

Chamber CHATTER



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

7.16.26

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

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News, Events & more!

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

CHAMBER EVENTS

Watch for Weekly Updates!

July

21 - After Hours Mixer & Ribbon Cutting - Spark by Hilton Mechanicsburg, 385 Cumberland Parkway, Mechanicsburg. 4:30 - 6:30pm.

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

August

5 - Carlisle Barracks Welcome Expo. 9:00am - 1:00pm.
RSVP to info@mechanicsburgchamber.org

One study found that 64% of adults familiar with their local chamber of commerce were more likely to purchase from a chamber member.

- U.S. Chamber of Commerce

Thank You For Renewing Your Membership!

**Lawrence Chevrolet
Univest Financial**

Mechanicsburg Chamber of Commerce presents:

After-Hours Mixer & Ribbon Cutting

FREE
EVENT!

**Tuesday, July 21
4:30 - 6:30 p.m.**

FREE
EVENT!



Spark by Hilton Mechanicsburg
385 Cumberland Parkway
Mechanicsburg, PA 17055

Join us for a Mechanicsburg Chamber of Commerce After-Hours Mixer at the Spark by Hilton Mechanicsburg. Come check out the area's newest renovated and rebranded accommodations. Help us celebrate this Grand Rebranding with a ribbon cutting.

We invite you to come network with other businesses and get to know fellow professionals in the area. The Mixer is FREE.

RSVP to info@mechanicsburgchamber.org or call 717-796-0811.

Enjoy an evening of networking, refreshments and a chance to win a prize!

RSVPing is easy, simply email info@mechanicsburgchamber.org, RSVP online, or call 717-796-0811

Mechanicsburg Chamber of Commerce presents:

Business Leaders Discussion Group

Thursday, July 30

7:45 - 9:00 am

**Sponsored by
PaySmart Payroll Services
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!

**Do you know a great way to show off
what, where, and how you do the things you do?
Host a Business Women's Networking Luncheon or
After Hours Mixer. There is no fee to host an event,
contact the Chamber office for more details.**

Seeking HOSTS for 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.



Welcome Event at Carlisle Barracks

Time to Drop Off Your Materials

The Mechanicsburg Chamber of Commerce will have a booth at the Carlisle Barracks Welcome Expo! The Welcome Expo is an opportunity for students, families, and others affiliated with the Barracks to become acquainted with businesses in the area.

At no cost to our Chamber members, we will distribute your business information to fair attendees.

Please let us know if you have promo items, brochures, coupons, or flyers that you want to include in our bags.

We will distribute 100 bags at this event.

We must have your items by end of business on Friday, July 31st as we will be stuffing bags on Monday the 3rd!

Drop-off at the Chamber office:
6 W. Strawberry Avenue, Mechanicsburg

If you have any questions or would like to confirm your participation,
contact us at
717-796-0811 or by email at info@mechanicsburgchamber.org



Thank you to
Belco Community Credit Union
for hosting the July Business Women's
Networking Luncheon at
Visaggio's Ristorante.



There were some new faces, great networking, fellowship, and enlightening conversation.

A presentation by Belco CEO Amey Sgrignoli highlighted the wonderful aspects of collaboration and how **Belco CCU** works to do just that in their communities.

The day's event also was able to spotlight the great facilities and dining of a central PA staple - **Viaggio's.**



Viaggio's

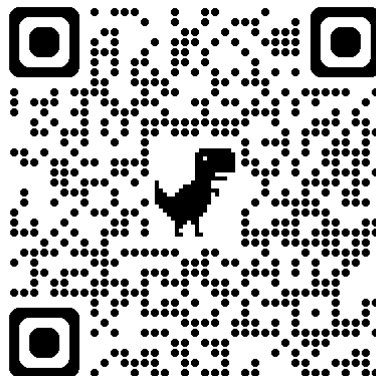
Travel with the Mechanicsburg Chamber of Commerce to Sunny Portugal

Lisbon, Alentejo, Algarve & Portuguese Riviera

September 12-21, 2027

We have teamed up with Collette Vacations to offer this inclusive tour of one of Europe's fascinating countries.

Scan the QR code below for more information or click [here](#).



