

Chamber CHATTER



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

10.3.24

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

In This Issue:

Welcome L.L. Bean	7
Poll workers needed for upcoming election	10
October is Breast Cancer Awareness Month - Breast Cancer Nutrition Therapy	25-26

News, Events & more!

CHAMBER EVENTS

Watch for Weekly Updates!!

October

8 - Mechanicsburg Halloween Parade - Sponsored in part by **Lawrence Chevrolet**, starting at Broad & Keller Sts., Mechanicsburg. 7 pm.

15 - After Hours Mixer - BeBalanced Natural Weight Loss Center, 3812 Market St, Camp Hill. 5:00 - 7:00pm.

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.

RSVP to info@mechanicsburgchamber.org

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

Mechanicsburg Halloween Parade Tuesday, October 8th

29th Annual Streets of Treats Saturday, October 19th

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

Thank You For Renewing Your Membership!

Autobodies by Lucas
Fairfield Inn & Suites Harrisburg West/Mechanicsburg
Giant Food Stores
Isaac's Craft Kitchen & Brewery
Isaac's Restaurants

Major's Select Collision Center
Rother Dental
Select Collision Center Hershey
Storage Sense

**YOU'RE
INVITED TO THE**

Mechanicsburg Halloween Parade

Tuesday, October 8, 2024 • 7:00 p.m.

**Special thanks
to our sponsors!**



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



Platinum

American Legion Post #109
Borough of Mechanicsburg
Lawrence Chevrolet
The Mechanicsburg Club
Upper Allen Township

Gold

Dreamworx Roofing
H&H Sales Associates
Hot Frog Print Media
Malpezzi Funeral Home
The Wildcat Foundation

Silver

Anonymous
Bethany Village
Buchanan & Erb
Code Ninjas Harrisburg
Farinelli Construction
Mechanicsburg Eye Associates
M.C. Walker Realty
NexTier Bank
Shatzer Insurance

Bronze

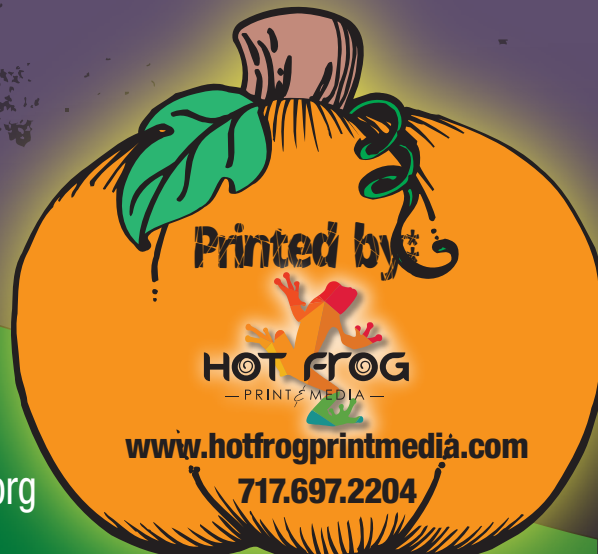
Blue Moon Cruisers Rod & Custom Assoc.
Clay's Service Center
David Russell's Import Emporium
DB360 Soft Wash
Drayer Physical Therapy
Eichelberger's Well Drilling
Mayor Jack Ritter
PaySmart Payroll Services
Representative Sheryl Delozier – 88th
State House District
The Rosemary House
Walters & Galloway, PLLC
Weis Markets
Zimmerman Plumbing & Heating

Patron

ABC West Lanes
The Gleeeful Candle Co.

Questions?

Mechanicsburg Chamber of Commerce
717.796.0811 • www.mechanicsburgchamber.org



Mechanicsburg Chamber of Commerce presents:

After-Hours Mixer

FREE
EVENT!

Tuesday, October 15
5:00 - 7:00 p.m.

FREE
EVENT!



Hosted by

**BeBalanced Natural
Weight Loss Center**
3812 Market Street
Camp Hill, PA 17011

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, 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
Enola

Reservations required.

RSVP to info@mechanicsburgchamber.org



Welcome L.L. Bean

The Mechanicsburg Chamber of Commerce joined elected officials and the staff of L.L. Bean to cut the ribbon for their newest location. The nation's most recognizable outdoor retailer opened its 4th store in PA to provide the area the fine quality goods that the brand is known for. The new store is located at 6416 Carlisle Pike, Mechanicsburg in the Silver Spring Square shopping complex.





