

# Chamber CHATTER



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

**2.20.25**

6 West Strawberry Avenue, Mechanicsburg, PA 17055 (717) 796-0811 [www.mechanicsburgchamber.org](http://www.mechanicsburgchamber.org)

## In This Issue:

Welcome New Members .....	2
Beneficial Ownership Information Reporting Requirements Update .....	5
February is American Heart Month - UPMC Cardiologist: Know Your Numbers ...	16-17

News, Events & more!

## Seeking HOSTS for 2025 EVENTS

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

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

## CHAMBER EVENTS

*Watch for Weekly Updates!!*

### *February*

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

### *March*

**11 - Business Women's Networking Luncheon -**  
**New Cumberland Federal Credit Union**, 345 Lewisberry Rd, New Cumberland. 11:30am - 1:00pm. FREE member event.

RSVP to [info@mechanicsburgchamber.org](mailto:info@mechanicsburgchamber.org)

For a full calendar of chamber and member events, visit [www.mechanicsburgchamber.org/events](http://www.mechanicsburgchamber.org/events)

## Thank You For Renewing Your Membership!

A-1 Party Rent-All  
Art Depot  
Gunn-Mowery, LLC  
Hynes Group, LLC  
Malpezzi Funeral Home, Inc  
Mechanicsburg Eye Associates  
Mechanicsburg Learning Center

Members 1st Federal Credit Union  
Mumma's Jewelry Store  
Silver Spring Foot and Ankle  
Synergy HomeCare of Mid Penn  
Gary & Lorrie Weber  
Beth Williamson - Coldwell Banker Agent  
Zimmerman Plumbing & Heating Inc.

## Welcome New Chamber Members

7 Brew Drive Thru Coffee, 6949 Carlisle Pike, Mechanicsburg, PA 17050; Matt Peters; 484-388-1841; [www.7brew.com](http://www.7brew.com); Restaurants

Katsu's Dojo 3D, 123 East Main Street, Mechanicsburg, PA 17055; David Everhart; 717-414-0317; [www.katsusdojo3d.com](http://www.katsusdojo3d.com); Retail / Computer Services / Printing/Publishing

Nash, Valerie – Coldwell Banker Agent, 3915 Market Street, Camp Hill, PA 17011; 717-813-3320; [vcnre.com](http://vcnre.com); Realtors/Real Estate Services

Senator Dawn W. Keefer – 31st District, Senate Box 203031, Harrisburg, PA 17120-3031; Amy Holjes; 717-787-8524; [senatorkeefer.com](http://senatorkeefer.com); Government

Tide Cleaners, 6416 Carlisle Pike, Mechanicsburg, PA 17050; Ryan Armstead; 717-781-6836; [tidecleaners.com](http://tidecleaners.com); Dry Cleaner/Laundry Service

Willis Fuel Services, 891 South Ridge Road, York Springs, PA 17372; Cephas Willis; 717-688-2573; [willisfuels.com](http://willisfuels.com); Fuel / Heating/Venting/Air Conditioning

**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 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](mailto:info@mechanicsburgchamber.org).

**Mechanicsburg Chamber of Commerce presents:**

# **Business Leaders Discussion Group**

**Thursday, February 27**

**7:45 - 9:00 am**

**Sponsored by  
PaySmart Payroll Services  
650 Wilson Ln, Suite 100  
Mechanicsburg**



RSVP to [info@mechanicsburgchamber.org](mailto: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!**

## **Business Women's Networking Luncheon**

**Tuesday, March 11**

**11:30am - 1:00pm**



### **New Cumberland Federal Credit Union**

**345 Lewisberry Road, New Cumberland**

Join us as we are excited to host you at our Headquarters location. NCFCU is a full-service, not-for-profit, member-owned financial institution with a longstanding tradition of service - Since 1952.

Learn how NCFCU can be by Your Community Credit Union and get reacquainted with Mary Heimbuch, Marketing Director.

Space is limited. Reservations required.

