

Chamber CHATTER



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

8.21.25

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

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

CHAMBER EVENTS

Watch for Weekly Updates!!

August

28- Business Leaders Discussion Group -
Sponsored by the **Mechanicsburg Area Community**
Foundations and **PaySmart Payroll Services**,
650 Wilson Ln, Ste. 100, Mechanicsburg.
7:45 - 9:00 am. Members only event.

September

9 - Business Women's Networking Luncheon -
Sponsored by the **Mechanicsburg Area Community**
Foundation at The Cracked Pot Coffee Shop,
130 Gettysburg Pike, Unit A, Mechanicsburg.
11:30am - 1:00pm. FREE member event.

11 - Cumberland County Mega Mixer -
Location - **Members 1st Federal Credit Union**,
5000 Marketplace Way, Enola. 5:00 - 7:00pm.

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

RSVP to info@mechanicsburgchamber.org

Thank You For Renewing Your Membership!

Classic Rock Design Center
Encompass Health Rehabilitation Hospital
Little Theatre of Mechanicsburg
Representative Sheryl Delozier

Mechanicsburg Chamber of Commerce presents:

Business Leaders Discussion Group

Thursday, August 28

7:45 - 9:00 am

Co-Sponsored by



**650 Wilson Ln, Suite 100
Mechanicsburg**

RSVP to info@mechanicsburgchamber.org or call 717-796-0811
This members-only event is **free** to attend!

Bring your questions and business topics and hear what others have to say!

Seeking HOSTS for 2025 and 2026 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.

Business Women's Networking Luncheon

Tuesday, September 9
11:30am - 1:00pm



Join us as the Mechanicsburg Area Community Foundation hosts and educates all that they do to make our communities great places to live, play, and work.

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

Location:

The Cracked Pot Coffee Shop
130 Gettysburg Road Unit A
Mechanicsburg

Space is limited. Reservations required.

RSVP to info@mechanicsburgchamber.org

Welcome New Chamber Members

Amici Pizza, 125 Gateway Drive, Mechanicsburg, PA 17050; Vinny Epifanotto; 717-591-1313;
amicipizzamechanicsburg.com; Restaurants

KB Ludwick Bookkeeping, 120 Victoria Drive, Mechanicsburg, PA 17055; Kristia Ludwick;
717-516-0472; kbludwickbookkeeping.com; Accounting/Bookkeeping Services

MEGA MIXER

CARLISLE | MECHANICSBURG
SHIPPENSBURG | WEST SHORE

THURSDAY
SEPT. 11
5:00-7:00PM

Hosted By



5000 Marketplace Way | Enola, PA

HORS D'OEUVRES
& DRINKS
FREE TO ATTEND

PRESENTED BY:



717.243.4515
events@carlislechamber.org



717.796.0811
info@mechanicsburgchamber.org



717.532.5509
chamber@shippensburg.org



717.761.0702
wschamber@wschamber.org



PLEASE RSVP AT WSCHAMBER.ORG
PRIOR TO THE EVENT.



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EXHIBITING SPONSORS

Drayer Physical Therapy
Encompass Health Rehabilitation
Hospital of Mechanicsburg
Higher Information Group
Parx Casino Shippensburg
PaySmart Payroll Services
Pennsylvania Chamber Insurance
Renewal by Anderson
Trout CPA
UPMC
WellSpan Health



Friday, September 19, 2025

Rich Valley Golf
227 Rich Valley Rd.
Mechanicsburg, PA 17050
Registration - 12:00pm
Tee Time - 1:00pm

Register to play! Application [here](#)! Only \$100 for golf, lunch and dinner. Includes the Gold Passport - receive entry into ALL hole contests (including a cash prize for a hole-in-one sponsored by Freedom Financial Wealth Management), and for a chance to win a raffle prize!

Not a golfer? Join us for dinner for only \$25.

Seeking Sponsors and Donations: This is a great opportunity to promote your business through a sponsorship or prize donation. Several sponsorship levels available! They can also be customized to fit your needs.

Or, simply send a gift card, promotional item, or any type of product for us to give away as a prize or to include in the golfers' goodie bags!

