights on the post-election landscape, empowering you to make informed business decisions.

Use discount code: LOCCHAMBER2024 to ensure you receive the local chamber rate.

## Register Today!





**LIFE CHANGING MEDICINE**

## **UPMC to Host Multiple Virtual seminars**

### **Migraines in Women**

Three out of 4 migraines occur in women. Join UPMC Neurological Institute and UPMC Magee Womens experts to explore the connection between hormones and headaches.

- o Virtual
- o Tues., Nov. 19, 6:30 p.m.
- o To register, visit [UPMC.com/VirtualEvents](https://UPMC.com/VirtualEvents) or call 717-231-8900.

### **Comprehensive Guide to Chronic Kidney Disease and Transplant Options**

Gain a better understanding of chronic kidney disease from the UPMC Transplant Services team, including who is eligible for a kidney transplant and the differences between kidney donation from living and deceased donors.

- o Virtual
- o Wed., Dec. 11, 6:30 p.m.
- o To register, visit [UPMC.com/VirtualEvents](https://UPMC.com/VirtualEvents) or call 717-231-8900.

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## **Understanding Prenatal Genetic Counseling**

**Madalyn Charnego, MPH, MS, CGC, Licensed and Certified Genetic Counselor,  
UPMC in Central Pa.**

**November 14** is Genetic Counseling Awareness Day. This is an important day to raise awareness about the role of genetic counselors in helping people understand genetic conditions. With the rise of direct-to-consumer genetic testing services, more people are becoming interested in their genetic information. However, many people may only think of genetic testing as a way to learn more about their ancestry. Genetic counseling and clinical genetic testing offer more than that. They are valuable resources for people who may be wondering how genetic information may impact their health and family planning decisions.

The health of a pregnancy can be affected by many different factors, including genetics. There are many options for genetic testing and screening. A genetic counselor can help you determine what options, if any, might be best for you.

At UPMC Magee-Womens in Central Pa., prenatal genetic counselors work one-on-one with patients to evaluate family histories and identify potential risks for genetic conditions through personalized assessments. Genetic counselors provide balanced information about your risks and options, working with you to guide your care. A conversation with a genetic counselor can empower families to make

informed decisions regarding reproductive options, such as prenatal testing or assisted reproductive technologies, or even decisions regarding the course of pregnancy.

You may want to consider prenatal genetic counseling if you:

- Want to understand how genetics can affect your pregnancy
- You are 35 years or older and pregnant or thinking of becoming pregnant
- Have a family member with a genetic condition or birth differences
- Have experienced multiple pregnancy losses
- Have been told something unexpected was found on an ultrasound during your pregnancy
- Have a family background that makes you high risk for certain genetic conditions

Before you meet with a genetic counselor, ask your family and your partner's family about health conditions that may be affecting your family members. Family health history is just one way to determine if genetic testing is right for you and your pregnancy.

When a screening test indicates high risk, genetic counselors can discuss further testing options for your pregnancy. Genetic testing can be complex, and a genetic counselor can help you work through its pros and cons and limitations. Thinking ahead about what you will do with the information can be helpful. Knowing ahead of time about a disorder can help you prepare for medical care you may need during your pregnancy or for your child after birth.

By addressing a person's concerns early on, genetic counseling enhances the care team for pregnancies and fosters a supportive environment where families can discuss their values and preferences regarding health and genetics. Ultimately, it serves as a vital resource for navigating the complexities of family planning and pregnancy with confidence and clarity.

To learn more about prenatal genetic counseling at UPMC Magee-Womens in Central Pa., visit [UPMC.com/CentralPaWomen](https://www.upmc.com/CentralPaWomen)

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## Seeking HOSTS for 2025 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](mailto:info@mechanicsburgchamber.org).





## The Corporate Transparency Act

Starting January 1, 2024, the Corporate Transparency Act (CTA) requires certain entities to disclose beneficial ownership information (BOI) to the Financial Crimes Enforcement Network (FinCEN). This is separate from tax filings with the IRS. Entities required to report include any entity created by filing a document with a secretary of state or any similar office under the law of a state or Indian tribe (i.e., Limited Partnership, Limited Liability Partnership, Limited Liability Company, Corporation, etc.). Penalties for willfully not complying with the BOI reporting requirement can result in criminal and civil penalties of \$500 per day and up to \$10,000 and/or up to two years of jail time.

