

Chamber CHATTER



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10.29.26

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

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- Patient First is offering ways to have a safer
Halloween 10-11
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Nonprofit Organizations 19-20

News, Events & more!

CHAMBER EVENTS

Watch for Weekly Updates!

November

3 - Election Day

10 - Afternoon Mixer - CPRS Physical Therapy,
102 N Baltimore St, Dillsburg. 12:00 - 2:00pm.

26 - Office closed for Thanksgiving Day

27 - Annual Community Tree Lighting - Downtown
Mechanicsburg. 5:15 - 6:30pm

28 - Small Business Saturday

*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

Mechanicsburg Chamber Will Hold Election for Board of Directors at January Meeting

**Apply
Now**

If you are interested in serving on
the Board of Directors for the
Mechanicsburg Chamber of
Commerce, [click here](#) to review job
description, nomination policies, procedures
and application.

We are accepting applications!

Thank You For Renewing Your Membership!

Avon - Melissa Hiler

Mechanicsburg Chamber of Commerce presents:

Afternoon Mixer

Tuesday, November 10

12:00pm - 2:00pm

We're trying something different!!



The CPRS Physical Therapy location in Dillsburg welcomes you to an Afternoon Mixer for November.

Introduce yourself and your business to familiar faces and hopefully some new ones, too. Come network with local business representatives and enjoy light hors d'oeuvres and beverages.

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

Learn about the wide variety of services CPRS offers including: Physical Therapy, Vestibular Therapy, Sports Rehabilitation, Pre and Post-Operative Therapy, Oncology Rehab Program, Diabetes Management, and Wellness. They offer several wellness programs including: general membership, healthy lifestyles, personal training, and sports specific training.

CPRS Physical Therapy Dillsburg
102 N Baltimore St
Dillsburg

RSVP to info@mechanicsburgchamber.org

Travel with the Mechanicsburg Chamber of Commerce to Sunny Portugal

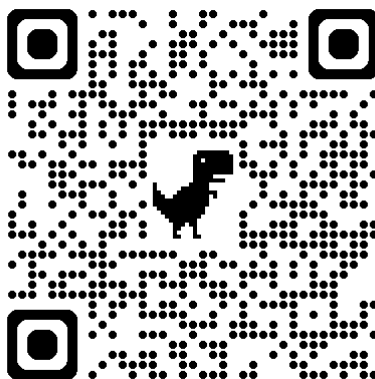
Lisbon, Alentejo, Algarve & Portuguese Riviera

September 12-21, 2027

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

**Join us for a presentation Thursday, November 19 , 2026
at the Joseph T. Simpson Library Meeting Room B**

**Call to register and make your reservation.
Scan the QR code below for more information or click here.**





New Hope Ministries - the Chamber's 2026 'Charity of Choice' - Offers Assistance for Housing

Each year, the Mechanicsburg Chamber of Commerce chooses a "Charity of Choice" to deliver community awareness and fundraising efforts. The Chamber uses its numerous vehicles to focus on understanding of what the chosen charity offers. Also, the Annual Chamber of Commerce Golf Outing provides an opportunity to financially assist the chosen charity to better provide its services to the area's residents. For 2026, New Hope will benefit from the Chamber's efforts and will be featured in numerous editions of Chamber Chatter – the Chamber's weekly e-newsletter.

Housing:

Before turning to New Hope for help, Terry and her son spent many years moving between motels, relatives' homes, and even their car. After unexpected challenges and crises, they were left without a stable place to land. Every day was filled with uncertainty, and Terry carried the heavy burden of trying to keep her son safe while having nowhere they could truly call home.

Through New Hope's staff and volunteers, Terry and her son received help with food, and ultimately secured safe and stable housing. With a helping hand and the generosity of others, she was able to find stability and begin building a life filled with dignity and possibility.

Today, three years later, Terry still holds the keys to her home. She has become an active member of her community, building friendships and finding the stability she had gone without for so long. She still visits New Hope regularly, staying connected and supported as she continues on her journey.