Welcome New Chamber Members

Encore Roofing, LLC, 130 Ringneck Drive, Newport, PA 17074; Scott Boreman; 717-979-1975; encoreroofingllc.com; Roofing / Home Improvement

EquipmentShare, 2875 Appleton Street, Camp Hill, PA 17011; Matthew Shirk; 717-943-6019; www.equipmentshare.com; Rental Service / Building/Construction

Family Nest PA West Shore, 6196 Spring Road, Shermans Dale, PA 17090; Deb Gay; 717-636-0066; familynestwshore.com; Retirement Services / Auction / Moving / Personal Services

HPD - Hotel Procurement & Design Services, 616 West Main Street, Mechanicsburg, PA 17055; Vince Coppola; 717-590-8750; www.hpddfe.com; Interior Design / Consultant: Business

JWE Remodeling & Roofing, 63 Jacobs Mill Road, Abbottstown, PA 17301; Jeff Erb; 717-931-7139; www.jweremodeling.com; Roofing / Building/Construction / Home Improvement

OrangeTheory Fitness, 6416 Carlisle Pike, Suite 1600 Mechanicsburg, PA 17050; Arleen Barreiros; 717-288-1243; www.orangetheory.com/en-us/locations/mechanicsburg-pennsylvania-1442; Fitness

Pennsylvania Treasury Department, 129 Finance Building, Harrisburg, PA 17120; Larry Booker; 717-303-7438; patreasury.gov; Government

Protect Our Community, 24 Parsonage Street, Newville, PA 17241; Loren Hockensmith; 717-440-1952; protectourwomen.org; Non-Profit Organizations / Education

Studio 133 – Memories in a Shoebox, LLC, 133 East Main Street Rear, Mechanicsburg, PA 17055; David Hilsinger; 717-377-5226; Retail / Antiques

The Alternative Board Harrisburg, 110 Evergreen Circle, Dillsburg, PA 17019; Chelsea Till; 717-648-9879; www.thealternativeboard.com/tabharrisburg; Consultant: Business / Education

Top Service Trucking, LLC, 888 Emily Drive, Mechanicsburg, PA 17055; Dolores V Guaman; 717-307-1580; Logistics / Shipping Supplies & Services / Transportation



Important Student Aid Deadline!

First-time applicants planning to attend a community college, trade school or other eligible school have until Saturday, Aug. 1, to submit their Free Application for Federal Student Aid (FAFSA) to be considered for a PA State Grant in 2026-27.

The [PA State Grant Program](#) is offered through the Pennsylvania Higher Education Assistance Agency (PHEAA) and provides funding to eligible undergraduate students that does not have to be repaid. Complete your FAFSA now at StudentAid.gov.

Lose Power?

PPL to Reimburse Ice and Water Purchases

Storms rocked much of central Pennsylvania on Independence Day. If you lost power as a result, PPL is reimbursing ice and water purchases (up to three 10-pound bags and three gallons of water per day). Additional purchases are not eligible for account credits.

Please mail receipts to:

PPL Electric Utilities

Attn: Ice and Water

827 Hausman Road

Allentown, PA 18104

[Learn more here.](#)

You must include your account number to be eligible for reimbursement.



Be Prepared for Extreme Weather

As we celebrated the nation's 250th birthday, many areas of the state were hit by severe thunderstorms, high winds, heavy rains and even tornado warnings. For some in Cumberland County, the recovery from those storms continues.

The Pennsylvania Emergency Management Agency (PEMA) is urging people who experienced property damage to report it. [More information about reporting damage is available here.](#) PEMA also notes state and local officials are out assessing damages. If you have questions about

the legitimacy of someone asking about your property, please ask for identification. Government officials will always have ID and be happy to show it to you.

In anticipation of more stormy weather in the weeks to come, I wanted to share these four key actions the Federal Emergency Management Agency (FEMA) recommends to prepare for any disaster:

- **Know your risk:** Know what could happen where you and your family live. Explore various types of disasters and emergencies on [Ready.gov](#).
- **Make a family emergency plan:** [Follow four easy steps](#) and create a [free Family Emergency Plan quickly and easily with FEMA's fillable form](#).
- **Build an emergency supply kit:** Having enough food, water and medicine can help you stay safe and comfortable until help arrives. [Find a list to help build your emergency supply kit here.](#)
- **Get involved in your community by taking action to prepare for emergencies:** Emergencies can happen fast, and emergency responders aren't always nearby. Consider taking first aid and CPR courses to help take care of your family, friends and neighbors.

It's also a good time to remember how dangerous floodwaters can be. If you approach a flooded roadway, turn your vehicle around. It only takes a few inches of water to sweep a vehicle away, putting your life in danger, as well as the lives of first responders who come to your aid. Never drive around "road closed" signs and use detours instead. The message is simple. Turn around; don't drown.

