

Chamber CHATTER



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

10.17.24

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

In This Issue:

| | |
|--|-------|
| Welcome New Members | 2 |
| Baby got back...pain, and what to do about it | 18-19 |
| How to Keep Learning at Work - Even When You Feel Fried | 19-22 |

News, Events & more!

29th Annual Streets of Treats Saturday, October 19th

Interested in sponsorship, participating, or
volunteering? - email
info@mechanicsburgchamber.org

CHAMBER EVENTS

Watch for Weekly Updates!!

October

19 - 29th Annual Streets of Treats - Sponsored in part by **HB Home Services**, downtown Mechanicsburg. 10 am - 2 pm.

29 - AM Strategies... for Business Success - PCI (PA Chamber Insurance) - Location sponsor - **Joseph T. Simpson Public Library**, 16 N Walnut St, Mechanicsburg. 8:30am - 10:00am.

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

November

12 - Business Women's Networking Luncheon - **Residence Inn Mechanicsburg**, 2040 Technology Pkwy, Mechanicsburg. 11:30am - 1:00pm. FREE member event.

RSVP to info@mechanicsburgchamber.org

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

Thank You For Renewing Your Membership!

Avon - Melissa Hiler

Welcome New Chamber Members

Chase Fitness PT, LLC, 4928 Louise Drive, Suite 103, Mechanicsburg, PA 17055; Melissa Chase; 814-462-9599; chasefitness.net; Fitness

Kingdom Custom Decks, 6 State Road, Mechanicsburg, PA 17050; David Griffin; 717-433-3287; kingdomcustomdecks.com; Home Improvement / Building/Construction

Lopez, Marian Colon, Mechanicsburg, PA; Residential

ModWash, 127 Kim Acres Drive, Mechanicsburg, PA 17055; Bryce McPeters; 717-516-0371; www.modwash.com; Automobile: Car Wash

Mechanicsburg Chamber of Commerce presents:

Business Leaders Discussion Group

**Thursday, October 31
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!

Mechanicsburg Chamber of Commerce

in partnership with



invites you to attend

29th Annual

Streets of Treats

Downtown Mechanicsburg

Saturday, October 19, 2024

10:00 am - 2:00 pm

Trick-or-Treating at Downtown & Local Businesses

FREE and low cost activities, crafts & games

Pick up your trick-or-treating bag and map of participating businesses at the Square

2 East Main Street, Mechanicsburg, PA

Questions?

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

Join us for

**More Than a Broker:
PA Chamber Insurance**
**For Your Business, For Your People, For Your Health
Breakfast Seminar**

Date: October 29, 2024

Time: 8:30 a.m.

Joseph T. Simpson Public Library
16 N. Walnut Street, Mechanicsburg Pa 17055

Open Enrollment is Quickly Approaching!

Pennsylvania Chamber Insurance is the leading expert in employee benefit programs. Please join us for this informational seminar touching on the services and the expertise you will receive by partnering with us for all your benefit needs!

REGISTER

ONLINE URL | CONFERENCE HOTLINE



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

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

Business Women's Networking Luncheon

~~Tuesday, October 8~~

Due to construction issues,
this event has been postponed until
Tuesday, November 12
11:30am - 1:00pm

Residence INN[®]
BY MARRIOTT

The new Residence Inn Mechanicsburg welcomes the
Business Women's Networking Luncheon for October.

Come check out the area's newest all suite hotel and
the fine accommodations that blend the perfect combination of
comfort and convenience.

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.

Residence Inn Mechanicsburg
2040 Technology Parkway
Mechanicsburg

Reservations required.

RSVP to info@mechanicsburgchamber.org

CAEDC Now Accepting LSA Statewide Grant Applications

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:

- 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/lisa-application.

Complete applications must be submitted to CAEDC by November 1, 2024

If you have any questions regarding your project, contact CAEDC at 717-240-7180.

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.