### CTA Webinars

#### Corporate Transparency Act's Beneficial Ownership Information Requirement

November 20, 2024 from 9:00 AM - 10:00 AM

Presented by Andy P. Berger & Katherine Pandelidis Granbois at Saxton & Stump

In this webinar, Justin Abodalo will discuss the basics of the Corporate Transparency Act (CTA) and who the reporting obligations apply to, bringing about compliance obligations with FinCEN. Justin will also discuss the constitutional challenges made against the CTA in the Alabama District Court case NSBA v. Yellen, and anticipated results once an appellate court issues a decision on the appeal.

[Register Now >](#)

### CTA Resources

- [Beneficial Ownership Reporting Requirement Toolkit](#), from the The U.S. Department of the Treasury's Financial Crimes Enforcement Network (FinCEN), contains templates and sample content structured to allow private, public, and non-profit organizations to share and amplify this important information. It also includes a general background on the reporting requirements, templates for newsletters, websites, and emails, sample social media posts and images, and information on how to contact FinCEN.
- Trout CPA's [Corporate Transparency Act](#) handout includes information on the filing options, compliance requirements, and exemptions.

For questions or assistance, please contact your Trout CPA professional.

930 Century Dr, #104  
Mechanicsburg, PA 17055  
717-697-2900  
[www.troutcpa.com](http://www.troutcpa.com)

# JAZZ ME BAND

## KIRK WISE UPCOMING SOLO, DUO & BAND PUBLIC DATES

Thur. 11/14 – Food Truck Rally,  
New Cumberland ...Kirk solo 5-8

Fri. 11/15 – Reid's Wine & Cider House,  
Gettysburg...Kirk & Dave 7-10

Sat. 11/16 – Captain Bob's Steamed Crabs,  
Railroad/Shrewsbury...Kirk solo 6-8

Sun. 11/17 – Masonic Homes Brunch,  
Middletown...Kirk solo 11-2

Tue. 11/19 – Greystone Brew House @  
Range End , Dillsburg...Kirk solo 6-9

Thurs. 11/21 – Big Bottom Brewing @  
Al's Pizza, Dillsburg...Kirk solo 7-9

Fri. 11/22 – Buddy Boy Wine, Duncannon  
...Matt & Jenn Burn Barrel Duo 6-9

Sat. 11/23 – Sage Lane Holiday Event,  
Dillsburg ...Kirk solo 10-Noon

Sat 11/23 – Totem Pole Wine Ranch/  
Tasting Room, Carlisle...Kirk solo 6:30-8:30

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**



## Mechanicsburg Churches to Hold 32nd Annual Youth Sleep Out for the Homeless

Friday, Nov. 22, to Saturday, Nov. 23, 2024  
4:00 p.m. Friday to 8 a.m. Saturday  
First United Methodist Church

Members of community youth groups will participate in the Annual Sleep Out for the Homeless the weekend before Thanksgiving. The church parking lot will be transformed into a community of cardboard boxes, where teenagers from local churches will spend the evening.

The Sleep Out aims to give participants a small taste of what it is like to be homeless and to hopefully develop a lifelong passion to help those in need. First Church Youth Pastor Lisa Aronson shares, "Our students become aware of the realities of homelessness. They grow in gratitude for what they have and are empowered to take practical steps to make an impact. Plus, they learn about several local organizations helping those experiencing homelessness in our area."

In addition to awareness, the Sleep Out raises funds to support local homeless families. We invite everyone to stop by and donate to this worthy cause. In addition to donating cash and checks in person on Friday night, donations will be accepted through Sunday, Nov. 24, online at [fumchurch.com/give](http://fumchurch.com/give). Last year's Sleep Out raised over \$5,000 for this important cause. Proceeds benefit local agencies dedicated to helping those experiencing homelessness, such as Family Promise, New Hope Ministries and One80 Ministries.

