



# MEMBER CONNECTION

October 2008

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## ANNUAL DINNER RESERVATIONS STILL AVAILABLE

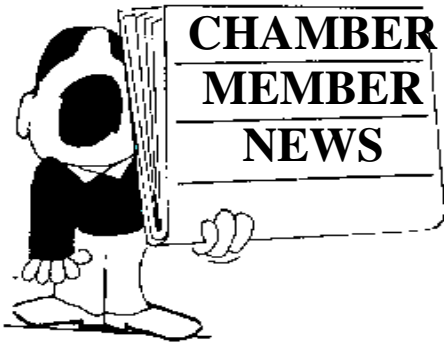
The Annual Dinner Committee of the Wabash County Chamber of Commerce announces that there are still a few reservations available for the Chamber's 67<sup>th</sup> Annual Dinner Meeting to be held Thursday, October 16, 2008, at the Honeywell Center. At 6:30 p.m., Emcee Steve Hentgen will kick-off the evening with a special welcome, followed by the invocation given by Pastor Rick Borgman, Lagro United Methodist Church. Attendees will then enjoy Chef Harry Kilmer's delicious duet entree of Petite Top Sirloin Steak and Cranberry & Sage Stuffed Chicken. As we move to the comfort of the auditorium, the gavel of Chamber leadership is passed. One

of the highlights of the evening will be the presentation of the 2008 Business of the Year Award to Midwest Eye Consultants, LLC, followed by nationally renowned entertainer Damian Mason. The evening will also include the presentation of the 2008 Distinguished Citizen Award by 2007 recipient Dee Byerly. The Chamber encourages all Past Businesses of the Year, Past Presidents/Chairs and Past Distinguished Citizens to attend as we recognize their leadership contributions. The event is open to the public. Premier sponsors for the event are Crossroads Bank, Marchon Eyewear, Inc. Troy Eads Excavating, and Gaunt & Son Asphalt. Supporting sponsors include Mutual Bank, 'the paper' of Wabash County, Elmer's Electric Service, Quality Electric, Beacon Credit Union, Wabash Electric, Intrasect Technologies, Johnson Brothers Signs, Duke Energy, Rick & Nancy Fisher, NIPSCO, Wayne's Coatings, and Johnson & Johnson. Reservations may be made online at [www.wabashchamber.org](http://www.wabashchamber.org) or by calling the Chamber at 260.563.1168, stopping in the office at 210 S. Wabash Street, or e-mailing [info@wabashchamber.org](mailto:info@wabashchamber.org).



### Premier Sponsors





Please route this newsletter to the other staff in your business to keep them up-to-date on services, functions and programs available to all employees of our member companies!

**Wabash County Hospital** is extremely pleased to announce the opening of a new physician office. **Wabash Family Medicine** – Dr. Jamie Lindsay, Debbie Waldon, CMA and Andrea Olsen, receptionist – is located in the lower level of the hospital. Dr. Lindsay graduated *magna cum laude* with a Bachelor of Science degree in Biology from Austin Peay State University. She then received her medical degree from the University of North Texas. After successfully completing her family practice residency in Texas, Dr. Lindsay decided to return to her roots (and large family in the area) and begin her medical career. She and her husband, Bryce, have three young children. Dr. Lindsay is accepting new patients of all ages (newborns to geriatrics) on an individual basis. For more information or to schedule an appointment, call Wabash Family Medicine at **260.569.2302**.

**Stephen S. Thomas has joined Manchester College** as director of gift & estate planning. He will assist donors with their long-term financial planning and estate plans. Thomas previously was director of planned giving for Kiwanis International Foundation and for St. Vincent Hospital Foundation, both in Indianapolis. He holds a Law Degree from Indiana University School of Law and a Bachelor's Degree in economics from Ball State University.