RSVP to [info@mechanicsburgchamber.org](mailto:info@mechanicsburgchamber.org)



**DISTRICT OFFICE  
ON THE GO!**

**WEDNESDAY, MARCH 5  
FROM 10AM TO NOON**

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

[RepDeLozier.com](http://RepDeLozier.com)

To expand the reach of our state services, my district office will set up at the Mechanicsburg senior center on Wednesday, March 5, from 10 a.m. to noon, to assist constituents with state-related issues. My office will be facilitating Property Tax/Rent Rebate Program applications and checking for unclaimed property.

You can call or stop by my office in Lower Allen Township for assistance with the Property Tax/Rent Rebate Program at any time, but we will focus specifically on helping constituents file applications from 10 a.m. to 3 p.m. on Friday, Feb. 28.

If you plan to take advantage of Property Tax/Rent Rebate Program assistance, please visit

[RepDeLozier.com](http://RepDeLozier.com) for a list of documents you will need for us to be able to file your application.

For questions, please call 717-761-4665.

**THURSDAY,  
MARCH  
27  
5 TO 7 P.M.**

At The  
**Hampden  
Township Pool  
Parking Lot**  
5001 Hampden Park Drive,  
Mechanicsburg, Pa 17050

**SPRING  
DOCUMENT  
SHREDDING  
EVENT**

**There is a limit of four boxes per household.  
No businesses please. The shredder can handle staples,  
but please remove paperclips and binder clips in advance.**

Safely and securely shred documents containing sensitive information like bank account numbers at my free Spring Shredding Event on Thursday, March 27, from 5-7 p.m. at the Hampden Township Pool parking lot, located at 5001 Park Drive in Mechanicsburg. There is a limit of four boxes per household. No businesses, please. The shredder can handle staples, but please remove paperclips and binder clips in advance.

Please RSVP to 717-761-4665 or visit [RepDeLozier.com/Events](http://RepDeLozier.com/Events) to give my staff and the shredding company a headcount. Shredding will be taken on a first-come, first-served basis.



## Beneficial Ownership Information Reporting Requirements Update

A recent federal court ruling has lifted the last remaining nationwide injunction that had been preventing the enforcement of Beneficial Ownership Information (BOI) filing requirements. However, the Financial Crimes Enforcement Network (FinCEN) has announced at least a 30-day delay before new filings will be required.

### Key Deadline Changes

The Financial Crimes Enforcement Network (FinCEN) has adjusted the filing deadlines as follows:

- For the vast majority of reporting companies, the new deadline to file an initial, updated, and/or corrected BOI report is now March 21, 2025.
  - FinCEN will provide an update before then of any further modification of this deadline, recognizing that reporting companies may need additional time to comply with their BOI reporting obligations once this update is provided.
- Reporting companies that were previously given a reporting deadline later than the March 21, 2025 deadline must file their initial BOI report by that later deadline.
  - For example, if a company's reporting deadline is in April 2025 because it qualifies for certain disaster relief extensions, it should follow the April deadline, not the March deadline.
- Plaintiffs in *National Small Business United v. Yellen*, No. 5:22-cv01448 (N.D. Ala.) — namely, Isaac Winkles, reporting companies for which Isaac Winkles is the beneficial owner or applicant, the National Small Business Association, and members of the National Small Business Association (as of March 1, 2024) — are not currently required to report their beneficial ownership information to FinCEN at this time.

### What This Means for You

- If you previously filed a BOI report, no additional action is required unless your information has changed.
- If your business has not yet filed, we recommend promptly preparing your filing to meet the revised deadlines.

If you have any questions or would like assistance determining the best course of action for your business, please contact our team of trusted advisors.



# CARDIOVASCULAR EXPERTS OF PA

The Office of Rajesh Dave', M.D.



## INNOVATIONS

& CURRENT TRENDS IN  
CARDIAC AND VASCULAR  
TREATMENTS PRESENTED BY:  
**DR. RAJESH DAVÉ,**

Join us for Refreshments  
& Presentation by Internationally  
Renowned Cardiovascular  
Interventionalist Dr. Rajesh Davé.  
Followed by Q&A.