**DISTRICT OFFICE
ON THE GO!**

THURSDAY, **OCT. 10**
FROM **10AM**
TO **NOON**

— AND —

THURSDAY, **OCT. 31**
FROM **10AM**
TO **NOON**

at Mechanicsburg Place Senior Center,
97 W. Portland St. in Mechanicsburg

at West Shore Senior Center,
122 Geary Ave. in New Cumberland

RepDeLozier.com

To expand the reach of our state services, my district office will set up at local senior centers to assist residents and guests with state-related issues. My office can facilitate Property Tax/Rent Rebate Program applications and check for unclaimed property.

To learn more about the recent expansion of the Property Tax/Rent Rebate Program, as well as eligibility guidelines and documentation needed to file an application, please [click here](#).

You can also watch this video to learn more.

For questions, call 717-761-4665.

How Do I Vote by Mail in PA?

Voters unsure if they can or want to go to the polls to cast their ballot on Election Day next month have the option of voting by mail instead.

Your first step should be [checking your voter registration status](#) to ensure you are registered and your information is up to date. If you are not currently registered, the last day to do so is Monday, Oct. 21.

Once you've confirmed your registration status, you can apply for the mail-in ballot. Applicants must provide a driver's license or PennDOT identification number, if you have one. If not, you must provide the last four digits of your Social Security number and upload your signature (if applying online).

To apply online, or to download a paper copy of the application, [click here](#).

You may also apply in person at the Cumberland County voter registration office. If your county's ballots are available, you could also vote at that time, assuming your mail-in ballot application is approved. [Check the availability of ballots in the county here](#).

The deadline to apply for a mail-in or absentee ballot is 5 p.m. Tuesday, Oct. 29. The deadline to return your ballot to your county election office is 8 p.m. on Election Day, Tuesday, Nov. 5. [Additional information about voting by mail is available here](#).



JAZZ ME BAND

KIRK WISE UPCOMING
SOLO, DUO & BAND
PUBLIC DATES

Thurs. 10/17 – Vibra Life, Mechanicsburg...
Kirk solo 3-4

Fri. 10/18 – Farmers Fair, Dillsburg...
Kirk & Band...2

Fri. 10/18* – Tall Cedars of Lebanon Event,
New Cumberland...Jazz Me Band 6-9

Sat. 10/19 – Mt. Airy Orchards, Dillsburg...
Kirk solo 11-2

Sat. 10/19 – Reid's Wine & Cider House,
Gettysburg...Kirk & Bryce Duo 7-10

Sun. 10/20 – Mt. Airy Orchards, Dillsburg...
Kirk & Beth 1-4

Tue. 10/22 – Greystone Brew House@
Range End , Dillsburg...Kirk solo 6-9

Thurs. 10/24 – Totem Pole Wine Farm/
Ranch, Carlisle...Kirk solo 6:30-8:30

Fri. 10/25 – Hemauer Brewing,
Mechanicsburg...Kirk solo 6:30-9

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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Third Friday FOOD TRUCKS



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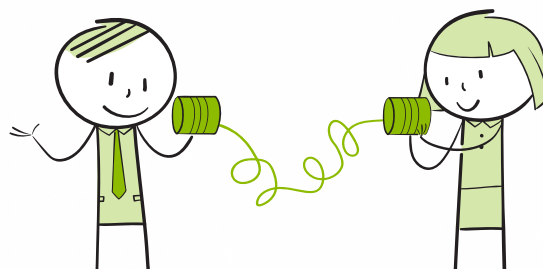


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Downtown Mechanicsburg Partnership selects **Dr. Jayne Drake** as the **2024 Person of the Year**

The Downtown Mechanicsburg Partnership is pleased to announce Dr. Jayne Drake as the 2024 recipient of its Mechanicsburg Person of the Year award.

This award is given annually to a Mechanicsburg resident or businessperson in recognition of an overall record of service to the community. The recipient is someone who has freely provided leadership, dedication, inspiration, and generosity for the benefit of Mechanicsburg.