Contact the Chamber Office to play, contribute and volunteer!
717-796-0811 or info@mechanicsburgchamber.org

Portion of proceeds will support

The Caring Place - a center for grieving children, adolescents, and their families - a safe place where children and families find support amongst others that understand their loss.

\$\$\$\$\$ Hole in One
sponsored by:



Dinner
sponsored by:





**FALL DOCUMENT
SHREDDING
EVENT**

**TWO SHREDDER TRUCKS AVAILABLE!
THURSDAY, SEPT. 4
5-7 P.M.**

HAMPDEN TOWNSHIP POOL PARKING LOT
5001 HAMPDEN PARK DRIVE • MECHANICSBURG, PA 17050

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 Fall Document Shredding Event on Thursday, Sept. 4, from 5-7 p.m. at the Hampden Township Pool parking lot 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 head count. Shredding will be taken on a first-come, first-served basis. Due to high demand, for the first time we will have two shredder trucks!

Slow Down for School Buses

Students are or soon will be returning to class, and that means we will be seeing school buses back on our roads. Motorists, parents and children are encouraged to watch the video above to refresh their memories about how to share the road safely.

Pennsylvania law requires motorists to stop at least 10 feet away from school buses when their red lights are flashing and their stop arm is activated. This applies to motorists when they are behind or traveling alongside a school bus, as well as when meeting the bus or approaching an intersection where a bus has stopped.

Vehicles should remain stopped until the red lights have stopped flashing and the stop arm is withdrawn. Do not proceed until all the children have reached a place of safety.

If physical barriers such as grassy medians, guide rails or concrete median barriers separate oncoming traffic from the bus, motorists in the opposing lanes may proceed without stopping.

Penalties for failure to obey school bus safety laws can result in a \$250 fine, five points on a driving record and a 60-day license suspension. Violators will also be assessed a \$35 surcharge to be deposited into the School Bus Safety Grant Program Account. State law also permits school entities to install and operate a side stop signal arm enforcement system. These civil violations include a \$300 fine but would not assess points or impact insurance ratings.

Parents are reminded to ensure their children are at the bus stop early to avoid rushing. Students should stay where the bus driver can see them while boarding or exiting the bus.

[Click here for more information and tips on school bus safety.](#)



**CAR SEAT SAFETY CHECK
& DAMAGED LICENSE PLATE
& REPLACEMENT EVENT**

**Thursday
SEPT.
25** | **From
4 TO 7
P.M.**

at **Platinum Mitsubishi, 6039 Carlisle Pike, Mechanicsburg, PA 17050**

Please RSVP by calling 717-761-4665 or visiting RepDelozier.com/Events.

Certified car seat technicians will be on-site to ensure your child's car seat is properly installed at my Car Seat Safety Check and Damaged License Plate Replacement Event on Thursday, Sept. 25, from 4-7 p.m. at Platinum Mitsubishi at 6039 Carlisle Pike in Mechanicsburg. Police will also be available to facilitate damaged license plate replacements. These services are provided at no cost to the community.

License plates eligible for replacement include those that are blistered, peeling or discolored with at least one number or letter unreadable from over 50 feet away. Bring your vehicle with the affected plate attached as well as your current registration card and unexpired driver's license. An officer will determine whether your plate is eligible for replacement and my office will assist you in filing the appropriate form with PennDOT.

Please RSVP to 717-761-4665 or visit RepDelozier.com/Events.

CAEDC Now Accepting Applications for LSA Grants

The Local Share Account (LSA), Category 4 Facilities Program, a multi-county grant program that includes Cumberland County, is now open, and interested non-profit applicants can apply through the Cumberland Area Economic Development Corporation (CAEDC).

CAEDC is seeking applicants who are a non-profit organization and need funding for projects that benefit their community. Interested organizations are encouraged to contact Alyssa Smith at 717-240-7184 or at alyssa@cumberlandbusiness.com with any questions and to determine if their project aligns with CAEDC's strategic mission.