New Hope has 10 locations across parts of 3 Counties covering nearly a half million people. The Mechanicsburg area is served by their location at 5228 E Trindle Rd. They are open Monday - Friday 9:00 AM - 4:00 PM and would be pleased to show their facility and all they do. Visit their website at nhm-pa.org or call 717-766-7333 for more information.



2026 General Election Important Dates



Oct. 19 	Last day to register to vote in the general election • vote.pa.gov/Register
Oct. 27 	Last day to apply for a mail ballot • vote.pa.gov/MailBallot
Nov. 3 	Election Day. Polls are open 7 a.m. to 8 p.m. • vote.pa.gov/Polls
Nov. 3 	Completed mail ballots must be received by 8 p.m. • vote.pa.gov/County

The 2026 General Election is coming up on Tuesday, Nov. 3. The ballot includes candidates for governor, lieutenant governor, U.S. House of Representatives, and state House and Senate (in even-numbered senatorial districts).

If you are not already registered to vote, the deadline to do so is Monday, Oct. 19. You may register in person at your county elections office, by mail or by [visiting the state's online voter registration website](https://vote.pa.gov/Register).

The last day to [apply for a mail-in or civilian absentee ballot](https://vote.pa.gov/MailBallot) is Tuesday, Oct. 27. Completed ballots must be returned by 8 p.m. on Tuesday, Nov. 3.

For more information about voting in the Commonwealth, including how to check your registration and voting location, visit vote.pa.gov.



Hearing Explores Opportunities to Expand Scholarships for Students with Learning Differences

The House Republican Policy Committee convened its final hearing of the 2025–26 session on Thursday to examine how strengthening Pennsylvania’s Educational Improvement Tax Credit (EITC) and Opportunity Scholarship Tax Credit (OSTC) programs can expand opportunity for students whose learning needs are not being met in traditional settings.

Testifiers included Jason Seggern, head of The Hillside School; Kevin Kane, director of legislative strategy at the Commonwealth Foundation; Gregory Dolan, senior advisor with the U.S. Department of Treasury; and others. Their message was clear: students with learning differences rely on instruction and support that many families simply cannot access without financial help. EITC and OSTC scholarships give those families the ability to choose schools that provide individualized attention and smaller, more supportive environments.

Testifiers also highlighted a major opportunity ahead. Pennsylvania has the option to join the new Federal Scholarship Tax Credit (FSTC) initiative, which allows states to attract additional private donations for K–12 scholarships. Opting in would mean more resources flowing directly to students, so more children can attend schools that match their learning needs. By pairing this federal mechanism with Pennsylvania’s existing EITC and OSTC programs, the Commonwealth could significantly expand the number of scholarships available statewide.

Committee members closed the hearing by reaffirming the importance of broadening educational options in Pennsylvania. [To learn more about the FSTC program, click here.](#)

New Law Cracks Down on Deceptive Telemarketing Schemes

A new law modernizing the Commonwealth’s regulation of telemarketing took effect earlier this week with the goal of cracking down on spoofing, robocalls, scam texts and more.

[Act 47 of 2026](#) prohibits telemarketing calls before 9 a.m. and after 7 p.m., and at any time on Sundays and legal holidays. It requires prior express written consent for most robocalls and telemarketing text messages for those on the Do-Not-Call List and prohibits deceptive or fraudulent practices used to obtain a consumer’s consent.

The law also prohibits telemarketers from falsely identifying themselves or using deceptive caller ID information, including spoofed numbers. It allows consumers to opt out of telemarketing text messages by responding with commonly recognized terms such as “STOP,” “QUIT,” “END,” “CANCEL” or “UNSUBSCRIBE.” Finally, it requires telemarketers to stop their solicitation when a consumer asks them to do so.





Looking for a Career in Law Enforcement?

The Pennsylvania State Police (PSP) is accepting applications from people interested in a rewarding career in public service as a state trooper.

