

Chamber CHATTER



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

3.27.25

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

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Welcome Katsu's Dojo 3D3

How to Take Better Breaks at Work, According to Research21-24

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!!

March

27- Business Leaders Discussion Group -
Sponsored by PaySmart Payroll Services, 650 Wilson Ln, Ste. 100, Mechanicsburg. 7:45 - 9:00 am.
Members only event.

27-28 - Chamber Office will have limited hours.

April

4 - Ribbon Cutting & Networking- Tide Cleaners, 6416 Carlisle Pike, Mechanicsburg. 11:30 am

RSVP to info@mechanicsburgchamber.org

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

Thank You For Renewing Your Membership!

Business Men's League
Caring Transitions of Mechanicsburg
Daflure Heating & Cooling
GFWC Mechanicsburg
Herd Chiropractic Clinic
Holiday Inn Express Harrisburg SW

M.C. Walker Realty
Mechanicsburg Brethren in Christ
Peaceful Pet Passage
Storage Sense
Trout CPA

You're Invited...



Please join the Mechanicsburg Chamber of Commerce
as we welcome a new member with a Ribbon Cutting.

Check out the newest option for your laundry needs from a name
you've known for decades.

Friday, April 4th
Tide Cleaners
6416 Carlisle Pike
Mechanicsburg, 17050
Ribbon Cutting at – 11:30 am



Dry cleaning & laundry services that suit you

..... **Get 2 items cleaned**

FREE

..... **4/5 ONLY** | code: 2CLEANEDFREE

Visit our store SAT 4/5

Silver Spring Square: 6416 Carlisle Pike. (717) 303-7907
24/7 drop-off & pick-up. Staffed: M-F 7-7; Sat 8-5; Sun 11-4.



24-hour Kiosk

As simple as an ATM, for
dry cleaning & laundry.



7-Point Inspection

Detailed inspection fixes
threads, buttons, stains.



Doorstep Delivery

We'll pick up & deliver to
your home or business.

Visit our store SAT 4/5!

Silver Spring Square: 6416 Carlisle Pike. (717) 303-7907
24/7 drop-off & pick-up. Staffed: M-F 7-7; Sat 8-5; Sun 11-4.

Get 2 items cleaned FREE Code **2CLEANEDFREE**

Valid only on 4/5/2025. Exclusions apply.
Not valid on household items, wash & fold, or laundered items.



Welcome Katsu's Dojo 3D

Recently, the Mechanicsburg Chamber of Commerce joined in celebrating the opening of **Katsu's Dojo 3D** with the official cutting of ribbon for the area's newest gift store and 3D printing shop. An expansion of owner David Everhart's home-based craft business, this new storefront not only offers an outlet for Everhart to sell his novelty creations but also expands into specialty printed items. **Katsu's Dojo 3D** specializes in flexi creatures including dragons and fantasy characters. Not limited to just toys and novelty items, the technology has allowed for the production of display and decor items, replacement parts, anything that you can imagine. If it can be designed, it can be made. **Katsu's Dojo 3D** accepts bulk orders and will make custom items. The new store is located at 123 E Main St., Mechanicsburg.



15th Annual



REGIONAL
FIESTA MIXER

THURSDAY, MAY 1, 2025
4:30 - 6:30 PM

V O L V O

Volvo Construction Equipment
Customer Center
200 Rowe Road, Shippensburg

RSVP:

<https://bit.ly/3EUGaDD>





15th Annual Regional Fiesta Mixer

Thursday, May 1, 2025

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)



Food Sponsors (1 additional available \$1,000)

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



Venue Sponsor

V O L V O

Beverage Sponsors (\$500)

- Logo promoted in all event advertising
- Signage at bar
- Recognized in print and on social media

Event Partner (\$500)

- Logo promoted in all event advertising
- Booth space
- Recognized in print and on social media

Table Sponsor (\$250)

- Booth space
- Recognized in print and on social media



Sponsorship Information: chamber@shippensburg.org



**THURSDAY,
MARCH
27**
5 TO 7 P.M.

At The
**Hampden
Township Pool
Parking Lot**
5001 Hampden Park Drive,
Mechanicsburg, Pa 17050

**SPRING
DOCUMENT
SHREDDING
EVENT**

There is a limit of four boxes per household.
No businesses please. The shredder can handle staples,
but please remove paperclips and binder clips in advance.



Safely and securely shred documents containing sensitive information like bank account numbers at my free Spring Shredding Event on Thursday, March 27, from 5-7 p.m. at the Hampden Township Pool parking lot, located at 5001 Park Drive in Mechanicsburg. There is a limit of four boxes per household. No businesses, please. The shredder can handle staples, but please remove paperclips and binder clips in advance.

Please RSVP to 717-761-4665 or visit RepDeLozier.com/Events to give my staff and the shredding company a headcount. Shredding will be taken on a first-come, first-served basis.