Eligible uses include:

- Acquisition
- Construction
- Demolition
- Infrastructure
- Purchase of vehicles, machinery and/or equipment (excluding uniforms, protective equipment, consumable supplies, and furniture)
- Planning, consulting, and design costs related to planning projects.
- Engineering, design, and inspection, to include permitting fees, for construction projects not to exceed 10% of the total grant award.
- Contingency costs not to exceed 5% of documented construction and infrastructure costs are permissible.

Interested, qualified applicants can apply on CAEDC's online application at CumberlandBusiness.com/lsa-application.

Complete applications must be submitted to CAEDC by August 31, 2015.

The LSA Grant is funded through the PA Race Horse Development and Gaming Act (Act 2004-71), as amended, which provides for the distribution of gaming revenues through the Commonwealth Financing Authority (CFA) to support projects in the public interest within the Commonwealth of Pennsylvania.

About CAEDC

CAEDC is Cumberland County's lead economic development agency charged with leveraging and promoting Cumberland Valley's economic development and tourism assets to drive growth, create jobs and improve the quality of life. Offices are located at 230 S. Sporting Hill Road, Suite 100, Mechanicsburg, PA 17050. For more information, visit www.cumberlandbusiness.com and www.visitcumberlandvalley.com.



THE FOUNDATION FOR ENHANCING COMMUNITIES

TFEC Announces New Grant Opportunities for Nonprofits Across South Central Pennsylvania

The Foundation for Enhancing Communities (TFEC) has opened applications for its latest grant opportunities, providing five funding options for nonprofit organizations serving Cumberland, Dauphin, Franklin, Lebanon and Perry Counties, as well as the Dillsburg area of York County.

Applications will be accepted through Sept. 1.

“These grants represent the power of community-driven philanthropy,” said Jennifer Doyle, TFEC president and CEO. “They are made possible by individuals and organizations who established charitable funds at TFEC, turning ideas into lasting change.”

Available grants include:

- **Greater Harrisburg Community Foundation: Benjamin Franklin Trust Fund**, funding projects to improve knowledge, quality of life and community outcomes.
- **Greater Harrisburg Community Foundation: Upstream**, supporting innovative programs that tackle social issues at the root.
- **Madden Family Fund**, promoting equitable access to education and essential resources.
- **Martin M. Sacks Memorial Fund**, supporting youth and family-oriented programs.
- **Please Live Fund (new in 2025)**, providing funding for mental wellness education and suicide prevention, with priority given to programs benefiting K–12 students.

In 2024, TFEC awarded more than \$650,000 through these grant programs, supporting 109 local projects.

“This work happens through collaboration,” said Caitlin Cluck, director of community investment at TFEC. “By partnering with nonprofits who understand the unique needs of our communities, we amplify local impact and create opportunities for meaningful change.”

To learn more about available grants or how to support a fund, visit www.tfec.org.

UNITED WAY OF THE CAPITAL REGION

STUFF THE BUS

Friday, September 5, 2025

8 a.m. - noon

As part of United Way's annual Day of Caring, we will hold our "Stuff the Bus" signature project to collect school and health supplies for local children. You can drop them off on September 5 at one of the sites listed below.

All items will go to schools participating in our school readiness program which prepares children for kindergarten.

BUS LOCATIONS:

Highmark Blue Shield
1800 Center Street, Camp Hill

Heller's Hardware
42 Red Hill Road, Newport

Penn State Health
Academic Support Bldg. 90 Hope Drive, Hershey



SHOP ONLINE!

Shop our Amazon wish list and send the items right to our office or send us an Amazon gift card and we will purchase the supplies.

Visit <https://a.co/90XwPCo> or scan the code below.



SUPPLY LIST

- | | | |
|--|--|-----------------------|
| • Construction Paper (9x12, 12x18, assort. colors) | • Colored Pencils | • Elmer's Liquid Glue |
| • White Construction Paper (9x12, 12x18) | • Crayons | • Children's Scissors |
| • Markers (fine & broad tip) | • Tripod Pencil Grips | • Disinfectant Wipes |
| • Pencils (toddler & regular) | • Dry Erase Markers & Erasers (washable) | • Paper Towels |
| | • Glue Sticks | • Tissues |

QUESTIONS?