Dr. Drake was selected for her exceptional contributions to Mechanicsburg in volunteer and leadership positions. Over the past seven years, she has relentlessly dedicated her time and experience in service to Mechanicsburg's business and economic development initiatives and to the RENAISSANCE Mechanicsburg Revitalization Project. As past President of the Partnership and current Executive Director of RENAISSANCE Mechanicsburg, she has spearheaded the expansion of the Partnership's reach and influence in the Borough and brought life and major funding to a three-phase revitalization plan that has the capacity to power Mechanicsburg into a more prosperous and re-energized future.

"What a complete surprise and humbling experience to be selected as The Partnership's Person of the Year awardee this year. The advancements we are making now in our charming town and the advancements yet to come are a result of the selfless dedication and grit of those who have laid the path before us. This year the Downtown Mechanicsburg Partnership celebrates 20 years of serving the community by recognizing the people on whose shoulders we stand—the past presidents and board members—whose selfless volunteer efforts have accomplished so much in our community."

Jillian Biehl Morrison, President of The Partnership, had this to say about Dr. Drake as this year's honoree, "Dr Drake is the perfect choice for our 2024 Person of the Year. She exemplifies service above self. Her kindness and tenacity are legendary, and she is synonymous with, and passionate about revitalization in Mechanicsburg. You cannot think about the RENAISSANCE project without thinking of Jayne Drake and her enthusiasm, excitement, and tireless efforts. It has been an honor to work alongside her, and a thrill to see all of the hard work she has put in come to fruition. We are eternally grateful to Dr. Drake, and so fortunate to experience this revitalization with her."

Senator Mike Regan said of Jayne and this award, "I applaud the decision to name Jayne Drake Mechanicsburg Person of the Year. Jayne has been the driving force and has led the community charge to revitalize the Mechanicsburg downtown. She has shown exceptional leadership guiding the RENAISSANCE Mechanicsburg Revitalization Project and the Downtown Mechanicsburg Partnership. I've seen firsthand her commitment, which not only betters Mechanicsburg, but also enriches the entire 31st Senate District. Her impactful work and unwavering dedication to the RENAISSANCE Mechanicsburg project will be seen for years to come."

The **2024 Person of the Year Tribute Dinner and Dance** will be held on Wednesday, October 23rd, 2024, from 5:00 to 9:00 p.m., at the West Shore Elks Club.

Sponsorships and tickets are now on sale, and proceeds will support the ongoing efforts of The Partnership and RENAISSANCE Mechanicsburg - <https://bit.ly/4ecHE8n>

For more information, contact The Partnership at info@downtownmechanicsburg.com

UPMC

LIFE CHANGING MEDICINE

UPMC to Host Multiple October Career Events Throughout Region

In October, UPMC is hosting multiple events designed to make it easier and more accessible for job seekers to find new careers and for high school students to learn about opportunities in health care. These events will be held at or near UPMC hospitals in Carlisle, Hanover, Harrisburg, Lititz, Mechanicsburg and York.

With a variety of event styles and locations, all potential job seekers can find an event that fits their needs, from experienced professionals looking to make a change to recent graduates preparing to start their careers to high school students seeking more information about the many opportunities available in health care fields. Registration and details for all events can be found at [careers.UPMC.com/events](https://careers.upmc.com/events).

Find Your Fit Career Fairs

A [Find Your Fit](https://careers.upmc.com/events) career fair will be held at each of UPMC's hospitals in central Pennsylvania between Oct. 9 and Oct. 24 from noon to 6 p.m. Visit [careers.UPMC.com/events](https://careers.upmc.com/events) for details on specific dates and locations. Attendees can apply onsite, have their resumes reviewed, and meet with UPMC Human Resources representatives and hiring managers — and may be offered an onsite interview. Information will be available regarding the [UPMC Scholars Program](#), sign-on bonus opportunities and UPMC's Total Rewards benefits packages, which are designed to support employees' physical, financial and emotional well-being. The event is open for those pursuing any clinical or non-clinical role at UPMC, including nursing, patient care support, laboratory, imaging technologies, pharmacy, office support, safety and security, and many more areas.