Applicants must have a high school diploma or GED certificate and a valid driver's license from any state. They must be at least 20 years old at the time of application, and they must be at least 21 years old and cannot have reached age 40 upon entry into the PSP academy.

Applications for the current cadet hiring cycle should be submitted via the [Commonwealth's employment website](#) by Nov. 27.

For more information on becoming a state trooper, including applicant requirements and job benefits, visit [PATrooper.com](#).



Older *and* Wiser

SEMINARS

-  **THURSDAY, OCT. 1 9-10:30 A.M.**
-  **MECHANICSBURG PLACE SENIOR CENTER**
97 W. Portland St., Mechanicsburg
-  **THURSDAY, NOV. 5 9-10:30 A.M.**
-  **WEST SHORE SENIOR CENTER**
122 Geary Ave., New Cumberland

Due to room occupancy limits, RSVPs are required.
Sign up by calling 717-761-4665 or visiting [RepDelozier.com/Events](#).

Thursday, Nov. 5, from 9-10:30 a.m.,
at West Shore Senior Center, 122 Geary Ave., New Cumberland

Mid Penn Legal Services will lead a seminar educating attendees on the protection offered by power of attorney (POA) arrangements. Living wills, wills and health care POAs will also briefly be discussed.

Due to room occupancy limits, RSVPs are required. Sign up by calling 717-761-4665 or [click here](#).

SENATOR DAWN KEEFER

Pennsylvania's 31st District

Serving Cumberland & York Counties



Mapping Out the Big Plan: A Senior Transitions Seminar

Planning for the next chapter of life can bring important questions about housing, finances, legal matters and the transition process. I'm hosting [Mapping Out the Big Plan – A Senior Transitions Seminar](#) on Thursday, Nov. 12, from 9:30 to 11:30 a.m. at the American Legion Post 26, 301 U.S. Route 15, Dillsburg, to help seniors navigate these decisions with greater confidence.



Featured topics include downsizing, navigating the physical and emotional aspects of a major life transition, planning for the unexpected and understanding elder law. A buffet breakfast will be provided.

I encourage seniors and those preparing for a future transition to attend and take advantage of this opportunity to learn about available options, ask questions and plan for the future. To RSVP, call 717-432-1730 or [visit my website](#).

Having Trouble with PennDOT?



Senator Dawn Keefer
We can help you with
PennDOT



- ✓ Disability Placards & Plates
- ✓ Change of Name or Address
- ✓ Antique or Classic License Plate
- ✓ License Plate Surrender
- ✓ Duplicate Car Registration & Titles

- ✓ Personalized Plates
- ✓ License Restoration
- ✓ Registration Renewals
- ✓ Reduced Registration Fees
*For Those Who Qualify

@SENATORKEEFER

Navigating PennDOT paperwork can be confusing, especially if you're unsure where to start or run into problems along the way. My staff can help you understand your options and work through a variety of PennDOT-related issues.

If you need assistance, contact my office at 717-432-1730 or [visit us in person](#).

Fighting for Affordable Energy

Rising energy costs have put added pressure on Pennsylvania families and businesses and must be addressed. This legislative session, I made it a priority to prevent new energy taxes and support energy development that strengthens reliability and helps bring costs down.



As part of the 2025-26 budget agreement, I worked with my colleagues to eliminate Pennsylvania's participation in the Regional Greenhouse Gas Initiative (RGGI) – a multi-state pact that would have added more than a billion dollars in new electricity taxes.

I also supported Senate passage of legislation eliminating the gross receipts tax on electric bills, which would save ratepayers more than \$1.7 billion over the first year. Unfortunately, the House of Representatives never approved the tax cut we added to [House Bill 1667](#).

Because lack of energy development drives up costs, the Senate passed legislation to reduce Pennsylvania's electric generation shortfall and expand energy development. [Senate Bill 704](#) directs the state departments of Community and Economic Development and Environmental Protection to work together to identify suitable sites for natural gas electric generation projects. The House also failed to act on this measure.

I will continue fighting for lower energy prices, supporting policies which will cut your costs.