**JOB
and Government Services
FAIR**

Hosted by **Representative Sheryl M. DeLozier**

**Thursday,
APRIL
10**
10 a.m. to 3 p.m.

**Mechanicsburg First Church
of God Community Center**
201 East Green St.,
Mechanicsburg, PA 17055

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

If you would like to attend the fair as a job seeker, or to take advantage of government services, please RSVP to RepDeLozier.com/Events or call **717-761-4665**.



JAZZ ME BAND

KIRK WISE UPCOMING SOLO, DUO & BAND PUBLIC DATES

Fri. 3/28 – Totem Pole Wine Farm/Ranch,
Carlisle...Kirk solo 6:30-8:30

Sat. 3/29 – Captain Bob's Steamed Crabs,
Railroad/ Shrewsbury...Kirk solo 6-8

Fri. 4/4 – Jimmy Jaxx Shine Shack,
Dillsburg...Kirk solo 7-10

Sat. 4/5 – Mountain Creek Campground,
Gettysburg...Kirk solo 5-8

Thurs. 4/10 – Downtowne Food Truck Rally,
New Cumberland...Kirk solo 5-8

Fri. 4/11 – Totem Pole Wine Farm/Ranch
Carlisle...Kirk solo 6:30-8:30

Sat. 4/12 – Pennsylvania Bakery, Camp Hill
...Kirk solo 10-Noon

Sat. 4/12 – Sage Lane Craft Event, Dillsburg
...Kirk solo 12:30-3:30

Sat. 4/12 – Captain Bob's Steamed Crabs,
Railroad/ Shrewsbury...Kirk solo 6-8

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



Cumberland Area
Economic Development
Corporation

Cumberland Area Economic Development Corporation is kicking-off a new Funding Seminar series in 2025 highlighting funding opportunities for Outdoor Recreation projects and Agriculture/ Agritourism. As we build these programs, we'd love to better understand our partners' needs.

Please take a few minutes to fill out this seven-question survey.

TAKE SURVEY HERE

GFWC (General Federation of Women's Clubs) Mechanicsburg

The next meeting will be on Tuesday, April 8, 2025 at 7:00 PM at Buhrig's Gathering Place, 25 East Main Street, Mechanicsburg. The program will be a speaker from Pink Hands of Hope.

April 6th will be the third annual Flavors of Mechanicsburg hosted by American Legion Post 109 Home Canteen, 224 W. Main St., Mechanicsburg. Seatings will be 12:30-1:30 or 1:30-2:30 tickets are \$25 each. Call Pam at 717-254-6136 for tickets. Benefits Veterans Grove tiny homes for homeless veterans 100%.

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://gfwcmech.tripod.com/>



GFWC
est. 1890
**GENERAL FEDERATION
OF WOMEN'S CLUBS**



Pennsylvania
Department of Aging

**Age 65
and Older?**

**Need Prescription
Help?**

**With or Without
Medicare Part D?**



Learn about PACE and how it can help those age 65 and older get low-cost prescription medication and how the PACE Clearinghouse can connect you to benefit programs.

Presentors Becky Lorah, MPA, and Judy Dooley, RPh, from the Pennsylvania Department of Aging will provide information and resources on each program.



Wednesday, April 2



5:30-6:30 PM



The Bridges
at Bent Creek
Celebrated Senior Living!

**Bridges at Bent Creek
2100 Bent Creek Boulevard
Mechanicsburg, PA**

Register by calling 717-795-1100.

This event is free and open to the public but registration is required.

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...

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

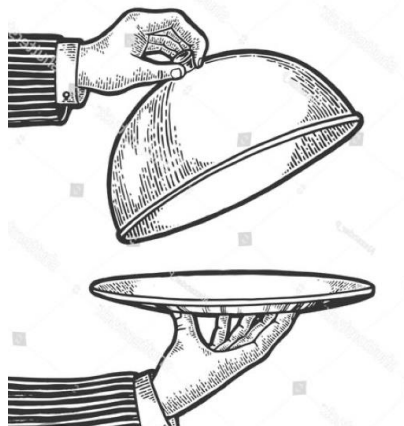


**GFWC Mechanicsburg
&
American Legion Post 109 Home Canteen**

Invite you to:

The 3rd Annual Flavors Of Mechanicsburg

Food Tasting



Sunday April 6, 2025

Tickets - \$25 each

Seatings: 12:30 –1:30

Or **1:30 –2:30**

**Benefits: Veterans Grove
Tiny Homes for Homeless
Veterans 100%**

Call Pam for tickets: (717) 254-6136

**Hosted by: American Legion Post 109 Home Canteen
224 W. Main Street, Mechanicsburg, PA 17055**



**Big Brothers
Big Sisters®**
OF SOUTH-CENTRAL PA



BOWL FOR KIDS' SAKE

REGISTER TODAY. IMPACT TOMORROW.

