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www.nolmstedchamber.org

JULY - AUGUST 2014

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CONTACT US

North Olmsted
Chamber of Commerce
28938 Lorain Rd., Suite 204
North Olmsted, OH 44070

440-777-3368 ofc
440-777-9361 fax

nocc@nolmstedchamber.org

You're Invited!

Power of More
Business After Hours

Tuesday, July 22, 2014
5:30pm - 7:00pm

Aces Grille
32650 Lorain Rd.
North Ridgeville

Hosted by: North Ridgeville Chamber

No cost to attend!

No RSVP is required.

Enjoy complimentary appetizers
and a cash bar!

PRESIDENT'S LETTER



Dear Members:

Summertime and living is easy.

It's hard to believe how fast this summer is going. Hope you were able to attend all the great

events the chamber had this past month.

The lunch meeting at Frostville Museum was our biggest and best picnic lunch to date. We thank Paul Schumann and the Frostville Museum committee for hosting this event and providing tours of the grounds. Thank you also to Chick-fil-A for

providing great lunches for our members to enjoy. I also want to personally thank all the members who attended this great event.

The granddaddy of the Power of More golf tour will be hosted by the North Olmsted Chamber on September 26th at Springvale Golf Club. As always, this golf outing will sell out and we encourage everyone to send their registration form early. (See page 6 for form.) I do enjoy golf and attend many outings, but this has always been my favorite and I so look forward to it.

Continue to have a great summer and see you on September 26th, if not sooner.

Jeff Herwick, President

WELCOME NEW MEMBERS

Edward Jones

Davyd Jones
28881 Lorain Rd.
North Olmsted, OH 44070
440-777-2135
www.edwardjones.com

Pro Automotive, Inc.

Rami Karsheh
24532 Lorain Rd.
North Olmsted, OH 44070
440-777-7757
www.proautomotivenortholmsted.com

Four Point Insurance Agency, Inc.

Rob Stecky, Jr.
26777 Lorain Rd., #205
North Olmsted, OH 44070
440-420-0204
www.fourpointinsurance.com

Smokey Bones Bar & Fire Grill

Devin Doran
25785 Brookpark Rd.
North Olmsted, OH 44070
440-779-4384
www.smokeybones.com

UPCOMING EVENTS

Power of More Golf Outing

Thursday, August 7, 2014
Shotgun Start: 1:00pm

Avon Oaks Country Club
32300 Detroit Rd.
Avon

Hosted by: Fairview Park & West Shore Chambers

Contact Sharon at 440-835-8787
for registration and sponsorship information.

Power of More Business After Hours

Wednesday, August 13, 2014
5:00pm - 7:00pm

Tony K's Bar & Grille
841 W. Bagley Rd.
Berea

Hosted by: Olmsted Chamber

No cost to attend.
No RSVP is required.

Enjoy complimentary appetizers and a cash bar.

Power of More Golf Outing

Monday, August 18, 2014
Shotgun Start: 11:00am

Columbia Hills Country Club
16200 East River Rd.
(Rt. 252)
Columbia Station

Hosted by: Olmsted Chamber

Contact Carrie Weise at 440-235-0032
for registration form or email cweise29@cox.net

Special Power of More Event Lake Erie Crushers Game

Thursday, August 21, 2014
First Pitch: 7:05pm

All Pro Freight Stadium
2009 Baseball Blvd.
Avon

Tickets only \$5 per person.

See page 4 for information about ordering tickets.

LEGISLATIVE UPDATE

(by: Jim Burns, Legislation Committee Chairperson)

As of July 1, 2014

City Council is on vacation for the month of July; however, special council meetings may be held.

The property maintenance section of the Codified Ordinances is being changed to reflect revisions to the minor nuisance procedures and penalties. Of note, you will have 48 hours to correct a minor nuisance after being notified. Notification can be posting a notice on your door or gate. This could be a problem for absentee owners cleanup scheduling. The city indicated they are willing to work with violators if circumstances warrant.