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Fri. 10/30	–	Captain Bob's Steamed Crabs, Railroad/ Shrewsbury...Kirk solo 6-8
Sun. 11/1	–	Wolf Brewing, Mechanicsburg...Kirk solo/duo 11-2
Tues. 11/3	–	The Overlook at Range End, Dillsburg...Kirk solo 6-9
Thurs. 11/5	–	Vibra Life Nursing Home, Mechanicsburg...Kirk solo 2:30-3:30
Fri. 11/6	–	Ted's Bar & Grill, Harrisburg...Kirk Duo 8-11
Sat. 11/7	–	Totem Pole Wine Farm, Carlisle...Kirk solo/duo 6:30-8:30
Sun. 11/8	–	The Bourbon Mill, New Oxford...Kirk & Band 1-4

Patient First®

TIPS TO SCARE UP A SAFER HALLOWEEN

Patient First Offers Free Candy X-rays Oct. 27th – Nov. 1st
Free Safety Blinkers Also Available

Halloween is a time of fun and harmless frights, but parents shouldn't have to worry about their children's safety while trick-or-treating. To help ensure a safe and enjoyable experience for everyone, Patient First is offering some important reminders, in addition to a special service this Halloween season.

Safety Tips for Trick-or-Treating:

1. Know the route that your children will take if you do not go with them.
2. Younger children should go with adults. There should be at least one adult for every four children.
3. If possible, give your children a cell phone and check in with them during the evening.
4. Set a time for everyone to be home.
5. Make sure no one eats any treats until they have been inspected by an adult.
6. Wear bright clothing or reflective gear.

To keep your kids safe after dark, Patient First is offering **free safety blinkers** at each of our medical centers during the month of October (one per person, while supplies last). These blinking lights can be attached to Halloween costumes to improve visibility. Blinkers are available at the front desk of any Patient First location—no registration or medical care is required.

As an added precaution, Patient First will offer **free digital X-ray imaging** of Halloween candy. Every one of our Patient First centers has on-site digital X-ray technology, so stop in at any location. This fun service allows trick-or-treaters, to see what is inside their treats, like peanuts or other surprises. It also makes visiting the doctor's office a positive experience, which can help reduce anxiety for future visits when they are sick or hurt.

X-ray imaging can also provide parents additional peace of mind about the treats their children receive by possibly detecting objects like metal, or other solid substances.* Parents still need to provide supervision since some foreign materials may not appear in X-rays.

Bring your bag of candy into any Patient First Neighborhood Medical Center from October 27th through November 1st between 6pm and 8pm for a free X-ray screening.

About Patient First

All Patient First Medical Centers are open 8 a.m. to 8 p.m. every day of the year, including holidays.

Patient First provides non-appointment urgent care for routine injuries and illnesses, primary care for patients who do not have a regular physician, as well as telehealth services. Each Patient First center has on-site digital x-ray, on-site laboratory, and on-site prescription medication. Patient First currently operates medical centers in Virginia, Maryland, Pennsylvania, and New Jersey.



FREE CANDY X-RAYS

October 27 through November 1 at all Patient First locations

GETTING A CANDY X-RAY IS FUN

It gives children a way to look at the treats inside of their candy.

GOING TO THE DOCTOR DOESN'T HAVE TO BE SCARY

Candy X-rays give kids a fun reason to visit to the doctor's office; one that may ease some anxiety when they are sick and return for another reason.

FOR YOUR PEACE OF MIND AND THEIR SAFETY

Candy X-rays provide parents additional peace of mind about the treats their children receive by possibly detecting objects like, glass, metal or plastic. Parents still need to provide supervision, since some foreign materials may not appear in X-rays.*

FREE SAFETY BLINKERS

Complimentary safety blinkers will be available at all centers from October 1st -31st; no need to register or see a physician.

* Many materials like metal, plastics, and glass may show up on X-rays, however, we cannot guarantee that they will, and other materials will not. Patient First is not liable for any failure to detect adulterated candy or foreign objects of any kind. Please use caution and have a safe and happy Halloween.