Health Care Career Nights

[Health Care Career Night](#) brings together health care departments and local colleges and universities to create an opportunity for high school students and their families to not only learn about roles in health care but discover what training or skills are needed to embark on those careers. Health care is one of the fastest growing employment sectors in the United States. Careers can range from direct patient care, like nursing or therapy, to behind-the-scenes work in a laboratory or pharmacy, to non-clinical positions in support services and professional or administrative areas. Attendees can meet UPMC health care professionals, ask questions, learn about UPMC's career paths and student education benefits and experience hands-on activities. All events are from 6 to 8 p.m., with more details on dates and locations available at [careers.UPMC.com/events](https://careers.upmc.com/events).

Talk to Us Tuesday Walk-in Career Events

The final [Talk to Us Tuesday](#) walk-in career events of the year will be held on the second Tuesdays in October (Oct. 8) and November (Nov. 12) from 10 a.m. to 1 p.m. in each UPMC hospital lobby. Attendees can explore rewarding careers at UPMC, meet with recruiters and hiring teams and get as-

sistance with resumes, job searches or applications. Talk to Us Tuesday is open to anyone, from experienced professionals to students. No appointment is needed. Although not limited to these areas, these events are focused on a variety of roles in imaging technology, laboratory, nursing, pharmacy, patient care support and allied health.

Registration: Individuals can register online for any of these events to select a location and area of focus. Registration is not required but is highly encouraged for Find Your Fit and Health Care Career Night, especially for those wishing to complete an interview at the event. Visit [careers.UPMC.com/events](https://careers.upmc.com/events).

Virtual seminars

What Do Seizures in a Child Mean?

The Leading Edge of Hand Surgery: Exploring Hot Topics and Advancements

Join UPMC Orthopaedic Care hand surgeon Dr. Anna Muzio to learn about the latest treatment for carpal tunnel syndrome, trigger fingers, thumb arthritis, ganglion cysts, and dequervains tenosynovitis, as well as common injuries.

- o Virtual - Thurs., Oct. 17, 6:30 p.m.
- o To register, visit UPMC.com/VirtualEvents or call 717-231-8900.

There is Always Hope: The Latest Treatment Options for Breast Cancer

Join UPMC Hillman Cancer Center specialists to learn about the latest treatments for breast cancer, including limited radiation treatments with lower dose radiation, surgical options, chemotherapy, and clinical trials.

- o Virtual - Tues., Oct. 22, 6:30 p.m.
- o To register, visit UPMC.com/VirtualEvents or call 717-231-8900.

Advancements in Osteoarthritis Treatment that Can Improve Your Life

Learn what options UPMC offers to treat osteoarthritis. Hear from a panel of specialists how low dose radiation therapy, surgery and/or medications can be used to relieve your osteoarthritis pain.

- o Virtual - Wed., Oct. 30, 6:30 p.m.
- o To register, visit UPMC.com/VirtualEvents or call 717-231-8900.

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.****



LEMOYNE PUMPKINFEST

VENDOR FAIR AND KIDS FUN DAY

Saturday, October 26
10am-2pm

Grace United Methodist Church Parking Lot

309 Herman Ave | Lemoyne

Shop our vendor fair, order food from our food trucks.
FREE Fall fun, kids crafts and games!

Musselman
Funeral Home & Cremation Services Inc.
Est. 1895
Clifford D. Forester, Sr., Supervisor



GRACE CHURCH
Lemoyne

Seeking HOSTS for 2024 & 2025 EVENTS

- Business Women's Networking Luncheon
 - After Hours Mixer
- Business Leaders Discussion Group

BE A HOST and showcase your business, service and more...

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

Night of Worship

Saturday, October 26th - 3 PM
Grace Baptist Church, Lancaster
with livestream option available



Experience The Gospel of Mark performed dramatically word-for-word from the ESV Bible. This one-man Scripture Performance will surprise and delight you with creative storytelling that will take you to the places Jesus went and introduce you to the many people Jesus called to follow Him. Be inspired, challenged, and moved by the power of the Word of God as you watch the revealing of the Son of God live on stage.

