

Published by the Sidney-Shelby Chamber, 101 South Ohio Avenue, Floor 2, Sidney, OH 45365

## WE ♥ RIBBON CUTTINGS



Congratulations to the Sidney-Shelby County YMCA and the Shelby County Commissioners on their collaborative venture to open a new satellite Child Development Center at the Fair Haven Nursing Home location. The official date children began attending was Monday, November 28th but a celebratory ribbon cutting event was held on Tuesday, November 22nd. In the photo above Shelby County Commissioner Julie Ehemann and CEO of the Sidney-Shelby County YMCA David O'Leary cut the ribbon with Tori Faulder, YMCA Childcare Director, and Curtis O'Neal, Administrator at Fair Haven, hanging on tight to each end. Also assisting with the cutting of the ribbon was Cora who will be attending the new day care facility. Wishing you all the best on this new adventure!

### Chamber Gift Certificates

- Easy to give and easy to redeem!
- Available in \$5, \$10 & \$20 denominations
- Redeemable at 100+ Chamber member businesses throughout Shelby County
- Call ahead and we will have your order ready when you arrive (937) 492-9122



Who can purchase Chamber Gift Certificates? Literally Anyone!

Employers give them as bonuses, Christmas gifts, safety awards, retirement gifts, attendance awards and thank yous. Individuals give them to family and friends for any number of celebrations.

Certificates may be purchased at the Chamber office and are available year-round.

### VOLUNTEER BELL RINGERS NEEDED!

*Ring a bell...help change a life*

1. Go to [SAVolunteer.org](http://SAVolunteer.org)
2. Sign In / Create New Account by Clicking "Get Started"
3. Click "Available Shifts"
4. Choose Your Location and Select All Shifts you would like to Ring - click "Confirm"
5. Don't forget to click "Request Shifts" at the top of the screen

If you have any questions call/text Capt. Katie at (603) 652-0641

Have you ever considered getting a group of employees together to help support this wonderful cause? Volunteer Bell Ringers are needed at Walmart, Kroger and Sidney Food Town on Monday through Saturday, 8:00 a.m.— 8:00 p.m.

May This Christmas End the Present Year on a Cheerful Note and Make Way for a Fresh and Bright New Year.

Here's Wishing You a Merry Christmas and Happy New Year

## DECEMBER

### Meeting & Event Dates

- 3 Breakfast with Santa and Craft Show**  
9:00 a.m.—1:00 p.m.—Temperance Masonic Lodge #73, 303 East Court Street  
[www.sidneyalive.org](http://www.sidneyalive.org)
- 3 Christmas of Yesteryear**  
11:00 a.m.—4:00 p.m.—Ross Historical Center, 201 North Main Street  
[www.shelbycountyhistory.org](http://www.shelbycountyhistory.org)
- 3 Downtown Sidney's Winter Wonderland**  
1:00—5:00 p.m.—Winter Wonderland Market  
7:30 p.m.—Winter Wonderland Parade  
Downtown Sidney—[www.sidneyalive.org](http://www.sidneyalive.org)
- 4 & 18 Santa on the Square**  
6:00—8:00 p.m.—Shelby County Court Square  
[www.visitsidneyshelby.com/calendar](http://www.visitsidneyshelby.com/calendar)
- 4 Gateway Arts Council Presents: Christmas with Cantus**  
7:00 p.m.—Sidney High School, 1215 Campbell Road  
[www.gatewayartscouncil.org/performing-arts](http://www.gatewayartscouncil.org/performing-arts)
- 7 Shelby County Safety Council**  
Topic: Slips, Trips and Falls  
Speaker: Jim Pellegrino, Ohio BWC  
12:00 noon—Wilson Health, 915 West Michigan Street
- 9 Senior Center Presents: Annual Christmas Dance**  
7:00—10:00 p.m.—304 South West Avenue  
\$5.00/person. Open to the Public.
- 9 - Sidney Theatre Presents: A Christmas Carol (in collaboration with Sidney Repertory Theatre and Sidney Dance Company)**  
7:30 p.m.—Friday; 2:00 & 7:30 p.m.—Saturday; 2:00 p.m.—Sunday  
Historic Sidney Theatre, 120 West Poplar Street  
[www.sidneytheatre.org](http://www.sidneytheatre.org)
- 10 Free Community Christmas Dinner**  
11:30—1:00 p.m.—Shelby County Fairgrounds, EMA Building  
(more information on page 3)
- 15 Chamber Leadership**  
Topic: Law Enforcement, Fire, Rescue and Criminal Justice  
8:00 a.m.—Common Pleas Court, Shelby County Court House