For more information about First Church events, visit [fumchurch.com](http://fumchurch.com) or call the church office at 717-766-4611.



## 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 20** and can be placed using the link below or visit our website at [uwcr.org](http://uwcr.org).

For more information, contact Heidi Neuhaus at 717.724.4055, or by e-mail at [hneuhaus@uwcr.org](mailto: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 2024 campaign.

***Thank you for supporting United Way!***

**PLACE YOUR ORDER TODAY AT:**  
[www.uwcr.org/uw-poinsettia-sale](http://www.uwcr.org/uw-poinsettia-sale)

United Way of  
the Capital Region







VENDORS NEEDED

# HOLIDAY SHOPPE

DECEMBER 1, 2024;  
FROM 2PM-4PM

*The Woods at Cedar Run*

824 Lisburn Road, Camp Hill PA 17011

Annually, The Woods at Cedar Run hosts a Holiday Shoppe where our residents can shop for Christmas gifts for their loved ones from the comfort of their own home. We are currently seeking vendors who would be interested in displaying and selling their goods. There is no cost or entry fee to be a vendor. Simply RSVP by November 25th to secure your spot!

FOR MORE INFO CONTACT

Kimberly Alford, Community

Relations Director

717.660.1055

[kalford@integracare.com](mailto:kalford@integracare.com)





## You're Invited! Annual Payroll & Business Seminar

Please join us on Thursday, December 5, 2024, for our Annual Payroll & Business Seminar. This virtual event promises to provide valuable insights on key topics, including updates on payroll, AI in the workplace, DOL regulations, payroll fraud, and much more!

[CLICK HERE FOR MORE INFORMATION AND TO RSVP](#)



**TURKEY  
DONATIONS  
NEEDED!**

## HELP!! 2,000 turkeys needed for families in need!

New Hope Ministries, a social service agency which feeds the hungry and helps people achieve stability in their lives, is asking for help from the community to provide low-income families with turkeys for Thanksgiving dinner this year. At the time of this news release, 2,000 turkeys are still needed.

Community organizations (such as churches, businesses, and civic groups) are already lined-up to provide non-perishable food for the Thanksgiving dinner baskets, which are distributed to families beginning November 21 at each of New Hope's nine locations. Turkeys are usually obtained as separate donations from the community and through purchases at local wholesale and retail outlets. The goal is to give every family a turkey for Thanksgiving dinner.

Donations of fresh or frozen turkeys are the highest need right now, and can be dropped-off at any New Hope location through November 20th. Volunteer opportunities to help distribute Thanksgiving dinner baskets to families are also available.

For more information, please visit our website at [www.nhm-pa.org](http://www.nhm-pa.org).





U.S. Small Business  
Administration

## **SBA to Help Pennsylvania Businesses Affected by Drought and Heat**

The U.S. Small Business Administration (SBA) announced that federal Economic Injury Disaster Loans (EIDLs) are available in Pennsylvania for small businesses, small agricultural cooperatives, small businesses engaged in aquaculture, and most private nonprofit organizations with economic losses from drought and heat that occurred June 18 through Aug. 6. The declaration includes the primary County of Cumberland and the adjacent counties of Adams, Dauphin, Franklin, Perry and York in Pennsylvania.

“When farmers face crop losses and a disaster is declared by the Secretary of Agriculture, SBA working capital loans become a lifeline for eligible small businesses,” said Francisco Sánchez, Jr., associate administrator for the Office of Disaster Recovery and Resilience at the Small Business Administration. “These loans are the backbone that helps rural communities bounce back and thrive after a disaster strikes.”

Under this declaration, the SBA’s Economic Injury Disaster Loan (EIDL) program is available to eligible farm-related and nonfarm-related entities that suffered financial losses as a direct result of this disaster. Apart from aquaculture enterprises, SBA cannot provide disaster loans to agricultural producers, farmers, and ranchers. Nurseries are eligible to apply for economic injury disaster loans for losses caused by drought conditions.

