



HighlandGriffith
CHAMBER OF COMMERCE

Promoting Good Business

Member Happenings

HIGHLANDGRIFFITHCHAMBER.COM

Public Welcome



Town Theatre Presentation Meeting

Date: Monday, January 23, 2017

Time: 7:00 pm @ the Lincoln Center
Banquet Facility
2450 Lincoln Street, Highland, IN



ARE YOU IN PAIN?

*HAVE YOU BEEN SUFFERING FOR
A LONG TIME WITHOUT RELIEF?*

NON -OPIOID MANAGEMENT OF CHRONIC PAIN:

Wednesday, Jan 25 • 6:30 - 8 pm

Fitness Pointe Conference Rooms



Shaun Kondamuri, MD
Anesthesiologist/
Pain Management



Jan Duncker, DPT, OCS
Physical Therapist

Board Certified Anesthesiologist/Pain Management Specialist and Community Healthcare Partner Shaun Kondamuri, MD, will discuss Non-Opioid Management of Chronic Pain.

Physical Therapist Jan Duncker, DPT, OCS, will complement Dr. Kondamuri's presentation with current evidence based physical therapy and exercise treatment options.

***FREE! REGISTRATION IS REQUIRED.
TO REGISTER, CALL 219-836-3477 or 1-866-836-3477.***

Subject: January 25th Community Health Fair at Brightwood College

We have had your organization out to our school in the past for events, and we are in the planning stages for another event. We will be holding a Community Health Fair to take place on January 25 at 10am- 1pm.

We would be excited to have you out once again to participate in a Brightwood College Event.

The goal of this event is to promote student and community wellness

Ways to participate:

- Information Table (3 hour event)
- Provide information to be put into the event bags
- Display event poster in your business/email blast (Flyers have been attached)

This event is free to all vendors and participants.

If you are interested please contact Daniele Mitchell at 219-844-0100 or email at Daniele.mitchell@brightwoodcollege.edu

DANIELE MITCHELL
Campus Administrator
Brightwood College
7833 Indianapolis Blvd.
Hammond, IN 46324
P 219 989 5046

COMMUNITY HEALTH FAIR

January 25th 10:00am - 1pm



Bring your family and friends to this free and fun event to kick off the new year!

- FREE health screenings
- Nutritional Information
- FREE Chair Massage
- Dental Hygiene Demonstrations
- FREE "Intro to Yoga" mini-sessions
- Blood pressure and blood sugar checks

- Chance to win a Fitbit Zip
- Free refreshments
- Free water bottle to the first 100 guests

#ahealthyBW



Brightwood College

Brightwood College
7833 Indianapolis Blvd
Hammond, IN 46324
219-844-0100



Give Kids A Smile Day!



January 30th - February 2nd from 8am-7pm*



NorthShore Health Centers along with thousands of dentists across the country take time to help underserved children get the oral health care they need.

 **FREE Examination**

 **FREE X-Rays**

 **FREE Cleaning**

 **FREE Electric Spin Brush
& Toothpaste**

Children Ages 3 - 16

Must Be Uninsured &
New Dental Patient to NorthShore



Appointment required. Space is limited.

***Hours Vary By Location:**

6450 US Highway 6, Portage
3099 Central Ave., Lake Station
6091 Broadway, Merrillville
6920 Indianapolis Blvd, Hammond

(219) 763-8112 or

Toll free: (888) 313-8557

www.northshorehealth.org





JOB FAIR



**Comfort
Keepers®**

TUESDAY

January 31st, 2017

9AM-1PM

8715 Kennedy Avenue

Highland, IN

219-838-0808



We are once again going to sell the **SimpleQPon Books** for a Fundraiser. The books are still selling for \$20 each. Treasured Friends gets to keep \$10 from the sale of each book. The coupon book is full of restaurant coupons and some other miscellaneous coupons for Northwest Indiana. They are good until December of 2017. We can accept cash, personal checks made payable to Treasured Friends or a credit card at Petsmart only with a \$1 service fee. If you would be interested in buying one or selling some, please let me know. Call or text me at 219-743-7322. Please help us raise some money to help our furry friends!

Treasured Friends Animal Adoption and Rescue
P.O. Box 9234
Highland, IN 46322

Highland Community Crime Watch
Highland Police Department
3315 Ridge Road
Highland IN 46322
838-3184