**BREAKAWAY Bike & Fitness Shop** is now a dealer for the Day 6 Comfort Bicycles. These bicycles are designed for ultimate rider comfort with a patented ergonomic seat and backrest that provide true lumbar support; upright seating position promotes proper alignment during aerobic function; and high handlebar design to help reduce hand and wrist stress. The backrest adjusts vertically and horizontally without tools. The seat post is further back which allows you to put both feet flat on the ground for excellent stability. It also has a very low step through so those with knee, hip, or back discomfort can mount and dismount easily and safely. If you are serious about comfort, ergonomics, and performance, a Day 6 Bicycle will more than meet your expectations. Come in for a test ride today! **BREAKAWAY Bike & Fitness Shop** is located at 503 North Cass Street in Wabash 260. 225.0219 and 154 North Grant Street in Peru 765.473.3848.

**Peabody Retirement Community's** on-campus, infant and child care programs just completed a State of Indiana annual survey. According to Jeri Lehman, *Program Director*, "On a 100 point scale, Peabody was extremely proud to have received a 98 percent rating for our Blessed Beginnings program and 100 percent rating for our Kid's Kamp programs. Established in 1997, Peabody's programs serve our employees and North Manchester region families. Our total capacity is 45 children ranging from infants (six weeks to one year), toddlers (one and two years old), tikes (two and three years old), pre-school (three and four years old), pre-K (four and five years old), and Kindergarten through sixth grade." The Peabody programs employ 11 full and part-time employees who staff the Monday through Friday services. *Established in 1931, Peabody is fully licensed. The campus located on 32 acres is comprised of a 48 bed Memory Enhancement Center, 144 long term care beds, 124 assisted living residences, and 57 cottage (independent) living homes.* For additional information, call 800.545.6220 or visit [www.peabodyrc.org](http://www.peabodyrc.org).

**The Learn More Center** recently received an anonymous grant that matches donations received \$1-to-\$1 up to \$21,000 until October 31, 2008. These funds were greatly needed and very much appreciated as they come at a crucial time for LMC. "It's getting more difficult for non-profits because of the economy," said Deb Brauneller, LMC director, "but the services we provide are sorely needed to give people the tools they need to have some control over their opportunities and contribute to the community." The grant was administered through the Wabash County Community Foundation and presented to LMC by Community Foundation Executive Director Tracy Trump. LMC provides adult literacy programs, pre-GED and GED preparation, computer instruction, English as a Second Language courses, and help with transitioning to employment/ postsecondary education. For more information on LMC programs or to learn how to contribute, contact Deb Brauneller, [deb@learnmorecenter.org](mailto:deb@learnmorecenter.org) or 260.982.6138.

Darin Hadley announced that **Wells Fargo Bank** was the only United States bank to make the Global Finance Magazine's annual ranking of the World's Safest Banks. These ten banks will be featured in the special October issue. Banks were selected through a comparison of the long-term credit ratings and total assets of the 300 largest banks around the world. Ratings from Moody's, Standard & Poor's and Fitch were used. These banks will be honored at an awards ceremony to be held in Washington D.C. on October 13th to coincide with the World Bank/IMF Annual Meeting. Contact Darin at [Darin.W.Hadley@wellsfargo.com](mailto:Darin.W.Hadley@wellsfargo.com) or telephone 260.563.1116, ext. 230.

**Honeywell Center** announces the following upcoming October events:

Oct 10	Chicago	7:30 p.m.
12	Loretta Lynn	7:00 p.m.
16	Charlotte's Web	10 a.m. & Noon
24	Indianapolis Symphonic Choir	7:30 p.m.
26	REO Speedwagon	7:30 p.m.

Located at 275 W. Market St., Wabash, IN. For ticket information telephone 260.563.1102 or order on the web at [www.honeywellcenter.org](http://www.honeywellcenter.org).

**Bowman's Candy**, 1195 Manchester Ave., invites you to taste-test their latest creations. Not only do they have a wide variety of sweet confections, but they specialize in award winning "sugar-free" treats, as well. Visit them or call to find out about holiday orders, special gifts and more at 260.563.7346, or check out the website: [www.bowmanscandy.net](http://www.bowmanscandy.net).