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Can't make it in person?
Host a watch party from
your location!

GET YOUR TICKETS TODAY!

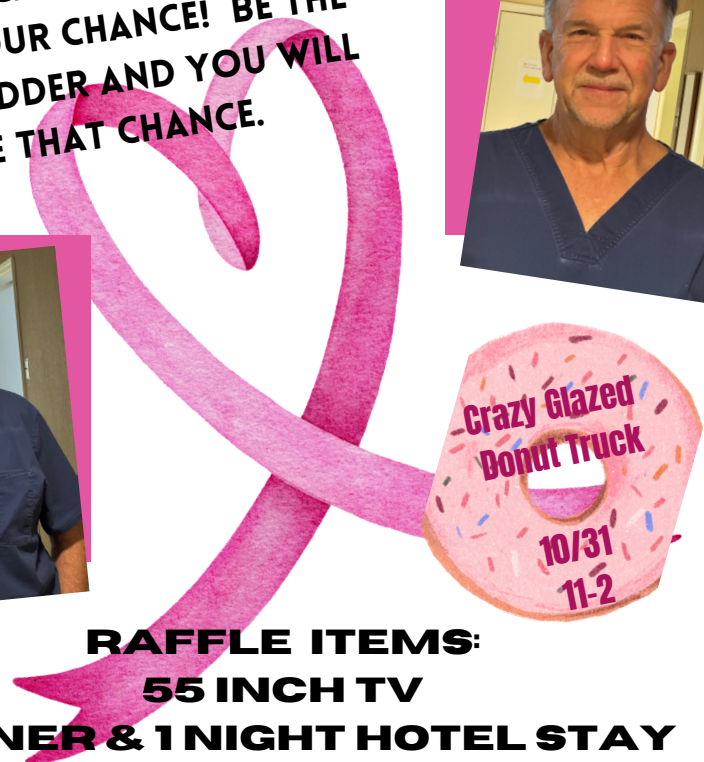
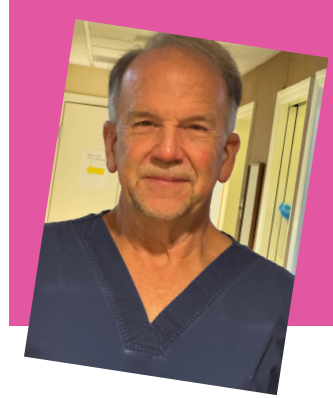
Pricing is on a pay-as-you-will basis and equally supports both ministries.



thetide.org/now

PINK OCTOBER @ EAST MAIN DENTAL
Fundraiser/Raffle to benefit
Pink Hands of Hope
in Mechanicsburg

**HAVE YOU EVER WANTED TO PUT A
PIE IN THE FACE OF YOUR DENTIST?
NOW IS YOUR CHANCE! BE THE
HIGHEST BIDDER AND YOU WILL
HAVE THAT CHANCE.**



RAFFLE ITEMS:

- 55 INCH TV**
- DINNER & 1 NIGHT HOTEL STAY**
- ORAL B ELECTRIC TOOTHBRUSH**
- TAKE HOME WHITENING TRAYS**
- HERSHEY BEARS TICKETS**

**Stop in at 324 E Main St Mechanicsburg to bid and purchase
raffle tickets. October 1-31 Mon- Wed 8-5 Thur 7-1. Pieing will
happen 10/31 @ 1:30**

*Leading our community
with a new vision.*



GET TO KNOW

Jennifer J. Doyle

TFEC President & CEO

Join us for a warm and engaging “drop-in” event to meet Jennifer J. Doyle, the new President and CEO of TFEC. As she ushers in a fresh vision for our community, we invite you to come by, say hello, and share in this exciting new chapter.