RSVP TO AMANDA:  
[AMANDA.SHOMPER@BRIDGESATBENTCREEK.COM](mailto:AMANDA.SHOMPER@BRIDGESATBENTCREEK.COM)  
CALL: **717-795-1100**

HOSTED BY  
  
at Bent Creek

**THURSDAY,  
FEBRUARY 20  
5-6:30 PM**

**BRIDGE  
SENIOR  
LIVING**

THE BRIDGES AT BENT CREEK  
2100 BENT CREEK BOULEVARD  
MECHANICSBURG, PA

**THIS EVENT IS FREE TO THE PUBLIC AND HEART HEALTHY SOUPS & WRAPS WILL BE SERVED.**

# C-PACE Seminar

February 27, 2025

1:00 PM - 3:00 PM



Commercial



Industrial



Agriculture

Join us to learn how to use the C-PACE program to finance energy efficiency, water conservation or clean energy projects.

230 S Sporting Hill Rd, Suite 100  
Mechanicsburg, PA 17050

[Register Here](#)

**CUMBERLAND VALLEY**  
PENNSYLVANIA

Cumberland Area  
Economic Development  
Corporation

Please join representatives from Sustainable Energy Fund, Cumberland Area Economic Development Corporation, Cumberland County, and others on February 27 from 1-3 PM to hear about the Commercial Property Assessed Clean Energy (C-PACE) program which was recently enabled in Cumberland County. It is a financing structure for commercial property owners to make energy efficiency, water conservation or renewable energy improvements to their properties. Eligible project partners include owners of commercial, industrial, agricultural, non-profit, and some multi-family residential properties. At this event, you will hear from Sustainable Energy Fund, who administers the program in 27 counties throughout Pennsylvania, and a capital provider to discuss project financing.



# Little Theater of Mechanicsburg

Sunday, February 23, 2025

Showtime 2:30 pm

Doors open 1:30 pm

Mechanicsburg Museum is sponsoring a benefit performance at the Little Theatre of Mechanicsburg.

***Murder By Membership*** is a murder mystery/comedy set in the Orczy Club, an “inner sanctum” for women mystery writers.

Limited Seating

Ticket price \$20.00

Tickets available at the Passenger Station

---

---

## 2025 Virtual Early Learning Conference

# 2025 Early Learning Conference



Join TFEC's Early Education Initiative for the 2025 Virtual Early Learning Conference from  
**March 10-14, 2025.**

Register at <https://www.tfec.org/earlyed-conference/>.

### Why should you attend?

**Flexible Learning:** Enjoy the convenience of recorded sessions available all week, fitting your schedule.

**Earn Valuable Credits:** Take advantage of PDE and PQA credits while expanding your knowledge.

**Networking Opportunities:** Connect with fellow educators and community partners to strengthen your professional network.

**Build Strong Foundations:** Strengthening educators, caregivers, and more to help children build strong foundations.

**Empowering Early Education:** Learn more about topics such as behavior, mental health, STEM, arts integration, infant care, administration, trauma, The BASICS and more.



# JAZZ ME BAND

KIRK WISE UPCOMING  
SOLO, DUO & BAND  
PUBLIC DATES

Thurs. 2/20 Essex House, Lemoyne...  
Kirk solo 1-2

Fri. 2/21 – Totem Pole Wine Farm/Ranch  
Carlisle...Kirk solo 6:30-8:30

Sat. 2/22\* – Safe Harbour Event, Carlisle...  
Jazz Me Band 6-10

Fri. 2/28 – Celebration Villa, Dillsburg...  
Kirk solo 3-4

Fri. 2/28- Hook & Flask Stillworks, Carlisle ...  
Kirk & Beth Duo 7-10

Sun 3/2 – Mountain Ridge Church of  
Heidlersburg...service starts at 10AM

Fri. 3/8 – American Legion #974,  
New Cumberland...Kirk Duo 7:30-10:30

Sun. 3/9 – Community Christian Fellowship  
Church, Carlisle... service 10:30

Fri. 3/14 – Big Bottom Brewery @ Al's Pizza,  
Dillsburg...Kirk Duo 7-10

For complete up-to-date  
schedule, information,  
and photos go to  
[www.jazzmeband.com](http://www.jazzmeband.com)