Patient First®

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.****



Cumberland Area
Economic Development
Corporation

LSA Statewide Grant Applications Currently Open – Connect With CAEDC To Apply

The Local Share Account (LSA) Statewide grant is now open for applications, and interested non-profits can apply through the Cumberland Area Economic Development Corporation (CAEDC). CAEDC is seeking applicants who are non-profit organizations and need funding for projects that either have an economic development or tourism component in the region. Projects must be at least \$25,000, and the maximum grant request is \$1 million.

Eligible uses include real estate acquisition, construction, demolition, infrastructure, and the purchase of vehicles, machinery, and equipment (excluding uniforms, protective equipment, consumable supplies, and furniture), as well as planning, consulting, and design costs.

For construction projects specifically, engineering, design, inspection, and permitting costs may be included up to 10% of the total grant request, with contingency costs capped at 5% of eligible construction costs.

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

Complete applications must be submitted to CAEDC by October 31, 2026.

To discuss your project or if you have any questions, contact Alyssa Smith, CAEDC Grants Manager, at Alyssa@cumberlandbusiness.com or 717-240-7184.

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.



If you are experiencing grief and loss and would like to share in a group experience this fall, we invite you to journey with us for a 4 week grief group as we search together for hope, peace, and meaning in our grieving.



Tuesdays

Oct. 27, Nov. 3,
Nov. 10, Nov. 17



Room 105



3:30 – 4:30 PM

Register by October 20th

For more information or to register, contact:

Janice Bowen
wecare@fumchurch.com
717 766 4611 x112

Patti Vogl
pvogl@timelessconnections.org
717 319 7318

First United Methodist Church
135 W. Simpson Street, Mechanicsburg
Register at fumchurch.com



**BOOTS TO
HEALTH
FOUNDATION**

Equipping Veterans for Lifelong Change

Informational **Veteran Seminar**



**Presented by
Logan Spiewak**
Marine Corps Veteran
Boots to Health Founder

Please join us in learning
more about the **Boots To
Health Foundation's**
mission to connect veterans
with free fitness training,
mental health support, and
holistic wellness programs.
**No cost. No catch.
Just service.**

.....

**November 4th
5:30 PM**

**2175 Bumble Bee Hollow Rd.
Mechanicsburg**



Scan the QR code
to register for the event



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Pennsylvania
Department of Transportation
Bureau of Workforce and Business Opportunity
www.pa.gov/penndot

Calling ALL Small Businesses!

Join our virtual lunch & learn
focused on funding resources for
small and diverse business owners

Wednesday, November 4, 2026
12:00 - 1:00 p.m.

Click the link in event description to register!



Pennsylvania
Department of Transportation

Virtual Lunch & Learn: PennDOT Opportunities for Small Businesses **Wednesday, November 4, 2026** **Noon to 1 p.m.**

Driving Your Business Growth

Join PennDOT's Small and Diverse Business Opportunity Unit for an informative virtual lunch & learn session focused on small businesses.

This one-hour session is designed to help small and diverse business owners better understand and identify funding resources. You will hear directly from professionals from the Small Business Development Council, APEX Accelerator, and Chase Bank.

We'll focus on small businesses, highlighting the resources, guidance, and connections that can open doors to opportunities, to empower new and existing businesses.

Don't miss this opportunity to learn, engage, and explore how PennDOT can support your business goals!

Register and add to your calendar:

<https://events.gcc.teams.microsoft.com/event/6a73a868-9176-41b0-ad00-43579e099bbd@418e2841-0128-4dd5-9b6c-47fc5a9a1bde?source=copyLinkLegacyShareLinkDialog>



GFWC (General Federation of Women's Clubs) Mechanicsburg

The next meeting will be on Tuesday, November 10 at 7:00 PM at Buhrig's Gathering Place, 25 East Main Street, Mechanicsburg. The program will be presented by Donna O'Dell-Foltz consultant from Tastefully Simple.