**Click the button below to find
an event near you.**

NEXT EVENT

Mechanicsburg, Pa.
Wednesday,
November 13
4-7 p.m



**THE FOUNDATION
FOR ENHANCING
COMMUNITIES**

REGISTER TODAY

SPREAD
KIND
NESS

FOOD DRIVE

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

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



Most needed items

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

**UNEXPIRED &
NONPERISHABLE FOOD ONLY**

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

Questions, contact Lori Hoffnagle at l_hoffnagle@yahoo.com



The Corporate Transparency Act

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

CTA Webinars

What you need to know about Beneficial Ownership Information reporting and how to act!

October 24, 2024 from 9:00 AM - 10:00 AM

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

Join us as Saxton & Stump attorneys Kathy Granbois and Andy Berger discuss:

- The entities that are reporting companies under the CTA and must submit a BOI report to FinCEN.
- Exemptions from the CTA's reporting requirements.
- The information that a reporting company must report to FinCEN.
- When initial reports and changes to reports must be filed.
- The penalties for failing to comply with the reporting requirements.
- The individuals who are considered beneficial owners under the CTA.
- Steps to take to comply with the CTA.

[**Register Now >**](#)

Corporate Transparency Act's Beneficial Ownership Information Requirement

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

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

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

[Register Now >](#)

CTA Resources

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

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

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717-697-2900
www.troutcpa.com

UPMC

LIFE CHANGING MEDICINE

Baby got back...pain, and what to do about it

[Sheela Vivekanandan, MD](#) - Spine Surgeon, UPMC Spine Care

Experiencing back pain during your pregnancy? You're not alone. Almost two thirds of pregnancies come with some degree of back pain, especially in the late second and throughout the third trimesters.

Pregnancy-related back pain usually goes away after birth. If your pain doesn't improve after trying some at-home pain management techniques, or if your pain occurs alongside other symptoms including, but not limited to, fever, chill, headaches, dizziness or stomach pain and cramps, consult with your health care provider.

What causes back pain and who experiences it?

Back pain occurs because of the numerous physical and hormonal changes that occur during pregnancy. In addition to expected weight changes, which put added stress on joints and require the body's muscles to work harder, the uterus expands, which stretches and weakens the abdominal muscles that support your spine. Ligaments also become lax during pregnancy, which affects the joints in the spine and pelvic structures.

People of advanced maternal age, those with prior history of back problems, and those who've been pregnant before (especially those who experienced back pain in a prior pregnancy) are most likely to experience back pain in pregnancy.

What can I do for relief?

There are many things pregnant people can do on their own to relieve pregnancy-related back pain. In addition to rest, avoid standing or sitting for long periods of time. If you're standing, prop one foot on a short stool or other object to relieve strain on the spine. When sitting, use a small back pillow to support the spine.

Using proper posture and technique when sitting, sleeping, or lifting objects can minimize impacts to the spine when pregnant. Wearing supportive clothing, such as abdominal support garments from maternity stores, can help take the strain of belly weight off the spine. Make sure to wear low-heeled, but not flat shoes to support your back. Frequent stretching of the hip muscles, glutes, thighs, and hamstrings can help. Sitting on an exercise ball and simply rotating the pelvis at any point during the day can help.

Engage in exercise if you've been cleared to do so by your health care provider. Yoga, stretching, walking and even swimming can help alleviate back pain. Using a heat pad on its lowest setting or a cold compress can help soothe sore muscles, but these should only be used for limited amounts of time. Hot tubs and saunas are not recommended during pregnancy, but baths are okay.

What if my pain is persistent?

If your back pain becomes severe or persists for longer than two weeks, consult with your OBGYN to rule out other causes of pain. Especially if your back pain is paired with other symptoms including fever, chills, headaches, vision problems, dizziness, or stomach cramps and pain.

If other causes of the pain are ruled out, your provider may refer you to a physical therapist who specializes in the pelvic floor to help alleviate symptoms.

While most pregnancy-related back pain issues resolve within a few months of birth, some pain may linger. Consult with your health care provider about seeking out the care of a spine specialist for further treatment options.