**Bookings:** call Kirk at 717-979-0341 or  
E-mail [wisemotors@aol.com](mailto:wisemotors@aol.com)

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



Cumberland Area  
Economic Development  
Corporation

Cumberland Area Economic Development Corporation is kicking-off a new Funding Seminar series in 2025 highlighting funding opportunities for Outdoor Recreation projects and Agriculture/ Agritourism. As we build these programs, we'd love to better understand our partners' needs.

Please take a few minutes to fill out this seven-question survey.

**TAKE SURVEY HERE**



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

## **GFWC (General Federation of Women's Clubs) Mechanicsburg**

The next meeting will be on Tuesday, March 11, 2025 at 7:00 PM at Buhrig's Gathering Place, 25 East Main Street, Mechanicsburg.

The program will be Deb Donahue speaking about Veterans Village tiny homes.

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://gfwcmeh.tripod.com/>



# The Tide<sup>®</sup>

## Your Soles ~ Their Souls Shoe Drive Fundraiser



All shoe styles accepted year round at The Tide office.



[thetide.org/shoes](http://thetide.org/shoes)

## Help support

- Literacy Classes in India
- Microbusiness in Developing Countries

## SPONSORED BY:



getcubesstorage.com  
**CUBES**  
 Moving & Storage  
 Special thanks to  
 Cubes of  
 Chambersburg for  
 their sponsorship!

**CUBES**  
Storage Solutions

717-377-3994

getcubesstorage.com

- ✓ Insulated & Secure
- ✓ Lights & Electric

- Starting at \$139/month  
- Unit sizes up to 20'

## GET

## INVOLVED!

- SET UP A COMMUNITY DROPOFF LOCATION
- PROMOTE SHOE DRIVE AND COLLECT SHOES
- DONATE YOUR NEW/GENTLY USED SHOES



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



# BOWL FOR KIDS' SAKE

REGISTER TODAY. IMPACT TOMORROW.

## 1) Choose a Date.

- **Saturday, March 22**  
1:00pm & 3:30pm. ABC West, Mechanicsburg.
- **Sunday, March 23**  
2:30pm. ABC West, Mechanicsburg.
- **Saturday, April 5**  
1:00pm. 222 Dutch Lanes, Ephrata.
- **Friday, April 11**  
5:00pm. Suburban Bowlerama, York.
- **Saturday, April 12**  
2:00pm. Suburban Bowlerama, York.
- **Thursday, April 17**  
6:00pm. Palmyra Bowling, Palmyra.
- **Thursday, April 24**  
6:00pm. Midway Bowl, Carlisle.
- **Saturday, April 26**  
2:00pm. South Hanover Lanes, Hanover.
- **Sunday, April 27**  
2:00pm. Edgewood Lanes, Gettysburg.

## 2) Register Today.

[CAPBIGS.ORG/EVENTS](http://CAPBIGS.ORG/EVENTS)

## 3) Build your team.

Invite friends, family & coworkers.

## 4) Raise funds.

Support a Little, a Big & a family.

## 5) Party!

Bowling. Pizza. Drinks. Raffle prizes.  
Inspire children to dream BIG!

Food Sponsors



King Pin Sponsor & Candy Sponsor



[CAPBIGS.ORG/EVENTS](http://CAPBIGS.ORG/EVENTS)

(717) 236-0199 • [events@capbigs.org](mailto:events@capbigs.org)





# THE FOUNDATION FOR ENHANCING COMMUNITIES

## THE FOUNDATION FOR ENHANCING COMMUNITIES (TFEC) OPENS SECOND ROUND OF 2025 GRANTS

The Foundation for Enhancing Communities (TFEC) is excited to announce the second round of 2025 grants.