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

**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 2026-27 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.



Cumberland Area
Economic Development
Corporation

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REGISTER NOW

What does it take to land a new investment in Cumberland County? Hear from PPL, FirstEnergy, UGI, and Alpha Consulting Engineers as they walk through the site selection process. Breakout tracks for manufacturers and for commercial and hospitality operators will follow, and lunch will be served.

Facility Sponsor:
Shippensburg University



Thursday
November 12th



Conference Center at
Shippensburg University
500 Newburg Rd
Shippensburg, PA



11:00am to
3:00 pm

CAEDC Partners receive complimentary tickets through their membership. Visit our website [HERE](#) to determine your level.

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



THE FOUNDATION FOR ENHANCING COMMUNITIES

Community Equity Grants Open Nov. 1 to Support Local Nonprofits

Applications for the 2026 Community Equity Grants open Nov. 1, offering local nonprofits funding to address inequities and strengthen communities across South Central Pennsylvania.

"When more people have access to opportunities, our entire community benefits," said Stefani McAuliffe, vice president of community impact at The Foundation for Enhancing Communities (TFEC). "These grants help local nonprofits expand their impact and make a lasting difference for the people they serve."

Grants generally range from \$5,000 to \$10,000, with applications due Feb. 1, 2027.

Investing in Local Communities

In 2025, TFEC awarded \$48,971 through the Community Equity Fund to support 15 projects across 13 organizations.

"Last year, TFEC awarded more than 1,700 grants totaling over \$8.7 million," McAuliffe said. "The Community Equity Fund is one part of that broader investment, helping us direct charitable resources toward needs in the communities we serve."

A New Opportunity for Local Nonprofits

The Community Equity Fund is open to nonprofit organizations serving Cumberland, Dauphin, Franklin, Lebanon or Perry counties, as well as the Dillsburg area of northern York County.

Applicants must be registered 501(c)(3) nonprofit organizations or work with an eligible nonprofit fiscal sponsor.

Projects must take place during the grant period of July 1, 2027, through June 30, 2028.

TFEC encourages community members and business leaders to share this opportunity with local nonprofits whose work aligns with the fund's purpose.

Make a Difference Through Local Giving

Individuals and businesses can help strengthen communities by investing in the work of local nonprofits. A gift to the [Community Equity Fund](#) helps support future grants that address inequities and expand opportunities across the region.

Those interested in supporting other community needs can [explore TFEC's charitable funds](#) and contribute to a cause that matters to them.

For individuals or businesses looking to make a lasting impact, TFEC can also help establish a charitable fund that reflects their giving goals.

Contact the Philanthropy Team at philanthropy@tfec.org to explore the possibilities.

Learn More About Community Equity Grants

To help nonprofits prepare, TFEC will host a free, 30-minute virtual information session on Wednesday, Nov. 11, from noon to 12:30 p.m.

McAuliffe and TFEC's Grants Team will explain the funding opportunity and answer questions about the application process.

[Register for the free Community Equity Grants webinar.](#)

Organizations interested in applying can review the funding priorities and eligibility requirements at www.tfec.org/grants/tfec-community-equity-grants/.



PA Raises Financial Reporting Thresholds for Nonprofit Organizations

On October 22, 2026, Pennsylvania Governor Josh Shapiro signed Act 104 of 2026 into law, increasing the annual contribution thresholds that determine when charitable organizations must obtain an audit, review, or compilation of their financial statements.

The legislation updates Pennsylvania's Solicitation of Funds for Charitable Purposes Act for the first time since 2017.

What Has Changed?

The new law increases the annual contribution thresholds as follows:

- \$1 million or more: An independent audit is required.
- \$500,000 to less than \$1 million: A review or audit is required.
- \$150,000 to less than \$500,000: A compilation, review, or audit is required.
- Less than \$150,000: A compilation, review, or audit is optional under these provisions.

When Does Act 104 Take Effect?

Act 104 takes effect on February 19, 2027, 120 days after the governor's signature, and applies to contributions received in calendar years beginning after the effective date.

