

Chamber CHATTER



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

2.6.25

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

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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

17 - Office closed for Presidents Day

**18 - After Hours Mixer - Comfort Inn
Mechanicsburg-Harrisburg South, 1012 Wesley Dr,
Mechanicsburg. 5:00 - 7:00pm..**

**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

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

Thank You For Renewing Your Membership!

ABC West Lanes
Coldwell Banker Realty
CSL Plasma
Cumberland County Housing & Redevelopment Authority

Downtown Mechanicsburg Partnership
Geisinger
Joseph T. Simpson Public Library

Mechanicsburg Chamber of Commerce presents:

After-Hours Mixer

FREE
EVENT!

Tuesday, February 18
5:00 - 7:00 p.m.

FREE
EVENT!



Hosted by

**Comfort Inn Mechanicsburg-
Harrisburg South**
1012 Wesley Drive
Mechanicsburg, PA 17055

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, February 27
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!



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 to give my staff and the shredding company a headcount. Shredding will be taken on a first-come, first-served basis.

Hampden Township Recreation Project Awarded State Grant

The Commonwealth Financing Authority (CFA) awarded a \$125,000 grant to the Smith Drive Park development project in Hampden Township.

The township is planning to transform an empty lot at 6205 Smith Drive into a multi-purpose park. The first phase of the project will include site work, fencing, constructing basketball courts, pickleball courts, a “tot lot” for kids, a playground, pavilions, a fitness station and more.

The population of Hampden Township is anticipated to grow by double digits by 2040. As more people move to the area, green spaces to disconnect and enjoy outdoor recreation will become increasingly important.

I was glad to advocate for these grant dollars and am looking forward to seeing all the amenities planned for the park come to fruition. This now-empty lot will be a great space for children and families in the future.

The funding was awarded Tuesday by the Commonwealth Financing Authority (CFA), an independent agency of the Department of Community and Economic Development.

Welcome ModWash just in time to protect your vehicle from Old Man Winter's harsh effects

Recently, the Mechanicsburg Chamber of Commerce was joined by Upper Allen Township Board of Commissioners President Ken Martin and ModWash staff help General Manager Bryce McPeters to cut the ribbon for the ModWash's second location in the Mechanicsburg area. Mechanicsburg's newest ModWash features a fun vibe and offers a wide range of the latest technology and amenities, such as the "newest fully automated bug prep" for all washes, free vacuums, air tools, automatic mat cleaners, window cleaner, microfiber towels and more. ModWash offers eco-friendly products that not only clean the remnants of winter road grime but will also protect your car's paints and finishes. Customers can save with ModMemberships, which entitle customers to unlimited washes. The new facility is located at 127 Kim Acres Dr, Mechanicsburg.



The Friends of Simpson Library present their October Book Sale on Saturday, February 8, and Sunday, February 9.

The regular Book Sale is on Saturday, February 8, from 9:00 am - 2:00 pm. Sunday, February 9, from 1:00 - 3:00 pm, the Friends of Simpson will be having their Bag Sale - all the books you can fit in a level bag for only \$10.00! Some restrictions apply. Paper bags supplied by the Friends of the Library.

The Book Sale is held at:
Book Sale & Donation Center
[45 West Allen Street, Mechanicsburg](#)

[Book Sale Map](#) – Plan your shopping trip!

[Book Sale Prices](#) – Here's the current price list! You can pay with cash or credit card.

[Friends of Simpson Library Book Sales](#)

GFWC
(General Federation of Women's Clubs)
Mechanicsburg

The next meeting will be on Tuesday, February 11, 2025 at 7:00 PM at Buhrig's Gathering Place, 25 East Main Street, Mechanicsburg. The program will be speaker Jenn Daggs a teacher and administrator from Yellow Breeches Educational Center who will share information about the school.

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/>



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

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

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.

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

Thur. 2/6 – Big Bottom Brewery @Al's Pizza,
Dillsburg...Kirk solo 6-8

Fri. 2/7 – Hemauer Brewing,
Mechanicsburg...Kirk solo 7-9

Sat. 2/8 – Spring Gate Wine, Harrisburg...
Kirk solo/duo...5-8

Sat. 2/15 – Captain Bob's Steamed Crabs,
Railroad/ Shrewsbury...Kirk solo 6-8

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 solo/duo 7-10

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

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FARNHAM INSURANCE,
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LANDON WISE PHOTOGRAPHY

Cumberland Homeowners: Stay Warm and Save Money This Winter! Energy Efficiency Made Easy with UGI Save Smart Home Energy Upgrades

As temperatures drop, ensuring your home is prepared for the heating season is essential. Winter doesn't have to mean higher gas utility bills or chilly drafts in your home. By taking important steps toward energy efficiency, you can keep your home warm, comfortable and lower your gas utility bills all-season long.

