

# Connection

JANUARY 2019

## New Year, New Networking Opportunity: First Thursday Breakfasts

**K**nowing the value of making personal connections for the benefit of your business, the Bedford County Chamber is pleased to present a new networking opportunity in 2019: **First Thursday Breakfasts**, beginning January 3rd, 7:45am at Homewood at Spring House Estates, Everett.

Each month, you're invited to join friends, old and new, from the local business community for a delicious and unique breakfast buffet prepared by Spring House Executive Chef Tim Turner.

The informal morning meeting will also include introductions of those in attendance and the opportunity to exchange business cards and other information and materials as time allows.

"The Chamber encourages the pursuit of local goods and services, particularly between our members," said President CEO Kellie Goodman Shaffer.

"These networking breakfasts will provide a forum for making new connections for the benefit of individuals,



businesses and organizations, and we feel that will also benefit our community."

The breakfasts are expected to last around one hour, concluding no later than 9am, but guests are welcome to *come when you can and leave when you must*.

Cost to attend each First Thursday Breakfast is \$20 per person, while sponsorships offer additional opportunities for exposure.

Registration for the January event is required by December 31.

For more info or to RSVP, call the Chamber (623-2233) or visit the website.

### JANUARY 3<sup>rd</sup> BREAKFAST MENU:

- Eggs Benedict  
with Crab & Asparagus Hollandaise***
- Oven-Roasted O'Brien Potatoes***
- Bacon, Maple-Glazed Sausage Links***
- Assorted Pastries, Fruit Salad***
- Orange Juice, Coffee & Water***

### SAVE THE DATES

<b>February 7th</b>	<b>August 1st</b>
<b>March 7th</b>	<b>September 5th</b>
<b>April 4th</b>	<b>October 3rd</b>
<b>May 2nd</b>	<b>November 7th</b>
<b>June 6th</b>	<b>December 5th</b>

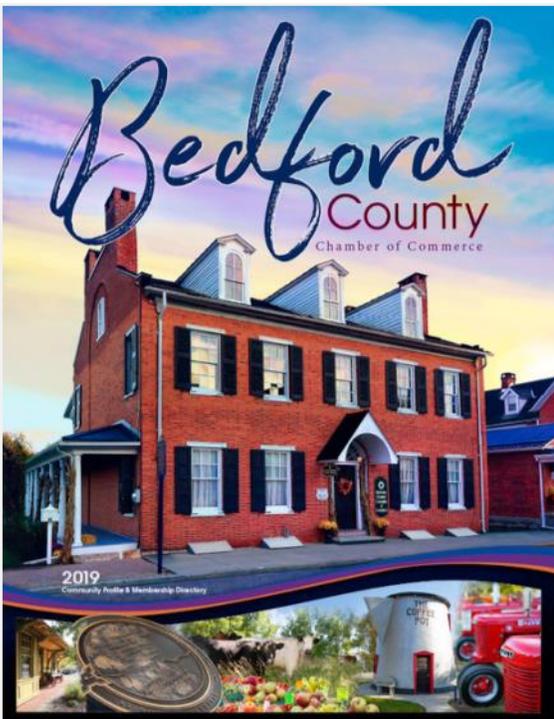
(No July Breakfast due to Independence Day Holiday.)

## Join us in welcoming the newest member of our Chamber family!

Congratulations to Cara and Keenan Fink on the arrival of their son, Hudson Brig on December 18th. All are doing well and celebrating the season with an extra-special present this year.

Cara is the Chamber's Membership & Marketing Coordinator and staff liaison to Youth Leadership Bedford County.

We wish their growing family many blessings in 2019 and beyond!



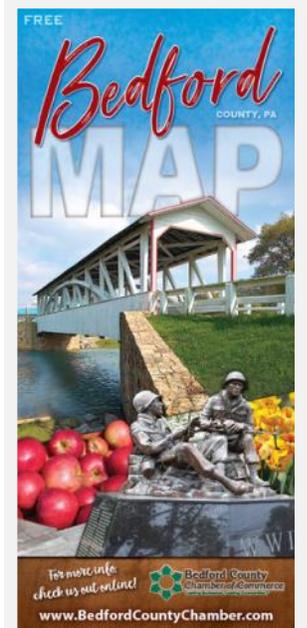
## 2019 Chamber Membership Directory & Community Profile, Map Released

The Chamber's signature print publication is now in the hands of members, community partners, visitors, new residents and schools. *The Membership Directory and Community Profile* is crafted annually by Chamber member and partner Centre Publications, which also produces the Chamber's print map each year. The 2019 Directory once again offers pages of valuable information about the Bedford County region, including sections on various industries, school districts, and much more. Lots of statistics can also be found, from housing costs to hotel info, something for everyone.

