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SAVE THE DATE

Friday, October 6th

At The Warner Theatre, Torrington

The Great BUSINESS SHOWCASE



Northwest Connecticut
CHAMBER OF COMMERCE
Business Working Together

Thursday, October 26, 2023 from 4 to 7 p.m.

at the Torrington Armory
153 South Main St. Torrington

GET IN FRONT OF **HUNDREDS** OF POTENTIAL CUSTOMERS!

THIS ONE NIGHT EVENT WILL BE HEAVILY PROMOTED IN ALL MEDIA!

DON'T MISS OUT!

MULTIPLE VENDOR **GIVEAWAYS** WILL CREATE EXCITEMENT AND
DRAW TRAFFIC TO THE EVENT— AND TO YOUR BOOTH!

For questions, call the Chamber at 860-482-6586
or email Karen@nwtchamberofcommerce.org

From the Desk of Our President & CEO

JOANN RYAN



Vacation

Summer vacations for some are in full swing. It appears that the challenges of scheduling have not discouraged the need to take a break. Business leaders are sometimes torn between taking well-needed time off and worrying about their business while they are away. I recently found an article in the Harvard Business Review written by Rebecca Zucker. Her thoughts confirm previous information on this topic found in my library of articles and thought you might be encouraged to take some time to just enjoy!

Rebecca stresses that “the improved productivity, lower stress and better overall mental health” overrule the notion of work without a break. I was also intrigued that Lin-Manuel Miranda came up with Hamilton while on vacation. Oh my – do I ever wish for such creativity and brilliance!

Below are some of her guidelines suggested as we prepare for vacation:

- Consider a change in scenery. Do something not necessarily on your radar. Include family and friends with the idea of simply relaxing, reading, of course shopping to improve the economy and trying new food.
- Decide the type of vacation: by the sea; in a big, exciting city; travel by train; or simply exploring a different destination on foot, rail or auto.
- Researchers tell us that spending time outdoors is always beneficial for one’s mental and physical well-being.

- UNPLUG – I am afraid we are all guilty of checking on texts, emails and answering our phones. It has been said that this is liberating. Let’s all try this one!
- Try to create new memories. Studies show that this can help deal with stress, anxiety, and potential depression.

“A vacation away keeps the doctor at bay.” Recent research and a number of experts are finding that the addiction of some of us for all work and no play is bad for our health. Alan Muney, MD, executive vice president and chief medical officer for Oxford Health Plans says, “We need to take vacations seriously.” While we are pretty good at getting those important check-ups, we fall short when it comes time to take a vacation. Dr. Muney suggests that we need enough time to unwind. “A lot of what this is about is a mental attitude. When you come back, you should feel refreshed with a new perspective.”

Dr. Stephen Sinatra, a cardiologist at UConn School of Medicine also says that “too much work and not enough play is bad for the heart...He tells his patients who can’t afford a vacation that they can’t afford not to take a vacation.” He also adds that it is a wonderful time to spend with family and I certainly can attest to that.

I am taking this advice to heart and soon enjoying my family on a wonderful vacation by the sea. Thanks to the dedication and hard work of our Board, volunteers and staff situated in our office on Field Street, we are on track and things will run smoothly in my absence.

I cannot promise to ignore my emails, but I will listen to good advice so that I return refreshed, rejuvenated, and raring to get back to work. Wishing you the same words of wisdom. Happy Vacation!

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Like us on Facebook: facebook.com/nwctchamber

Corporate Partner **NEWS**

Hartford HealthCare 
Charlotte Hungerford Hospital



CHH Nationally Recognized For High-Quality Stroke Care

Charlotte Hungerford Hospital has received the American Heart Association's **Get With The Guidelines® Stroke Gold Plus Award with Target: Stroke Elite Honor Roll**, a quality achievement award for its commitment to ensuring high-quality stroke care.

Get With The Guidelines puts the expertise of the American Heart Association and American Stroke Association to work for hospitals nationwide, helping ensure patient care is aligned with the latest research- and evidence-based guidelines.

Get With The Guidelines – Stroke is an in-hospital program for improving stroke care by promoting consistent adherence to these guidelines, which can minimize the long-term effects of a stroke and even prevent death.

Congratulations CHH!!!

Where Is Your Business Going?
We'll Help You Get There.



Visit us online, contact a Business Banker, or stop by a branch to get started.