Thank you to Dave Hagen, from TPx Communications, for presenting on some of the mysteries of cybersecurity and AI. His insight on the many ways that your technological security can be compromised reflects that all businesses and organizations can have vulnerabilities, but there are solutions available to minimize the risks.

Recognition also goes to TPx Communications and GreenStar Solutions for sponsoring our AM Strategies event and Buhrig's Gathering Place for facilitating the location and lunch.

If there is a subject that you would like to be featured for a future A.M. Strategies...for Business Success, please contact the Chamber office.

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.

Poll Workers Sought for Upcoming Election

Beyond exercising your right to vote, what can you do to help elections run smoothly across the Commonwealth? [Consider serving as a poll worker in the upcoming election on Tuesday, Nov. 5.](#)

Open positions vary by county but may include judge of elections, majority inspector and minority inspector, which are elected positions. Counties also need clerks and machine operators/inspectors at each precinct. These positions are filled by appointment.

Counties train poll workers on their election day duties. Workers receive payment for training and for their service on election day.

In order to serve, you must be registered to vote in the county where you wish to work. Exceptions exist for 17-year-old high school students; contact your county election office for more information. Government officials and government employees generally are not allowed to serve as poll workers. Likewise, you are not permitted to serve if your name appears on the ballot.

Poll workers generally work for the entire day on election day, from before the time the polls open at 7 a.m., until after the polls close at 8 p.m.

[People interested in serving as poll workers should start by filling out this form.](#) If you have questions, call 877-VOTESPA (877-868-3772) or email re-voterreg@pa.gov. You may also contact the Cumberland County Bureau of Elections.



Over The Edge

RAPPEL FROM THE ROOF!
VOLUNTEER. DONATE. WATCH.



October 4

17 North 2nd Street
Harrisburg, PA 17101

Courage for Kids

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.



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

REGISTER TODAY: **CAPBIGS.ORG**



Over The Edge - Team Building

October 4, 2024

Market Square Plaza, 17 N. 2nd Street, Harrisburg



CORPORATE RAPPELLING TEAM

\$5,000 - Limited corporate teams available.

Your Corporate Rappelling Team will receive priority choice for a rappel "block" in our event schedule. (Must confirm prior to August 31st to receive priority choice.)

As part of your Corporate Rappelling Team experience, you will receive:

- One (1) Corporate rappelling team of five (5) participants
- 5 Invitations to the Liquid Courage Reception
- Logo on the event t-shirt
- Digital Recognition
- Company-provided item in Participant Gift Bag
- Company mention in thank you email to participants

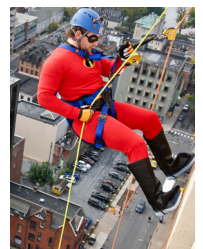


TEAM FUNDRAISING

\$1,000/person

Engage your employees to raise funds and send a peer or supervisor Over The Edge. Select an idea below or create your own team fundraising incentive:

- **Vote with your Dollars:** We suggest you encourage team leads or supervisors to create a fundraising page and invite employees to raise funds and donate to the person they want to see rappel.
- **Hold a Mini Event:** Host a pancake breakfast, bake sale, \$K, or other team event that gets everyone involved in raising funds for your Over The Edge participant.
- **Select an Incentive:** Let everyone know that the top donor/fundraiser/team lead gets to choose what costume the rappelling participant wears on event day.



Full List of Sponsorships: tinyurl.com/OTE24S

Willow
& WILDFIRE



You're invited to our 3rd Annual

CANCER DUCKS!

Event

- *Local Vendors
- *Food Truck
- *Great Sales
- *& Much More

Ducks are \$4 each or 3 for \$10

All ducks will be floated & winners will be picked to receive the AWESOME prizes donated by generous local businesses & donors

No need to present to win!

All proceeds go to Pink Hands of Hope

October 5th, 2024

Willow & Wildfire LLC
@willowandwildfire

10am-4pm | Duck float at 2pm

5800 Spring Road, Shermans Dale, PA



Thanks for your support



venmo



GRIEF SUPPORT GROUP

Grief and Bereavement Support Group

1st Monday of each month

6:00 PM - 7:15 PM

Legend at Silver Creek
425 Lambs Gap Road
Mechanicsburg, PA

Join us for a FREE monthly support group, open to anyone who has experienced grief and loss.