Contact Heidi Neuhaus at
717.732.0700 or e-mail
hneuhaus@uwcr.org.



JAZZ ME BAND

KIRK WISE UPCOMING
SOLO, DUO & BAND
PUBLIC DATES

Thur. 8/21 – Big Bottom Brewery @
Al's Pizza, Dillsburg...Kirk solo 7-9

Fri. 8/22 – Reid's Wine & Cider House,
Gettysburg...Kirk & Dave Duo 7-10

Sat. 8/23 – Totem Pole Wine Farm/Ranch
Carlisle...Kirk solo 6:30-8:30

Sun. 8/24 – Captain Bob's Steamed Crabs,
Railroad/ Shrewsbury...Kirk solo 1-3

Wed. 8/27 – Mercato Mio Ristorante @
Penn Harris Hotel, Camp Hill ... 6 – 8:30

Thurs. 8/28 – Simply The Best Gala , Penn
Harris Hotel, Camp Hill...6 - 10

Fri. 8/29 – Grandpa's Love Shack Restaurant,
Shermansdale... Kirk+ 6 – 8

Sat. 8/30 – Mt. Airy Orchards, Dillsburg ...
Kirk solo 11-2

Sat. 8/30 – 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:
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LANDON WISE PHOTOGRAPHY



Children's Book Swap September 6th

A free Children's Book One-for-One Swap will be held at St. Luke's Episcopal Church on Saturday, September 6. Drop off your gently used children's books, and swap them for "new to you" books, one-for-one. Please count your books before bringing them to the Church. Drop off books at the designated times, and then return on Saturday, September 6 between 9 a.m. and 3 p.m. to choose the new-to-you books. Books will be organized by reading level. Please feel welcome to tell friends and family about this swap: the more who participate, the better the selection of books for all!

Drop off times at St. Luke's Episcopal Church, 8 East Keller Street, Mechanicsburg: Sunday, August 31 from 12 p.m. (Noon) until 1 p.m. or Friday, September 5 from 4 p.m. until 7 p.m. You will be given a receipt for that number of books you bring.

"Shopping" day is Saturday, September 6 from 9 a.m. until 12 p.m. (Noon) for those who donated books. Bring your receipt as your admission ticket, and "shop" for that many new-to-you books. The swap will then be open for the community to choose from the remaining books from 1 p.m.-3 p.m. (for anyone that did not donate books).

Any books left over will be donated to the Cheyenne River Episcopal Mission in Eagle Butte, North Dakota, a mission partner of the Church.

Questions? Contact the Children and Youth Ministry Team Leader at
kidmin.stlukesmech@gmail.com

Join us for a FREE Benefits Webinar

Introducing ICHRA, A New Era in Employee Health Benefits

Tuesday, September 9, 2025
10:00 a.m.

Are rising employee health insurance costs limiting your options?

We will be hosting a webinar to learn how ICHRA (Individual Coverage Health Reimbursement Arrangement) can offer your business a flexible, budget friendly alternative. This webinar will explain how the ICHRA works and why it is gaining so much traction, what kind of business benefits most by offering this type of plan and steps to understanding implementation and how easy it is to provide your employees the opportunity to choose a plan that is best for them and their specific needs.

REGISTER

ONLINE | CONFERENCE HOTLINE 877.866.8965



For your Business. For your People. For your Health.

417 Walnut Street | Harrisburg, PA 17101 | 877.463.9891 | pachamberinsurance.com



🎉 **FEATURE YOUR BUSINESS** 🎉
Chase Fitness Grand Reopening
Saturday, September 13th | Mechanicsburg, PA

📍 **New Location:** 4909 Louise Drive, Suite 203, Mechanicsburg, PA

EVENT SCHEDULE:

- 🕒 **8:00–9:00 AM** – FREE Community Workout
 - 🕒 **9:00 AM–12:00 PM** – Local Vendor & Small Business Showcase
-

WHY PARTICIPATE? ✓ Connect with other local business owners
✓ Share your products/services with a health-conscious crowd
✓ Be part of a high-energy, community-focused morning
✓ **FREE participation** – bring your info, samples, or a giveaway!