Dear Business Owner,

This letter is being sent on behalf of the Highland Police Department's Community Crime Watch coordinators, Officer Brandon Norris and Officer Shawn Anderson. The Crime Watch program has been in existence with the Highland Police Department since the early 70's with various meetings being held and activities such as the Night Out Against Crime. Officer's Norris and Anderson took over the Crime Watch Program in 2008 after the program appeared to lose interest. Presently, the Crime Watch Program coordinators hold meetings every other month (January, March, May, July, September, and November) on the second Wednesday. Meetings have been held at the Highland Branch library however, beginning in March they will be held at our new public safety facility. Each meeting consists of discussing current crime statistics and hearing citizen concerns. Also, included in each meeting is a special topic or guest speaker. Previous topics included identity theft, burglary prevention, and drugs/gangs. Also as part of the meeting coordinators hand out door prizes to those in attendance. We as coordinators are asking if your business would be willing to issue a gift certificate in a small monetary amount (\$5.00 for example) to be used as a door prize at our remaining meetings. We would greatly appreciate any gift certificates you would be willing to donate in any monetary amount. We as coordinators would also announce at the meeting your business as a supporter of the Crime Watch Program. If your business would be able to donate you may contact either of us at 838-3184 or via email at bnorris@highland.in.gov or sanderson@highland.in.gov.

Thank you again for your continued support!

Sincerely,

Shawn Anderson

Brandon Norris

Win a Fitbit Flex 2!

DON'T WAIT UNTIL YOU ARE SICK

See your doctor annually to help prevent illness including getting your flu shot each year and annual mammograms for women.

DRINK PLENTY OF WATER

Water not only keeps us hydrated but also keeps a normal body temperature, lubricates and cushions joints, protect our spinal cord and other sensitive tissues and eliminates waste.

GET ENOUGH SLEEP


Insufficient sleep is associated with a number of chronic diseases and conditions—such as diabetes, cardiovascular disease, obesity, and depression. Lack of sleep causes mental and physical stress and also increases cortisol and insulin, promoting fat storage and making it harder to lose weight.

EAT BETTER

Avoid bad eating habits such as eating too fast, always cleaning your plate, eating when not hungry, eating while standing up or rushed, always eating dessert, and skipping meals especially breakfast. Stick to foods that keep you full and always get at least 5 servings of fruits and vegetables a day.

KEEP YOUR TEETH HEALTHY

Poor teeth and gum health can also affect our overall physical health. Remember 2, 2, 2. Brush 2 times a day for 2 minutes and go to the dentist 2 times a year.



NorthShore can help you achieve these and more of your healthcare goals. Schedule your appointment in January and receive a chance to win a Fitbit Flex 2.

WALK MORE

The CDC recommends 2 hours & 30 minutes of moderate-intensity aerobic activity each week. If you don't care for the gym, 10,000 steps a day is equivalent to approximately 5 miles or 30 minutes of exercise a day. Take a walk on your break, choose a farther parking spot, get up every hour to take a quick walk around the office or walk up and down every aisle at the grocery store even if you are only stopping for a few things.

Locations in Portage, Lake Station,
Chesterton, Hammond, and Merrillville

219-763-8112 or toll free: 888-313-8557

www.northshorehealth.org

SAT FEBRUARY 4, 2017

NOON - 3 PM

LANGEL'S PIZZA

HIGHWAY AVE

HIGHLAND, IN

Come join local
pet-businesses and
Langel's Pizza help
the Humane Society
Calumet Area with
our Pizza For Paws
fundraiser!

Bring the family, have
some fun (and pizza!)
and help the shelter
animals!

Pizza for Paws



A portion of the
proceeds will
benefit the
Humane Society
Calumet Area



Sponsored by:

Langel's Pizza (Highland)

The Hydrant (dog grooming)

Pooch's Palate (dog bakery)

The Pet Parlor (pet sitting)

Fetch Portraits (pet photography)

Laurie Tuttle DogTraining

20 | RW | CODY BEACH

**Sponsored by Frank J. Mrvan
North Township Trustee**

CHICAGO WOLVES

HUNGRY FOR MORE



Allstate | arena

Saturday, February 4th

Game starts @ 7 p.m.

\$35 per person (includes game ticket & bus ride)

**Coach Bus from Wicker Park Clubhouse
Highland, IN @ 5:00 p.m.!!**

For ticket info, call 219-932-2530 x331. Space is limited so call now!!



Friends and Family Sweetheart Dance

*Mothers, Fathers, Daughters, Sons, Brothers, Sisters, Uncles, Aunts, Nieces,
Nephews, Grandparents, Cousins, Friends or Neighbors are welcome*

Saturday, February 11, 2017

4-6 p.m.