SENATOR **DAWN KEEFER**

Pennsylvania's 31st District

Serving Cumberland & York Counties



Residents Encouraged to Report July 4 Storm Damage



The severe storms that swept through our region on July 4 left a lasting mark on many families and communities. I want to sincerely thank the first responders, public works employees, emergency personnel, utility crews and local officials who worked around the clock to keep residents safe and restore essential services. More than 271,700 customers lost power during the dangerous storms, and tragically, two lives were lost. PPL has said that these storms rank among the 10 most significant weather events in the company's history and

required its largest restoration workforce since Hurricane Sandy. Although no state of emergency has been declared, the Pennsylvania Emergency Management Agency continues to evaluate the extent of the destruction.

If your home, property or business sustained damage during the July 4 storms, please report it to your local county or municipal emergency management coordinator. Each county contact information is listed below for the 31st Senatorial District. These reports are essential because they help emergency officials determine whether Pennsylvania meets the criteria for a disaster declaration and additional recovery assistance. Even if your damage seems minor, reporting it helps paint a complete picture of the losses experienced across our communities.

Cumberland County:

Robert Shivley

717-218-2900

rhshivley@cumberlandcountypa.gov

York County:

Chris Weidenhammer

717-840-2912

cdweidenhammer@yorkcountypa.gov

State Police Cadet Selection Open Through July 31

Do you know someone who is considering a law enforcement career? The Pennsylvania State Police Cadet selection cycle is open through July 31.

In addition to patrol services and policing residential areas, state troopers provide a variety of support services through specialized positions. The selection process consists of a written exam, background check and polygraph exam, physical readiness test, medical checkup and psychological evaluation.

College internships are also available at participating schools. [Learn more about the cadet selection process here.](#)



Property Tax/Rent Rebate Deadline Extended to Dec. 31



The Property Tax/Rent Rebate Program provides rebates on property taxes or rent paid for the previous year by income-eligible seniors and people with disabilities. The deadline to apply has been extended to Dec. 31, 2026.

Funded by the Pennsylvania Lottery, it benefits eligible Pennsylvanians age 65 and older; widows and widowers age 50 and older; and people with disabilities age 18 and older. Rebates range from \$380 to \$1,000. The income limit is currently

\$48,110 a year for homeowners and renters, however, half of Social Security income is excluded.

Treasurer Stacy Garrity recently announced that \$224.4 million in rebates have already been sent to 372,291 Pennsylvanians. [You can find more information and apply here.](#) Contact my office for assistance in applying.

Mark Your Calendar: Upcoming Community Events

I am pleased to host two upcoming community events designed to provide valuable services and connect residents with important resources:

*** Shredding and Damaged License Plate Replacement Event — Join me on July 30 from 4-7 p.m. for a [FREE shredding and damaged license plate replacement event](#) at Mechanicsburg Middle School, 1750 S. Market St., Mechanicsburg. This is a secure way to dispose of personal docu-



ments and help ensure your vehicle remains road-ready with assistance from the Upper Allen Police Department.

*** Senior Expo — Don't miss this informative event on Sept. 10 from 10 a.m. to noon at the West Shore YMCA, 410 Fallowfield Rd., Camp Hill, where local organizations will come together to share information, resources, free health screenings, door prizes and more.

More details, including additional participating organizations and event information, will be shared in the coming weeks.



For all your entertainment needs. Solo, Duo, Trio or Full bands
www.kirkmwise.com Call 717-979-0341

Fri. 7/17- Totem Pole Wine Farm, Carlisle...Kirk solo/duo 6:30-8:30
Sat. 7/18 – Costa Oil Car Show, Dillsburg Kirk DJ-Host...12:30-3:30
Sat. 7/18 – Moo Duck Brewing, Elizabethtown... Kirk & Beth Duo 5:30-8:30
Sun. 7/19 – Masonic Homes Brunch, Elizabethtown...Kirk solo 11-2
Tues. 7/21 – Range + Rye @ Range End, Dillsburg...Kirk solo 6-9
Thurs. 7/23 – VibraLife, Mechanicsburg 2:30-3:30...Kirk solo
Fri. 7/24 – The Dog House, Linglestown...Kirk solo/duo ...7-9
Sat. 7/25 – Rotunda Brewing/Restaurant, Annville... Kirk & Bryce Duo 6-9
Sun. 7/26 – Captain Bob's Steamed Crabs, Railroad/ Shrewsbury...Kirk solo 1-3
Tues. 7/28 – Range + Rye @ Range End, Dillsburg...Kirk solo 6-9
Wed. 7/29 – Masonic Homes Lounge, Elizabethtown...Ac. Generations 6-8
Thurs. 7/30 – Pride of the Susquehanna...Kirk solo 5-8
Fri. 7/31 – Mennonite Community Center, Chambersburg...Kirk & Beth 6-8



Help us Deck the Shelves this July!