The loan amount can be up to \$2 million with interest rates of 4% for small businesses and 3.25% for private nonprofit organizations, with terms up to 30 years. Interest does not accrue, and payments are not due, until 12 months from the date of the first loan disbursement. The SBA sets loan amounts and terms based on each applicant’s financial condition. Eligibility is based on the size of the applicant, type of activity and its financial resources. These working capital loans may be used to pay fixed debts, payroll, accounts payable, and other bills that could have been paid had the disaster not occurred. The loans are not intended to replace lost sales or profits.

On October 15, 2024, it was announced that funds for the Disaster Loan Program have been fully expended. While no new loans can be issued until Congress appropriates additional funding, we remain committed to supporting disaster survivors. Applications will continue to be accepted and processed to ensure individuals and businesses are prepared to receive assistance once funding becomes available.

Applicants are encouraged to submit their loan applications promptly for review in anticipation of future funding.

For information and to apply online visit [SBA.gov/disaster](https://SBA.gov/disaster). Applicants may also call the SBA’s Customer Service Center at (800) 659-2955 or email [disastercustomerservice@sba.gov](mailto:disastercustomerservice@sba.gov) for more information on SBA disaster assistance. For people who are deaf, hard of hearing, or have a speech disability, please dial 7-1-1 to access telecommunications relay services.

Submit completed loan applications to SBA no later than June 16, 2025.

SPREAD  
KIND  
NESS

# FOOD DRIVE

Support local **Blessing Boxes** and **Little Free Pantry** with your food donation! For the months of October and November, we ask that you collect nonperishable foods at your home or office. These Blessing Boxes provide barrier-free access to food any time.

**Drop off** items to First United Methodist Church Mechanicsburg (135 W. Simpson Street, 717-766-4611) or if you need it picked up, contact Lori Hoffnagle at [l\\_hoffnagle@yahoo.com](mailto:l_hoffnagle@yahoo.com). Donations will be distributed to all three locations.



## **Most needed items**

Canned Vegetables  
Canned Meat (tuna, chicken)  
Small Cereal Boxes  
Pasta and Pasta Sauce  
Peanut Butter and Jelly

**UNEXPIRED &  
NONPERISHABLE FOOD ONLY**

Blessing Boxes located at Trinity Lutheran Church (132 E. Main), Turning Point Church (near Finkenbinder Park) and Little Free Pantry at First UM Church, Mechanicsburg

Questions, contact Lori Hoffnagle at [l\\_hoffnagle@yahoo.com](mailto:l_hoffnagle@yahoo.com)



