

NORTH ROYALTON CHAMBER OF COMMERCE Newsletter



January 2012

"We Mind Our Business"

Issue 1

It seems 2011 has slipped away, giving way to the birth of a brand new year which we hope will be brighter and better. We wish you a very happy and healthy new year and hope it is rewarding for you both personally and professionally.



We are looking forward to a great year working with you in networking, helping you save money with the cost-saving benefits through NOACC, providing information from our monthly speakers, collaborating with the city, schools, and other chambers to make North

Royalton the best place it can be to live, education our children, and do business.

The slate of officers and directors of our Chamber in 2012 are: Kevin O'Hanlon as Chamber President. He is an agent with Brooker Insurance.

Aldo Filippelli will serve as Vice President. He is deputy registrar at the North Royalton License Bureau. Secretary is Mary Kay Manning of Mary Kay Manning Dance Studios, and Treasurer is attorney, Mary Ann Thomas. Directors are Dr. Paul Dowd of Doc-

tors of Optometry, Dan Holben of Walthall, Drake & Wallace CPAs, Kevin Lynch of AT&T, Kathy Gibbons of Third Federal Savings & Loan, and yours truly, Maria Magnelli, Executive Director.

The North Royalton Chamber of Commerce is here to help you make your business better. A complete list of benefits will be mailed later this month along with yearly dues statement. In the meantime, you may visit our website and take a look at all the member benefits that are available through our association with NOACC. Please take a few minutes to look over the offerings. Some of these benefits can save you a lot of money this year. For more information, please visit www.nroyaltonchamber.com or call us at 440-237-6180.

Time to "Dump Your Plump"

Thanks to the sponsorship of Anthem Blue Cross and Blue Shield participants from all Ohio companies can participate free in this year's Dump Your Plump contest which begins January 23. Participants will exercise 30 minutes a day while meeting their weight loss goals to earn contest points and prizes.

The competition will be run by the Wellness Council of Northeast Ohio that has conducted the contest every year since 1994 at major corporations. Over a thousand participants competed in last year's event from both large and small employers.

The contest will follow the nationally acclaimed *Dump Your Plump* rules. "The rules work because it is a team effort," said Don Alsbro, creator of *Dump Your Plump*. "It is so easy to let yourself down by not eating right and exercising, but it is more difficult to let the team down."

The power of worksite wellness is exemplified by the Wellness Council's sixteen year success with the program to enable an average weight loss of eight pounds with over 80% of participants exercising five days a week. At three dollars average per pound lost, it is a remarkable value.

Dump Your Plump is a ten week contest for a team of co-workers or friends.

• Each team competes with other teams throughout Northern Ohio.

• There are ten members maximum per team (must have at least four).

• Confidential weekly weigh-ins are held by a Team Captain.

• Each individual chooses a weight loss goal of 0 to 20 pounds.

• Points are given for 30 minutes of exercise, five days a week.

• Free weight 8-month maintenance program for all who make their goals.

• Each participant receives a 309-page manual on exercise, nutrition and weight loss.

• Prizes include gift cards for family entertainment, \$25 gas cards.

"I am always impressed with the outcome of such a simple contest," said Steve Musgrave, contest director. "Each year at the end of the contest, teams talk about how they accomplished their goals and how they are going to keep up their new lifestyles. After all, what people want most is not to win an overnight stay at a hotel, but to have a healthier lifestyle." The contest is offered by many local employers and is available through NOACC Chambers of Commerce.

For more information about the local contest visit <http://www.healthyohio.org>

For information about the Wellness Council of Northeast Ohio a 501c3 organization go to <http://healthyohio.org/wellnessCouncil>

Welcome Chamber New Members



Tom Fisher
North Coast Vapor
Recovery Service

132 Skyview Drive

Seven Hills OH 44131

440.554.5953 • Fax 216.901.1288

Service@vaporrecovery.com

www.vaporrecovery.com

Petroleum Service

Dr. Scott Haggerty
Dr. Lena Haggerty
Elite Health and Wellness



12891 State Road

North Royalton OH 44133

440.230.2300 • Fax 440.230.2301

elitechiro@gmail.com

www.elitehealthandwellness.net

Chiropractors

We are pleased to introduce these new members. When you meet them, welcomethem and remember them when you have a need for the products or services that they provide.