“These grants can make a big difference,” said Caitlin Cluck, director of community investment at TFEC. “They help good ideas grow and give people the tools they need to build stronger neighborhoods.”

Nonprofits are invited to apply for grants that support arts, community development, education, the environment, health and human services. The deadline to apply for this round of grants is Thursday, May 1, 2025.

Available grants include:

- Arts for All – Helps bring arts and culture to people who often do not have access
- Franklin County Community Foundation – Funds local arts, culture and community needs in Franklin County
- The Fund for Women & Girls – Supports programs that help women and girls thrive
- Gail Deimler Charitable Fund – Focuses on healthcare and hospice services
- Mechanicsburg Area Community Foundation – Supports area arts, culture, education and other programs in the Mechanicsburg area
- The Palmer Family Foundation Fund – Aids visual or performing arts in Franklin County

### Applicant Requirements

Eligible applicants must have 501c3 status, utilize a fiscal sponsor with 501c3 status or demonstrate nonprofit status as a church, school or similar entity. Applicants may apply to multiple grant opportunities but may not submit more than one grant for each opportunity. The application may begin at any time during the open application period. TFEC grantmaking does not fund advertising, capital campaigns, direct lobbying to influence legislation, individuals, religious organizations to propagate religious doctrine or retroactive projects. TFEC believes that all voices are vital for our region’s future. We promote equity and embrace the diversity of individuals, ideas and expressions.

TFEC has served this region for over 100 years. As a community foundation, it connects donors with local projects that help neighbors in need. It manages charitable funds and gives nonprofits the tools and guidance they need to serve people better. TFEC works to build a brighter future for everyone by investing in programs and partnering with the community.

"At TFEC, we know that great ideas can spark change, but only through collaboration do they become reality," said Jennifer Doyle, TFEC’s president and CEO. "Our grants empower nonprofits

to take meaningful action and transform communities."

For more information about these grants and how to apply, please visit [www.tfec.org/nonprofits/grants-overview/](http://www.tfec.org/nonprofits/grants-overview/).



Are You a Nonprofit Looking for Funding?

Apply for a Grant Through TFEC!

Visit [TFEC.org](http://TFEC.org) to browse grants in arts, health care, community development and more.

The graphic features two photos: one of a group of people in colorful shirts and another of a food pantry. The TFEC logo is repeated in orange triangles.

# Mechanicsburg Lions Club

## 5<sup>th</sup> Annual "We Serve" Golf Tournament



July 11, 2025 @



Celebrating 75 years of service in Mechanicsburg in 2024, our group has raised and distributed funds to help various charities, both locally and worldwide. Charitable donations and support have been provided to: Vision Resources of Central Pennsylvania, New Hope Ministries, Meals-on-Wheels, Pink Hands of Hope, Mission Central, Eye Glasses and Hearing Aids for needy adults & children, Silver Spring Township Veterans Memorial, Little League Baseball, Girls Softball, PA Lions Hearing Research Foundation, Juvenile Diabetes Research Foundation (JDRF), "Give From the Heart" at area Elementary Schools, J.T. Simpson Public Library, Leader Dogs for the Blind, the Mechanicsburg Senior Center, PA Beacon Lodge for Blind & handicapped campers, Youth Basketball & Bocce ball, Cumberland Co. Seeing Eye Puppies, Mechanicsburg Museum Assoc., Business awards for local High School Students, multiple Eagle Scout Projects, Dog TAGS for Vets, Ironstone Ridge Nature Center, Cumberland Valley Mini-thon for Children's Cancer, District Governor's Projects, Lions Club International, Vision Screening equipment that has helped our club complete vision screenings for over 14,000 kids.

[CLICK HERE FOR SPONSORSHIP INFORMATION](#)

# FREE TAX PREPARATION!

Families (2 or more people) who made \$67,000 or less and individuals who made \$45,000 or less in 2024 may be eligible to receive FREE tax preparation through the Money in Your Pocket (MIYP) program! Review the following information BEFORE arriving at a site.