ADDITIONAL MEETINGS & EVENTS ON PAGE 2





## ADDITIONAL DECEMBER MEETINGS & EVENTS

- 15 Human Resources Council**  
Topic: Mental Health Tips & Training Resources  
Speakers: Jamie Crippin, Sidney-Shelby County YMCA and Mary Jean Carpenter-Larger, Journey 4 Life  
12:00 noon—Holiday Inn Express & Suites, 450 Folkerth Avenue
- 15 Sidney-Shelby Economic Partnership Visioning Update**  
5:00—7:00 p.m.—Historic Sidney Theatre, 120 West Poplar Street  
RSVP to [deilert@sidneyshelbychamber.com](mailto:deilert@sidneyshelbychamber.com)
- 16 YPconnect Holiday Party**  
5:00—8:00 p.m.—The Bridge Restaurant, 127 West Poplar Street—RSVP's Required  
[www.sidneyshelbychamber.com/events](http://www.sidneyshelbychamber.com/events)  
(more information on page 3)
- 17 Hammer & Stain Workshop: Hot Cocoa Trays or Farmhouse Trays**  
10:00 a.m.—106 East Poplar Street  
[www.hammerandstainsidney.com](http://www.hammerandstainsidney.com)
- 20 Sidney Theatre Presents: Upper Valley Community Orchestra Christmas Concert**  
7:00 p.m.—FREE and Open to the Public
- 21 Hammer & Stain Workshop: Mini Kids**
- 23 Christmas Camp**  
9:00 a.m.—12:00 noon—106 East Poplar Street  
[www.hammerandstainsidney.com](http://www.hammerandstainsidney.com)
- 23 Chamber, SSEP & Workforce Offices**
- 26 Closed**  
**MERRY CHRISTMAS!**
- 30 Chamber, SSEP & Workforce Offices**
- 1/2 Closed**  
**HAPPY NEW YEAR!**

### MARK YOUR CALENDAR

**CHAMBER ANNUAL DINNER**  
Thursday, March 2, 2023  
The Palazzo  
309 South Main Street, Botkins

**WE HOPE TO SEE YOU THERE!**

## FROM JEFF'S DESK—THANK YOU!

As we're just 31 days from entering the new year, I'd like to take this opportunity to thank several individuals who contributed meaningfully to the Chamber's success these past eleven months. To begin I'd like to recognize and thank our 2022 Board Chair **Josh Ross** with Ruese Insurance. Josh's leadership and dedication contributed significantly to our organization's success in 2022. I'd also like to thank **Stacy Pettit** and the aforementioned **Josh Ross** for their six years of service on our Board.

Sincere thanks to **Priscilla Wilt** and **Pam Cox** who served as volunteer trustees on the Chamber Foundation. Thank you, **Cindy Helman** with WiseBridge Wealth Management, for serving as a volunteer on the Zenith Award Selection Committee. Appreciation also to **Phil Gilardi** with On-Point Concepts who for the past three years plus has served as one of the Chamber's representatives on the Sidney-Shelby Economic Partnership Board of Directors.

Additionally, I'd like to thank **Grant Covault** who this past year lead the Chamber's young professional's group, YPconnect. And finally, thank you **Dave Ross** for his continued leadership as chair of the Sidney Visitors Bureau Advisory Council.

On behalf of Dawn, Kim, Cheri, and myself, Merry Christmas everyone. I hope the close of this year brings abundant happiness and joy to your lives and to the lives of those important to you as we look forward to a prosperous new year.

**7 WAYS To Support Local Businesses THIS HOLIDAY SEASON**

- Buy local online
- Shop in store
- Give experiences
- Support communities
- Put local on your table
- Buy local made
- Give local gift cards

## DID YOU KNOW—CHAMBER MAIL PROGRAM

Any Chamber member business in good standing may submit 575 copies of a flyer to be mailed to the entire Chamber membership for a fee of \$50.00 per mailing. These mailings are scheduled to occur on a **quarterly** basis on the first day of each month (January 1, April 1, July 1, and October 1).

1. Chamber member organizations are asked to submit a proof of their intended Chamber Mail flyer to the Chamber office at least 30 days in advance of their mail date.
2. The Chamber President or Vice President will review and approve the content of their flyer within two business days of its receipt.
3. Chamber member organization will then provide 575 copies of the approved Chamber Mail flyer to the Chamber office no later than the 15<sup>th</sup> of the month prior to the scheduled mail date (i.e., for January's mailing, inserts would need to be at the Chamber office no later than the 15<sup>th</sup> of December).

### REQUIREMENTS OF FLYERS:

1. 580 copies
2. 8 1/2 x 11 **single-folded or tri-folded to fit into a 6 x 9 envelope** (flyer information should be facing outward after folded)
3. 24# paper weight or less
4. Type written
5. Content of flyer shall be pre-approved by Chamber President or Vice President and may not in any way refer to or damage the business reputation of a fellow Chamber member.

### WHAT DOES THE CHAMBER PROVIDE?

- Specialty mailing envelopes
- Processing and inserting services
- All postage costs

Contact Dawn Eilert at the Chamber office with any questions you may have, (937) 492-9122 or [deilert@sidneyshelbychamber.com](mailto:deilert@sidneyshelbychamber.com).



