

North Royalton Chamber of Commerce Newsletter



May 2010

A Community Business-Minded Organization

Issue 5

Relax to Music, Ease Blood Pressure

Breathing Slowly While Listening to Music for Half an Hour Daily May Improve Mild Hypertension

Blood pressure a bit too high? Spending half an hour a day listening to music and breathing slowly may help.

That's what happened in a new Italian study of 28 adults taking drugs to control their mild high blood pressure (hypertension).

Welcome Chamber New Members

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.

Pascal Boutros

Subway

(Across from Giant Eagle)

6023 Royalton Road

North Royalton OH 44133

Phone: 440.230.1221

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Category: Restaurants

Violet Mazzola

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North Royalton OH 44133

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Category: Skin care

First, the patients wore a device that tracked their blood pressure for 24 hours. Next, they were given a CD of classical, Celtic, or Indian music. All of the tunes on the CD had similar slow rhythms, Professor Pietro A. Modesti, MD, PhD, of Italy's University of Florence, told WebMD in an email.

The patients were assigned to listen to the CD for 30 minutes per day for a month and to breathe slowly while listening to the music, taking twice as long to exhale as to inhale. At the end of the month, the patients wore the blood pressure monitor again.

The patients' blood pressure improved during the study. When the experiment ended, their average systolic blood pressure (the first number in a blood pressure reading) had dropped three points, and their average diastolic blood pressure (the second number in a blood pressure reading) had dropped four points.

For comparison, 20 other patients didn't listen to music or practice slow breathing. Their blood pressure didn't change during the study.

It's not clear what mattered more, the music

or the slow breathing. "The antihypertensive effects [have] to be considered as the result of the combination of music and breathing exercises," Modesti notes.

The findings were presented in New Orleans at the American Society of Hypertension's annual scientific meeting. Modesti calls for further studies to see if the results hold up in the long term.

SOURCES: American Society of Hypertension Annual Scientific Meeting, New Orleans, May 14-17, 2008. Email from Professor Pietro A. Modesti, MD, PhD, University of Florence. © 2008 WebMD, LLC. All rights reserved.

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Article By Miranda Hitti

WebMD Medical News

Reviewed by Louise Chang, MD

A Message from NOACC regarding MCO Open Enrollment

Attention Chamber Members – You only get an opportunity to pick your Managed Care Organization (MCO) every other year for one month. The 2010 MCO open enrollment period ends on May 28.

NOACC endorses University Hospitals CompCare as your partner in the Medical Management of your claims.

There is NO COST to select an MCO—this is part of your Ohio BWC Workers' Compensation premium. But it is smart to choose the right MCO.

For more info about why you should choose University Hospitals CompCare as your MCO go to: www.uhcompCare.com or download About UHCompCare May 2010 or UHCompCare Overview-NOACC.

Memorial Day - May 31



2010 North Royalton Chamber of Commerce

GOLF OUTING

Wednesday, May 19

**Coppertop at
Cherokee Hills
Golf Club**

5740 Center Road, Valley City



Mark Your Calendar

- May 19 - Golf Outing
 - June 3 - Directors Meeting
 - June 16 - General Membership Meeting
 - July 1 - Directors Meeting
 - August 5 - Directors Meeting
 - August 20-22 - Community Festival
 - September 2 - Directors Meeting
 - September 15 - General Membership Meeting
 - October 7 - Directors Meeting
 - October 20 - General Membership Meeting
 - November 4 - Directors Meeting
 - November 10 - General Membership Meeting
 - December 8 - Holiday Luncheon
- * Subject to Change*

Visit our Website

www.nroyaltonchamber.com

Visit our website address at www.nroyaltonchamber.com. We invite you to log on to see all the information we have to offer our members and anyone who is looking for information about North Royalton or services our members offer. Check out your listing, and notify us immediately if there is a change or correction. Sincere thanks to our corporate sponsors:

- Parma Community General Hospital
- Donaldson Resources
- Phillips, Mille & Costabile LPA
- PSE Credit Union
- Tri-C - Western Campus

For information on becoming a corporate sponsor, call the Chamber office.



Join the Fun!

Diva Night in North Royalton

**Wine & Cheese Party &
Gourmet Gift Basket Raffle
to benefit "The Gathering Place"**

Friday, June 4 6 - 8 pm

**Sports Rehab Consultants Physical Therapy
5340 Royalton Road • North Royalton**

Featured Presentations:

- Complimentary Chair Massages & Physical Therapy Screens*
- Fleet Feet Sports: "The Right Shoe = Enhanced Athletic Performance"*
- Women's Self Defense Demo*
- Various Home Decor, Fitness, Health & Beauty Displays*

Free Event!

Awesome Food Fun Door Prizes Great Gourmet Desserts!

Bring your friends & family!

Casual Dress - Reservations required: 440.230.1133

Join us to support "The Gathering Place" a non-profit organization supporting individuals & families whose lives have been touched by cancer. All proceeds from the gift basket raffle to benefit this local organization!



OFFICERS

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

DIRECTORS

- Paul M. Dowd
- Dan Holben
- Kevin O'Hanlon
- Marlene Zampedro

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

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Something to ponder...

Destiny is not a matter of chance, it is a matter of choice; it is not a thing to be waited for, it is a thing to be achieved.

William Jennings Bryan

Business Networking Event

Monday - May 17, 2010

5pm - 8pm

Costco Wholesale

16690 Royalton Rd
Strongsville, OH 44136

Minimum \$5.00 entry fee
All proceeds will be donated to
Children's Miracle Network -
Rainbows Babies and Children's Hospital

Complimentary
snacks and beverages
will be provided

Please contact Shelley or Erin Elise @
440-783-3415 to reserve your space.