What Does This Mean for Your Organization?

The increased thresholds may reduce state financial reporting requirements for certain Pennsylvania charitable organizations.

Trout CPA is reviewing the legislation and its application to nonprofit reporting periods, including organizations with fiscal year-ends. We will provide additional guidance as the implementation requirements are clarified.

In the meantime, please contact your Trout CPA professional with any questions.

[Read More About Act 104](#)

**930 Century Dr, #104
Mechanicsburg, PA 17055
717-697-2900**



Midstate Medical Moment: Understanding PMOS

Gretchen Makai, M.D., Ob-gyn, UPMC Magee-Womens Minimally Invasive Gynecologic Surgery

Irregular periods, infertility, acne, weight gain and mental health issues may seem unrelated, but they can all be symptoms of polyendocrine metabolic ovarian syndrome (PMOS).

The condition, formerly known as PCOS, has been renamed PMOS to reflect significant changes in how it is understood and how the diagnosis impacts the entire body. Recognizing the symptoms and having a better understanding of what PMOS is can improve quality of life for many women.

Q: What PMOS symptoms should women be aware of, and when should they talk to their provider?

A: Often, the major symptom that leads women to get checked for PMOS is having trouble getting pregnant. Other symptoms are irregular periods or too few periods and elevated testosterone levels, which can lead to acne that just won't go away, and hair growth on the face, back or upper chest. To be officially diagnosed with PMOS, you need two of these three symptoms: irregular periods, polycystic ovaries and evidence of too much testosterone in the body.

The number one symptom that should lead women to come see me, as a gynecologist, is irregular periods. Not just because they are incredibly uncomfortable and disrupt daily life, but it can also be dangerous. Women who have irregular or too few periods don't regulate the lining of the uterus in a normal way and are at risk for developing long-term issues including hyperplasia, a non-cancerous overgrowth of cells causing tissues to become larger than normal and, in rare cases, cancerous.

Q: Why can PMOS be difficult to diagnose?

A: It can be difficult to diagnose because we still really don't understand what causes PMOS. We know what the symptoms are, but we don't know how the condition develops, and there isn't a cure yet.

Also, PMOS symptoms like acne or irregular periods are common in lots of other medical problems, which can make it difficult to pinpoint the real issue. Another factor that contributes to the difficulty of diagnosis is that women aren't often aware that being overweight is a common symptom of PMOS.

Q: What treatment options are available for women with PMOS?

A: Treatment should really focus on two things: management of the current problems and the long-term metabolic health effects that you want to prevent.

The best overall treatment we currently have is weight loss; even a modest reduction or getting back to a healthy weight can normalize some of those hormones that help the woman ovulate, which is making an egg regularly, and that can relieve many symptoms. This helps with insulin resistance, which is a key problem in PMOS.

When it comes to treating the irregular periods associated with PMOS, we use medication, and the first-line treatment is an estrogen/progesterone medication, typically known as a birth control pill. Women aren't usually aware that this hormonal medication helps protect the uterine lining from overgrowth and regulate their bleeding pattern. Another benefit it has for PMOS is that it can lower the amount of androgen that your body makes, which helps manage acne and excess hair-growth symptoms. There are other medications to help block the effects of testosterone, different ways to help fertility and other medications and devices that can be used to deliver hormones that prevent long-term gynecologic issues.

Treatment for other problems, such as depression or sleep apnea, may be best delivered by other providers (aside from their gynecologist), so it is important that women with PMOS know they will likely need a multi-disciplinary team to help care for them.

Q: How can PMOS affect mental health and overall emotional well-being?

A: PMOS is associated with depression and anxiety, which makes it important that we identify patients who have these symptoms and create their treatment plan to address those mental health problems. To help combat these mental health symptoms, I first advise my patients to try to incorporate physical movements like walking into their daily routine; we often underappreciate the value of moving our bodies. Personalized therapy and medications may also be needed.

Q: What's your advice to women who may have PMOS?