## WELCOME NEW MEMBER

**HOLT HOMESTEAD PROPERTIES, LLC**  
**BUSINESS CATEGORY:** Real Estate

Theresa Holt  
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Phone: (937) 419-1012



Join us -  
**BACK IN PERSON!**

Free  
COMMUNITY  
Christmas  
DINNER

**Saturday,  
December 10, 2022**  
**11:30 am - 1:00 pm\***

Shelby County Fairgrounds  
**EMA Building**  
Enter on Highland Ave

*\*While Meals Last*



**YPCONNECT**  
YOUTH PROFESSIONAL CONNECT

**Christmas Party**

**FRIDAY  
DECEMBER 16th**  
**5-8p**

**BRIDGE**

127 W. Poplar St., Sidney

HEAVY APPETIZERS WILL BE SERVED AND THE  
BAR WILL BE OPEN IF YOU WISH TO  
PURCHASE A DRINK

RSVP DEADLINE IS DEC. 9TH

We'll be collecting toys for the Charity Leagues toy drive,  
please consider donating to this worthy cause!

2022 YPCONNECT SPONSORS

RUEER WAGNER HYDRO

## HOW GRATITUDE CHANGES THE BRAIN

For most of us, our days are busy, sometimes hectic and even stressful. Even with the best of intentions, life does not always go as planned. During those times, it's pretty easy to get weighed down in negativity. Those are the perfect times to practice gratitude.

If you focus on the disappointments, bad news and deficits, your brain will get stuck in what scientists refer to as the vicious cycle – a chain of events continually reinforced through a feedback loop. Each negative event reinforces the previous one. That cycle continues until an intentional positive event disrupts the cycle.

It's not as if there are actually *more* negative events than positive events. When we are stuck in the vicious cycle, the brain is so busy *searching* for the negatives to perpetuate the cycle that we fail to see the good stuff. The mind feasts upon what it focuses on.

**Negativity Kills Brain Cells.** That negative thought loop does more than just make us grouchy. When we get stuck in the *vicious cycle*, the limbic system turns on the cortisol tap. An overproduction of cortisol is linked to a host of health issues such as insomnia, high blood pressure, chronic fatigue syndrome, thyroid disorders, and depression. It also weakens the immune system which can result in anything from a common cold to severe life-threatening diseases.

If all of that isn't enough, cortisol shrinks cells and prevents neural generation in the hippocampus – the region responsible for memory, learning and the ability to regulate emotions. Maybe most importantly, it decreases the production of BDNF (brain-derived neurotrophic factor) which is a protein that keeps our existing brain cells healthy and promotes the growth of new ones. Think of it as *Miracle-Gro* for the brain.

**Now For The Good News.** Just as we can get stuck in the negative cycle, we can also get stuck in a positive cycle. Neuroscientists refer to this as the *virtuous cycle*. While its evil twin (vicious cycle) stays focused on the negatives, the virtuous cycle keeps you busy looking for the positives. The virtuous cycle doesn't magically make good things happen for you; it just tunes your brain into searching for and seeing the good things that are there.

Studies on gratitude have found that gratitude is not a basic emotion of just getting a reward. Rather, the brain activity in that area indicates that gratitude is a complex emotion, built around social interactions, interpersonal bonding, moral judgement, and empathy. The brain does not experience sincere gratitude as a trivial expression. Instead it is an important part of human interactions and connections. The practice of gratitude forces us to look beyond ourselves to connect meaningfully with others.

Recent fMRI studies (functional magnetic resonance imaging) show that gratitude generates increased activity in the hypothalamus, the region that links the nervous system to the endocrine system. It's only about the size of an almond but it's responsible for some pretty important functions such as body temperature, hunger, thirst, sleeping, metabolic activity and managing stress. In addition, feelings of gratitude directly activate the limbic system and trigger a release of dopamine. Dopamine, the pleasure and reward chemical, is responsible for trying to get that good feeling again. It's your brain saying, "Oh... that felt good! Do that again!" That shot of dopamine is also what sends your brain into the virtuous cycle.

In addition to dopamine, your brain produces oxytocin when you experience gratitude. Oxytocin – often called the "cuddle drug" – is released when we experience emotional connections with others. The biggest surges come from sex and breast-feeding. However, this neurotransmitter also triggers a host of pro-social behaviors like trust, empathy, and affection. A wealth of studies show that gratitude is a powerful trigger for producing oxytocin. Moreover, we produce more oxytocin when we express gratitude to others than when we receive gratitude.

Just like in our personal lives, a sense of gratitude can improve self-esteem, optimism, a sense of unity, and overall well-being at work. When we extend expressions of gratitude with our colleagues, we create a "pay it forward" chain of positivity that impacts productivity, creativity and the overall culture of the organization. It's called emotional contagion, and it's far more compelling than incentives or contests.

Beyond all of the *feel-good* chemicals your brain produces when you practice gratitude, being grateful is a form of emotional intelligence. Studies show that people with increased emotional intelligence have a more neural-dense prefrontal cortex. What does that mean? As we make gratitude a daily habit, we build emotional intelligence, and as an added bonus, the part of the brain that handles all of the higher-level executive functions becomes more efficient.

So, on those days that are particularly tough, writing a simple thank you note to someone else or acknowledging the things in your life for which you are grateful is the best way to put your brain in a healthy self-perpetuating cycle. Smarter and Happier—**YES PLEASE!**



# SENIOR Center OF SIDNEY-SHELBY COUNTY



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