1) Choose a Date.

- **Saturday, March 22**
1:00pm & 3:30pm. ABC West, Mechanicsburg.
- **Sunday, March 23**
2:30pm. ABC West, Mechanicsburg.
- **Saturday, April 5**
1:00pm. 222 Dutch Lanes, Ephrata.
- **Friday, April 11**
5:00pm. Suburban Bowlerama, York.
- **Saturday, April 12**
2:00pm. Suburban Bowlerama, York.
- **Thursday, April 17**
6:00pm. Palmyra Bowling, Palmyra.
- **Thursday, April 24**
6:00pm. Midway Bowl, Carlisle.
- **Saturday, April 26**
2:00pm. South Hanover Lanes, Hanover.
- **Sunday, April 27**
2:00pm. Edgewood Lanes, Gettysburg.

King Pin Sponsor & Candy Sponsor



CAPBIGS.ORG/EVENTS

(717) 236-0199 • events@capbigs.org

2) Register Today.

CAPBIGS.ORG/EVENTS

3) Build your team.

Invite friends, family & coworkers.

4) Raise funds.

Support a Little, a Big & a family.

5) Party!

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

Food Sponsors



The 2025 Public Comment Period for the 12-Year Program Update is Open!



Join the State Transportation Commission (STC) and PennDOT on Thursday, April 10, 2025, from 6:30 to 7:30 p.m. for the 2025 Online Public Forum. The event will be conducted virtually and will feature a presentation from PennDOT Secretary of Transportation Michael Carroll as well as a live Q&A session with PennDOT Personnel and State Transportation Commission members.

We invite you to attend and assist us with encouraging Pennsylvanians to register for the event. To register or share event information, please use the following link: <https://talkpatransportation.com/opf-registration>.



*Healthcare Worker
Appreciation
Happy Hour!*



April 15th, 2025
4:00PM - 6:00PM

2040 Technology Parkway
Mechanicsburg, PA 17050

(717) 732-2500
www.marriott.com/HARHM

*Come Eat, Drink, Mingle and Tour the New All-Suite Residence Inn
Mechanicsburg!*

All Healthcare Workers Receive a Complimentary Drink Ticket!

RSVP by April 7th to eteatum@titanhotelgroup.com

USE YOUR PROFESSIONAL SKILLS TO HELP STUDENTS

The Mechanicsburg School District could use your assistance.



Mechanicsburg Area Senior High School Career Services Office is seeking adult professionals from our community who would be willing to volunteer their time and expertise to serve as mock interviewers for our junior class. Your participation would make a significant impact in providing these students with valuable feedback and guidance as they work to improve their interview skills in a real-world setting. Mock Interviews will take place from April 8th to April 15th, and we're looking to fill a variety of time slots. As a volunteer, you will conduct brief, structured interviews with students, and there will be a short debriefing session to provide feedback. Interviews will last approximately 15 minutes. We'll have questions prepared ahead of time for you to ask, so no preparation is required on your end. If you are interested in volunteering, you can access [this sign-up sheet](#) to view all open time slots. Feel free to sign up for as few or as many slots as you'd like. We're grateful for any time you're able to give toward making this experience a success.

Mechanicsburg Lions Club



Invites you to attend:

Lions Club Open House April 15, 2025

Free Dinner for prospective members!

In 1925, Helen Keller challenged the Lions to be the "Knights of the Blind". Lions International accepted that challenge and have been helping the blind ever since. The Lions have grown to be the largest service organization in the world with 1.4 Million members in 48,000 clubs in 200 Countries!

Would you like to **give back** to your community through service?

Would you like to learn more about the Lions?

Join the 86 men & women of our club to better our community!

Reply if Interested!

Where: Buhrig's Gathering Place - 25 E. Main Street - Mechanicsburg, PA

When: **Tuesday, April 15, 2025** 5:45-6:15 Arrival Time 6:30 Dinner

RSVP: by April 10th

Email: mechanicsburglionsclub@gmail.com

Phone: 717-516-8401

You must RSVP to reserve your place for dinner!

This event is sponsored by the Lions Club of Mechanicsburg PA-Membership materials will be distributed during the evening.
Dinner is free for anyone interested in becoming a Mechanicsburg Lion.

LUNCH & LEARN SERIES: CUMBERLAND COUNTY

SPONSORED BY:
F&M
TRUST



Is Human Trafficking happening here?