Non-profit organizations find the information useful in writing grant applications and community partners use the publication to promote the region to new potential employees and new business prospects; the book also serves as a valuable relocation tool with details on area municipalities, utilities, services, etc.

In addition to the many advertising opportunities for Chamber members-only, the directory also includes pages of free listings of members, both alphabetically and by category, serving as a valuable resource throughout the year. A handy calendar is an added bonus in the spiral bound editions, delivered to members over the holidays. School districts use the publication as a resource for career exploration opportunities for students as well.

Special thanks to Centre Publications and all of our *Operation Thank You* volunteers for your help in delivering the publication to our membership, along with our 2019 Programs Map. Additional perfect-bound copies will be available in January.





*Fourth Fridays Lunch Series  
January 25—February 22—March 22—April 26  
11:30am-2:00pm at ProCare Fitness Bedford*

A new year means evaluating personal and business goals, and what better resolution can you make than to your health?

The Chamber is proud to offer a *HEALTHY U.* lunch series to open 2019, in partnership with Allegany College of Maryland and ProCare Fitness Bedford.

Attendees may register for any or all of the four lunch programs; participation in the entire series is encouraged to reap the greatest benefit for individuals as well as for area businesses.

**Business benefits of healthier employees:** by supporting a healthy workforce, businesses improve productivity, cut down on sick days and can even lower medical and insurance costs.

**Helping Your Health:** *Are you confused about what to eat for the best benefit of your body?*

During each healthy lunch session (11:30am-2pm) at ProCare Fitness Bedford, guests will have the chance to hear from ACM Professor and Nutritionist Kathy Thompson about a variety of

valuable topics, like understanding labels, brain health, gut health and much more.



**Thompson & Leydig to Offer Training**

**Added Activity:** *Do you have trouble making time for exercise?*

ProCare Fitness Bedford Owner and Personal Trainer Blair Leydig will offer useful tips to help you get moving in 2019 as part of each *HEALTHY U.* session. With the opportunity to participate as much or as little as your comfort level allows, Blair will show us exercise options for many lifestyles and fitness levels.

**Value Added:** *Would you like to measure your progress?*

In addition to great information from knowledgeable experts, ACM nursing students will provide an

added benefit for attendees: (private and confidential) checks of height, weight blood pressure, heart rate and respiration, allowing participants to track vital statistics over the four month program.

The student participation is a win-win, with value-added benefits for registrants and real-world experience for the students.

**Additional Take-Aways:** *What long-term benefit will this program offer?*

Those who participate in the *HEALTHY U.* lunch series can expect to leave the program with hand-outs from each session as well as a personalized nutrition program and personalized fitness program, based on individual needs, goals and lifestyle factors.

Cost for Chamber members to attend each lunch program is \$35 per person, or pre-register for the full four-session lunch series for just \$110 (a \$30 savings.)

For more information or to register, call 623-2233, or visit the Chamber website.

# Government:

# *It's Your Business*

## State of the County Breakfast



**Bedford County**  
*Chamber of Commerce*



**P. JOSEPH LEHMAN, INC.**  
CONSULTING ENGINEERS



**Friday, January 18th—7:30 a.m.**  
**Bedford American Legion—Bus. Rt. 220 Bedford**

**\$25 Per Person - Registration Required**

Call the Chamber for sponsorship information  
or to RSVP: 814.623.2233

[www.BedfordCountyChamber.com](http://www.BedfordCountyChamber.com)



# Home, Garden & Lifestyle Show

Save the Dates:  
Saturday & Sunday  
April 6 & 7, 2019  
Bedford County Fairgrounds

Winter may have just begun, but the Bedford County Chamber of Commerce invites you to *THINK SPRING* as preparations begin for the **2019 Home, Garden and Lifestyle Show**: Saturday and Sunday, April 6th and 7th at the Bedford County Fairgrounds.