TorringtonSavings.Bank/Business (860) 496-4495



Chamber Member **IN THE SPOTLIGHT**

CharterOak STATE COLLEGE

A Higher Degree of Online Learning

Celebrating 50 years, Charter Oak State College (www.CharterOak.edu), Connecticut's only fully ONLINE public college is known for offering working adults an affordable, accredited, and flexible path toward earning a degree or certificate. It offers Bachelor's, Master's, and Certificate programs.

The career-focused programs, led by expert program directors and faculty, include Business Administration, Human Resources Management, Nursing, Social Work, Public Safety Administration, Criminal Justice, Early Childhood Education, Health Information Management, Health Care Administration, Cyber Security, Certificates and more! Master's degrees are offered in Organizational Leadership, Health Informatics, and Health Care Administration.

Students enjoy online courses taken with their peers, supportive advisors, flexible credit transfer, financial aid as well

as credit for credentials. From Bachelor's to Master's to Certificates, we have something for everyone!

Formed in 1973 by the Connecticut State Legislature, Charter Oak originally served adult learners with flexible approaches to credit aggregation as they reentered the workforce. The College piloted such new ideas as portfolios for credit, credit for non-collegiate credentials (e.g., Red Cross, Police training programs), as well as testing for credit, and generous credit transfer policies.

Today, Charter Oak is a nationally recognized, accredited, online public college that continues to offer busy, adult students a low cost, fast path to a college degree. Charter Oak State College is accredited by the New England Commission of Higher Education (NECHE) and governed by the Connecticut Board of Regents for Higher Education.

Learn more about the College at www.CharterOak.edu or attend one of their regularly scheduled Open House events (via Zoom). Contact Admissions at 860-515-3701, admissions@charteroak.edu. Employers contact Nancy Taylor, Director, Workforce Development at 860-515-3863 for a consultation of your business needs.

Testimonials




★★★★★

Member Testimonial

“The Chamber is a wonderful source of information, offering businesses so many different resources, and I am very appreciative of the responsiveness of your office to any inquiries or requests whenever I have called.”

Yvonne Gilyard Reynolds
Merritt Clarke's Store
Bantam




★★★★★

Member Testimonial

“In my 30 years of working with various organizations throughout Connecticut I am the most impressed with the way the Northwest Chamber brings people and businesses together. The staff is professional and always willing to help. Your connection to the community inspires folks to get involved. I look forward to being a member for years to come.”

Bob Twombly | Account Executive
Brooks, Todd & McNeil Insurance

Member **NEWS**

M&T Bank

We are honored to present Leigh Balcom, Vice President, Financial Crimes Manager at M&T Bank.

Fraud & Cyber Security Threats to Business Seminar



August 1st, 2023

3:00pm - 4:30pm

Chamber of Commerce of Northwest Connecticut, Inc.

59 Field Street, Suite 120. Torrington, CT 06790

Drinks & Light Snacks will be Provided

Topics: Trends in Fraud. Best Practices to Safeguard Your Company Data.

Current Fraud Landscape

M&T Bank

©2023 M&T Bank. Member FDIC.

[**Click HERE to Register**](#)

Member NEWS**SUMMER is Not Over Yet!**

We Have MAIL-A-MAP Street Maps:

- Burlington & Harwinton
- Cornwall & Goshen
- Kent, Sharon & Warren
- Granby & Hartland
- Litchfield, Bantam & Morris
- New Hartford & Barkhamsted
- Salisbury, Canaan & North Canaan
- Thomaston & Plymouth
- Torrington
- Washington & Roxbury
- Winchester, Winsted, Colebrook, Norfolk

Stop by our Chamber to pick one up. To view these maps and more online, please visit: mailamap.com. Specialty theme maps available online as well: Craft Beer Map, Motorcycle Touring Map & Museum Map.

**NORTHWEST STARTUP
HAPPY HOUR**

*A place for
entrepreneurs
and the like*

**CONNECT - RELAX
NETWORK - REFRESH**
1st Wednesday, each month

5-7PM | SALT 2.0 | 84 MAIN STREET | TORRINGTON

Contact John Fiorello for Details
860-738-6444

<https://www.nwcc.edu/entrepreneurial-center-northwest-connecticut/>

Premier MEMBERS

Brandywine Living at Litchfield

Commercial Sewing, Inc.

Cook Funeral Home

Eversource Energy

Keystone Place at Newbury Brook

Seitz, LLC

Senior Advocate Services

T&M Building Company, Inc.

and Torrington Downtown Partners

UCE Fine Builders

Webster Bank

Welcome New Members

Szepanski Machine Services, LLC

<https://machineservices860.business.site/>

Thomaston Public Library

www.thomastonlibrary.org



ARE YOU STILL BEHIND ON YOUR MORTGAGE, CONDOMINIUM FEES, OR TAXES? ARE YOU AT RISK OF FORECLOSURE?