## You MUST bring the following documents to have your taxes prepared:

- Valid photo ID (driver's license, military ID, etc.) for taxpayer and spouse.
- Original Social Security card or Individual Taxpayer Identification Number (ITIN) for you, your spouse, your children and other dependents included in your tax return.
- Your current Identity Protection PIN number issued by the IRS (if you have one).
- Printed copies of all year-end tax forms you have received in the mail. (We cannot use electronic files from phones.)
- If you received health insurance from the marketplace, bring your form 1095-A.

## Also bring the following information if it is available:

- Previous year's federal and state tax returns. (We can only access prior year returns for clients who used MIYP last year.)
- If you wish to have your refund deposited directly into your checking or savings account, bring a blank check or other documentation from your bank/credit union that shows your account number and the routing transit number.
- If you expect to claim a credit for child or dependent care, bring the child care provider's address and Employer Identification Number (EIN) or their Social Security number.

## TAX PREPARATION WILL BEGIN ON FEBRUARY 3, 2025 AT THE FOLLOWING SITES

To schedule an appointment, dial 211 on your phone or call 855.567.5341.

### CUMBERLAND COUNTY

#### Bosler Memorial Library

158 W. High St., Carlisle  
Appointment only. Call 211 to schedule.  
Fridays: noon - 4 p.m.

#### Employment Skills Center

29 S. Hanover St., Carlisle  
No appointment needed.  
Tuesdays, Thursdays: 5:30-7 p.m.

#### First Christian Church of Lemoyne

442 Hummel Ave., Lemoyne  
Appointment only. Call 211 to schedule.  
Thursdays: 6-8 p.m.  
Saturdays: 9 a.m. - noon  
(Second & fourth Saturdays each month.)

#### First United Church of Christ

30 N. Pitt St., Carlisle  
Appointment only. Call 211 to schedule.  
Mondays: 3:30-7 p.m.  
Saturdays: 10 a.m. - 2 p.m. (2/22 only.)

#### Messiah University

Frey Hall, Rm.150  
One University Ave., Mechanicsburg  
717.796.1800, ext. 7300  
No appointment needed.  
Mondays: 5:30-7:30 p.m.  
(Open 2/24 thru 4/14. Closed 3/10.)

#### New Hope Ministries, Inc.

5228 Trindle Rd., Mechanicsburg  
No appointment needed.  
Mondays, Wednesdays: 5:30-8:30 p.m.

#### Penn State Dickinson Law

150 S. College St., Rm. 104, Carlisle  
No appointment needed.  
Thursdays: 4-8 p.m. (Closed 3/13.)

#### Shippensburg University

68 W. King St., Shippensburg  
No appointment needed.  
Wednesdays: 5-9 p.m. (Closed 3/12.)

#### Tri County Community Action

123 N. Enola Dr., 2nd Floor, Enola  
Appointment only. Call 211 to schedule.  
Tuesdays: 9 a.m. - 1 p.m.

### DAUPHIN COUNTY

#### Belco Community Credit Union

449 Eisenhower Blvd., Harrisburg  
Appointment only. Call 211 to schedule.  
Wednesdays: 5:30-8 p.m.

#### Market Square Presbyterian Church

20 S. Second St., Harrisburg  
No appointment needed.  
Tuesdays, Thursdays: 9:30 a.m. - 12:30 p.m.

#### Middletown Public Library

20 North Catherine St., Middletown  
Appointment only. Call 211 to schedule.  
Mondays, Thursdays: 5-8 p.m.

#### Tri County Community Action

20 Clearfield St., Elizabethtown  
Appointment only. Call 211 to schedule.  
Tuesdays: 9 a.m. - noon

#### Tri County Community Action

1514 Derry St., Harrisburg  
Tuesdays: 6-8:30 p.m. (No appointment needed.)  
Thursdays: 6-8:30 p.m. (Appointment only. Call 211 to schedule.)