RESERVE YOUR SPOT:

Reply “I’m in!” by **Friday, August 29th** to secure your space.

Contact:

Melissa Chase – Owner, Chase Fitness
✉ [chasefitness.pa@gmail.com] | ☎ [814.462.9599]

Let’s make this a morning of connection, community, and celebration!

[Grand Re-Opening Facebook Event](#)



FRIDAY FOOD TRUCKS AT FIRST

MAY 16 JULY 18 SEPT. 19

**LIVE
MUSIC
ON THE
PATIO**



May 16: Summer Reading Kick off with Simpson Library

July 18: Inside Family Friendly movie

September 19: Fun and Fit Fair with Sadler Health



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



MULTIPLE TRUCKS /// VARIETY OF FOOD

From Curiosity to Capability

How to Talk to AI (and Actually Get Results)

Expert Eric Canada shows
how to harness AI
effectively and create a
roadmap for a smart,
sustainable AI strategy.



Eric Canada
Partner & Chief Strategist
Blane Canada



[Register Here](#)

September 25
8:30am-10:00am

Members 1st Headquarters
5000 Marketplace Way
Enola, PA 17025

CUMBERLAND VALLEY
PENNSYLVANIA

Cumberland Area
Economic Development
Corporation



Unlock AI: A Hands-on Workshop

[Register Here](#)

Join CAEDC as expert Eric
Canada leads a guided,
practical workshop that puts
AI tools in your hands.

September 25
1:00pm-3:30pm

Members 1st Headquarters
5000 Marketplace Way
Enola, PA 17025

CUMBERLAND VALLEY
PENNSYLVANIA

Cumberland Area
Economic Development
Corporation



GOLF FORE KIDS' SAKE



SEPTEMBER 26, 2025

Briarwood Golf Club
11:30am Shotgun Start
Lunch & Dinner Provided

*A day on the course can change the
course of a life.*

Join us on the green to give York & Adams County
youth the mentor they need to succeed.



REGISTER NOW

Foursome - \$500
Sponsorships Available

tinyurl.com/gfks25

CAPBIGS.ORG | (717) 236-0199 | MLAKIN@BBBSSCPA.ORG





New Annual Report Requirement for PA Businesses

As reported in January, starting in 2025, Pennsylvania will implement a new annual report filing requirement for domestic and foreign business filing associations. This change, enacted through Act 122 of 2022, replaces the long-standing decennial report requirement and aligns Pennsylvania with the practices of most other states.

This update applies to various business entities, including corporations, limited liability companies (LLCs), limited partnerships (LPs), nonprofit corporations, and more.

Key Details About the Annual Report Requirement

- Filing Deadlines: Deadlines vary by entity type (June 30, September 30, or December 31).
- Filing Fees: \$7 for most entities; \$0 for nonprofits and not-for-profit LPs/LLCs.
- Information to Include: Registered office address, principal office address, name of at least one governor, and names and titles of the principal officers.

Failure to file could result in administrative dissolution or termination, loss of name protection, and other consequences.

If you have any questions or would like to discuss the impact of these changes on your business, please do not hesitate to contact us.

[Read More About the New Annual Report Requirement](#)

930 Century Dr, #104
Mechanicsburg, PA 17055
717-697-2900
www.troutcpa.com



Tuesday October 7, 2025

5:00 pm - 6:30 pm

Veteran's Square, Carlisle PA



WALK THE MILE

Because HERstory Counts

Join us to raise awareness to end
violence against women and girls

Start a team, set a fundraising goal, and rally your circle to donate.
The top fundraising teams will win a prize and be recognized at the event. More importantly, they'll be leading the way in ensuring survivors have access to the resources they deserve.

\$35/Walker

\$300/Team up to 10

Registration includes a T-Shirt!