A: My biggest advice for women is to continue advocating for themselves. It might take some time to get the diagnosis, but the most important thing is to find providers who make you feel heard; because PMOS is a metabolic syndrome, more than one provider is often needed for symptom treatment.

My final advice is to keep trying. It might take four or five appointments and multiple trials of medication, but just because one thing doesn't work for you doesn't mean that the next won't be a success.



NEVI FUNDING ROUND 4 OPEN



Round 4 of the NEVI (National Electric Vehicle Infrastructure) **COMMUNITY CHARGING FUNDING OPPORTUNITY** is now open. It will invest \$32 million in eastern Pennsylvania.

To see all Eastern Region funding opportunities and additional resources, go to pa.gov/evcommunity.

To submit a project proposal, complete the [NEVI Interested Organizations Survey](#).

You can also view [PennDOT's NEVI Community Charging Flyer](#).

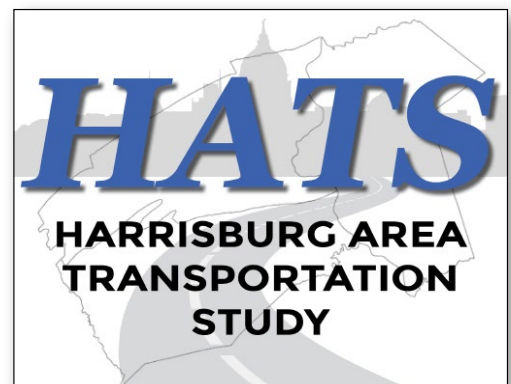
The deadline to submit technical questions is **Nov. 23**. The eGrants online proposal platform will be open **Dec. 7-Mar. 12**.

PennDOT hosted an **INFORMATIONAL WEBINAR** to summarize the program and answer questions on **Wed., Sept. 30 at 1 PM**. A recording of the webinar can be found [here](#).

For an interactive map of existing and planned EV charging stations as well as priority eligible locations, [click here](#).

Any organization [registered](#) to do business in PA that is not barred from receiving state or federal funds may apply.

QUESTIONS? Email PennDOT at ra-pdevcorridors@pa.gov



Help Us Make the 2027 PA Farm Show Extra Sweet!

Valley Grange #1360 is looking for **businesses, churches, youth groups, 4-H and FFA clubs, civic organizations, employee groups, families, and individuals** to volunteer at the **PA Dairymen's Association Milkshake Booth** during the 2027 PA Farm Show!

 **January 9–16, 2027**

 **PA Farm Show Complex – Harrisburg, PA**

Who Can Volunteer?

Volunteers must be 14 years of age or older. Groups are welcome to volunteer together, making this a great opportunity for organizations, businesses, families, and community groups!

You **do not have to volunteer for the entire week!** Groups can choose the day and shift that works best for them.

Why Volunteer?

Your volunteer time helps support the long-standing partnership between **Valley Grange #1360 and the PA Dairymen's Association**, while helping support Pennsylvania agriculture, youth programs, educational opportunities, scholarships, hunger prevention, and other agricultural programs across Pennsylvania.

It's a great opportunity to:

-  Give back to our community
-  Support Pennsylvania dairy and agriculture
-  Bring your group together for a fun experience
-  Be part of the famous PA Farm Show milkshake tradition
-  Make a difference while having a great time!

SIGN UP TO VOLUNTEER!

Ready to join us? Click the link below to choose your available shift(s)!

 Valley Grange #1360 – 2027 Farm Show Milkshake Volunteer Sign-Up
<https://www.signupgenius.com/go/10C094CABAB2AA4F4C61-65659782-2027#/>

If you have a group that would like to volunteer together, please let us know! We are happy to work with you to find shifts that fit your group.

Thank you for helping us continue this wonderful Farm Show tradition and for supporting Pennsylvania agriculture!

If you have any questions or would like to arrange a group of volunteers, please contact me.

Tina "Tink" Leinberger
President, Valley Grange #1360
 [717-329-7012](tel:717-329-7012)
 tinkleinberger@gmail.com