**Wabash Friends Church** is holding its **2008 Day of Healing on Saturday, November 1**, from 8:30 a.m. to 4:30 p.m. at the Honeywell Center in Wabash. Featuring internationally known psychologist, Dr. Kevin Leman, author of *Birth Order*, and Consulting Family Psychologist to *Good Morning America*, the day promises many opportunities for healing and growth. There are 32 workshops from which participants may choose. Register online at [wabashfriendscounseling.com](http://wabashfriendscounseling.com) or call 260.563.8452 for more information.



## WELCOME NEW MEMBERS

**The Center for Sports and Physical Therapy**, 1310 Manchester Avenue, Wabash, IN 46992  
Phone: 260-563-5630 Fax: 260-563-0157 Contact: Keith Lancaster. The Center for Sports and Physical Therapy provides the most up-to-date and state-of-the-art physical therapy treatments available by a highly qualified and experienced staff. They have been serving Wabash County and surrounding communities since 1991. Their commitment is to provide the most outstanding care in their field while promoting health and wellness to those they serve.

**Herbalife**, 188 West Main Street, Wabash, IN 46992 Phone: 765-469-0379 Email: [gmconahay@leadingincome.com](mailto:gmconahay@leadingincome.com) URL: [www.gregsherbs.com](http://www.gregsherbs.com) Contact: Greg McConahay. Weight Control - Cellular Nutrition - Targeted Health - Anti-Aging Skin Care - Home Based Business Opportunity

**Milliner Printing Company**, 425 South Wabash Street, Wabash, IN 46992 Phone: 260-563-5717  
Email: [timeslava@comcast.net](mailto:timeslava@comcast.net) Contact: Tim Eslava.

**Tax Media Network**, 416 Shoemaker Drive, Carmel, IN 46032 Phone: 317-581-1827 Fax: 317-815-8694 Email: [spsobl@aol.com](mailto:spsobl@aol.com) URL: [www.taxpayerexpert.com](http://www.taxpayerexpert.com) Contact: Stuart Sobel.

## DR. MARVIN WRIGHT, D.D.S., SERVES COMMUNITY FOR 42 YEARS



Always committed to his customers, even Dr. Marvin Wright's letter to his clients announcing the sale of his practice and ensuing retirement, conveys his spirit of concern, "As most of you know, I have wanted to retire for some time, but I wanted to know that *you*, the clientele, would continue to receive quality dental care." Beginning October 24, Dr. Lisa (Duncan) Strieter will take over Dr. Wright's practice.

Dr. Wright received his B.S. Degree in Chemistry in 1963, and received his doctorate from the Indiana University School of Dentistry in 1996. He opened his practice in Wabash on November 2, 1966 at 280 N. Wabash St.; then, moved to 830 Manchester Ave. in 1974, as senior partner of Wabash Dental Group. Finally, in 1981, he moved the practice to its current location at 948 Manchester Avenue. Long a strong supporter of the Wabash Community, Dr. Wright has been actively engaged in many initiatives, and a member of the Wabash Christian Church, the Wabash Optimist Club, the Wabash County Chamber of Commerce, and is a Master Gardener.

His professional associations include Member of the American Dental Association, Indiana Dental Association (past clinical editor and past member and local chair of the State Peer Review Committee), Wabash Valley Dental Association (President in 1969), member of the Academy of General Dentistry (Fellow 1988; Master 1991, State President, 1993-1994; Regional Director (Indiana-Ohio 2001-2002); and American Board of General Dentistry Diplomat, 1994.

Family has been very important to Dr. Wright, as well, as he and Jean (his wife of 46 years) enjoy their three adult children: Nancy Stephens, Wabash; Josef Wright, Wabash; and Jill Denman, Huntington. The Wrights are also blessed with four grandchildren: Sam, Abby, Zach, and Jacey.

What does the future hold? Marvin and Jean hope to travel, but also plan to cultivate their love of gardening by getting their own yard and garden in shape. Marvin says after that, he plans to make more saw dust (woodworking) and Jean wants to take some cooking classes. The Wrights plan to continue living, as he says, "in our great city."