The show, which takes place both inside Jordan Hall and on the grounds around the building is the Chamber's signature welcome-spring trade show, which draws more than 1500 guests throughout the weekend. It's a chance to get ideas and make connections for home improvement projects, warm-weather recreation, and so much more.

Dozens of exhibitors will greet show-goers (who enjoy free admission to attend.) The family-friendly event includes food truck refreshments, children's activities, live music, Friends of Shawnee Outdoor Experience and demonstrations including grilling workshops by Lifestyle sponsor, Homewood at Spring House Estates. Additional sponsors to date include: Stoneham's Motorsports, West Central Equipment and Shaffer's Bottled Gas.

Excellent sponsorship opportunities are now available for the 2019 HGL show; benefits include display space as well as significant marketing exposure through the Chamber's multi-media campaign including TV, radio, direct mail, display marketing, email, web and social media. The sooner sponsors sign up for the show, the more exposure you receive! Exhibitor space will also be available. (Previous year sponsors and exhibitors have first right of acceptance until January 31st.)

Call Kellie to discuss HGL show opportunities, which can be customized for your needs. (623-2233.)

FOLLOW US ON FACEBOOK, TWITTER & INSTAGRAM

# Moments & Milestones

The Chamber was pleased to be part of these recent celebrations:



Community LIFE Ribbon Cutting

A Ribbon Cutting was held November 30th for Community LIFE, located on Mile Level in Bedford. The company is dedicated to helping older adults stay healthy and at home: an all-inclusive program tailored to meet the healthcare needs of seniors.



Matt Randall State Farm Ribbon Cutting

A Ribbon Cutting Celebration was held December 12th at the new office of Matt Randall State Farm - located on East Pitt Street in Bedford.



Dr. William R. Newman Adoption Center

Ribbon Cutting for Bedford County Humane Society

A Ribbon Cutting was held December 15th to celebrate the Dr. William R. Newman Adoption Center, new home of the Bedford County Humane Society - located on Bohn Road in Bedford (near the I-99 Cessna Exit.) The day also included the annual Christmas with the Animals event. Visit the beautiful new facility as the Humane Society hosts the Chamber's January Business After Hours.



Michael Meehan State Farm Ribbon Cutting

A Ribbon Cutting Celebration was held December 17th to celebrate the State Farm office of Michael Meehan - located on Richard Street in Bedford.

## Do You Have Something to Celebrate?

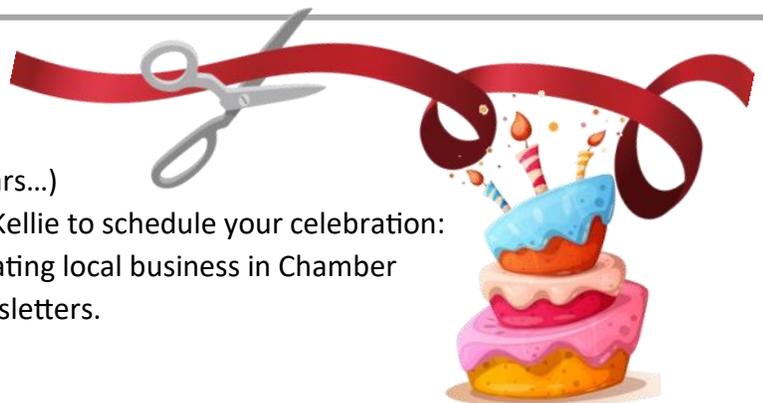
The Chamber is glad to help!

Ribbon Cuttings, Anniversaries (1, 5, 10, 15, etc. years...)

Groundbreakings, Key Exchanges... just call Rick or Kellie to schedule your celebration:

814.623.2233 and look for upcoming events celebrating local business in Chamber communications including emails, website and newsletters.