*Raffle tickets and prizes will
be available for purchase



**eliminating racism
empowering women**

ywca

carlisle & Cumberland county

ywcacarlisle.org

****All funds raised by Walk the Mile will go to support survivors with
emergency housing, food, free counseling sessions, and more!***



PCN Launches Interactive Map and Free Statewide Content on PCN Select Showcasing Pennsylvania's Role in Nation's History With PCN's Celebrating America's 250th in Pennsylvania

As the United States approaches its 250th anniversary in 2026, the Pennsylvania Cable Network (PCN) is proud to unveil a powerful new tool that brings the Commonwealth's rich history to life—an interactive map featuring free, on-demand content from all 67 counties through PCN's streaming platform, PCN Select.

In partnership with America250PA—the official state commission for the Semiquincentennial—PCN's *Celebrating America's 250th* in Pennsylvania highlights the people, places and events that shaped both Pennsylvania and the nation. The interactive 250th Map allows users to explore curated PCN content that showcases local history, culture and landmarks from all over the state. This project was financed in part by a grant from the Commonwealth of Pennsylvania, the Department of Community and Economic Development.

The 250th Map brings together stories that reflect Pennsylvania's influence on our nation's history—from French and Indian War fortifications and the American Revolution to Gettysburg, the heroism of Flight 93 and the global reach of our iconic brands. "Every region of Pennsylvania has contributed to shaping not only our state but the country as a whole," said Debra Kohr Sheppard, President and CEO of PCN. "Our stories across the Commonwealth are part of a larger American story, and we're proud to make them accessible to everyone as we approach the 250th anniversary of the United States."

The interactive 250th Map is available now through PCN's online streaming platform, PCN Select, at PCNSelect.com/Map. It will be updated through 2026 with new free content, including documentaries, interviews and coverage of America250PA events across the state.

"This project demonstrates what we've always known—that every corner of Pennsylvania has played a role in shaping the nation," said Cassandra Coleman, Executive Director of America250PA. "The 250th Map is a practical and powerful way to ensure those stories are seen, understood and shared as we approach 2026."

PCN's coverage will expand throughout 2025 and 2026, offering viewers a growing library of historical content that reflects the diversity and depth of Pennsylvania's contributions to the American story.

To explore the interactive map and learn more about PCN's ongoing coverage, visit: PCNTV.com/Americas-250.



Join Cumberland County in Celebrating America250!

This year, Cumberland County proudly kicked off its 275th anniversary, and we're already gearing up for another milestone—the 250th anniversary of the United States in 2026! To ensure a memorable celebration, Cumberland County has formed an America250PA Committee with representatives from various organizations, including local historical societies, chambers of commerce, non-profits, school districts, higher education institutions, the Cumberland Valley Visitors Bureau, and Cumberland Area Economic Development Corporation.

We invite your business to join the excitement and contribute to making America250 truly special in Cumberland County! Here are the ways you can assist.

- Explore and share the microsite VisitCumberlandValley.com/America-250.
- Plan an America250PA-themed event and submit it for free to our online calendar.
- Take an active role and join one of our sub-committees:
 - Programming & Events
 - Marketing & PR
 - Education
- Consider sponsoring an America250PA-themed event.

If you'd like to participate or learn more, please contact Stacy Snyder at smsnyder@cumberlandcountypa.gov.



LIFE CHANGING MEDICINE

UPMC Lactation Consultant: Empowering Families Through Breastfeeding

By Shannon Lilienthal, Lactation Consultant, UPMC Magee-Womens in Central Pa.

Breastfeeding is a personal choice, and one that comes with powerful health benefits for both mother and baby. August is National Breastfeeding Awareness Month, making it a great time to highlight how breastfeeding supports lifelong wellness, strengthens bonds, and can even benefit communities as a whole.

Health Benefits for Baby

Breast milk is often called “liquid gold” because of how perfectly it is tailored to meet an infant’s needs. It contains the ideal mix of nutrients, antibodies, and enzymes to support healthy growth and development. Research shows that breastfeeding can:

- Reduce the risk of infections, including ear infections, respiratory illnesses, and diarrhea.
- Lower the likelihood of developing asthma, obesity, and type 2 diabetes later in life.
- Promote better brain development and cognitive performance.

Breastfeeding is also linked to a lower risk of Sudden Infant Death Syndrome (SIDS), especially when continued through the baby’s first six months.