Grief is the natural emotional response to the loss of someone close, such as a family member, friend, or pet. It can also occur as a result of a serious illness, divorce, or other significant loss.

This open group provides a safe space for community members to connect, share their experiences, learn new coping skills, and support one another. Everyone is welcome to join.

Brought to you by:

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

LEGEND
PERSONAL CARE • MEMORY CARE
at Silver Creek



JAZZ ME BAND

KIRK WISE UPCOMING
SOLO, DUO & BAND
PUBLIC DATES

Thurs. 10/3 – Big Bottom Brewing @
Al's Pizza, Dillsburg...Kirk solo 7-9

Fri. 10/4- Grandpa's Love Shack BBQ
Restaurant, Shermansdale...Kirk Duo 6-8

Sat. 10/5 – Mt. Airy Orchards, Dillsburg...
Kirk solo 11-2

Sun. 10/6 – Mt. Airy Orchards, Dillsburg...
Kirk solo 1-4

Thur. 10/10 – Food Truck Rally,
New Cumberland ...Kirk solo 5-8

Tue. 10/15 – Greystone Brew House@
Range End , Dillsburg...Kirk solo 6-9

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

For complete up-to-date
schedule, information,
and photos go to
www.jazzmeband.com

Bookings: call Kirk at 717-979-0341 or
E-mail wisemotors@aol.com

Tour sponsors:
FARNHAM INSURANCE,
MEMBERS 1st F. C. U.,
CLASSIC DRY CLEANERS, STUDIO D &
LANDON WISE PHOTOGRAPHY

GFWC Mechanicsburg



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

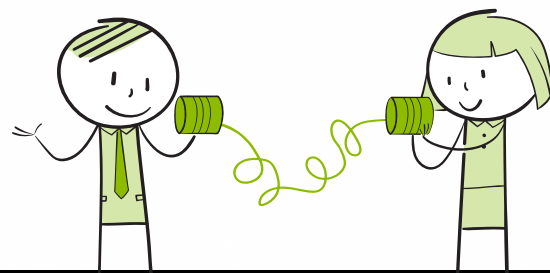
The next meeting will be
on Tuesday, October 8,
2024 at 7:00 PM at Buhrig's
Gathering Place, 25 E Main
St, Mechanicsburg. The
program will be a speaker
from Domestic Violence Services of Cumberland and
Perry Counties.

The club will be participating in the Chamber's Streets
of Treats in October. We look forward to seeing you
there.

Would you like to know more about how we serve
the community while helping Veterans, libraries and
schools? Come for a visit to find out.

For more information, contact Sue at 717.243.9872
visit our website at <http://gfwcmech.tripod.com/>

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Mechanicsburg Museum Here's What's Happening.....

MECHANICSBURG MUSEUM ASSOCIATION

2 West Strawberry Alley, Mechanicsburg, PA 17055 Phone: 717-697-6088

LIFETIME ENRICHMENT TALKS

All Programs at the Passenger Station 1 PM

Wednesday,

October 9

“History of Monroe Township”

Lawrence Knorr
Author & Historian



*This event will take place at the Museum Passenger Station. It is open to the public.
Refreshments are provided. Museum members, children 12 and under, free:
Non-members, \$5.00*

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

Third Friday FOOD TRUCKS



**APRIL 19 ▪ MAY 17 ▪ JUNE 21 ▪ JULY 19
AUG. 16 ▪ SEPT. 20 ▪ OCT. 18**



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



MULTIPLE TRUCKS /// VARIETY OF FOOD

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.



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.

Virtual seminars

What Do Seizures in a Child Mean?

Join UPMC Children's Specialty Services neurologist Dr. Gull Zareen Sial to learn how seizures occur, causes, types, treatment options, effects on lifestyle, long-term outcomes, and seizure first aid.

- o Virtual - Wed., Oct. 16, 6:30 p.m.
- o To register, visit UPMC.com/VirtualEvents or call 717-231-8900.

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.****

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.

Presented by



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

HEARTS-N-HANDS SERTOMA CLUB

FLAMINGO PARTY FUNDRAISER

NET PROCEEDS BENEFIT THOSE AFFECTED BY CANCER
AND LIFE THREATENING ILLNESSES.

SUNDAY,
OCTOBER 27, 2024
1 PM - 5 PM



ENTRY FEE: \$ 25.00
INCLUDES CHEESEBURGER BAR, JIMMY BUFFET
THEME MUSIC, GAMES AND MORE...