WWW.BEDFORDCOUNTYCHAMBER.COM



## UPCOMING EVENTS

- Jan 1            **Chamber Office Closed  
for New Year's Day**
- Jan 3            **First Thursday Networking Breakfast**  
7:45am          Homewood at Spring House Estates
- Jan 18          **GIYB: State of the County Breakfast**  
7:30am          Bedford American Legion
- Jan 24          **Business After Hours (Tentative)**  
5-7pm          Bedford County Humane Society
- Jan 25          **Healthy U. Lunch Series**  
11:30-42       ProCare Fitness Bedford

### ESCAPE ROOM CONTINUES

**And Coming Jan. 21st: New Challenges  
By Appointment Daily (Except holidays)  
Call to Schedule 623-2233**

**Thank you** to the sponsors & volunteers who made Breakfast with Santa such a special day! The event, held December 1st, also helped to promote the *Read to Feed Bookstore*, located inside the WACC (Woodbury Area Community Center.) Proceeds of book sales benefit the local food pantry. For more info, see their Facebook page.



Breakfast with Santa Volunteers

## MEETING DATES TO NOTE

**Government Affairs\***  
Thurs. Jan. 3—10am—Russell House

**Executive Committee\***  
Fri. Jan. 4 - 8am - Russell House

**HGL Show Committee**  
Mon. Jan. 14—3:00pm—Russell House

**Special Events\***  
Tues. Jan. 15—8:30am— Lions Den

**Chamber & Foundation Boards\*  
Reorganizational Meeting**  
Thurs. Jan. 17—7:45am—Bedford Elks

**YLBC Advisory Committee**  
Mon. Jan. 21—8am—BCTC

**BASICS Committee\***  
Thurs. Jan. 24 - 8:15am - Russell House

**LBC Advisory**  
Fri. Jan. 25 - 8:00am - Russell House

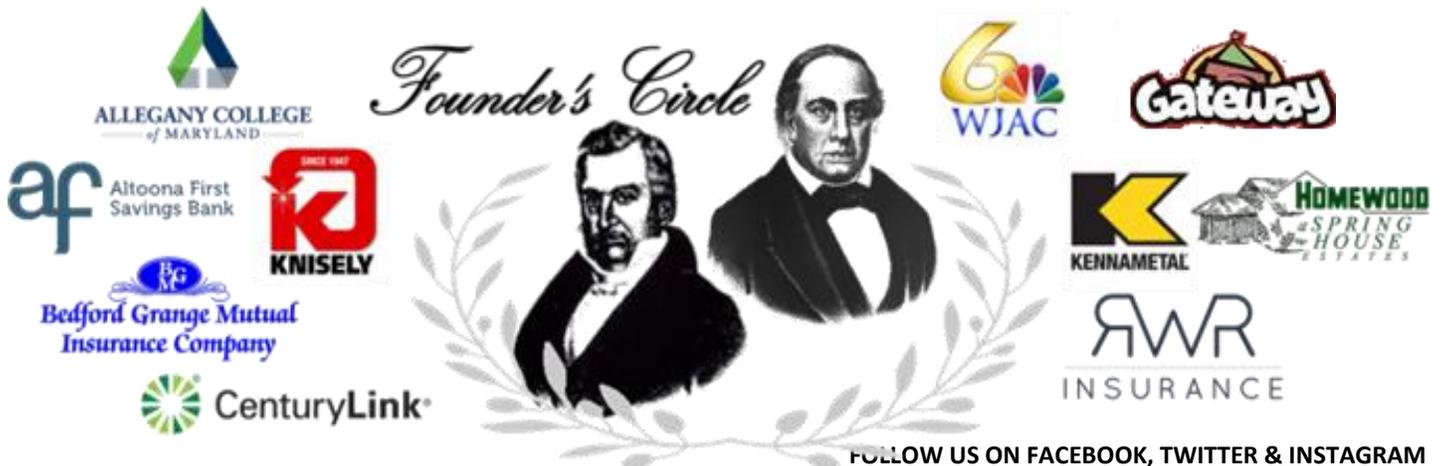
**Chamber Ambassadors\***  
NO JANUARY MEETING

*\*Please be advised that many meetings dates have changed due to the holidays and/or Chamber schedule conflicts. Please feel free to call the Chamber with any questions you may have.*

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*For more information on becoming involved with a committee, or to register for Chamber events, call: 814-623-2233  
Or visit [BedfordCountyChamber.com](http://BedfordCountyChamber.com)*

## Special Thanks to Our Founder's Circle Members:



**Bedford County Chamber of Commerce**  
203 S. Juliana Street - Bedford, PA 15522  
Phone: 814-623-2233 - Fax: 814-623-6089  
Email: info@bedfordcountychamber.org  
Website: www.BedfordCountyChamber.com

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