THE STATE OF HUMAN TRAFFICKING VS HUMAN SMUGGLING

- Hear from **District Attorney Seán McCormack, Detective David Miller, and meet members of our new Cumberland County Human Trafficking Coalition.**
- What's Happening with our children?
- Meet the professionals addressing trafficking in Cumberland County

STOP TRAFFICKING

APR 22, 2025, 12:00 - 1:30 PM

COMFORT SUITES DOWNTOWN CARLISLE

10 S HANOVER ST CARLISLE, PA 17013



YWCACarlisle.org
301 G st Carlisle, PA 17013
717.243.3818

ADDITIONAL SPONSORS:



CLICK HERE TO REGISTER



Your business has been selected to participate in Sweet Deals 📍
This special partnership invitation gives you the opportunity to receive an extremely valuable radio, social media, and digital advertising campaign for 100% trade. On April 22nd & 23rd, the Vice President in charge of our company's listener rewards and client partnership program is coming to your city to present a select number of businesses with this special opportunity.



All attendees will be entered to win a \$5,000 radio advertising schedule. No Purchase necessary.

What is Sweet Deals 📍?

It's a radio advertising campaign with online features, digital marketing, social media, and a LIVE in-studio sampling! All without a cash investment!



Scan to RSVP
or call 717-478-4035

April 22, 2025 at 10 am - Lancaster
April 22, 2025 at 2 pm - York
April 23, 2025 at 10 am - Camp Hill
April 23, 2025 at 2 pm - Harrisburg



*Spreading sunshine to
those in our community
fighting cancer or other
life-threatening
illnesses.*



SUNDAY APRIL 27, 2025

Mary Lank Memorial Flamingo Bingo

**Lower Allen VFW Post 7530 - 4545 Westport Dr.
Mechanicsburg, PA 17055**

Doors Open at Noon - Games begin at 1:30pm



CASH BINGO

\$35 includes: 10 Games, Hearty Appetizers & Soda

Special Games available for purchase

Tear off-tickets ~ 50/50 Raffle ~ Door Prizes - Basket Raffles

Extra Game Cards will be available to purchase

For Reservations Contact:

Karen Shaner 717-979-5546

EIN #63-0655922

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.****

FREE TAX PREPARATION!

Families (2 or more people) who made \$67,000 or less and individuals who made \$45,000 or less in 2024 may be eligible to receive FREE tax preparation through the Money in Your Pocket (MIYP) program! Review the following information BEFORE arriving at a site.



You MUST bring the following documents to have your taxes prepared:

- Valid photo ID (driver's license, military ID, etc.) for taxpayer and spouse.
- Original Social Security card or Individual Taxpayer Identification Number (ITIN) for you, your spouse, your children and other dependents included in your tax return.
- Your current Identity Protection PIN number issued by the IRS (if you have one).
- Printed copies of all year-end tax forms you have received in the mail. (We cannot use electronic files from phones.)
- If you received health insurance from the marketplace, bring your form 1095-A.

Also bring the following information if it is available:

- Previous year's federal and state tax returns. (We can only access prior year returns for clients who used MIYP last year.)
- If you wish to have your refund deposited directly into your checking or savings account, bring a blank check or other documentation from your bank/credit union that shows your account number and the routing transit number.
- If you expect to claim a credit for child or dependent care, bring the child care provider's address and Employer Identification Number (EIN) or their Social Security number.

TAX PREPARATION WILL BEGIN ON FEBRUARY 3, 2025 AT THE FOLLOWING SITES

To schedule an appointment, dial 211 on your phone or call 855.567.5341.

CUMBERLAND COUNTY

Bosler Memorial Library

158 W. High St., Carlisle
Appointment only. Call 211 to schedule.
Fridays: noon - 4 p.m.

Employment Skills Center

29 S. Hanover St., Carlisle
No appointment needed.
Tuesdays, Thursdays: 5:30-7 p.m.

First Christian Church of Lemoyne

442 Hummel Ave., Lemoyne
Appointment only. Call 211 to schedule.
Thursdays: 6-8 p.m.
Saturdays: 9 a.m. - noon
(Second & fourth Saturdays each month.)

First United Church of Christ

30 N. Pitt St., Carlisle
Appointment only. Call 211 to schedule.
Mondays: 3:30-7 p.m.
Saturdays: 10 a.m. - 2 p.m. (2/22 only.)

Messiah University

Frey Hall, Rm.150
One University Ave., Mechanicsburg
717.796.1800, ext. 7300
No appointment needed.
Mondays: 5:30-7:30 p.m.
(Open 2/24 thru 4/14. Closed 3/10.)

New Hope Ministries, Inc.