Healthcare Reform: What has happened and what to expect

As we kick off the new year, we begin with the subject of health. Our January 18th Chamber Breakfast will feature speaker, Jamie Debenham, vice president of employee benefits at Brooker Insurance Agency. The subject of his talk is Healthcare Reform. He will be discussing what has happened so far and what we can expect from the health insurance prospective.

As vice president, Jamie directs the agency's Employee Benefits Department, which develops, administers and services the employee benefit programs for small, medium and large companies.

Possessing more than 20 years of experience in the employee benefits sector, Mr. Debenham is well versed in the complex area of group and individual health care benefits.

Of particular interest with the new healthcare reform are the changes that are to take place; such as, grandfathering, dependent age to 26, wellness coverage, and guaranteed issue to children under the age of 19. Our speaker will also touch on the 26 state challenge, the supreme court hearing, discrimination testing, exchanges, and medical loss ratio.

The January 18th Chamber Breakfast will be held at 8 a.m. at Flair Restaurant, 12841 State Road. The cost is \$12 for members and \$15 for non-members. To make a reservation, please call the Chamber of Commerce at 440-127-6180, or email rmews@aol.com by Monday, January 16.

Tax Updates for Business & Individuals

Webinar on Tuesday, January 24, from Noon to 1 p.m.

Walthall, Drake & Wallace LLP will host a Webinar to discuss the federal tax provisions that expired 12/31/11 and those that will expire 12/31/12. This discussion will highlight the changes for 2011 and identify the last of the Bush era cuts available for 2012.

Also provided will be an update on the Form 1099 reporting requirements.

Presented by: Cindy Kula, Director of Tax Services

To hear more, reserve your space, RSVP to c.bade@walthall.com

Volunteers Needed

If you would like to become more involved in your Chamber, we need volunteers to help with the Golf Outing, Community Festival, and After-Hours Networking Events. Call Maria at the Chamber, 440-237-6180, to learn more about these volunteer opportunities.

Calendar of Events

January 5 - Directors Meeting
 January 18 - Membership Meeting
 February 2 - Directors Meeting
 February 15 - Membership Meeting
 March 1 - Directors Meeting
 March 21 - Membership Meeting
 April 5 - Directors Meeting
 April 18 - Membership Meeting
 May 3 - Directors Meeting
May 24 - Golf Outing
 June 7 - Directors Meeting
 June 20 - Membership Meeting
 July 5 - Directors Meeting
 August 2 - Directors Meeting
 August 15 - Beauty Pageant
August 24-26 - Community Festival
 September 6 - Directors Meeting
 September 19 - Membership Meeting
 October 4 - Directors Meeting
 October 17 - Membership Meeting
 November 1 - Directors Meeting
 November 14 - Luncheon Meeting
 December 5 - Holiday Luncheon

** Subject to Change
 Additional events will be added throughout the year which will be announced in the newsletter.*

Something to ponder...

"Here's to the bright New Year, and a fond farewell to the old; here's to the things that are yet to come, and to the memories that we hold."
 ~ Anonymous

Sponsor of the Month



Brooker Insurance Agency

10749 Pearl Rd., Strongsville, OH 44136

(440) 238-5454

www.brooker-ins.com

Kevin O'Hanlon

Commercial Sales Account Executive

*AUTO *HOME *LIFE *HEALTH *BUSINESS*

2012 CHAMBER OFFICERS

Kevin O'Hanlon, President
 Aldo Filippelli, V.P.
 Mary Kay Manning, Secretary
 Mary Ann Thomas, Treasurer
 Maria Magnelli, Editor/ Executive Director

2012 CHAMBER DIRECTORS

Paul M. Dowd
 Kathy Gibbons
 Dan Holben
 Kevin Lynch

This newsletter is an official publication of the North Royalton Chamber of Commerce

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If you would like to sponsor a Chamber event, please call 440-237-6180