Wicker Memorial Park Clubhouse

2215 Ridge Road, Highland, IN

For Children Ages 3-12 years old

Admission-\$5 per couple/\$3 each additional child

Admission includes food, soft drinks, dancing, craft, games & prizes

Reservations are required by calling 219-932-2530 x331

Hosted by North Township Trustee, Frank J. Mrwan

*Happy
Valentine's
Day*

*Happy
Valentine's
Day*

FUNDRAISING FUN 2017



BOWLING

BENEFITING TRADEWIND'S
RESIDENTIAL SERVICES

GRAB A THREESOME & HEAD TO

STARDUST II

FOR A FUN-FILLED EVENT

3925 EAST LINCOLN HIGHWAY | MERRILLVILLE, IN

MONDAY, FEBRUARY 13th
6:00 pm to 9:00 pm



\$125

INDIVIDUAL

\$300

**THREESOME PLUS
TRADEWINDS PARTICIPANT**

REGISTER TODAY! Contact Deb Kiefer today! Call (219) 945-3128 or email events@tradewindservices.org

FUNDRAISING FUN

2017



BOWLING

BENEFITING TRADEWIND'S RESIDENTIAL SERVICES

MONDAY, FEBRUARY 13th 6:00 pm to 9:00 pm

Since the 1940s, TradeWinds has empowered individuals with special needs to realize their full potential. Help us fulfill our mission by supporting this fun-filled event benefiting our Residential Services for our adult participants.

Turkey Package

\$1000

- Two teams of threesomes receiving all benefits listed in Lucky Strike Package below
- Enhanced signage at the event – your name or logo appearing on promotional materials plus prominently displayed throughout the event
- Listing on TradeWinds website, appearing on the homepage's animated slider and click-thru event registration page.
- Logo on official event T-shirt

Lucky Strike Package

\$300

- Each team has three bowlers and one TradeWinds Participant
- Team name signage on your lane
- Each bowler receives an event T-shirt
- Food and one drink ticket will be provided



REGISTER BY FEBRUARY 1, 2017

SPONSORSHIP QUESTIONS? Contact Deb Kiefer today! Call (219) 945-3128 or email events@tradewindservices.org

FUNDRAISING FUN

2017



BOWLING

BENEFITING TRADEWIND'S
RESIDENTIAL SERVICES

☐ I'm in! Count on me as a supporter of
TradeWinds' Annual Bowling Fundraiser.

MONDAY FEBRUARY 13, 2017 6:00 - 9:00 PM

Contact Name _____

Phone Number (____) _____

Email _____

Names of Bowlers in Threesome:

1. _____ Shirt Size _____

2. _____ Shirt Size _____

3. _____ Shirt Size _____

☐ We cannot attend, but please accept this gift of \$ _____
and list us as an underwriter for the event.

☐ Enclosed, please find my check made payable to:
TradeWinds Services / 3198 East 83rd Place / Merrillville, IN 46410

☐ Please charge \$ _____ to the following credit card:

☐ MasterCard ☐ Visa Credit Card Zip Code _____

Credit Card Number _____

Expiration Date _____ CVC Code _____

Signature of Card Holder _____

\$125

INDIVIDUAL

\$300

THREESOME
+TRADEWINDS PARTICIPANT



TradeWinds Services, Inc. is exempt from Federal Income Tax under section 501(c)(3) of the Internal Revenue code and contributions are tax deductible to the extent of the law.

REGISTER BY FEBRUARY 1, 2017 Contact Deb Kiefer today! Call (219) 945-3128 or email events@tradewindservices.org.

**FRANK LYMAN®
DESIGN**



Elizabeth Woodbury

OWNER OF:

Elizabeth Fashions



AND



invite you to our 1st Spring 2017 Trunk Show:

Exclusively featuring styles from:

FRANK LYMAN DESIGN

Wednesday, February 15th to Wednesday, February 22nd

12:00 Noon to 6:00 P.M.

at our Office:

2927 Jewett Avenue

Highland, Indiana 46322

219-237-2342

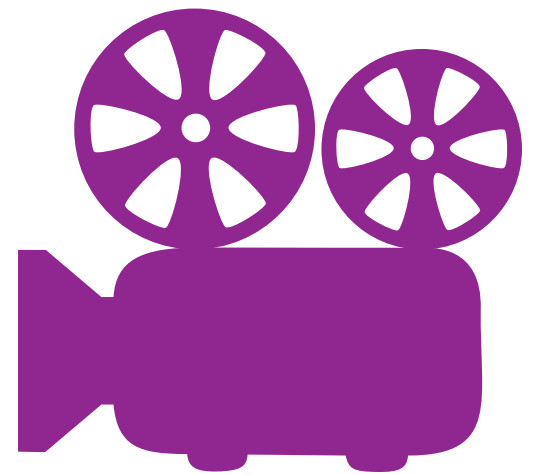
(Refreshments will be served.)

ALL proceeds from this event go to help fund NWI Parkinsons' locally sponsored support groups, classes and educational symposiums.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

POP ON OVER FOR A FREE MOVIE NIGHT



Family Movie Night HAMMOND FAMILY YMCA

Join us as we show 'The Princess Bride' on Friday, February 24th at 6pm in our gym. Limited seating will be available but everyone is welcome to bring a blanket or chair. Snacks will be available for purchase.

WHEN: Friday, February 24
TIME: 6pm
FEE: Free to the community
LOCATION: HAMMOND FAMILY YMCA
7322 Southeastern Ave.
Hammond, IN 46324
hammondareaymca.org