5228 Trindle Rd., Mechanicsburg
No appointment needed.
Mondays, Wednesdays: 5:30-8:30 p.m.

Penn State Dickinson Law

150 S. College St., Rm. 104, Carlisle
No appointment needed.
Thursdays: 4-8 p.m. (Closed 3/13.)

Shippensburg University

68 W. King St., Shippensburg
No appointment needed.
Wednesdays: 5-9 p.m. (Closed 3/12.)

Tri County Community Action

123 N. Enola Dr., 2nd Floor, Enola
Appointment only. Call 211 to schedule.
Tuesdays: 9 a.m. - 1 p.m.

DAUPHIN COUNTY

Belco Community Credit Union

449 Eisenhower Blvd., Harrisburg
Appointment only. Call 211 to schedule.
Wednesdays: 5:30-8 p.m.

Market Square Presbyterian Church

20 S. Second St., Harrisburg
No appointment needed.
Tuesdays, Thursdays: 9:30 a.m. - 12:30 p.m.

Middletown Public Library

20 North Catherine St., Middletown
Appointment only. Call 211 to schedule.
Mondays, Thursdays: 5-8 p.m.

Tri County Community Action

20 Clearfield St., Elizabethtown
Appointment only. Call 211 to schedule.
Tuesdays: 9 a.m. - noon

Tri County Community Action

1514 Derry St., Harrisburg
Tuesdays: 6-8:30 p.m. (No appointment needed.)
Thursdays: 6-8:30 p.m. (Appointment only. Call 211 to schedule.)

Widener Law Commonwealth &

Central PA Law Clinic
3737 Vartan Way, Harrisburg
Appointment only. Call 211 to schedule.
Saturdays: 9 a.m. - noon

PERRY COUNTY

Perry County Literacy Council

133 South 5th St., Newport
Appointment only. Call 717.567.7323 to schedule.
Mondays: 5-8 p.m. with other evenings and some Saturdays.

Tri County Community Action

8407 Spring Rd., New Bloomfield
Appointment only. Call 211 to schedule.
Fridays: 10 a.m. - 4 p.m.

**For more information, contact
United Way of the Capital Region
at 717.724.4077, or e-mail
miyp@uwcr.org.**

**Do not call sites directly
unless a number is listed.**

***All walk-in sites may reach capacity early on high volume days.**

LET TRAINED VOLUNTEERS PREPARE YOUR TAXES FOR FREE!

Families (2 or more people) who made \$67,000 or less and individuals who made \$45,000 or less in 2024 may be eligible to receive FREE tax preparation through Money in Your Pocket (MIYP)! MIYP is part of the IRS Volunteer Income Tax Assistance (VITA) program.

MONEY
IN Your
POCKET

VITA
Volunteer Income Tax Assistance

- The amount of money you get back depends on many factors and may not be the same as last year.
- To get a refund, you must file a tax return even if you don't owe anything.
- If you did not claim the Earned Income Tax Credit (EITC) in the past but were eligible, you can file an amendment at any time during the year for up to three previous tax years. You may be eligible for money you did not know about!
- Refunds for e-filed returns that will be direct deposited are usually received in 10 days or less.

TOUCH-FREE TAXES FREE Remote Tax Preparation

Touch-Free Taxes is a free tax preparation program which can be done from the comfort of your home by connecting you to a trained volunteer to complete your taxes.

You can start using the Touch-Free Taxes service starting February 3, 2025 by visiting:

www.getyourrefund.org/uwcrpa

For more information, e-mail miyp@uwcr.org or call 717.724.4077.

Touch-Free Taxes is brought to you by the Money in Your Pocket program.

FEDERAL EARNED INCOME TAX CREDIT ELIGIBILITY

If you fit these guidelines, you may be eligible for the Federal Earned Income Tax Credit (EITC).

Children	Single Income	Married (filing jointly)
No children	\$18,591	\$25,511
1 child	\$49,084	\$56,004
2 children	\$55,768	\$62,688
3 or more children	\$59,899	\$66,819

All reasonable accommodations will be provided at no cost to individuals with special needs. For more information about special accommodations, or the availability of interpreters, call the MIYP info line at 717.724.4077, or e-mail miyp@uwcr.org.

MONEY IN YOUR POCKET PARTNERS:

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

FUNDED BY:



TRUIST

**U.S. Department of
Treasury, Internal
Revenue Service**

LEAD AGENCY:



United Way of
the Capital Region

The Money in Your Pocket program is a community collaboration to promote the Earned Income Tax Credit, free tax assistance and financial literacy within the Capital Region. Money in Your Pocket does not tolerate discrimination by its volunteers against anyone because of age, color, disability, race, reprisal, national origin, English proficiency, religion, sex, sexual orientation or status as a parent.

For more information, call 717.724.4077 or visit www.uwcr.org/miyp or www.irs.gov.



Billy Beane, Inspiration for Moneyball, to be Keynote Speaker at the Manufacturers' Association's 119th Annual Event

The Manufacturers' Association will host its 119th Annual Event featuring Billy Beane, who inspired the Hollywood hit film "Moneyball", as its keynote speaker. Named by Forbes as one of the "100 Greatest Living Business Minds", An Evening with Billy Beane will be the highlight of the 119th Annual Event held on Tuesday, May 20th, at York College's Waldner Performing Arts Center.