We invite you to join our mission to feed the hungry and provide hope to those in need. This July, our "Deck the Shelves" food drive is an amazing opportunity to provide our neighbors with Christmas cheer even during the summer heat.

Here's a simple step by step guide on how to join in this fun event:

1. Collect: Gather non-perishable food items to donate. Every can, box, and bag goes a long way!
2. Invite: Help us spread the word! Encourage your friends, family, neighbors, and coworkers to join in your efforts to contribute to this Christmas collection.
3. Drop: On July 24th, bring your collection to any New Hope Center location during open hours. Experience the joy of Christmas Eve in July as we come together to support our community!

[Click here for list of items by each center!](#)



CAEDC
CUMBERLAND VALLEY
PENNSYLVANIA

Lunch & Learn:

TOP INSURANCE TRENDS IMPACTING YOUR BUSINESS

Join CAEDC and McConkey as we discuss the top insurance and employee benefits trends impacting employers today, what they could mean for your organization, and practical strategies to help you stay ahead.

WEDNESDAY, AUGUST 19, 2026
11:30AM-1:00PM

230 SPORTING HILL RD, SUITE 100
MECHANICSBURG, PA 17050



DANIEL HARRISON, AIC, CRIS
BUSINESS INSURANCE CONSULTANT



MICHAEL SHAULL, CEBS
EMPLOYEE BENEFITS EXECUTIVE CONSULTANT



Cumberland Area Economic Development Corporation
230 S. Sporting Hill Road, Suite 100
Mechanicsburg, PA 17050



WELL-BEING
AT WORK
BETTER FOR
ALL



PAMPERING FOR CORPORATE EVENTS

Invest in your team's well-being and
watch productivity *thrive*.



REDUCE STRESS

Boost focus &
mental clarity



INCREASE WELL-BEING

Happy employees,
positive culture



STRENGTHEN TEAM SPIRIT

Show appreciation
that truly matters



FLEXIBLE & EASY

On-site services
tailored to your needs

PERFECT FOR:



CONFERENCES

•



SEMINARS

•



TEAM BUILDING

•



PRODUCT LAUNCHES

•



HOLIDAY PARTIES

Offer your team a moment of relaxation and recharge. Because a well-cared-for team performs at its best. 



www.holisticaurash.com



717 4623951



5004 Lenker St, Suite 102
Mechanicsburg, PA 17050

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.****



FEEL THE LOVE™
Sponsored by THE LII LENNOX FOUNDATION

EMPLOYEE-OWNED
HB Home
SERVICE TEAM

Know a Deserving Individual?
Nominations close **August 31st, 2026**
Installation takes place **October 3 – 11, 2026**



Who Can Be Nominated?

A great nominee is someone who puts others first and could use extra support at home. This may include: First responders, teachers, veterans, healthcare workers, elderly neighbors, or community volunteers, Individuals or families experiencing financial hardship, and 501(c)(3) nonprofit organizations (must be able to receive residential equipment). Go to www.hbmclure.com/hbhome/feel-the-love-program-by-lennox for more info.

The **Feel The Love™** program brings heating and cooling equipment to deserving families who need a helping hand.



**Community
nominates**
deserving families.



**The LII Lennox
Foundation donates**
the equipment.



Dealers provide
time, labor
and supplies.

Please Include Dealer# and Name in Nomination: #A93537 – HB Home Service Team



Tell us their story for a chance to receive
a new heating or cooling system.
For more information, visit FeelTheLove.com



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CLICK HERE FOR MORE INFORMATION



Swim Smart This Summer

Happy 4th of July! As families gather to celebrate, it's the perfect time to pause and keep water safety top of mind, especially when pools, lakes, and backyard splash time are part of the fun.

At British Swim School, we focus on building survival-first skills that help swimmers stay safer around water at every age and every stage. A confident swimmer starts with preparation, awareness, and consistent habits.