#### Widener Law Commonwealth &

Central PA Law Clinic   
3737 Vartan Way, Harrisburg  
Appointment only. Call 211 to schedule.  
Saturdays: 9 a.m. - noon

### PERRY COUNTY

#### Perry County Literacy Council

133 South 5th St., Newport  
Appointment only. Call 717.567.7323 to schedule.  
Mondays: 5-8 p.m. with other evenings and some Saturdays.

#### Tri County Community Action

8407 Spring Rd., New Bloomfield  
Appointment only. Call 211 to schedule.  
Fridays: 10 a.m. - 4 p.m.

For more information, contact  
United Way of the Capital Region  
at 717.724.4077, or e-mail  
[miyp@uwcr.org](mailto:miyp@uwcr.org).

Do not call sites directly  
unless a number is listed.

\*All walk-in sites may reach capacity early on high volume days.

# LET TRAINED VOLUNTEERS PREPARE YOUR TAXES FOR FREE!

**Families (2 or more people) who made \$67,000 or less and individuals who made \$45,000 or less in 2024 may be eligible to receive FREE tax preparation through Money in Your Pocket (MIYP)! MIYP is part of the IRS Volunteer Income Tax Assistance (VITA) program.**



- The amount of money you get back depends on many factors and may not be the same as last year.
- To get a refund, you must file a tax return even if you don't owe anything.
- If you did not claim the Earned Income Tax Credit (EITC) in the past but were eligible, you can file an amendment at any time during the year for up to three previous tax years. You may be eligible for money you did not know about!
- Refunds for e-filed returns that will be direct deposited are usually received in 10 days or less.

## TOUCH-FREE TAXES FREE Remote Tax Preparation

Touch-Free Taxes is a free tax preparation program which can be done from the comfort of your home by connecting you to a trained volunteer to complete your taxes.

**You can start using the Touch-Free Taxes service starting February 3, 2025 by visiting:**

[www.getyourrefund.org/uwcrpa](http://www.getyourrefund.org/uwcrpa)

For more information, e-mail [miyp@uwcr.org](mailto:miyp@uwcr.org) or call 717.724.4077.

*Touch-Free Taxes is brought to you by the Money in Your Pocket program.*

## FEDERAL EARNED INCOME TAX CREDIT ELIGIBILITY

If you fit these guidelines, you may be eligible for the Federal Earned Income Tax Credit (EITC).

Children	Single Income	Married (filing jointly)
No children	\$18,591	\$25,511
1 child	\$49,084	\$56,004
2 children	\$55,768	\$62,688
3 or more children	\$59,899	\$66,819

*All reasonable accommodations will be provided at no cost to individuals with special needs. For more information about special accommodations, or the availability of interpreters, call the MIYP info line at 717.724.4077, or e-mail [miyp@uwcr.org](mailto:miyp@uwcr.org).*

## MONEY IN YOUR POCKET PARTNERS:

- Belco Community Credit Union
- Bosler Memorial Library
- Central Pennsylvania Food Bank
- Citizens Bank
- Code For America/Get Your Refund
- Dickinson College
- Employment Skills Center
- First Christian Church of Lemoyne
- First United Church of Christ
- Market Square Presbyterian Church
- Messiah University
- Middletown Public Library
- Midwest Food Bank
- Mifflin-Juniata Human Services
- New Hope Ministries, Inc.
- Penn State Dickinson School of Law
- Penn National Insurance
- Perry County Literacy Council
- PNC
- Shippensburg University
- Tri County Community Action
- Truist Bank
- United Way of Carlisle and Cumberland County
- United Way of the Capital Region
- U.S. Department of Treasury, Internal Revenue Service
- Widener University Commonwealth Law School

## FUNDED BY:



**U.S. Department of Treasury, Internal Revenue Service**

## LEAD AGENCY:



United Way of the Capital Region

*The Money in Your Pocket program is a community collaboration to promote the Earned Income Tax Credit, free tax assistance and financial literacy within the Capital Region. Money in Your Pocket does not tolerate discrimination by its volunteers against anyone because of age, color, disability, race, reprisal, national origin, English proficiency, religion, sex, sexual orientation or status as a parent.*

**For more information, call 717.724.4077 or visit [www.uwcr.org/miyp](http://www.uwcr.org/miyp) or [www.irs.gov](http://www.irs.gov).**

# UPMC

February is American Heart Month, a month dedicated to educating our community about heart disease, promote heart-healthy lifestyles, and encourage early detection and management of risk factors. Knowledge is power when it comes to your heart health. Getting to know your numbers is one of the most important steps in assessing your risk for heart disease. By monitoring these numbers, you can take proactive steps toward better heart health.