*Editor's Note: We will feature an article on Dr. Strieter for the November newsletter.*

## MEMBERS INVITE YOU TO CHECK OUT THESE FUN THINGS TO SEE AND DO

**Charley Creek Gardens** will host free guided walking tours to the public several times a month over the next few months. Visitors will view changes in the gardens that each season brings and visit the newly installed labyrinth. *These are walking tours only, and visitors are encouraged to dress for the weather. (Tours take place rain or shine.)* Please call 563-1020 for reservations by noon the day before the tour.

Dates from October to December are:

October 10	5-6 p.m.
October 11	9-10 a.m.
October 24	5-6 p.m.
October 25	9-10 a.m.
November 8	9-10 a.m.
November 29	9-10 a.m.
December 13	9-10 a.m.



Saturday,  
Oct. 18, 2008  
Paradise Spring  
Historical Park  
Wabash, IN  
**GATES OPEN  
AT NOON**  
Tasting \$5  
Food Vendors,  
Activities for  
Children, Raffles  
& more

**Wabash County Historical Museum** is hosting a special exhibit on *Homer Davisson: Painter of the Mississinewa* through January 3. The museum will also continue its History Hunters Series with the November featured speaker Jason Kissel, Executive Director of ACRES Land Trust. The series is free to members or included with a paid daily admission fee of \$5/Adults; \$3/Senior (60+), \$3 children (6-12.) Those attending are encouraged to bring a sack lunch to enjoy during the program, which lasts from noon to 1 p.m. Museum hours: Wed. & Thurs – 10 a.m. – 3 p.m.; Fri. & Sat. – 10 a.m. – 5 p.m.; Sun. – 12 Noon – 5 p.m. Tel. 260.563.9070.

## CELEBRATION OF LIGHT TO BE HELD NOVEMBER 21

First Farmers Bank and Trust and 105.9 the Bash announced that this year's Celebration of Light will be held beginning at 6 p.m. on Friday, November 21, at the north side of the Courthouse. Jennifer McConahay will emcee the event and will be joined by Mayor Vanlandingham in passing the light of the season. Music, caroling, the Lighting Ceremony and the arrival of Santa via fire truck, will all be a part of the celebration. Plan to join in this Wabash County pre-holiday tradition.

*Chamber President Note:* ATTENTION MERCHANTS – PLEASE HELP MAKE THIS A SPECIAL EVENING FOR WABASH BY OPENING YOUR DOORS TO THE EVENING SHOPPING and DINING CROWD. WHAT WILL YOU DO TO WELCOME THE PUBLIC TO YOUR BUSINESS? PERHAPS SOMEONE WOULD BE WILLING TO HOST SANTA FOR PHOTOS AND REQUESTS FROM CHILDREN??? LET THE PUBLIC KNOW YOU WANT THEIR BUSINESS—INVITE THEM IN AT THEIR CONVENIENCE!



## **IMPORTANT: HISTORICAL GROUNDBREAKING FOR FINAL SEGMENT OF THE HOOSIER HEARTLAND HIGHWAY**

### **PRESENTERS:**

**GOVERNOR MITCH DANIELS  
INDIANA CONGRESSIONAL DELEGATION  
INDIANA LEGISLATIVE DELEGATION  
HHIC MAYORS ROUND TABLE**

On behalf of the Wabash Chamber of Commerce and as an Executive member of the Hoosier Heartland Industrial Corridor Board, I invite you to a most historic event for our region. Twenty-six years ago, the idea of a 4-lane, divided highway connecting Toledo, Ohio, to Lafayette, Indiana, was born by Wabash visionaries Jack Porter, Glenn Tanner and Phil Magner, Jr. From committee to incorporation, the group kept its vision and grew the idea into reality. On October 22, Governor Mitch Daniels will join us at the 26<sup>th</sup> Annual Meeting of the HHIC to break ground on the final segment of the Indiana corridor.

Due to the significance of this event, both historically and economically, for our county and the region, we will have a bus available to transport attendees from Wabash to the Groundbreaking Ceremony which will be held at the Faith Community Center in LaFayette, IN. Cost for the event is \$10/person and includes lunch, cake cutting and groundbreaking ceremony. The bus will leave at 9 a.m. from the Chamber Offices and return approximately 4:30 p.m.