AT LOWER ALLEN VFW POST 7530
4545 WESTPORT DR, MECHANICSBURG PA 17055

ANNUAL 50/50 TICKETS ARE AVAILABLE SEPARATELY!

FOR MORE INFORMATION CALL 717-571-0012

SCAN TO
PURCHASE TICKETS

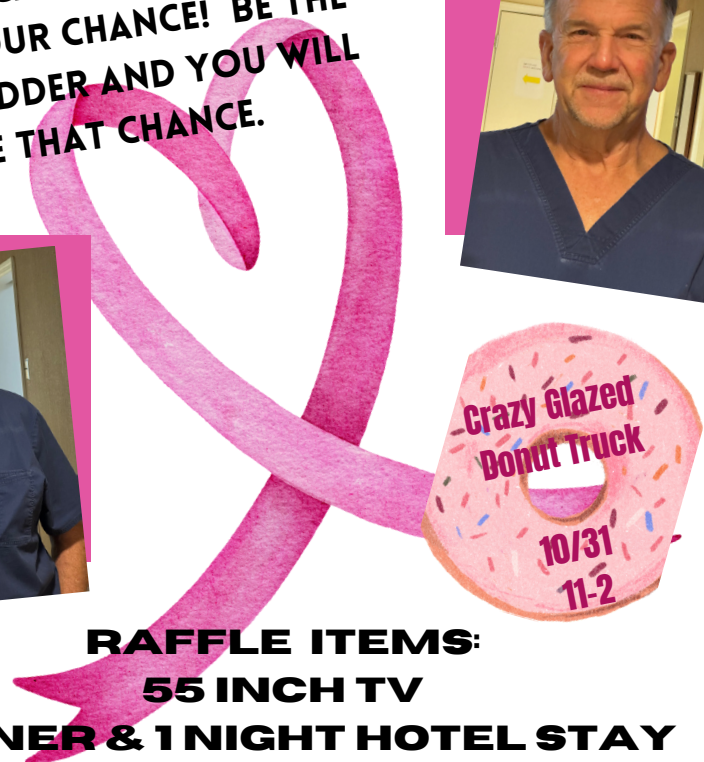
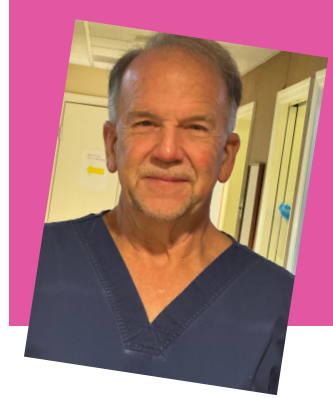


PA SGC: 23-04100

501(C)3 EIN: 063-0655922

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

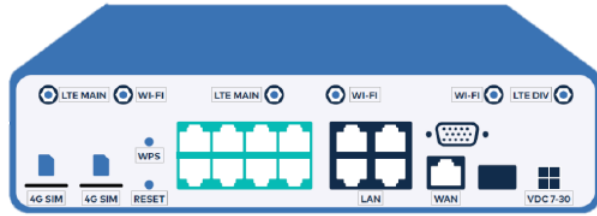
**HAVE YOU EVER WANTED TO PUT A
PIE IN THE FACE OF YOUR DENTIST?
NOW IS YOUR CHANCE! BE THE
HIGHEST BIDDER AND YOU WILL
HAVE THAT CHANCE.**



- 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**

Digital POTS Replacement Solution



What's Changing and How TPx Can Help

In consideration of FCC order 19-72A1, service providers are no longer mandated to maintain copper POTS lines. This regulatory shift has led to increased costs and reduced availability for essential services that are dependent on POTS lines, such as fax, elevator, and alarm systems. TPx aims to fill this critical void with an innovative Digital POTS solution available nationwide, meeting the vital POTS replacement needs for alarms, elevators, and essential fax lines.

Proposed Solution

In partnership with MetTel, TPx will deliver a cutting-edge POTS replacement solution. With over 50,000 deployments, MetTel's adapters support one to eight Digital POTS replacement lines from a single device connecting over the customer's internet. Featuring error correction and packet loss detection, it ensures uninterrupted service by resending lost packets to prevent call failures. The solution includes an 8-hour battery backup and two cellular SIM cards for additional reliability. MetTel enables provisioning, porting, and installation, ensuring seamless integration. The solution is also certified for alarm lines by the National Fire Protection Association and the New York City Fire Department.