If you received assistance in the past or have recently fell behind on payments, there is funding available through the Connecticut Housing Finance Authority and The WorkPlace that can help if you qualify.

PLEASE GIVE US A CALL OR REGISTER TO FIND OUT MORE TODAY!

**MORTGAGE CRISIS
JOB TRAINING
PROGRAM**

REGISTER



Keep Your Home By Getting Employment Assistance And The Skills You Need

Earning More Could Be The Solution

The Mortgage Crisis Job Training Program is a unique solution offering eligible homeowners an opportunity to increase their earnings and become more financially stable.

The Mortgage Crisis Job Training Program is a WorkPlace Opportunity in partnership with the Connecticut Housing Finance Authority (CHFA), Capital Workforce Partners, and Connecticut's workforce system. It is an equal opportunity program and auxiliary aids and services are available upon request to individuals with disabilities.



Homeowners May Apply For Up To \$50,000 In Grant Assistance

MyHomeCT can help if you've been impacted by COVID-19 and need assistance with your mortgage and other housing related expenses.

The assistance is meant to cure and/or prevent mortgage and housing related delinquencies and foreclosure.

The CT Department of Housing is the responsible entity for the program, and has designated the Connecticut Housing Finance Authority (CHFA) to administer it on its behalf. This project is being supported, in whole or in part, by federal award number HAFF-0206 awarded to Connecticut by the U.S. Department of the Treasury.

1/2023

The WorkPlace
1000 Lafayette Blvd, Suite 501, Bridgeport, CT 06604
203-610-8500 or Toll Free 1-866-683-1682
www.workplace.org

The WorkPlace
»» Think it forward.

SALISBURY BANK'S 175 ACTS OF KINDNESS CAMPAIGN DISTRIBUTES \$10,000 THROUGHOUT LOCAL COMMUNITIES

Salisbury Bank is pleased to announce that in honor of the Bank's 175-year history, our employees participated in a 175 Acts of Kindness Campaign. In total, employees gave out \$10,000 in cash during the months of April, May and June through various random acts of kindness.

Rick Cantele, Salisbury's President and Chief Executive Officer said, "Acts of kindness spread happiness and contribute to a more positive community. Our employees were excited to be given the autonomy to distribute funds in a way that was meaningful to them and we hope that it will encourage others to repeat the good deeds they may have experienced themselves."

A few of the ways our employees used the funds and paid it forward:

- Taped an envelope of money to a pack of diapers and a container of formula at the grocery store
- Given to a child care center so their staff could enjoy a pizza party

- Several employees pooled their funds to help with a campaign to build a wheelchair-accessible home for a paraplegic
- Paid for the next order in line at a drive-thru
- Precision screwdriver kits were purchased and donated to a repair cafe allowing high school students to disassemble and reassemble a laptop
- Helped someone who was torn between getting groceries or putting gas in their car

Salisbury Bank is a full-service community bank headquartered in Lakeville, Connecticut and presently operates full service branches in Canaan, Lakeville, Salisbury, and Sharon, Connecticut; Great Barrington, Sheffield, and South Egremont, Massachusetts; as well as Dover Plains, Fishkill, Millerton, New Paltz, Newburgh, and Poughkeepsie, New York. The Bank has been serving families and businesses for 175 years and offers a full range of consumer and business banking products and services as well as trust and investment services.



TEEN DAY TRIP TO SIX FLAGS

Join Litchfield Community Center for a trip to Six Flags New England on Tuesday, August 1st. This trip is open to teens ages 13-17 ONLY! LCC Van will depart at 9:00 AM. We will be leaving the park and heading back to LCC around 7pm and get back at approximately 8pm!

Cost is \$60 per person / * pre registration & payment is required online here:

<https://thecommunitycenter.org/event.php?Id=16929> This trip is non refundable after payment is made!