Through the [UGI Save Smart Home Energy Upgrades Program](#), homeowners can schedule a \$50 home energy assessment to identify energy-saving opportunities. By working with one of the program-approved contractors, you'll receive a detailed report of your home's energy performance and recommended upgrades like air sealing and insulation to help you save money and stay warm.

The contractor you choose will visit your home and perform a Home Energy Evaluation, which provides a detailed report of the performance of your home, identifies opportunities to improve your home's energy efficiency, and a FREE DIY energy-savings kit complete with:

- ENERGY STAR® certified smart thermostat*
- Low-flow showerhead
- Kitchen sink aerator
- Bathroom sink aerator
- Carbon Monoxide Detector
- Tank temperature turn-down

The contractor will provide you with recommended upgrades that will boost the energy efficiency of your home, lower your monthly gas bill, and improve your indoor comfort.

Take the first step toward a warmer, more energy-efficient home.

[Schedule your energy assessment today!](#)

The Tide[®]

Your Soles ~ Their Souls
Shoe Drive Fundraiser



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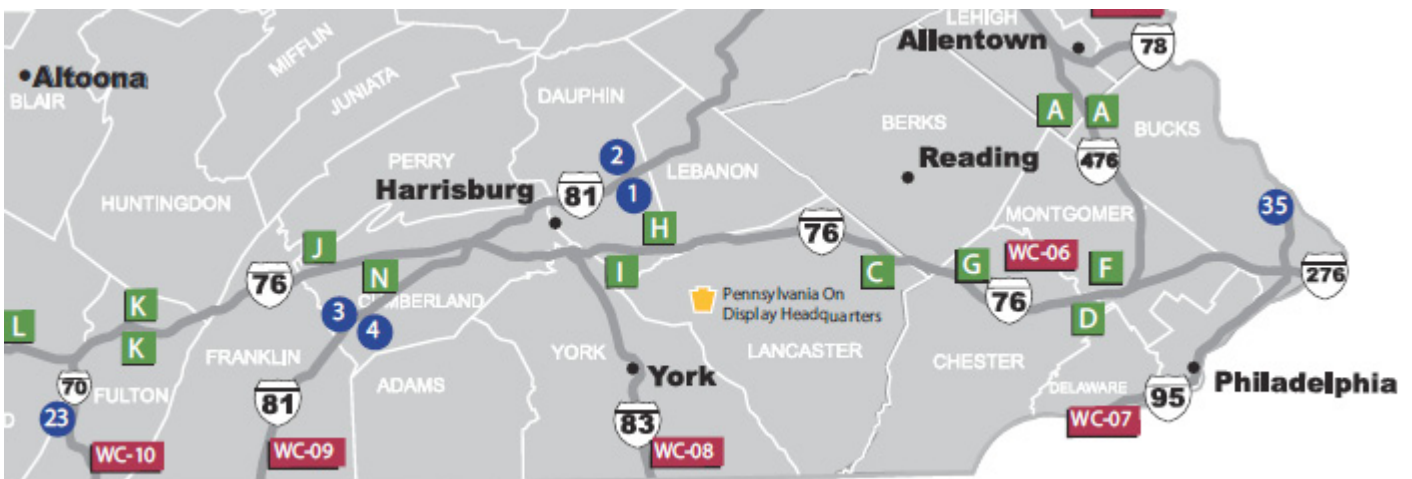
- ✓ Insulated & Secure
- ✓ Lights & Electric

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- 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

Would you like to reach more potential customers via the PA Turnpike, Interstate Rest Areas or PA Welcome Centers?



Travelers can find out about your business at highly traveled Turnpike Service Plazas and/or Interstate Rest Areas for only \$28 per month per location with a FREE pocket for 4x9 print brochures or rack cards. Non-profit organizations and B&Bs are only \$16 per month per location.

We are also the sole distributors for the FREE PA Welcome Center Program that offers tourism information to all 14 official PA welcome centers around the perimeter of the state! Your tax dollars pay for this free program! Please contact me with any questions or interest in any of our programs!