The city is in the process of reviewing and updating the city's master plan. They will be having public meetings to discuss input from residents and businesses. You might want to call the city at 440-777-8000 for a meeting schedule or call Kim Wenger, Development Director with any questions or input you might have.

To obtain a copy of ordinances that may interest you, contact Jim Burns at 440 892-2800 or at burnscpa@ohiocpa.net or call Marie Gallo the Clerk of Council at 440-777-8000.

NORTH COAST LED

Kenny Gilder - President
KennyGilder01@aol.com

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Power of More Sponsors



Ohio Clinic
for Aesthetic &
Plastic Surgery®



You're Invited!

Special Power of More Event!

Thursday, August 21, 2014
First Pitch: 7:05pm



All Pro Freight Stadium
2009 Baseball Blvd.
Avon, OH 44011

Tickets only \$5 per person.
Select draft beers & fountain drinks only \$1
presented by LaBatt Blue.

To order tickets, visit
www.LakeErieCrushers.com

Enter Special Offer Code: NCC

Select Ticket Type:
\$5.00 Chamber of Commerce/Town Criers

Select Ticket Location:
Level-1 Section-108

Limited number of tickets available.

Questions, please call Sharon at 440-777-3368.

Power of More Sponsors



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WHAT TYPE OF CORPORATE WELLNESS PROGRAM IS RIGHT FOR YOUR COMPANY?

By Emily DiFilippo,
Corporate Fitness Trainer
T3 Performance



One of the reasons that corporate wellness programs are feasible for most companies is because there are so many options available. Every company is different and has different needs when they are beginning and maintaining corporate wellness. Regardless of your facility's size or location, your employees are the most important factor when determining what type of wellness program is right for your company.

When you ask yourself, "Who are my employees?" these are the things to consider:

What type of work do they do? Do they sit at their desk for most of the day? Do they work long shifts (10-12 hours)? Are they doing manual labor or up on their feet all day?

Do they interact with each other often? Are your employees friends? Is their work primarily individual or group based? Too many employers ignore the fact that employees who work well together, accomplish much more.

Do they have families? Parents of young children will, often times, have difficulty finding an extra hour before or after work to contribute to exercise. But, family-friendly options are available.

Fortunately, smaller factors like age, gender, and income are irrelevant when it comes to getting your employees healthier and happier because everyone can participate together. Once you've weighed who your employees are, you can choose a plan that's right for them. And don't forget, providing them with more than one option ensures a higher participation rate.

Low-intensity exercise/ Healthy eating options: If your employees are up on their feet all day or work long shifts, they may not want to participate in a high-intensity aerobics class after their workday. A yoga or stretch class during lunch may be more appealing. Also, you could simply offer them healthier eating options for lunch and snacks if you provide them.

Team sports: Getting your company involved in a team sport like softball or kickball can benefit your business by building camaraderie amongst your employees. If they are already friendly with each other, they will be more likely to participate. If they aren't, this is a great way to forge friendships. Team sports can also be beneficial if you don't have space at your facility for group fitness classes.

Family oriented events: Employees with children will jump at an opportunity to get their family out for a weekend cookout or field day event. And they don't have to have kids to attend. This is another great way to forge friendships between them.

Group Fitness Classes: Kickboxing, yoga, resistance training, and spinning are all awesome options for employees who want to stay fit. It doesn't take much space so most businesses have a small room available for it.

Emily DiFilippo is a corporate fitness trainer for T3 Performance (www.T3-P.com), a workplace fitness provider and sports training center headquartered in Avon, Ohio. T3 offers on-site fitness classes, nutrition consulting and wellness coaching in stress management, goal setting and motivation, all designed to create healthy employees and energize the organization's bottom line. Do you have a workplace fitness success story? Contact Emily at (440) 934-2244 if you're considering a fitness program at your workplace.

**North Olmsted Chamber of Commerce
27th ANNUAL
WILLIAM R. GIESSER MEMORIAL
Golf Scramble and Dinner Outing**



Springvale Golf Club
North Olmsted - Canterbury Rd.
(South of Lorain Rd.)