It is our goal to fill our bus to overflowing with our government and community leaders, business representatives, and citizens. We appreciate the support the Wabash Community has shown this project and encourage you to travel with us as we mark this important occasion. Please let the Chamber know of your intent to join us for this historic event, by contacting us at [info@wabashchamber.org](mailto:info@wabashchamber.org) or calling 260.563.1168.



## **LABOR LAW POSTER UPDATE**

There have been some recent changes in the Labor Law Posters, so we have ordered a limited supply for our members. Complete, updated, laminated sets are available through our office by calling 260.563.1168, email: [info@wabashchamber.org](mailto:info@wabashchamber.org); or stop in and see us. Cost is \$35/set.

## “I’M SPREAD SO THIN YOU CAN SEE THROUGH ME!”



If you’re busier now than you’ve ever been—If your mental to-do list wakes you up in the middle of the night. If you’re drowning in a sea of information and feel like there’s not enough of you to go around...this seminar is for you.

**TUESDAY, OCTOBER 14<sup>TH</sup>**  
**8 a.m. – 12 Noon**  
**Honeywell Center, Wabash, Indiana**

Cost is \$160 per participant which includes \$120 worth of materials. REGISTER ONLINE at [www.wabashchamber.org](http://www.wabashchamber.org); or, email [info@wabashchamber.org](mailto:info@wabashchamber.org) today! This professional workshop is sponsored cooperatively by MSD Wabash County, Manchester Community Schools, Wabash City Schools and Wabash County Chamber of Commerce.

## MARK YOUR CALENDARS NOW FOR THE 2009 EXTRAORDINARY EXPOSITION!

IT’S COMING...FEBRUARY 28 and MARCH 1--This year’s Home and Business Expo will feature a new format including: Food Court, Specialized Booth Areas, Enhanced Attractions, Vendor Networking Event on Saturday Night, as well as old favorites of entertainment and special prize opportunities. Plan to take advantage of this great Vendor to Public and Vendor to Vendor showcase of your business. More details will be coming via mail/email in the near future.

## Business Before Hours



The next **Business Before Hours** will be December 10, 7:00 a.m., at the Honeywell Center, 275 W. Market St., Wabash. The December BBH will mark the 20<sup>th</sup> Anniversary of this very successful program. Plan to come and celebrate with us.

Business Sponsors are **Modoc's Market, Wabash County Solid Waste Management District, Wabash County Historical Museum, Youth Service Bureau, and Bickford Cottage.** The emcee will be **Jeff VanVector, Atlas Building Services.** To make reservations call the Chamber at 260.563.1168, email [beth@wabashchamber.org](mailto:beth@wabashchamber.org) or visit our web site at [www.wabashchamber.org](http://www.wabashchamber.org).

We are currently booking sponsors for 2009. See the attached flyer for more information and contact the Chamber office to reserve your date.

## BUSINESS AFTER Hours

The next Business After Hours is scheduled for November 12, 4:30 - 6:30 p.m. The sponsors will be **Randall Miller & Associates, Wabash County United Fund, and American Red Cross.**



Please plan to visit their 58 West Market Street location between 4:30 and 6:30 p.m. Don't miss this opportunity to tour a unique facility and network with their staff and other business people.

Business After Hours has been a very popular event. Those businesses who have sponsored a BAH have been very pleased with the number of visitors to their facilities. If you would like to sponsor a BAH, please call the Chamber office, 260.563.1168. We are now booking for 2009. See the attached flyer for more information.