As you celebrate the 4th of July and throughout the summer, keep these water safety reminders in mind:

- Designate a Water Watcher - Always assign a responsible adult to actively supervise children near water, without distractions.
- Set Clear Water Rules - Encourage swimming with a buddy, asking permission before entering the water, and following posted rules or lifeguard guidance.
- Use Proper Safety Gear - When needed, choose U.S. Coast Guard–approved life jackets for added protection.

Celebrations are best enjoyed with confidence and peace of mind. From all of us at British Swim School, we wish you a joyful, safe, and splash-filled Independence Day.

[**Learn more about water safety here!**](#)

British Swim School of Greater Harrisburg
717-798-9599
goswimharrisburg@britishswimschool.com



Cumberland Area
Economic Development
Corporation

LSA Category 4 Grants Opened July 1

Non-Profits in Cumberland County Can Apply Through CAEDC

The Local Share Account (LSA), Category 4 Facilities Program, a multi-county grant program that includes Cumberland County opened July 1, and interested non-profit applicants can apply through the Cumberland Area Economic Development Corporation (CAEDC).

CAEDC seeks applicants who are non-profit organizations that 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, 2026.

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.

LOCAL SHARE ACCOUNT (LSA) GRANT PROGRAM

FUNDING OVERVIEW & ELIGIBLE PROJECTS

CATEGORY 4

Cumberland County Program



FUNDING AVAILABLE

~\$892,000 for Cumberland County (last round)



GRANT REQUEST

No minimum or maximum



APPLICATION WINDOW

July 1 – September 30 annually



CAEDC DEADLINE

August 31



AWARDS ANNOUNCED

Usually Spring of the following year

STATEWIDE

Pennsylvania-Wide Program



FUNDING AVAILABLE

~\$268,000,000 statewide (last round)



GRANT REQUEST

\$25,000 – \$1,000,000



APPLICATION WINDOW

September 1 – November 30 annually



CAEDC DEADLINE

October 31



AWARDS ANNOUNCED

Usually Fall of the following year



ELIGIBLE PROJECT TYPES

- Acquisition of real estate
- Construction, renovation & rehabilitation
- Demolition
- Infrastructure & public sidewalks
- Purchase of vehicles, machinery & equipment
- Planning, consulting & design costs
- Engineering, design & inspection (incl. permitting fees)
- Administrative costs of applicant

Cost Caps to Know: Engineering, design & inspection costs are capped at **10% of the total grant award** (no cap for planning-only projects). Administrative costs may not exceed **2%** of the total grant request. Contingency costs are capped at **5%** of documented construction and infrastructure costs.

Eligibility Requirement: Projects must improve the quality of life for citizens and provide a public benefit. Eligible projects must be owned and maintained by an eligible applicant or nonprofit organization.



Cumberland County HISTORICAL SOCIETY

Donor Endows Education Director Position at Cumberland County Historical Society

Thanks to the generosity of local donor E.K. Weitzel, the Cumberland County Historical Society (CCHS) has officially endowed its Education Director position, securing the future of the organization's educational programming.

The Wentzel-Weitzel Education Director is one of the most visible and vital roles at CCHS. The position is responsible for bringing the history of Cumberland County to life for lifelong learners using innovative, engaging, and interactive educational tools.

When speaking about the gift, Weitzel explained that her inspiration came from her family's deep roots in Carlisle and a legacy of community care.

"My mother and maternal grandparents were my role models," Weitzel said. "Although my father, H. Marcus Weitzel, DDS, died just short of his 44th birthday in 1951, I did get to know my mother's parents quite well. My grandfather, John C. Wentzel (1885–1959), was a businessman in Carlisle for many years and raised four children who all went to college, despite the challenges of the time. "Whenever my family traveled, they wrote letters or postcards," Weitzel continued. "In fact, CCHS has the original letters my grandpa typed in triplicate on a family road trip to Texas in the summer of 1927. Just imagine!"

Weitzel added that a 1973 letter from her mother, who lived from 1912 to 2012, ultimately shaped her philanthropic philosophy: "She wrote, 'There is such a thing as good stewardship, which means that we don't waste, help others as much as we can, and do the best with what we have.' My interpretation of this means taking care of Mother Earth, giving back by volunteering, paying it forward, and helping anyone in need. I have tried to live my life with this mandate in mind." CCHS Executive Director Dr. Lindsay Varner noted that this monumental gift ensures the long-term sustainability of the society's core mission.

"We are very thankful for E.K.'s support and dedication to CCHS," Dr. Varner said. "This gift is not just a financial gift to CCHS, but it ensures that generations of community members will have access to educational learning opportunities."