[Learn more about UPMC Spine Care of Central Pa.](#)

[Learn more about UPMC Magee-Womens Pregnancy and Childbirth Services in Central Pa.](#)

How to Keep Learning at Work — Even When You Feel Fried

By Nihar Chhaya - Harvard Business Review

Continuous learning is the key to having lasting influence in your career, yet a heavy workload makes it hard to find the time. To ensure you're creating opportunities even when you're feeling depleted or overwhelmed, try these five strategies: 1) Challenge your beliefs about your capacity;

2) *Start with topics that solve urgent problems;* 3) *Don't limit yourself to formal programs;* 4) *Make an emotional connection to learning;* and 5) *Work with your brain, not against it.*

Whether you want to advance in leadership or stay relevant where you are, continuous learning is critical to success. After all, if you're not evolving in this ever-changing world, you may not only get left behind the competition — you could find that your current skills aren't even needed anymore.

At the same time, you might be trying to stay above water with no energy to devote to more training. If so, you're not alone. A 2024 [study](#) showed that more than half of workers feel “used up” at the end of the day. This means that not only are they depleted from meeting daily expectations, they have limited stamina to pursue activities that truly matter for future growth.

As an executive coach to many talented leaders who feel constantly overwhelmed, I've observed that for them, not meeting their highest potential is just as mentally burdensome as working overtime is physically taxing. But a learning journey that takes them out of their comfort zone, provides meaning based on their values, and is optimized for their style of retention is just the thing that reinvigorates them. Consider these five strategies to ensure you're continuously learning even when you're feeling depleted or overwhelmed.

Challenge beliefs about your learning capacity.

I once worked with a senior executive leading a new team spread out around the world. He was exhausted from all the travel required to effectively engage them. While he was excited about this prestigious leadership role, self-doubt crept in, and a critical inner voice led him to question his leadership capabilities under these conditions. By observing this inner critic from afar, he realized he was holding onto a fixed belief that he couldn't “learn to fly the plane while it was already flying.”

When you're feeling depleted, you may start to identify so much with the fatigue that you forget your agency over your thoughts and beliefs. In this condition, every exclamation of “I'm so tired,” teaches your mind to believe that it's probably impossible to learn anything when you're exhausted. Instead try observing your fatigue without judgment or a desire to get rid of it and get curious about what's possible even with such constraints. Making space for the fatigue enables a more [mindful](#) response and one from which you can creatively challenge unhelpful beliefs you've been holding onto while in that state.

When the senior executive I worked with challenged his assumptions, he realized he could in fact, lead with conviction, while also learning how to keep improving. Soon his energy shifted and he was eager to make time for learning, reading articles on leading global teams and watching videos on improving executive presence for his upcoming site visits.

Start with topics that solve urgent problems.

Similar to the way money grows faster by compounding interest on an existing balance, your motivation to learn will accelerate when you build on what you already know and do. Instead of laboring through subjects that don't feel urgent or pertinent to you, begin with topics that relate to existing challenges and expand on your current knowledge to gather momentum fast.

One of my coaching clients had been feeling overwhelmed at work for much of the last year. In a recent 360 assessment, he found that others perceived him as “slow to make decisions.” Initially resistant to the feedback, he decided to learn from it and had a notable insight: that his avoidance of being decisive led to work piling up, which was probably why he was always feeling so overwhelmed.

Suddenly learning about how to make better decisions seemed useful, attractive, and perhaps a way out from under his heavy workload. After consuming various resources on the topic, he decided to **teach his peers** some of the methods he learned as a way of making it stick. Coaching them enabled him to improve his mastery of the topic and boosted his confidence in applying it. He was also able to demonstrate positive shifts in how others perceived his work style.

Don't limit yourself to formal programs.

When professionals think of learning on the job, many immediately think of pursuing a graduate degree or a certificate at a renowned university as the best plan of action. While these programs promise certain valuable benefits through their academic rigor and social proof, they can also be expensive, unnecessarily exclusive, and time-consuming.