Health Benefits for Mom

The benefits of breastfeeding are not one-sided. Breastfeeding can help mothers recover from childbirth more quickly by stimulating uterine contractions, which reduces postpartum bleeding. Over time, breastfeeding has been shown to:

- Lower the risk of breast and ovarian cancers.
- Reduce the likelihood of developing type 2 diabetes and high blood pressure.
- Support natural weight loss after pregnancy.

It can also offer emotional and mental health advantages, such as improved bonding and a reduced risk of postpartum depression.

How Communities Benefit

Beyond individual families, breastfeeding offers wide-reaching public health benefits. Fewer infections and chronic conditions in infants lead to lower health care costs for families and the health care system. Breastfeeding/breast milk feeding can be lifesaving in times of emergencies and natural disasters when resources may be limited.

Communities that support breastfeeding — through lactation-friendly workplaces, public spaces, and health care policies — often see better health outcomes and higher employee satisfaction. Over time, this contributes to a healthier population and less strain on public health resources.

Support and Flexibility Matter

While breastfeeding is a natural process, it can come with a learning curve. The good news is that many of the common challenges—like finding a comfortable latch, understanding milk supply, or balancing breastfeeding with daily routines—can be overcome with support, patience, and practice. With the right resources and encouragement, many parents find breastfeeding to be a rewarding and bonding experience. Support from family members, health care providers, lactation consultants, and employers can make a big difference in helping new parents reach their feeding goals.

It's also important to recognize that not everyone can or choose to breastfeed or provide breast milk—and that's completely okay. Every family's feeding journey is unique, and some experiences may be shaped by factors beyond their control. Our goal is to provide evidence-based education so that every family can make an informed feeding decision that feels right for them—and we are here to support whatever that choice may be. No matter how you feed your baby, you are providing the love, nourishment, and care they need to grow and thrive.

Shannon Lilienthal is an IBCLC (International Board Certified Lactation Consultant) with 25 years of experience working with families. For the past 19 years, she has worked at UPMC Harrisburg Hospital teaching breastfeeding classes, supporting families in the hospital, as well as Outpatient Lactation Services. She facilitates UPMC's weekly breastfeeding support group in Camp Hill, Pa. She has presented at conferences and seminars on a variety of lactation topics. She lives in Mechanicsburg with her husband and their two teenage sons.



The Foundation for Enhancing Communities Awards More Than \$140,000 Through Arts for All Grants

Supporting performances, education and community projects across South Central Pennsylvania

Investments will support performances, education and community projects across South Central Pennsylvania

Communities across South Central Pennsylvania will soon benefit from new opportunities to experience live performances, cultural festivals, art education and creative programming made possible through more than \$140,000 in Arts for All grants. The Foundation for Enhancing Communities (TFEC) has awarded funding to 35 nonprofit organizations serving Dauphin, Cumberland, Franklin, Lebanon and Perry Counties and the Dillsburg area of northern York County.

The Arts for All program strengthens South Central Pennsylvania's creative economy by ensuring that residents of all ages and backgrounds can access artistic experiences that enrich community life.

"By working hand in hand with our community, we are able to expand opportunities for artistic expression and make the arts accessible to more people," said Stefani McAuliffe, Vice President

of Community Impact at TFEC. “The need for programs like these continues to grow, and we invite community members to support Arts for All through donations that ensure the arts remain a powerful force for connection and inspiration.”

Donations to Arts for All can be made at www.tfec.org/funds/arts-for-all.

This year’s Arts for All grants support a wide range of projects across South Central Pennsylvania. Awardees include theaters expanding access to free performances, orchestras and music programs educating young musicians, libraries offering concerts and creative learning, community groups creating murals and cultural festivals, and nonprofits bringing arts education directly into schools. Funded organizations include Lebanon Valley Council on the Arts START program, Totem Pole Playhouse in Franklin County, Cumberland Valley School of Music, Open Stage of Harrisburg, Chambersburg Ballet Guild, Carlisle Arts Learning Center, Harrisburg Men’s Chorus, Perry County Council of the Arts and many more working to make the arts accessible for all.