**SPECIAL OFFER FOR OUR MECHANICSBURG NEIGHBORS**

# MOVING MADE EASY

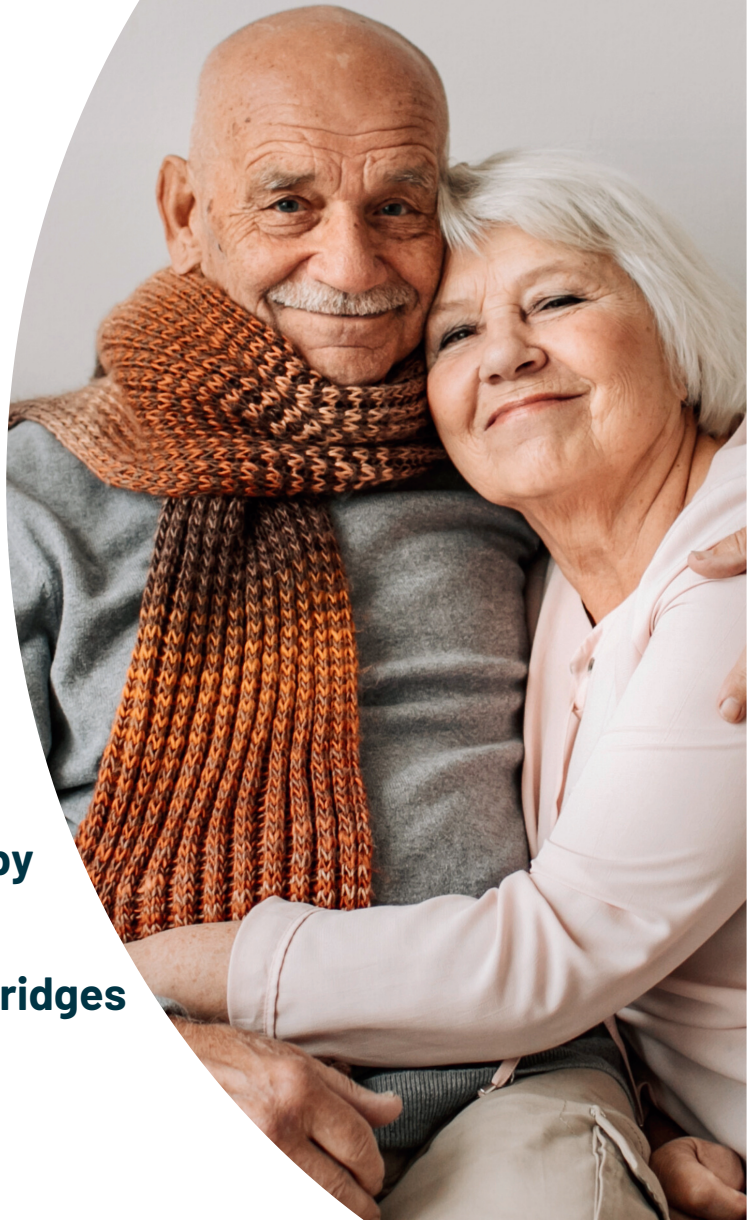
WITH OUR EXCLUSIVE PARTNERSHIP



The *Bridges*  
at Bent Creek  
PERSONAL CARE • MEMORY CARE

## COMPLIMENTARY SERVICES

- ✓ Move Management by PA Move Managers
- ✓ Full-Service Moving by Spirit Movers
- ✓ Expert Apartment Setup by PA Move Managers
- ✓ Details managed by The Bridges
- ☎ Call to Get Started Today!  
(717) 620-0350



2100 Bent Creek Blvd, Mechanicsburg, PA 17050

[BridgesAtBentCreek.com](https://BridgesAtBentCreek.com)



CANNOT COMBINE WITH ANY OTHER OFFER. RESTRICTIONS MAY APPLY.  
LOCAL MOVES ONLY. MOVE IN BY 12/31/24.

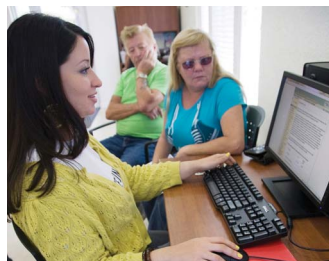


# VOLUNTEER TO HELP WORKING FAMILIES AND INDIVIDUALS

Fall 2024

Help provide free tax preparation to low- and moderate-income families through United Way of the Capital Region's Money in Your Pocket (MIYP) program. You'll help ensure working families in our community claim all available tax credits while saving them the cost of high tax preparation fees and refund anticipation loan interest rates.

- **No previous experience necessary** - returns are prepared with easy-to-use computer software.
- **Learn a valuable skill** - volunteers receive IRS tax training and certification, which can help volunteers in both their personal and professional lives.
- **Make a big impact** - you can help a family receive thousands of dollars in Earned Income Credits and Child Tax Credits, which are the nation's largest anti-poverty programs.
- **Flexible enough for any schedule** - volunteer days, nights or weekends at one of 17 tax prep sites within our footprint of Cumberland, Dauphin and Perry counties. Most volunteers work one day a week during tax season (late January through mid-April). Some remote opportunities will be available.
- **Other ways to volunteer** - you can also serve as a greeter, screener, local tax preparer or translator at one of our tax sites. These positions do not require any tax preparing.



## MIYP HIGHLIGHTS since 2003...

- 73,562 federal returns filed
- \$78.7 million returned to our community
- \$23,000 – average annual income for clients receiving service
- \$14.7 million saved in tax preparation fees (based on average cost of \$159 per return)
- 17 sites in Dauphin, Cumberland and Perry counties
- 1 site through a partnership in Mifflin and Juniata counties

### For More Information

Contact Heidi Neuhaus at [hneuhaus@uwcr.org](mailto:hneuhaus@uwcr.org) or call 717.724.4055.