## BOARD MEMBERS

2008-2009

Trisha Metzger, Chair  
Crossroads Bank  
Kathy Jones, Chair Elect  
First Farmers Bank & Trust  
Rob Pearson, Vice Chair  
Wabash County REMC  
Doug Mays, Treasurer  
Thermafiber  
Brian Campbell  
Randall Miller & Associates  
Andy Eads, Past Chair  
Huntington Herald Press  
Kimberly Pinkerton, President  
Chamber of Commerce

Celia Briggs  
Wabash City Schools  
Deborah VanMeter  
Huntington University Excel  
Mark Sapusek  
Visionary Web/Computers  
Lance Agness  
Ford Meter Box Company  
Skip Daughtry  
Beauchamp & McSpadden  
Chris Goff  
Judge, Superior Court  
Phil Brown  
Alumitech  
Diane Morris  
Borders & Beyond  
Larry Hoover  
Quality Electric  
Lindsay Barnett  
Midwest Eye Consultants  
Matt Mize  
Tiede, Metz & Downs  
Marlea Dale  
Northwestern Mutual Ins.  
Marilyn Custer-Mitchell  
Wabash County Hospital  
Brad Thurmond  
Ivy Tech Community College

## Upcoming Events



October 14	8:00 a.m. - 12:00 p.m.	Dave Weber Seminar Honeywell Center
October 16	6:30 p.m.	Annual Dinner Meeting Honeywell Center
October 22	11:30 a.m.	HHIC Ground Breaking Celebration Lafayette, Indiana
November 7		Election Day Office Closed
November 12	4:30 - 6:30 p.m.	Business After Hours 58 W. Market Street
November 13	12:00 - 1:00 p.m.	Lunch & Learn Seminar Chamber Conference Room
November 27 & 28		Office Closed

# GOLD MEMBERS

We thank and salute those member businesses who carry GOLD LEVEL status:

**Beacon Credit Union  
Pettit Printing, Inc.  
Crossroads Bank  
Richard Ford  
Bulldog Battery  
Wells Fargo Bank  
Miller's Merry Manor  
First Merchants Bank  
Ford Meter Box Co., Inc.  
First Farmers Bank & Trust  
Kirtlan Automotive Machine & Repair, Inc.  
Physician's Health Plan of Northern Indiana, Inc.  
Dr. James Ford Historic Home  
K & R Office Supply, Inc.  
Indiana American Water Company  
Mutual Federal Savings Bank  
Duke Energy  
Cornerstone Furniture**



Any Wabash County Chamber Member can elevate their membership status to Gold Level by investing an additional \$500 above their regular membership investment. In addition to having their company acknowledged at Chamber events and in publications, Gold Level Members receive \$100 in Chamber Bucks and receive a free large rotating banner ad on the Chamber website.



## PREMIER Networking Event

# Business After Hours

held January, March, May, July, September,  
or November, at your business

### Sponsorship fee - \$150

- Flyer mailed to Chamber members
- News Release
- Article in Chamber newsletter
- Article in Chamber pages in Wabash Plain Dealer
- Listing on Website



### Why Sponsor a BAH

- New Business
- Newly Remodeled
- Offering Community Services
- Customer Appreciation Days
- Just for Fun

### Your Opportunity to

- Display Your Goods & Services
- Offer Tours of Your Facility
- Distribute Your Literature, "freebies," etc.
- Give Door Prizes



**NOW BOOKING DATES FOR 2009**

Contact: Wabash County Chamber of Commerce,  
210 South Wabash Street, PO Box 371  
Wabash, IN 46992

Phone: 260-563-1168  
FAX: 260-563-6920  
Email: [info@wabashchamber.org](mailto:info@wabashchamber.org)

# Business Before Hours

**Sign Up Now!!!**  
**DON'T MISS THIS GREAT**  
**MARKETING OPPORTUNITY!**

As a Sponsor you will receive

- 8' display table
- 5 minutes to talk about your business
- Opportunity to distribute flyers/brochures/freebies
- Chance to meet and greet 80-100 business people in attendance

Business Before Hours is a program of the Wabash County Chamber of Commerce held every other month on the 2<sup>nd</sup> Wednesday, 7:00 - 8:30 a.m., at the Honeywell Center, 275 West Market Street, Wabash, Indiana. This program, which features a full breakfast buffet, offers business people a chance to network and learn what other businesses in the area offer and how they can work together to build a better Wabash business environment.