Friday, September 26, 2014

Shotgun start 10:00am
Dinner at 4:00pm



Reservations Due by Friday, September 12, 2014

Awards for longest drive, drive nearest to pin, long putts, and many more!

Scramble format - Play the best ball.

Betting Hole on the back nine and other contest/raffles available.

NAME	COMPANY	PHONE NUMBER
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

PLEASE MAKE SELECTION BELOW

- _____ Individual reservation - \$100 (Includes 18 holes, cart, lunch and dinner)
- _____ Foursome - \$400 (Includes 18 holes, cart, lunch and dinner)
- _____ Golf Only - \$60 (no dinner)
- _____ Dinner Only - \$40
- _____ Please contact me as I wish to donate a door prize for the outing.

SPONSORSHIPS

- | | |
|----------------------------------|------------------------------------|
| _____ Hole Sponsor - \$100 | _____ Golf Cart Sponsor - \$500 |
| _____ Front Nine Sponsor - \$250 | _____ Beer Cart Sponsor - \$250 |
| _____ Back Nine Sponsor - \$250 | _____ Betting Hole Sponsor - \$150 |
| _____ Lunch Sponsor - \$600 | _____ Golf Tee Bag Sponsor - \$150 |
| _____ Dinner Sponsor - \$250 | |

Fax form or mail with payment to:
North Olmsted Chamber of Commerce
c/o Golf Committee
28938 Lorain Rd., Suite 204
North Olmsted, OH 44070
Ph: 440-777-3368 • Fax: 440-777-9361



Even with all the Health Care Reform changes you can still get a discount through your local chamber.

If you wonder how the Affordable Care Act (ACA) may impact your company, Anthem Blue Cross and Blue Shield and the Northern Ohio Area Chambers of Commerce (NOACC) are here with answers.

We know you don't have time to read the entire ACA. That's why we brought together all the important information you need to know in one helpful website – www.makinghealthcarereformwork.com.

As a chamber member with 2-50 employees, you can get a discount on any health plan from Anthem Blue Cross and Blue Shield – including industry-leading HSAs, HRAs and HIAs.*

Despite the ongoing changes and confusion surrounding health care reform, your local chamber continues to offer employer insurance options with a 1.4% discount exclusively for chamber members!

Go to www.noacc.org for more information or contact your broker, your local chamber or NOACC at 866-466-6222. Receive a free quote online at www.chambersaver.com/noacc.

*Discount only applies to Chamber members who do not already have Anthem insurance. Anthem Blue Cross and Blue Shield is the trade name of Community Insurance Company, an independent licensee of the Blue Cross and Blue Shield Association. © Anthem is a registered trademark. The Blue Cross and Blue Shield names and symbols are the registered marks of the Blue Cross and Blue Shield Association.

NORTH OLMSTED CHAMBER MEMBERSHIP APPLICATION

Company _____

Name and Title: _____

Address _____

City _____ State _____ Zip Code _____

Phone _____ Fax _____

Website _____

Email _____

Brief Description of Business _____

Investment Schedule (check one):

_____ CLASS I \$180* Employers with less than 11 employees

_____ CLASS II \$240* Employers with 11-50 employees

_____ CLASS III \$360* Employers with 51-100 employees

_____ CLASS IV \$500* Banks, utilities and employers with more than 100 employees

_____ CLASS V \$100* Non-Profit groups or organizations

**All new members add a one-time \$25 administrative fee.*

Cash () Check () Visa () MasterCard () Amount \$ _____

Credit Card Number: _____ Exp. Date: _____

Name on Card _____

Signature: _____ Date _____

PLEASE SEND APPLICATION WITH PAYMENT TO:

NORTH OLMSTED CHAMBER OF COMMERCE
28938 LORAIN RD., SUITE 204
NORTH OLMSTED, OH 44070

Phone: 440-777-3368

www.nolmstedchamber.org

Fax: 440-777-9361