

# NORTH ROYALTON CHAMBER of COMMERCE Newsletter



March 2011

"We Mind Our Business"

Issue 3

## Your employees are what they eat

March is National Nutrition Month, which makes now the perfect time to address healthy eating with your employees.

Healthy eating isn't just about losing a few pounds or fitting into your favorite jeans. It can have a serious impact on your quality of life. Proper nutrition can prevent many disabling and life-threatening health conditions, while providing the energy you need to stay alert, make good decisions, and give your best effort to everything you do.

Naturally, your employees' health is one of your company's most valuable assets. Healthy, energetic employees can help your company put its best foot forward in the marketplace, while saving you thousands of dollars in medical expenses and disability claims each year.

Help your employees be their best by encouraging them to recharge with the right fuel. At [anthem.com/timewellspent/healthy\\_eating](http://anthem.com/timewellspent/healthy_eating), you'll find a cornucopia of free resources for launching a healthy eating campaign in your offices. In addition to general information, posters, and healthy recipes, the turnkey Lunch Well employee wellness program provides cafeteria and break room posters; vending machine decals; a lunch planning guide for grocery shopping; and lunch journals so employees can monitor their portion sizes, make sure their meal includes each of the five food groups, and become more aware of how their diet affects their energy and activity levels.

With the right fuel, your employees are

a force to be reckoned with. And with the right information, making good choices at lunchtime will become second nature.

This information is brought to you through collaboration between the North Royalton Chamber of Commerce, NOACC and Anthem Blue Cross and Blue Shield.

## State of the City Address

Wednesday, March 23 • Noon

Carrie Cerino's Ristorante & Party Center  
8922 Ridge Road, North Royalton

Mayor Bob Stefanik will deliver the annual State of the City Address on Wednesday, March 23, at a noon luncheon at Carrie Cerino's Ristorante & Party Center, 8922 Ridge Road.

Following the introduction of department heads, Mayor Stefanik will recap the events of the past year, programs that are currently in the works and detail projects that the city administration is working on for the future, including the YMCA and new Library.

The state of the economy continues to be an important issue and will also be

covered. There will be a question and answer period following the address.

This is a very well attended luncheon and space is limited. The public is invited to attend. Reservations are required. Cost of the luncheon is \$12\* for Chamber members and \$15 for non-members. To make a reservation, call the Chamber office by Monday, March 21, 440-237-6180 or email [info@nroyaltonchamber.com](mailto:info@nroyaltonchamber.com).

\* If, after making a reservation, you find you cannot attend, please call to cancel. No-shows will be billed.

## Welcome Chamber New Members

**Timothy Graydon**  
The Graydon Company

32901 Station Street, #20  
Solon, OH 44139  
440.888.7800 • Fax 440.349.3674  
[tim.g@insureohio.com](mailto:tim.g@insureohio.com)  
[www.insureohio.com](http://www.insureohio.com)  
Insurance Agents

**Sandy H. Johnson**  
Charter One Bank  
5600 Wallings Road  
North Royalton OH 44133  
440.582.3872 • Fax 440.582.5110  
[www.charterone.com](http://www.charterone.com)  
Bank

**Amy Ward**  
The Plain Dealer/Sun News  
1801 Superior Avenue  
Cleveland OH 44114  
216.999.4061 • Fax 216.999.6206  
[award@plaind.com](mailto:award@plaind.com)  
[cleveland.com](http://cleveland.com)  
News Organization

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

# Chamber Activities



**Ribbon Cutting at Becker's Donut & Bakery**  
From left: NR Community Development Director, Tom Jordan; owners, Ron and Teena Becker, Wayne Winners, Tina Becker and CC Prez, Kevin O'Hanlon



**February 9th Mega Mixer at Montrose Westside Auto Group: Jeff Cavallo entertained more than 200 with his island music. Attendees, Kathy Gibbons of Third Federal and Chamber President Kevin O'Hanlon**



# Calendar of Events

- March 23 - State of the City Address
  - April 7 - Directors Meeting
  - April 20 - General Membership Meeting
  - May 5 - Directors Meeting
  - May 18 - Golf Outing
  - June 2 - Directors Meeting
  - June 15 - General Membership Meeting
  - July 7 - Directors Meeting
  - August 4 - Directors Meeting
  - August 19-21 - Community Festival
  - September 1 - Directors Meeting
  - September 21 - General Membership Meeting
  - October 6 - Directors Meeting
  - October 19 - General Membership Meeting
  - November 3 - Directors Meeting
  - November 16 - General Membership Meeting
  - December 7 - Holiday Luncheon
- \* Subject to Change*

## Something to ponder...

As you ramble through life, whatever be your goal, Keep your eye upon the doughnut, and not upon the hole.



## 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.

### 2011 CHAMBER OFFICERS

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

### 2011 CHAMBER DIRECTORS

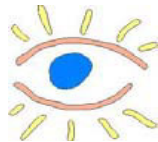
- Paul M. Dowd
- Dan Holben
- Kevin Lynch
- Marlene Zampedro

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

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North Royalton, Ohio 44133  
440-237-6180 • FAX 237-6181  
E-mail info@nroyaltonchamber.com

# Sponsor of the Month

## DOCTORS OF OPTOMETRY, INC










Paul M. Dowd, O.D., F.A.A.O.  
Emmanuel Zanoudakis, O.D.  
Paul S. Hornik, O.D.