**Limit 5 sponsors per event**

**Cost: \$75 plus \$7 for each attendee from your business**

**Set-up of Sponsor Displays is 4:00 p.m. the day before the event**

Name: \_\_\_\_\_

Company: \_\_\_\_\_

Street Address: \_\_\_\_\_

City/ST/ZIP \_\_\_\_\_

**Payment Encl.**  Check \$ \_\_\_\_\_  Cash \$ \_\_\_\_\_  Please Invoice \$ \_\_\_\_\_

Please charge my:  Visa  M/C  AmExpress  Discover

Account # \_\_\_\_\_

Exp: \_\_\_\_\_ Security Code: \_\_\_\_\_

Signature: \_\_\_\_\_

**Return to:** Wabash County Chamber of Commerce Phone: 260-563-1168

P.O. Box 371 Wabash, IN 46992 Fax: 260-563-6920

Email: [info@wabashchamber.org](mailto:info@wabashchamber.org)

Please register my business as a sponsor for the following 2009 Business Before Hours

- February 12
- April 15
- June 11
- August 13
- October 15
- December 10



# Wabash County Tobacco Free Coalition

October, 2008 Newsletter

Daniel Gray  
Wabash County  
Coordinator  
563 - 7727  
tobaccofreewabash.com

A Wabash County Youth  
Service Bureau Program,  
United Fund Agency

[tobaccofreewabash@hotmail.com](mailto:tobaccofreewabash@hotmail.com)

## MAKING THE BUSINESS COMMUNITY MORE AWARE



Add the proper signage to your warning signs around your business.

LET US HELP YOU TO BECOME SMOKE-FREE. IT MAKES GOOD BUSINESS SENSE.

### CELEBRATE THE GREAT AMERICAN SMOKE - OUT



Thursday, November 20, 2008

Encourage your employees to consider quitting smoking or using smokeless tobacco.

Some ideas to consider:

- Payroll stuffers
- Employees sign pledges
- Health Fair
- Benefits of Quitting educational sessions during lunch breaks
- Internal contest/ reward incentive

CALL DAN AT 563-7727 for more information



### COSTS OF SECONDHAND SMOKE

- } Responsible for 3,000 lung cancer deaths/yr in nonsmoking adults.
- } 3rd leading cause of preventable death in the U.S., after active smoking and alcohol use, with an estimated 53,000 deaths annually.
- } Workers exposed to secondhand smoke are 34% more likely to get lung cancer.
- } Estimated 37,000 heart disease deaths/yr in nonsmokers due to secondhand smoke.



### What Happens After You Quit Smoking?

#### 20 MINUTES

- Blood pressure drops to normal
- Pulse rate drops to normal
- Body temperature of hands and feet increases to normal

#### 8 HOURS

- Carbon monoxide level in blood drops to normal • Oxygen level in blood increases to normal

#### 24 HOURS

- Chance of heart attack decreases

#### 48 HOURS

- Nerve endings start regrowing
- Ability to smell and taste is enhanced

#### 2 WEEKS TO 3 MONTHS

- Circulation improves
- Walking becomes easier
- Lung function increases up to 30 percent

#### 1 TO 9 MONTHS

- Coughing, sinus congestion, fatigue, and shortness of breath decrease
- Cilia regrow in lungs, increasing their ability to handle mucus, clean the lungs, and reduce infection
- Body's overall energy increases

#### 1 YEAR

- Excess risk of coronary heart disease is half that of a smoker

#### 5 YEARS

- Lung cancer death rate for an average former smoker (one pack a day) decreases by almost half
- Stroke risk is reduced to that of a non-smoker five to 15 years after quitting • Risk of cancer of the mouth, throat, and esophagus is half that of a smoker's

#### 10 YEARS

- Lung cancer death rate is similar to that of a non-smoker
- Precancerous cells are replaced
- Risk of cancer of the mouth, throat, esophagus, bladder, kidney, cervix, and pancreas decreases

#### 15 YEARS

- Risk of coronary heart disease is that of a non-smoker

**IT IS WORTH IT!**



**FREE PAY CHECK STUFFERS!**  
Help Encourage Your Employees To Quit Smoking.

**CESSATION OPPORTUNITIES:**  
Call Wabash County Tobacco Free Coalition for any information or questions you may have.



Evening Cessation Classes are available at Heartland Career Center on November 11 & 18. Call 765-981-4322 for more information.