Matthew March currently serves as the CCHS Wentzel-Weitzel Education Director. March has been with the organization for over a decade, and countless community members and students have learned about Cumberland County's rich history through his dynamic programming.

About Cumberland County Historical Society

For 150 years, Cumberland County Historical Society (CCHS) has collected and shared the history of Cumberland County. Through education outreach, exhibitions, and public programming, CCHS engages the public by sharing the history of the U.S. through the County's diverse history. To learn more about CCHS and upcoming programming visit www.historicalsociety.com.

Tuesday, September 29, 2026

5:00 pm - 6:30 pm - Veterans Square, Carlisle, PA



WALK THE MILE

BECAUSE HERSTORY COUNTS

Help raise awareness around violence prevention, support victims & survivors, and envision a world without violence.

- Start a team
- Set a fundraising goal
- Rally your circle to donate.

Prizes will be awarded to the top fundraiser and fundraising team! More importantly, they'll be leading the way in ensuring survivors have access to the resources they deserve.



Thank you to our Sponsors



**Register today or
text to donate:
WTM to 50155!**

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

CLICK HERE FOR MORE INFORMATION

Over The EDGE

RAPPEL FROM THE ROOF!
VOLUNTEER. DONATE. WATCH.



October 9

17 North 2nd Street
Harrisburg, PA 17101

Over The Edge raises
funds for our one-to-
one youth mentoring
program.

Go to new heights to
make a BIG difference
for a child in your
community.

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



The official registration and financial information of Big Brothers Big Sisters of South-Central PA may be obtained from the PA Department of State by calling toll free 1-800-732-0999. Registration does not imply endorsement.

**REGISTER
TODAY: BBBSSCPA.ORG**

*Rappelers are asked to fundraise a minimum of \$1,000 prior to their rappel.

UPMC

LIFE CHANGING MEDICINE

Midstate Medical Moment: Good Sleep is Key for Better Health

Jumoke Tolashe, CRNP, sleep medicine specialist, UPMC Neurological Institute

Sleep is important to our overall health, yet we often treat it as an afterthought. Poor sleep can affect everything from mood and concentration to heart health and quality of life. Understanding the signs of sleep disorders and knowing what steps to take can be an important step toward better health.

When does poor sleep become a concern? What signs should people watch for?

You should worry when poor sleep begins to affect your quality of life and ability to function during the day. If you're falling asleep while driving, working or during daily activities, or are unable to function as you normally would because of tiredness, that's cause for concern.

Partners or family members often notice warning signs first, such as loud snoring, waking up coughing, choking or gasping for air. Some people might also hold their breath or talk, walk or kick in their sleep.

What is sleep apnea and how is it treated?

Sleep apnea occurs when there is a lack of oxygen getting to your organs — like the brain, heart and kidneys — during sleep, which makes your heart work harder and faster. Over time, this can increase the risk for serious heart conditions, stroke, respiratory failure and death. Sleep apnea can also cause excessive daytime sleepiness that could lead to mistakes at work, mood changes, cognitive issues and trouble with your usual everyday tasks.

Since sleep apnea can be mild, moderate or severe, treatment options vary depending on that severity. Mild treatment options can range from targeted weight loss to a mandibular advancement device, which is a custom dental device that pulls the jaw forward to keep the airway open. More advanced treatments can include CPAP or BiPAP therapy, which uses pressurized air through a mask to open your airway during sleep and promote oxygenation. In more severe cases, there are surgical options like hypoglossal nerve stimulation that is performed by an ENT surgeon.



What do good sleep habits look like?

Good sleep hygiene includes going to bed and waking up around the same time each day, limiting caffeine intake 6-8 hours before bed and avoiding blue light (including phones, TV, or computers) for at least two hours before sleep. Screen use at bedtime can inhibit the production of melatonin, a hormone which helps regulate the brain's internal clock and sleep cycles.

Why is sleep important and when should someone seek help?

Sleep is critical for overall health and well-being. You should feel refreshed when waking up in the morning and have enough energy to get through your day. If not, that may be a sign of a sleep disorder such as sleep apnea, narcolepsy or insomnia. When sleep is affecting your daily life, it's important to have a conversation with your doctor about a referral to a sleep medicine specialist.

Through the Midstate Medical Moment, UPMC wants to raise awareness about the health conditions affecting people living in the communities we serve. For more information about UPMC services in central Pennsylvania, visit [UPMC.com/centralpa](https://www.upmc.com/centralpa).