7448 Ridge Road, Parma, OH  
440-885-0822

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







## Primary Benefits Available to Chamber Members December 2010

Benefit	Carrier/Supplier	Description	Vendor Contact	Phone	Fax	E-mail/ Website
Health Insurance		Discount on Health Insurance for 2 - 50 Employer Groups Ask about 50+	Call broker or chamber for referral to broker or: L Burch D Knife B Gerken N Kuzenko T Fasoulas-Wey	800-551-3119  216-573-4587 <b>216-573-4584</b> 419-897-4718 <b>330-783-3590</b> 330-493-2185	216-573-4593 216-573-4593 419-897-4812 330-783-3658 330-493-2126	<a href="http://www.anthem.com">www.anthem.com</a>  <a href="mailto:lisa.burch@anthem.com">lisa.burch@anthem.com</a> <a href="mailto:don.knife@anthem.com">don.knife@anthem.com</a> <a href="mailto:barb.gerken@anthem.com">barb.gerken@anthem.com</a> <a href="mailto:nancy.kuzenko@anthem.com">nancy.kuzenko@anthem.com</a> <a href="mailto:tina.fasoulas@anthem.com">tina.fasoulas@anthem.com</a>
Life & Disability Insurance		Rating discounts and underwriting concessions	Call broker or chamber for referral to broker or: Brian Boose	800-551-3119  216-643-0133	216-643-0130	<a href="http://www.anthem.com">www.anthem.com</a>  <a href="mailto:brian.boose@anthem.com">brian.boose@anthem.com</a>
Workers' Compensation Group Rating Program		BWC Premium reductions for eligible employers	Toll Free Jennifer Pillitiere Peter Young	877-765-4200 x232 x254	216-765-4210	<a href="http://jenniferp@benefits1group.com">jenniferp@benefits1group.com</a> <a href="http://peterp@benefits1group.com">peterp@benefits1group.com</a> <a href="http://www.benefits1group.com">www.benefits1group.com</a>
Managed Care Organization (MCO)		Care and Medical Management to injured workers	P. J. Hrehocik	216-488-4770		<a href="mailto:pj.hrehocik@uhhs.com">pj.hrehocik@uhhs.com</a>  <a href="http://www.universitycompcare.com">www.universitycompcare.com</a>
Office Supplies & Services		Chamber Office Plus Discount Program	Chamber Helpline Doug Broome Jessica DeJean	<b>216-440-2151</b> 216-398-8880 <b>x 355</b> 800-621-6001 <b>x 222</b>	216-398-6327	<a href="mailto:doug.broome@ibuyibs.com">doug.broome@ibuyibs.com</a>  <a href="mailto:jessica.dejean@ibuyibs.com">jessica.dejean@ibuyibs.com</a>  <a href="http://www.ibuyibs.com/noacc">www.ibuyibs.com/noacc</a>
Credit Card Processing		Discounts on credit card processing, 3 yr rate, Free analysis	Paul Guay	800-398-2809 x 88281	440-296-8882	<a href="mailto:paul.guay@e-hps.com">paul.guay@e-hps.com</a>  <a href="http://www.heartlandpaymentsystems.com">www.heartlandpaymentsystems.com</a>
Payroll Processing		Discounts on payroll processing	Paul Guay	800-398-2809 x 88281	440-296-8882	<a href="mailto:paul.guay@e-hps.com">paul.guay@e-hps.com</a>  <a href="http://www.heartlandpaymentsystems.com">www.heartlandpaymentsystems.com</a>



## Business Enhancement Benefits Available to Chamber Members December 2010

Benefit	Carrier/Supplier	Description	Vendor Contact	Phone	Fax	E-mail/Website
Accounts Receivables & Collection Management		Discount on services and educational assistance	Terry Hill Tom Krysiak	877-207-9215 440-665-3097	866-558-1391	<a href="mailto:thill@amerassist.com">thill@amerassist.com</a> <a href="mailto:tkrysiak@amerassist.com">tkrysiak@amerassist.com</a> <a href="http://www.amerassist.com/ars/affinity">www.amerassist.com/ars/affinity</a>
Transportation Savings		Savings of 25% and more on all shipping needs worldwide.	John Hindes	216-267-2000 Ext 2015		<a href="mailto:jhindes@ctlogistics.com">jhindes@ctlogistics.com</a> <a href="http://www.ctlogistics.com">www.ctlogistics.com</a>
Shipping & Freight Services		Savings up to 27% on select services and at least 70% on LTL freight	Harry Centa	800-599-2902 x2242	800-439-8913	<a href="mailto:hcenta@PartnerShip.com">hcenta@PartnerShip.com</a> <a href="http://www.PartnerShip.com/89NOACC">www.PartnerShip.com/89NOACC</a>
Websites & Email Marketing		Competitive rates and NOACC/ Chamber synergies	Pete Kever	330-929-8878	330-939-8878	<a href="mailto:pete@ghiis.com">pete@ghiis.com</a> <a href="http://www.ghiis.com">www.ghiis.com</a>
Wellness Programs	<b>Wellness Council of Northeast Ohio</b>	Worksite wellness contests for walking, weight loss and smoking cessation.	Steve Musgrave	440-354-8057	440-354-6403	<a href="mailto:hsense@en.com">hsense@en.com</a> <a href="http://www.healthyoio.org">www.healthyoio.org</a>

**NOACC**, 4200 Rockside Rd. Ste 105, Independence, OH 44131 216-447-9900 Fax 216-447-9861 [www.noacc.org](http://www.noacc.org) [director@noacc.org](mailto:director@noacc.org)  
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