SUMMER SUNSET CONCERT: IVAN POLYANSKIY JAZZ QUINTET

Litchfield Community Center Summer Sunset Concert Series under the tent continues on Friday, Aug 11, 2023 with Ivan Polyanskiy Jazz Quintet - all the way from NYC! Music is from 7:00pm – 9:00pm. Ice cream will be available for purchase from the Litchfield Scouts! *Feel Free to BYOB & Bring your own picnic* BYOB and Lawn chair. No charge - free will offerings will be welcome! Grounds open 6 p.m. (Concert will be held indoors if weather is inclement). * pre registration is encouraged here: <https://thecommunitycenter.org/event.php?id=16797>

MOVIE MONDAYS (1:00 PM at the Community Center)

Aug. 7: The Son~PG13

Aug. 14: Stronger~R

Aug. 21: Benjamin Button~PG13

Aug. 28: CLOSED for maintenance

Chamber **NEWS****Young Professionals Organization**

The NWCT Chamber Young Professionals Organization invites local young professionals, ages 21-40, to our next networking event:

Wednesday, August 9th 5:30 PM - 7:30 PM
Litchfield County Axe House
437 S Main Street, Thomaston, CT

***A door-prize drawing will be held
at 7 PM for a winner of a
\$50 gift card to the Axe House!***

For more information, contact the Chamber at 860-482-6586 or Info@nwctchamberofcommerce.org

YPO is sponsored by  Conquest **creativity. marketing. technology.**

[Click HERE to Register](#)

The Northwest Connecticut Chamber of Commerce created the Young Professionals Organization to support and expand the population of young professionals in our region through networking, community involvement and professional development. The Young Professionals Organization is sponsored by our marketing communications agency, Conquest.

The ultimate goal is to make Northwest Connecticut an inviting and attractive place in which young professionals can live and work. The Chamber recognizes that businesses, state and local governments, civic organizations and the community at large rely on young people to succeed their predecessors in leadership roles. Without lead-

ers to fill vacancies or offer fresh ideas, our region will struggle to remain competitive.

The Chamber's Young Professionals Organization helps men and women in their twenties and thirties develop a peer network and plant roots in the community. This is accomplished through social networking events at local businesses, providing professional development seminars, community service opportunities, and other activities.

For more information, contact Karen Kuhl at 860-482-6586 or karen@nwctchamberofcommerce.org.



**BUSINESS
with
BREAKFAST**

Join us at our morning roundtable discussion

BUSINESS *with* BREAKFAST

Enjoy easy networking over a light breakfast. Each attendee will then give a 30-second “commercial” for their business followed by a brief presentation by our host.

Tuesday, August 22, 8:00 a.m.



Hosted by

Cadco, Ltd.

200 International Way, Winsted

RSVP at <https://nwctchamberofcommerce.org/calendar/>

ServiceMaster Albino and Young Professionals Join Forces to Help Fill the Van with Backpacks and School Supplies



ServiceMaster Albino hosted a “fill the van event” on July 20th at Clocktown Brewery in Thomaston. This event was co-sponsored by our Chamber. Many chamber members attended to support the drive and network. Our Young Professionals Organization also met at the Brewery that evening; members received a beer ticket in exchange for a backpack filled with school supplies. If you would like to donate, the Backpack Drive ends on Tuesday August 1st. Items can be dropped off at the Chamber or purchased online:

<https://bit.ly/albinoschoolsupply>

If you would like more details on the backpack drive, email amanda@smalbino.com



Chamber NEWS

Business After Hours at Green Woods Country Club



A delightful display of assorted cheeses, crackers, and fruits were among the buffet items at our Business After Hours on July 13th, hosted by Green Woods Country Club. Home to "Catered by Gia", who recently catered our Chamber's Celebration of Success event, we were served various delectable hors d'oeuvres by Gia and her wait staff.

This year, Green Woods Country Club is celebrating their 120th Anniversary. To celebrate, they are offering a special rate of 50% off plus 25% off regular membership prices for Chamber members through 8/31/23.

To host a Business After Hours at your business, please call Karen Kuhl at 860-482-6586 or email her at karen@nwctchamberofcommerce.org



Business with Breakfast at our Chamber



Coffee, bagels with cream cheese, doughnuts, fruit, and water were the delicious fare at our Business with Breakfast, held

on Tuesday, July 25th at our Chamber office. Members shared about their businesses and upcoming events. We always

learn something new about our members at these networking events. We hope you all can join us at our next calendar event.

Committee Reports

Government Relations:

The Government Relations Committee will NOT be meeting this month.

The Government Relations Committee of Northwest Connecticut's Chamber of Commerce meets on the second Thursday of the month. The Committee works closely with the Chamber's lobbyist, Mike Rell, following the activities of the State Legislature.

The Committee develops an annual Legislative Agenda which is furnished to the Chamber's Board of Directors for their approval and then presented to the State Legislative Delegation from the Northwest Corner. The Agenda reviews those issues that are priorities to the business community of Northwest Connecticut.