Teresa Crawford, Account Representative
Getaways On Display
717-653-8070 x208
TCrawford@GetawaysOnDisplay.com
www.GetawaysOnDisplay.com

UPMC

UPMC Increases Access to Specialty Care with New After Hours Express Care for Children in Mechanicsburg

To meet the growing demand locally for convenient access to UPMC's specialty services, UPMC has opened UPMC Children's Express Care at 21 Waterford Drive, Mechanicsburg, Pa., a new after-hours care center just for kids. The office will be open to treat minor injuries and illnesses for kids and teens when the regular pediatrician's office is closed.

Families can walk in for care when their child needs it, no appointment necessary. Clinic and imaging hours are Monday through Friday, 5 to 9 p.m., Saturdays, noon to 8 p.m. and Sundays, 10 a.m. to 6 p.m.

UPMC Children's offers a variety of outpatient services at several convenient neighborhood locations providing high-quality, world-class care close to home.

For more information, please call 717-988-9181 or visit UPMC.com/CentralPaPediatrics.

Mechanicsburg Lions Club

5th 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](#)

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.****

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. Throughout our life, it's probably been true that our heart has never stopped. It works tirelessly to pump blood throughout our body day and night. This organ is vital to our life, and it is important to keep it healthy by reducing our risks for developing heart disease. Heart disease is the leading cause of death in the United States, so no matter our age, there are steps to take to care for our heart.

UPMC Cardiologist: Importance of Heart Health at Every Age

[Sunil P. Patel, MD](#) - UPMC Heart and Vascular Institute

Throughout your life, it's probably been true that your heart has never stopped. It works tirelessly to pump blood throughout your body day and night. This organ is vital to your life, and it is important to keep it healthy by reducing your risks for developing heart disease. Heart disease is the leading cause of death in the United States, so no matter your age, there are steps to take to care for your heart.

20s and 30s

This is the time to build a strong foundation for your heart's future. Establishing healthy habits now sets you up to prevent future problems.

Staying active for at least 150 minutes of moderately intense aerobic exercise each week strengthens your heart. Activities like walking at a brisk pace, cycling, or dancing for just a half-hour five days a week will do. Make it fun by starting your exercise as a new hobby and joining a group to possibly meet new friends who share your new interest.

Prioritize whole foods like fruits, vegetables, whole grains, lean proteins, and healthy fats. Limiting processed foods, added sugars, and salt improves overall heart health.

You hear it all the time, but quitting smoking and vaping is essential. These habits damage blood vessels and increase the risk of heart disease along with many other health problems. Resources are available to help you quit.

Understanding your family history of chronic health problems can guide early screening and prevention. While these conversations may feel personal or awkward, they could be lifesaving.

40s and 50s

As responsibilities grow with age, health concerns might take a back seat to other life issues. However, regular monitoring and proactive management are key.

Knowing your numbers, like your blood pressure, cholesterol, blood sugar, and body weight, is vital to heart health. Establishing a baseline and monitoring these issues with regular visits with your primary care doctor helps to catch issues early.

Stress can negatively impact your heart. Mindfulness, regular exercise, and making time for your hobbies ultimately equates to prioritizing your health. If it's difficult to stay active, try your hobbies out during breaks or opt for family gatherings to spend time with loved ones while doing something together.

Excessive drinking can raise blood pressure. Stick to the recommended limits: one drink per day for women and two for men, as different bodies metabolize alcohol differently.

60s and Beyond

Stay vigilant in maintaining the healthy habits you've worked to create throughout your life. Age is a significant risk factor for heart disease, but healthy choices make a difference.

Pay attention to any warning signs that something is wrong. If you experience fatigue, chest pain, or shortness of breath, it's important to speak with your primary care doctor. Telling them what's bothering you, no matter how little it may seem, could uncover something more serious going on. That's why it is also important to keep up with regular screenings.

Staying social can help decrease the risk for heart disease. Staying connected with family and friends or participating in community activities are great ways to defeat isolation.

Increasing your fiber intake at this stage with whole grains, fruits, and vegetables and limiting sodium and saturated fats is also a great way to continue your heart-healthy diet.

At every age and stage of life, your heart deserves attention and care. Small habits contribute to a healthy heart and lifestyle to keep you going for years to come.

Sunil P. Patel, MD, specializes in cardiology and is board-certified in internal medicine and cardiovascular disease by the American Board of Internal Medicine. He has been practicing for more than 20 years in Central Pennsylvania and has long term relationships with most of his patients. For more information or to schedule an appointment at the UPMC Heart and Vascular Institute, visit [UPMC.com/CentralPaHeart](https://www.upmc.com/CentralPaHeart).