## VOLUNTEER INFORMATION SESSIONS

The following sessions will be held virtually:

- |  |   |   |
|--|---|---|
| • Thursday, October 3<br>noon - 1 p.m. | • Wednesday, October 30<br>6-7 p.m.     | • Wednesday, November 20<br>noon - 1 p.m. |
| • Tuesday, October 8<br>6-7 p.m.       | • Thursday, November 7<br>noon - 1 p.m. | • Tuesday, November 26<br>6-7 p.m.        |
| • Wednesday, October 16<br>6-7 p.m.    | • Tuesday, November 12<br>6-7 p.m.      |   |
| • Tuesday, October 22<br>6-7 p.m.      | • Monday, November 18<br>6-7 p.m.       |   |

The following session will be held in person:

- Tuesday, November 19: 6-7 p.m.  
Tri County Community Action, 1514 Derry Street, Harrisburg

Sign up online at: [bit.ly/miyp-info-sessions](https://bit.ly/miyp-info-sessions)

Questions? Contact Heidi Neuhaus at [hneuhaus@uwcr.org](mailto:hneuhaus@uwcr.org) or call 717.724.4055.

## COALITION PARTNERS

- |  |   |
|--|---|
| • United Way of the Capital Region - Lead Agency | • New Hope Ministries, Inc.                             |
| • Belco Community Credit Union                   | • Penn National Insurance                               |
| • Bosler Memorial Library                        | • Penn State Dickinson School of Law                    |
| • Central Pennsylvania Food Bank                 | • Perry County Literacy Council                         |
| • Citizens Bank                                  | • PNC   |
| • Code For America/Get Your Refund               | • The Professional & Educational Empowerment Center     |
| • Dickinson College                              | • Shippensburg University                               |
| • Employment Skills Center                       | • Tri County Community Action                           |
| • First Christian Church of Lemoyne              | • Truist Foundation                                     |
| • Market Square Presbyterian Church              | • United Way of Carlisle and Cumberland County          |
| • Messiah University                             | • U.S. Department of Treasury, Internal Revenue Service |
| • Middletown Public Library                      | • Widener University Commonwealth Law School            |
| • Midwest Food Bank                              |   |
| • Mifflin-Juniata Human Services                 |   |



## Trout CPA Promotes Nikelle Druck to Partner

Regional accounting and advisory firm Trout CPA is excited to announce the promotion of Nikelle Druck to the role of partner, effective December 1, 2024.

Since joining Trout CPA in 2019, Nikelle has consistently demonstrated exceptional expertise and leadership. As Director of Client Accounting Services, she has been instrumental in optimizing client onboarding, guiding businesses through seamless transitions to Trout CPA's solutions, and offering invaluable insights on maximizing accounting systems and industry-specific software. Nikelle's promotion to Partner underscores Trout CPA's dedication to expanding its Outsourced Accounting practice and offering clients expert guidance and solutions.

Nikelle graduated from Penn State University in 2000 with a Bachelor of Science in Marketing and is an alumna of Leadership Lancaster's Core Class of 2021. Her leadership extends beyond her role

at the firm; she plays an active role in the community as the Finance Committee Chair for Meals on Wheels.

“Nikelle’s talent for building relationships and finding solutions for our clients has led to significant growth in our Outsourced Accounting Solutions practice,” says Todd Harrington, Managing Partner at Trout CPA. “Her enthusiasm and passion for helping our clients achieve success is apparent in her approach each day, which makes her a perfect addition to our group of partners.”

Outside of her professional responsibilities, Nikelle enjoys spending time with family and friends, gardening, cooking, exercising, and traveling. She resides in Lititz with her husband, son, and their golden retriever.

Trout CPA is a leading accounting and advisory firm with over 140 professionals dedicated to helping clients achieve success. Trout CPA remains committed to developing the next generation of trusted advisors while maintaining a tradition of excellence.

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# Why most workplace wellness benefits don't actually work

*We need to fundamentally rethink corporate culture, not offer more meditation apps and coaching sessions, argues this writer.*

**Pat Brothwell** - Fast Company

Once, at a previous job, just after our annual insurance reenrollment presentation, I noticed that mental health deductibles were no longer offered in my insurance renewal options. I contacted my HR rep to see if my therapy would no longer be covered. It wouldn't—a session that previously cost me \$35 out of pocket would now cost \$175.