The Government Relations Committee also works with the Chamber staff to host the Candidate's Forum, Legislative Reception, and the Connecticut Business Day.

To be added to the Government Relations Committee, please contact Sharon Kunay at 860-482-6586 or email Info@nwctchamberofcommerce.org.

Health Council:

Health Council will NOT be meeting this month.

The Health Council, a peer group comprised primarily of individuals and companies involved in healthcare in Northwest Connecticut, meets the 3rd Wednesday of every month. Meetings focus on specific areas of interest, including: employee recruitment and retention, workforce development, on-the-job training programs and grants, legislative updates that affect the health care industry, facility tours and more.

To be added to the Health Council, please contact Sharon Kunay at 860-482-6586 or email Info@nwctchamberofcommerce.org.

School to Career Committee:

- After a few years without a School to Career committee we are looking to restart that group.
- We are looking for one or more representatives from all of our high schools in the region. Superintendents have been asked to identify reps.
- The committee will begin meeting in September, where we will begin reviewing the agenda for the year. A focus on growing our dual enrollment opportunities between Northwestern and our area high schools will be one of our focus areas.
- To be added to the School to Career Committee, please contact Sharon Kunay at 860-482-6586 or email Info@nwctchamberofcommerce.org.

Membership Committee:

The Membership Committee will NOT be meeting this month.

Northwest Connecticut Chamber of Commerce's Membership Committee is a group of dedicated individuals who assist the Chamber staff throughout the year. Under the Membership Committee umbrella, there are three distinct groups: Member Ambassadors, Hospitality and Community Representatives.

To join the Membership Committee, please contact Sharon Kunay at 860-482-6586 or email Info@nwctchamberofcommerce.org.

News and NOTES



Litchfield County Center for Housing Opportunity (LCCHO) facilitates a coordinated, regional response to address housing affordability in Litchfield County.

LCCHO aligns and delivers critical resources, data, and technical assistance to municipalities and nonprofit housing organizations including:

- Community engagement, education, and advocacy
- Capacity building support
- Housing plan implementation assistance
- Collective impact approach

“An Investment in the Community”

At LCCHO, we believe housing is an investment in our communities that will pay dividends now and into the future. Providing a range of housing opportunities for all income levels, ages, abilities, and household sizes will make our communities stronger and more resilient.

Housing opportunity is foundational to attracting and retaining the workforce we need and fostering a healthy regional economy.

For more information, please visit: <https://cthousingopportunity.org/lccho>

Please Help Your Community by taking this brief survey

[Community Voice: Qualitative Survey \(surveymonkey.com\)](https://survey.monkey.com)

Thank you for your support!



Upcoming **CHAMBER MEETINGS & EVENTS**

Aug. 1 - Small Business Council - **POSTPONED**

Aug. 1 - Seminar - Fraud and Cyber Threats to Business in a Remote Environment [*Presented By:* Leigh Balcom, VP Financial Crimes Manager at M&T Bank] at the NW CT Chamber, 59 Field Street, Suite 120, Torrington, 3:00-4:30 PM

Aug. 2 - Wow Advisory Committee - 9 AM

Aug. 3 - Membership Committee - **POSTPONED**

Aug. 9 - Leads II - 12 PM

Aug. 9 - Young Professionals Networking Night @ Litchfield County Axe House, 437 S Main St, Thomaston, 5:30-7:30 PM

Aug. 10 - Government Relations Comm. - **POSTPONED**

Aug. 14 - Leads I - 12 PM

Aug. 16 - Health Council - **POSTPONED**

Aug. 22 - Business with Breakfast—@ Cadco Ltd., 200 International Way, Winsted, 8-9 AM

Aug. 23 - Leads II - 12 PM

Aug. 24 - Board of Directors Meeting - **POSTPONED**

Aug. 28 - Leads I - 12 PM

For more Info, see our website calendar of events:
<https://nwctchamberofcommerce.org/calendar/>

Save the Date

Sept. 7 - Business After Hours @ Geppetto ~ Osteria e Bisteccheria, Torrington, 5-7 PM

October 6 - WOW! Forum, Warner Theatre, 82 Main Street, Torrington, 7:45 AM - 4:30 PM

October 26 - Great Business Showcase @ Torrington Armory, 4-7 PM

December 7 - Annual Holiday Party @ Brandywine Living of Litchfield, 5-8 PM

Newsletter Submissions:

Please send us your newsletter submissions by the 15th of the month. Beyond that date, we cannot guarantee that it will be in the following month's edition.

Thank you.