## **UPMC Cardiologist: Know Your Numbers**

Monodeep Biswas, M.D. - UPMC Heart and Vascular Institute

Knowledge is power when it comes to your heart health. Getting to know your numbers is one of the most important steps in assessing your risk for heart disease. By monitoring these numbers, you can take proactive steps toward better heart health. Check out the essential numbers you should track, why they matter, and how to maintain them in an appropriate range.

### **Blood Pressure**

High blood pressure, otherwise known as hypertension, often doesn't reveal itself through recognizable symptoms. However, it can significantly increase your risk of heart attack, stroke, and other cardiovascular issues. A normal blood pressure reading is less than 120/88 mmHg. If your numbers are higher, talk with your doctor about lifestyle changes – small ones can make a big difference to your heart's health. If these happen to not be effective, there are possible medications to help get your blood pressure under control.

### **Blood Sugar**

High blood sugar can be a sign of diabetes, a condition that can increase your risk of heart disease. A fasting blood sugar level of less than 100 mg/dL is considered normal. If your levels are higher, talk to your doctor about ways to manage your blood sugar through diet, exercise, and possibly medication.

### **Cholesterol**

Cholesterol is a type of fat in your blood. While your body needs some cholesterol to function, too much – especially low-density lipoprotein (LDL or “bad” cholesterol) – can clog your arteries and lead to heart disease. Aim for the following numbers when it comes to your cholesterol:

- Less than 200 mg/dL of total cholesterol
- Less than 100 mg/dL of LDL cholesterol
- 60 mg/dL of high-density lipoprotein (HDL or “good” cholesterol)
- Less than 150 mg/dL

### **Body Mass Index (BMI) and Waist Circumference**

BMI is a measure of your body fat based on your height and weight. A BMI between 18.5 and 24.9 is considered healthy. While BMI is not a perfect measure, it can provide a starting point for



understanding your weight's impact on your heart health.

Carrying extra weight around your midsection increases your risk of heart disease and diabetes. For men, a waist circumference of less than 40 inches is ideal; for women, less than 35 inches.

### **General Heart Health**

Knowing your heart health numbers is just the beginning. It's never too late to start managing your numbers and making heart-healthy choices.

Focus on a diet full of fruits, vegetables, whole grains, lean proteins, and healthy fats while limiting salt, sugar, and saturated fats. Get 150 minutes of moderate-intensity aerobic exercise activity every week.

Don't smoke – it damages your blood vessels and heart. It's one of the best things you can do not just for your heart health, but your health overall. Also, try to stick to no more than one alcoholic drink per day for women and two drinks per day for men.

Chronic stress can contribute to high blood pressure and other risk factors. Find healthy ways to cope, such as meditation or exercise.

Taking time to know your numbers and make heart-healthy choice is a powerful way to take control of your health. Get back in the swing of regular checkups with your primary care doctor to get familiar with your levels and to help stay on top of any concerns early.

Monodeep Biswas, M.D., is with UPMC Heart and Vascular Institute and sees patients at 1697 Crown Avenue, Lancaster and 1555 Highlands Drive, Suite 100, Lititz. To schedule an appointment with Dr. Biswas, call 717-299-5000. For more information about UPMC Heart and Vascular Institute services in Central Pennsylvania, go to [UPMC.com/CentralPaHeart](http://UPMC.com/CentralPaHeart).

---

***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](mailto:info@mechanicsburgchamber.org).

**\*\*Chamber Chatter advertising is a FREE member benefit.\*\***