Beane is a name that is instantly recognizable across the world of sports, especially in Major League Baseball with his affiliation with the Oakland Athletics. The former professional baseball player turned executive forever disrupted the game and the world of sports. Known for his innovative approach to team management, Beane's story has captivated fans and industry insiders alike. From his unconventional strategies and use of data analytics to predict future performance to his remarkable rise to prominence, Beane's story serves as a testament to the power disruptive technology and redefining the status quo.



Currently a senior advisor to the Oakland A's, Beane molded the team into consistent winners since taking over as general manager following the 1997 season. Eventually rising to the role of executive vice president of Baseball Operations, Beane shattered traditional beliefs that high payrolls equated wins by implementing an innovative data-driven methodology that led the Oakland A's, with one of the lowest payrolls, to 7 AL Western Division titles, 10 playoff appearances and the historic 20 game winning streak. That strategic methodology is now known as the "Moneyball" philosophy, named for the best-selling book and Oscar-nominated film chronicling Beane's journey from general manager to hero to celebrated management genius.

"At a time when businesses are seeking a competitive edge, Billy Beane's insights on the use of data and analytics will offer our businesses and community a unique opportunity," says Tom Palisin, executive director of the Manufacturers' Association. "By striking parallels between baseball and business, he will inspire our employers with his unforgettable underdog story. His presentation is sure to be a home run with our audience!"

When Beane first introduced his data-driven approach, he faced significant resistance and skepticism from traditionalists within the baseball community. However, the success of the Oakland Athletics in the early 2000's silenced many of his critics and proved the effectiveness of the "Moneyball" philosophy. His dedication to building a successful small-market team and his commitment to his innovative approach have made him a beloved and respected figure in the world of baseball.

The success of the "Moneyball" philosophy inspired a film adaptation of the same name, starring Brad Pitt as Beane. The movie delves into the challenges and triumphs of Beane's unconventional methods and received widespread acclaim for its portrayal of his journey.

His groundbreaking approach to player evaluation and team management forever changed the sports industry. Beane's legacy serves as a reminder that innovation and leveraging new ideas – like data science and analytics for decision making - can yield dramatic success even in the most traditional and established industries. Beane is a four-time MLB "Executive of the Year" award winner and was named by Forbes as one of the "100 Greatest Living Business Minds."

The Manufacturers' Association's Annual Event, hosted this year at York College's Waldner Performing Arts Center on May 20th, will bring together nearly 600 business and community leaders across central Pennsylvania. The Event will also award our outstanding manufacturers, member companies and individuals for their accomplishments and community contributions during the previous year. Association members interested in submitting for one of the awards should visit the Association website Annual Meeting page for applications and information.

For information regarding available corporate sponsorships for the 119th Annual Event, visit mascpa.org/annualevent, call the Association at 717-843-3891 or email at office@mascpa.org. Seating is limited. Individual keynote tickets that include the General Reception for the event will be \$100 per guest, with a discounted rate of \$85 for U.S. service veterans and active military.



**SAVE
THE
DATE!**

**Join Us for the Annual
Patrice Berkheimer Memorial
Day of Hope Golf Outing**
benefiting Pink Hands of Hope

When: Friday, June 6, 2025
Where: Rich Valley Golf Club
227 Rich Valley Road
Mechanicsburg, PA
7:00 a.m. | Registration
8:00 a.m. | Shotgun Start
Breakfast & Lunch provided



www.pinkhandsofhope.org

Harrisburg Hoopla Returns for Its 7th Year

Uniting Fun, Competition and Philanthropy

Get ready to compete for a cause! The Emerging Philanthropists Program (EPP), a special initiative of The Foundation for Enhancing Communities (TFEC), is thrilled to announce the return of **Harrisburg Hoopla** for its **7th annual event on Saturday, June 7, 2025, at City Island in Harrisburg**. This full-day competition brings teams together for a series of exciting physical and mental challenges—all in support of local nonprofits.

“Harrisburg Hoopla is the perfect blend of fun, competition and philanthropy,” said Blake Milbrand, director of development for the American Heart Association and co-chair of Harrisburg Hoopla. “It’s a chance to relive the excitement of field day, take on unique challenges with friends and most importantly, support incredible nonprofit organizations making a real difference in our community.”

The June event invites teams of **six to ten participants** to compete in various games, including classic field day events and puzzle-based challenges. Each team will represent a nonprofit of their choice, with the top three teams earning donations for their selected organization. A portion of the event’s proceeds will also support the **Emerging Philanthropists Fund at TFEC**, which empowers young leaders to make a lasting impact in the community.

Last year’s event raised a combined total of \$10,335 to support organizations that are creating meaningful change in our community. Previous recipients include **Samara – The Center for Individual and Family Growth, Joshua Group, and Junior Achievement of South-Central PA**.

“Harrisburg Hoopla is more than just a day of fun and games—it’s an opportunity for our community to unite, champion local nonprofits and inspire the next generation of philanthropists,” said Tashia James, philanthropic officer at TFEC. “We see firsthand this event’s impact on organizations doing vital work in our region each year. By combining teamwork, competition and giving, Harrisburg Hoopla embodies the spirit of philanthropy in action.”