“These grants are an investment not just in the arts but in the future of our communities,” McAuliffe said. “From engaging students in classrooms to bringing neighbors together at concerts and performances, the impact of these dollars will be felt in every corner of our region.”

For more information about Arts for All or to make a donation, visit www.tfec.org.

Celebrating the 2025-2026 Arts for All Grant Recipients

- Totem Pole Playhouse is expanding access to live theater for elementary and middle school students, nurturing creativity and a lifelong love of the arts.
- Ned Smith Center for Nature and Art presents rotating exhibitions in its three galleries, connecting visitors with diverse artistic themes and the legacy of Ned Smith.
- Cumberland County Library System Foundation continues Beautify the Barriers, a mural project that engages artists and students to transform public spaces.
- Market Square Concerts provides free educational outreach programs that bring world-class musicians to children and adults across cultural and economic backgrounds.
- Chambersburg Community Theatre is producing “Fiddler on the Roof,” offering one free performance open to the community.
- J. Herman Bosler Memorial Library presents free monthly concerts at the library, expanding access to live music for all ages.
- Cumberland Valley School of Music supports its arts-integrated preschool, providing inclusive and high-quality instruction for 300 young learners.
- West Shore Symphony Orchestra is presenting its 38th anniversary season, performing a diverse repertoire to engage and inspire audiences.
- All In Theatre offers an inclusive introductory theater class for children of all abilities to explore the performing arts.
- Communities in Schools of Pennsylvania is creating an Art Nook program to bring visual arts education into Susquehanna Township schools.
- Open Stage of Harrisburg expands its student matinee tours, making live theater more accessible to schools throughout the region.
- Arts Alliance of Greater Waynesboro presents Destination ARTS!, a series of free and low-cost events that build a vibrant community through music and visual arts.
- Dwennimmen hosts the SoulFit Festival, celebrating cultural diversity through African dance, drumming and wellness programming.
- Alexander Hamilton Memorial Free Library offers hands-on STEAM programming for youth through its Art Cart programs.
- Hershey Symphony Orchestra Society provides middle and high school students with orchestral education and performance opportunities.

- Harrisburg Area YMCA supports its STEAM Camp, helping children build confidence, creativity and essential skills.
- Lebanon Valley Council on the Arts hosts START, a summer program that includes an art club, mural installation and mask-making workshops.
- Shakespeare Page to Stage brings Shakespeare performances and educational programs to Carlisle through free plays and community activities.
- Nick Services provides a nine-week art program for children in Lebanon County, offering a safe and encouraging learning space.
- Gamut Theatre Group produces its annual Free Shakespeare in the Park, making theater accessible to the Harrisburg community.
- Central Pennsylvania Friends of Jazz expands youth jazz education through its Ron Waters Jazz Band and annual jazz camp.
- Chinese for Affirmative Action supports an artist residency program for Bhutanese youth and young adults in Harrisburg.
- Sankofa African American Theatre Company presents culturally relevant productions and educational programs that highlight African American perspectives.
- Music at Gretna enhances accessibility during its 50th anniversary season.
- Chambersburg Ballet Guild partners with schools to provide free Nutcracker performances for fifth-grade students.
- Wilson College hosts a creative writing colloquium where writers of all ages can learn from published authors.
- Waynesboro Area Business Education and Community Foundation collaborates with a local artist to create StoryWalks and hands-on arts experiences for students.
- Trinity Preschool of Harrisburg expands its arts-related programming and field trips for young learners.
- Neurodiverse Network provides art activities and maker space opportunities for neurodivergent individuals.
- Perry County Council of the Arts delivers Drop-In Art programs that introduce children to creative expression.
- Harrisburg Men's Chorus presents free concerts that celebrate the LGBTQ+ musical perspective and reach underserved audiences.
- Big Spring Senior Center engages seniors in creative aging programs that promote self-expression and connection.
- Tri-County Opportunities Industrialization Center combines literacy and theater education to help adult learners improve reading and communication skills.
- Carlisle Arts Learning Center continues collaborative programs that provide middle and high school students with opportunities to explore art in community settings.
- The PIER Foundation offers a majorette dance camp and program that connects Dauphin County youth with cultural pride and performance opportunities.