**ScienceDaily** *Web address:*

<http://www.sciencedaily.com/releases/2007/06/>

Your source for **the** latest research news

## **New Research On Secondhand Smoke Discovers Nonsmoking Workers Immediately Absorb Potent Carcinogen**

ScienceDaily (Jun. 29, 2007) — Offering alarming new evidence on the dangers of permitting smoking in the workplace, scientists have found that nonsmoking restaurant and bar employees absorb a potent carcinogen--not considered safe at any level--while working in places where they had to breathe tobacco smoke from customers and co-workers. The carcinogen, NNK, is found in the body only as a result of using tobacco or breathing secondhand smoke.

In a study to be published in the August 2007 edition of the American Journal of Public Health, investigators at the Multnomah County Health Department and Oregon Department of Human Services report that elevated levels of NNK showed up in the urine of nonsmoking employees shortly after they encountered secondhand smoke during their shifts. Moreover, levels of NNK, which is known to cause lung cancer, increased by 6 percent for each hour of work.

"This is the first study to show increases in NNK as a result of a brief workplace exposure, and that levels of this powerful carcinogen continue to increase the longer the person works in a place where smoking is permitted. NNK is a major cancer causing agent from tobacco products--and workers should not have to be exposed to any dose of this very dangerous chemical," said Michael Stark, PhD, of the Multnomah County Health Department and the study's lead author. "The science shows that the threat of disease from secondhand smoke is no longer a distant threat. The amount of this carcinogen increases even within a single work shift."

In a related study in the same issue of the Journal, experts in public health law note that across the country employers already are being held legally liable for exposing workers to secondhand smoke, even if state or local laws permit workplace smoking. They warn that as scientists continue to provide evidence of harm, employers could soon face a clear choice: either voluntarily ban smoking in their workplace or face an increasing wave of costly legal actions.

"When employers who allow smoking have scientists telling them that as soon as workers get on the job, they're breathing in some of the most dangerous carcinogens around, it's time to think about whether they want to deal with that kind of liability," said Marice Ashe with the Public Health Law Program at the Public Health Institute in Oakland, CA. and the lead author of the legal analysis. **"The science is making it easier and easier to persuade courts to sanction employers who continue to allow smoking."**

### **?COMMON QUESTION?**

Why should I invest in helping an employee quit smoking, when that employee will probably work for someone else in a few years?

The first return on your investment will be increased productivity from your employees. Like those who do not use tobacco, former tobacco users take shorter breaks, use fewer sick days, and are generally more energetic than those who smoke. They also take fewer sick days off to take care of children suffering from respiratory illness exacerbated by secondhand smoke. Human resources executives also notice fewer conflicts between smokers and nonsmokers in a tobacco-free environment.

The issue of employee turnover becomes less significant when tobacco cessation services are a standard of care adopted by the entire community. The Make it Your Business campaign aims to encourage employers and insurers to universally offer tobacco cessation. A move that not only would speed up the return on investment for everyone, but would create consistent clinical pathways, maximizing the ability of all healthcare providers to help tobacco users quit.



# Free Breakfast Seminar

The WorkPlace, Occupational Medicine of Wabash County Hospital, invites Human Resource Managers to attend a FREE breakfast seminar.

Dr. David Lutz, Ft. Wayne Neurological Center, & Jason Winegardner, MSPT, The Rehab Place, will discuss low back pain and how to decrease your risk as an employer.

Date: Tuesday, October 28

Time: 7:00 a.m. Breakfast  
7:20 a.m. Program

Place: The Forum, located in the lower level of Wabash County Hospital.

RSVP: The WorkPlace at 260-569-2425  
or 800-346-2110, ext. 2425.

**THE WORKPLACE**  
OCCUPATIONAL MEDICINE OF WABASH COUNTY HOSPITAL.