Event Details:

- Date: Saturday, June 7, 2025
- Location: City Island, Harrisburg, PA
- Schedule:
 - Registration Opens: 9:30 a.m.
 - Program Begins: 10:00 a.m.
 - Games Begin: 10:30 a.m.
- Registration: Teams can sign up at www.tfec.org/hbghoopla.
 - Early Bird Rate: \$45 per participant (register by April 30)
 - Standard Rate: \$55 per participant (registration closes June 1)
 - Individual participants can also register and will be assigned to a team.

Sponsorship Opportunities:

Harrisburg Hoopla is made possible through the generous support of our sponsors. Current sponsors include CSR, Enterprise Mobility, Members 1st, Dale Wagner Insurance, Miter Foundation,





Sponsorship opportunities are still available at the Gold (\$2,500), Silver (\$1,500), and Bronze (\$500) levels. Sponsors receive benefits such as brand recognition on event materials, social media shoutouts and invitations to the Check Presentation Event on June 25, 2025. To become a sponsor, visit www.tfec.org/hbghoopla or contact tjames@tfec.org.

Join the Fun & Make a Difference!

Harrisburg Hoopla is an unforgettable event that brings philanthropy to life in a dynamic and interactive way. Whether you're competing, volunteering or cheering on the teams, there's a place for everyone to get involved.



For more information, registration details, or sponsorship inquiries, visit www.tfec.org/hbghoopla or contact info@tfec.org.

How to Take Better Breaks at Work, According to Research

Taking periodic work breaks throughout the day can boost well-being and performance, but far too few of us take them regularly — or take the most effective types. A systematic review of more than 80 studies on break-taking outlines some best practices for making the most of time away from our tasks, including where, when, and how. It also offers tips for managers and organizations to encourage their employees to take more beneficial and more frequent breaks.

By **Zhanna Lyubikh** and **Duygu Biricik Gulseren** - **Harvard Business Review**

For many of us, being productive means spending more time working. It seems intuitive that the more time we spend on job tasks, the more we can get done. And not surprisingly, the popular literature is rife with advice on how to maximize work time. For example, the “daily routines of CEOs” often include things like waking up at 4 am, working on the weekend, and even being “**strategic about how often you go to the bathroom**.” To tackle an ever-increasing workload, many workers choose to grind through, skip lunch, and stay after hours.

But the cost of being always-on (and doing it well!) is high. More than half of employees (59%) report feeling burnout **according to a recent survey from Aflac**. Engagement has taken the opposite turn and **is declining among the U.S. workers**. Alarming, both **high burnout** and **low engagement rates** are associated with hindered performance. What can we do to address our declining well-being while maintaining performance?

Pausing work rather than pushing through might help with both aspects. Intrigued by two competing narratives — one focused on working more as an indicator of performance and the other on having regular respites to protect well-being — as well as mixed (and sometimes even conflicting) findings of individual studies on these topics, our team conducted a **systematic review of existing research on**

workplace breaks. In analyzing more than 80 studies, we (with our colleagues Zahra Premji, Timothy Wingate, Connie Deng, Lisa Bélanger, and Nick Turner) confirmed that pausing work throughout the day can improve well-being and also help with getting more work done. Counter to the popular narrative of working long work hours, our research suggests that taking breaks within work hours not only does not detract from performance, but can help boost it.

Why is taking breaks beneficial for well-being and performance?

Like batteries that need to be recharged, we all have a limited pool of physical and psychological resources. When our batteries run low, **we feel** depleted, exhausted, and stressed out.

Pushing through work when very little energy is left in the tank puts a strain on well-being and work performance. In extreme cases, nonstop work can lead to a negative spiral: A worker tries to finish tasks despite their depleted state, is unable to do them well and even makes mistakes, resulting in more work and even fewer resources left to tackle those same tasks. This means that the more we work, the less productive and more exhausted we can become. Think about reading the same line for the fifth time, for example, and still not absorbing it.

The good news is that taking breaks can help employees to recharge and short-circuit the negative spiral of exhaustion and decreasing productivity. However, not all breaks are equal in terms of their effects.

What types of breaks are more effective for improving well-being and performance?

Breaks come in many different shapes and forms: exercising, browsing social media, going for a short walk, socializing with others, taking a nap, grabbing lunch, and so on. However, our systematic review shows that not all break types are equally effective. In other words, it matters how to pause work. Here are some common break elements to consider:

Break length and timing

A longer break does not necessarily equate to a better break. Disengaging from work only for a few minutes but on a regular basis (micro-breaks) can be sufficient for preventing exhaustion and boosting performance. For example, workers can take short breaks for snacking, stretching, or simply gazing out of the window. Further, timing of the break matters — shorter breaks are more effective in the morning, while longer breaks are more beneficial in the late afternoon. This is because fatigue worsens over the workday, and we need more break time in the afternoon to recharge.