As you decide how to shape your learning journey, remember that formal programs are just one of many avenues and often may be too theoretical or tedious, making them less useful for certain **on-the-job** topics than methods like peer-to-peer learning, mentorship, or 360 feedback.

I once coached a newly promoted VP of human resources who had very little free time but wanted to build her financial acumen to increase her strategic value and counsel to the business. She didn't want to enroll in MBA-level courses and instead decided to ask her peer on the leadership team, the CFO, if she could learn from him. They arranged monthly one-on-one meetings during which he would explain the key aspects of their P&L reviews, and she would present her interpretation to get his feedback.

This approach not only helped her quickly understand the nuances of the company's finances while burdened with an otherwise exhausting schedule, but it also cultivated a valuable relationship with the CFO and his team which had never existed before across their functions. Her credibility as a business-oriented HR leader soared and, in the process, she was also able to help the CFO better understand the people strategy which was largely outside of his expertise.

Make an emotional connection to learning.

Another way to learn with ease is by pursuing experiences that align with your deep-seated values rather than the fleeting expectations of others. When it is intrinsically motivating, continuous learning becomes a desirable part of your life's routine, rather than another obligatory item on your to-do list. To take it a step further, develop an emotional context around the learning, and the work involved will become a source of inspiration instead of an unwelcome burden.

I worked with an executive who was always being recommended for advanced training programs, leadership conferences, and speaking opportunities as her managers viewed her as someone who could rise up the ranks, perhaps even to CEO someday. She was flattered by their sponsorship but also found these activities onerous on top of her job. She began to wonder whether she even wanted to advance.

To get clearer on what she should do, this executive first put aside what others wanted for her and reflected on her own values, which included a love of solving big problems in her industry and an ambition to drive change, but also a desire to be more present with her family. She concluded that moving up the ladder might mean less time with her family, but also more agency over decisions and where to spend time than staying in a junior role. And on an emotional level, she felt that if she could be successful in honoring all of her values **across family and work**, it would show her daughter what was possible for women in business. It was from this emotional context that she reframed the learning opportunities from things others expected her to enjoy to experiences she wanted to

intentionally leverage for her aspirations.

Work with your brain, not against it.

Once you are emotionally invested in learning new skills, you'll often find your second wind to push through the fatigue and keep absorbing the new information. But what good is the content if your brain struggles to retain it?

Another important way to make learning effective while depleted is to design an approach that follows your brain's preferences for retention. In the late-nineteenth century, German psychologist Hermann Ebbinghaus described the "**forgetting curve**" to explain how fast people forget things they've learned. While factors like rest and relative complexity of the topic affect how well we retain information, we still tend to forget things rapidly. Within a day, you only remember half of what was presented, and after a week, only about **10% of it**, making any lasting learning journey a literal fight against time for your brain.

Fortunately, through techniques like **spaced repetition** and **testing recall**, you can improve retention for higher learning stickiness. Let's say you've come across some valuable but complex frameworks to improve business results and want to confidently present them in ways that improve buy-in from other company divisions. To avoid reading and forgetting the content, you can set aside a half hour every morning and evening to review in parts, spacing out and repeating your exposure. Then test yourself from memory on the frameworks until they become second nature to you.

To make your brain even more receptive, keep adding higher, original learning to the content you're absorbing. **Research** shows that the greater degree of original content, the slower the rate of forgetting. You can consider developing more context around the frameworks you memorized, such as learning the stories of companies where they were used, or interviewing colleagues about the frameworks to invite new perspectives related to them. Combining all these methods imprints incremental knowledge in your brain with a higher likelihood of retention.

In today's fast-paced world, continuous learning is the key to having lasting influence in your career, yet already feeling overwhelmed by your daily workload makes it hard to stay consistent. By using these strategies, you can develop a lifelong learning journey that not only elevates your skills but lifts you out of exhaustion by moving closer to your highest potential.

About the author

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