I asked to meet with her and explained how detrimental I felt this would be for myself and my colleagues. She put on her best concerned face, told me she *really* valued my input, and pivoted to a new company benefit she hadn't touched on in the reenrollment presentation: Certain plans came with two monthly coaching sessions. I asked whether or not these were personal coaches or certified therapists. She said she'd look into that and get back to me. She never did.

A recent **study** by Oxford fellow William J. Fleming in the *Industrial Relations Journal* found that workers who participated in company-sponsored “wellness benefits”—including sleep apps, mindfulness seminars, and even the sort of one-on-one coaching sessions this HR rep offered—were no better off than their fellow workers who opted out of these initiatives.

The corporate wellness market is a **billion-dollar industry**, which makes sense since **39% of employees** report experiencing poor mental health symptoms related to work. **Ninety percent of employers** report increasing their investment in mental health programs, which are touted as a way for progressive-presenting organizations to help combat employee burnout, low engagement, and the general **U.S. grind culture** that's inherently bad for everyone's mental well-being.

However, something about this rush to wellness-ify the workplace feels fishy to me. Wellness, in general, is an ambiguous term that can run the gamut from legitimate forms of mental and physical care, such as mediation, to pseudoscience-heavy marketing schemes like celery juice as a cure-all. I couldn't help thinking that there was a bit of a smoke screen going on. We've moved past the days of **casual Fridays and office foosball tables** being used to mask a lack of real office benefits. So, are wellness initiatives the new workplace happy hour?

When I reached out to Fleming to ask a bit more about the study's genesis, he agreed that things didn't add up. "In the last decade, there's been a huge increase in manager-led mental health initiatives, but the existing evidence didn't seem to back up this proliferation," he said. "There was also growing skepticism among academics as to the effectiveness and reasons for their popularity." It turns out the skepticism was warranted, as much of the other research on this topic has been done by the **wellness vendors**.

There seems to be a real discrepancy between performative wellness—mindfulness apps, in-office massages, calorie tracking tools—and benefits that, well, actually benefit employees—the option for **remote or hybrid work**, increased flexibility, work-life balance, and commitment to DEI. The problem with the latter is that they require systemic changes.

I feel very fortunate that my current company offers flexible PTO and the ability to design the type of workday and schedule (to a degree) that sets me up for success. I can tell you firsthand how much better for my overall well-being this is than a meditation app, but it requires a leadership team very dedicated to making their organization a people-centric workplace. Finding said meditation app, meanwhile, just requires finding the right vendor.

"The main takeaway is that you can't expect change if you just try and change the worker and not the workplace. Individualized strategies like mindfulness and resilience training don't get to the root causes of work stress or tackle poor working conditions," Fleming says.

It's not all cynicism on the workplace wellness front, though. Fleming's study found a notable exception to the rule—workers who were given the opportunity to do charity or volunteer work did seem to have improved well-being. And an older study on the subject from the ***Journal of Occupational and Environmental Medicine*** makes a very astute point when answering "Do Workplace Health Promotion (Wellness) Programs Work?" It depends. The 20-plus authors of the article conclude that while some wellness programs are empty failures, some make the workplace better. Per usual, the answer lies somewhere between black and white.

I ended up being let go from that job that offered me those coaching sessions, ironically, just a couple of days after presenting the same HR rep with some evidence I'd documented of what I felt was unethical behavior by upper management. When the HR rep emailed me later that day to tie up paperwork loose ends, she reminded me I could take advantage of my generous benefits for the remainder of the month.

I never ended up consulting any of those personal coaches, but I happened to run into her just a week later while playing tennis in the middle of the day (I was unemployed . . . not sure of her excuse). She made a point to come over, assure me she wished things ended differently . . . and check on my mental well-being.

**Pat Brothwell** is a contributing writer for Fast Company. He has written about higher education, education, workplace culture, remote work, politics, and power dynamics. His work has appeared in The Good Men Project, Charlotte Observer, Durham Sun-Herald, and GQ.