Anticipated Customer Benefits*

Certified Solution	Fire code compliant solution, UL 60950-1 & UL 2054 certified.
Reliable Connection	Connect via broadband, Wi-Fi, and 4G LTE SIM. Dual SIMs.
Ongoing Support	Professional installation, 24/7/365 NOC monitoring, over-the-air firmware updates, and emergency support.
Strategic Coverage	Access to major cellular providers.
Potential Cost Savings	As POTS lines are retired, their costs rise. It is possible to save money with TPx POTS line replacement.
Tailored	Flexible digital transformation tailored to your need.
Quality Connection	Low latency, high-speed networks ensure top-notch voice quality and reliability.
Scalability	Adjust features as needed to meet evolving communication requirements.



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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

UPMC

LIFE CHANGING MEDICINE

Breast Cancer Nutrition Therapy

by Sumathi Suppiah, MD, DABO

October is Breast Cancer Awareness Month, celebrated in countries across the globe to increase attention and awareness for early detection and treatment of the disease. Breast cancer is the most common cancer in women worldwide, according to the World Health Organization. It's the second most common among American women after skin cancer, according to the Centers for Disease Prevention and Control.

Each year in the United States, about 240,000 cases of breast cancer are diagnosed in women. While advancements in medical treatments have improved survival rates, proper nutrition plays a vital role in supporting patients' overall health, immune function, and resilience during their cancer journey.

Breast cancer and its treatments can have a profound impact on a patient's nutritional status. Many people with breast cancer experience some sort of change in their appetite. Some don't want to eat at all. Others may be turned off by certain foods. The important thing to keep in mind is that good nutrition is the key to overcoming many of the side effects of cancer and cancer treatment.

Radiation, chemotherapy, surgery, and hormonal therapies can cause side effects like nausea, vomiting, loss of appetite, and fatigue. Breast cancer patients often experience changes in body composition, such as muscle loss and weight gain, which can further complicate their nutritional needs.

Nutrition therapy for breast cancer patients aims to address these challenges by optimizing nutrient intake to:

- **Support Immune Function:** A well-nourished body has a stronger immune system, better equipped to fight cancer cells and cope with the side effects of treatments.
- **Maintain Healthy Body Weight:** Achieving and maintaining a healthy weight is crucial for reducing the risk of cancer recurrence and managing treatment-related symptoms.
- **Minimize Treatment Side Effects:** Proper nutrition can help alleviate common side effects improving the overall quality of life for breast cancer patients.
- **Promote Healing and Recovery:** Adequate nutrition aids in tissue repair and recovery.
- **Reduce Risk of Recurrence:** Certain dietary choices may help reduce the risk of breast cancer recurrence.

It's important to emphasize a balanced diet rich in fruits, vegetables, lean proteins, whole grains, and healthy fats. These foods provide essential vitamins, minerals, and antioxidants that support overall health. Protein is crucial for muscle maintenance and repair. Include sources like poultry, fish, beans, and tofu in your diet. Fiber-rich foods, such as whole grains and vegetables, help with digestive health and can alleviate constipation, a common side effect of some treatments. Omega-3 healthy fats, found in fatty fish, flaxseeds, and walnuts, may have anti-inflammatory properties and

support heart health. Staying well-hydrated is essential, especially during treatments that may cause fluid loss or dehydration.

It's important to minimize consumption of processed and sugary foods, as they can contribute to weight gain and inflammation. Limit alcohol consumption, as it is linked to an increased risk of breast cancer. Some studies suggest a link between high consumption of red and processed meats and an increased risk of breast cancer.

Breast cancer nutrition therapy is an integral part of the holistic approach to breast cancer care. By adopting a balanced and healthy diet, patients can improve their overall well-being, better manage treatment-related side effects, and potentially reduce the risk of cancer recurrence.

Nourishing the body is not only about healing but also about empowering the spirit during this challenging journey.

Sumathi Suppiah, MD, DABO, is the medical director of medical weight management for the UPMC Central PA Weight Management Center. She is passionate about helping her patients achieve optimal health through good diet and nutrition, regular exercise, and mental health support. To learn more about medical weight management at UPMC in Central Pa., call 717-591-5638 or visit [UPMC.com/CentralPaWeightLoss](https://www.upmc.com/central-pa-weight-loss).