Location of breaks

The place breaks take place can make a big difference in terms of recovery. Both stretching at a desk and going outside for a short walk seem like very similar break activities, but they might substantially differ in their recharging potential. Our review demonstrates that taking a break at outdoors and enjoying the green space is far better for recharging workers' resources than simply staying at a desk.

Break activity

Engaging in physical activity during a break is effective for improving both well-being and performance. Exercising is an especially valuable recovery tool for mentally demanding work. However, the positive effects of this break type are short-lived, and employees need to exercise on a regular basis to yield its benefits.

Despite these benefits, exercise is not the most preferred way to spend breaks among employees. Our review shows that browsing social media is the most common break type — almost everyone (97%) report engaging in this activity. However, **researchers find** that scrolling through social media during work breaks can lead to emotional exhaustion. As a result, **people end up with** diminished creativity and work engagement instead of replenished resources. As such, this type of break may not be effective for boosting performance.

Furry break companions

One study in our review showed that interactions with a dog can lower levels of cortisol hormone, an objective indicator of stress. More research is needed in this area, as the effects on performance remain unclear. We do, however, have a strong suspicion that spending a break with a furry companion is effective for many employees. **Research shows** that interactions with pets can substantially boost individuals' psychological wellbeing, which in turn is **strongly linked to performance**.

What can managers and organizations do to encourage breaks?

The mere availability of breaks does not guarantee benefits. Workers may not use their breaks in the most efficient ways or take them at all. As decision-makers and role models in organizations, managers are in an important position to encourage effective work breaks. This can be achieved in several ways:

Fostering positive attitudes toward breaks

While employees are generally positive about breaks and report that they are beneficial for performance, this sentiment is not always shared by managers. This can deter people from recharging. Thus, it is critical that managers are informed about the performance-related benefits of work breaks. For example, HR managers can incorporate this information in the company's wellness training programs. Organizations can also consider implementing "wellness moments" (akin to safety moments) during which they can share their strategies for taking effective breaks and brainstorm fun break activities. Even hanging posters about the benefits of and best practices in taking breaks in the workplace can go a long way.

Taking breaks themselves

Managers can communicate the importance of taking breaks by taking the most effective types regularly, which employees can mimic. For example, a manager who regularly walks her dog in a nearby park can communicate to her employees that she'll be stepping away from work for a bit to do so. Such strategy not only sets a positive example, but also sets clear boundaries around not interrupting breaks. Leading by example will help prevent the possible stigma and guilt associated with taking breaks. It's promising that more and more organizational leaders **are recognizing this** and even share their **regrets about not taking sufficient time off work**.

Scheduling dedicated break times

Our review shows that many employees are unable to take regular breaks, or are dissuaded from doing so because of the stigma; thus, we recommend that managers and organizations schedule dedicated break times. Such break times need to be implemented with care. Rigid break schedules, such as mandating employees stop working only at a certain time and of a predetermined length, reduce employee autonomy and can even have harmful effects on employees. We recommend

offering break periods at a certain length such as one hour a day and leaving when and how often they want to take their breaks at the employee's discretion. Offering flexible work schedules, innovative workplace break initiatives such as "break tickets" (e.g., giving daily tickets that allows employee to take an hour of their choice off), or providing on-site social or physical activities could be some examples of optimal break scheduling.

Creating spaces for breaks

As we highlighted above, the location of breaks can play an important role in maximizing their benefits. For example, having a small park or indoor green space can communicate the organization's commitment to facilitating work breaks and enhance the benefits of breaks in relation to employee performance. To further yield benefits of outdoor breaks, you could also make it an off-leash dog park where employees who enjoy interacting with animals can do so. This can also serve as a recruitment tool as **the demand for pet-friendly workplaces is rising**, and many companies have already adopted **pet-friendly policies**.

Organizations with employees working from home can also make use of the spaces available to them by arranging online park meetings where remote workers can join the meeting while walking or sitting at an outdoor space that is convenient to them. Alternatively, they can allocate a "break budget" for employees to create their own break space. For example, employees can buy an indoor plant or a yoga mat.

Employee performance has always been a concern for organizations, and more organizations are making efforts to address employee well-being today. Work breaks as a promising tool to improve both. Organizations need to recognize the importance of breaks and engage in deliberate efforts to facilitate effective breaks.

Zhanna Lyubykh is an assistant professor of management and organization studies at the Beedie School of Business, Simon Fraser University, Vancouver, Canada. Her research focuses on employee well-being, workplace mistreatment, and leadership.

Duygu Biricik Gulseren is an assistant professor at the School of Human Resources Management at York University, Toronto, Canada. Her research focuses on healthy work and leadership.