



# January 2020



The giant ticket raised on New Year's Eve by GAEF.

20

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# From the Executive Director

Dear Members,

Do you want to more productive this year? How about smarter?, happier, more productive? Would you like your employees to be more productive, smarter, more motivated and happier? Of course you do! What's the secret? Well, for one company, the answer came in the form of implementing a program called 'The First Fifteen Reading Program.'

Imagine walking into the office first thing in the morning, coffee in hand, to no computer screens glowing, no phones or tablets buzzing, and everyone with their nose buried into a real, physical book! Here's The First 15 in a nutshell:

**What?** A program that encourages and allows all firm employees to charge 15 minutes a day to reading a nonfiction book.

**Why?** Improve office morale, foster a culture that embraces lifelong learning, and improve firm production and revenue!

**How?** Provide a library of nonfiction books for firm employees to read for 15 minutes at the start of each work day. It's that simple!

Here's what Chet Buchman, managing partner of Swindoll, Janzen, Hawk & Lloyd, LLC and founder of The First 15 reading program has to say about the program he started. "At my firm, we believe that a key component in overcoming the constantly changing and complex accounting profession is a commitment to helping our team members improve. We believe that our people are our most important asset, and our firm has always fostered a culture of investing in the talent we have to help them grow, and foster a culture of lifelong learning.

There are several different ways in which we do this, including a mentoring program for all staff, specialized training to help team members grow their careers, and continually looking for various opportunities to serve our clients. However, one of the most successful, and unique, programs that our firm has implemented is our reading program. This simple concept allows our team members to read a nonfiction book for the first 15 minutes of every workday and the benefits have proven to be countless."

Even if decide that this method isn't for you or for your team, I like the idea of embracing a non-traditional method for improving efficiency, morale and and productivity. As we enter a new decade against an ever changing and complex landscape, the idea of a) making time; b) building momentum and c) being flexible will position you for success.

Here's to 2020 and beyond.

*Onward and upward,*  
*Georgina*

# **Thank You Renewing Members!**

**Antietam Realty, Inc.**

**CFP&M Insurance Agency**

**Corning Credit Union**

**The Dapper House Barbershop, LLC**

**The Eagle Construction Company**

**Edward Jones-Todd Streett, AAMS®, Financial  
Advisor**

**Greencastle-Antrim Education Foundation**

**Hagerstown Suns**

**Joy El**

**Kuddle Kennels**

**Mi Tierra Linda**

**Negley's Well Drilling, Inc./Negley's Clean Water  
Center**

**New Enterprise Stone & Lime Co., Inc.**

**Project Big Love**

**Senator Judy Ward**

**Sunnyway Diner**

**VerStandig Media**

**Zimmerman & Son Funeral Home, Inc.**

**We appreciate your continued partnership!**



# Heritage Christmas Wrap-up

## **Antrim Township**

Heritage Christmas Tree

## **Antrim Way Honda**

Christmas Bells

## **Antrim Insurance Agency, Inc.**

Home Tour

## **Blaise Alexander Chevrolet**

Lights of Love

## **Borough of Greencastle**

Heritage Christmas Tree

## **F&M Trust**

Pictures with Santa

## **Fran Kenawell State Farm**

Light It Up

## **Ganoe Paving**

Free Parking

## **Graphics Universal, Inc.**

Brochure

## **Franklin County Visitors Bureau**

## **The Jewelry Shop**

## **Manitowoc**

Gold Sponsors

## **Bell Insurance**

## **E.L.M. Shoes**

## **Mikie's Ice Cream & Green Cow Gifts**

Silver Sponsors

## **E.L.M. Department Store**

Bronze Sponsors



## **Herald-Mail Media**

Tree Lighting

## **Keystone Ford**

Horse & Wagon Ride

## **Lumber Direct**

Holiday House

Sponsorship opportunities still available:

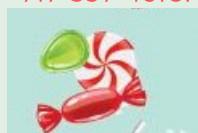
\*\* Entertainment \*\*

\*\* Gold, Silver & Bronze \*\*

Be part of this treasured community event!

Call the Chamber today!

717-597-4610.



## **M&T Bank**

Entertainment

## **McCrea Heating & Air Services**

Small Business Saturday

## **Orrstown Bank**

Taste of the Holidays

## **Peak Performance Physical Therapy**

Santa's Mailbox

## **Premier HVAC**

Decorating

## **Smeltz Insurance & Financial Services State Farm**

Light it Up

## **Waste Management**

Uncle Bean

## **WellSpan Health**

Luminaries

## **West Penn Power**

Postage

## **APX Mitchell Machine Shop**

## **The Center of Balance**

## **Century Inc.**

## **Corelle Brands**

## **Del Martin Screen Printing**

## **Dick, Stein, Schemel, Wine & Frey**

## **Greencastle Eye Care Center**

## **Kuddle Kennels**

## **SEK, CPAs & Advisors**

## **Vogue to Vintage, LLC**

Patron Sponsors

## Shop Small Sweepstakes Winners

**And the  
winners  
are...**

Stephanie Ziebarth N. Allison  
Street  
Marie Martin Grant Shook  
Road  
Pat Sellers Antrim Church  
Road



These lucky winners shopped at five different Chamber businesses between November 30 and December 15th and won cash!

## Light It Up Contest



And the winner is.....

the Todd Home at 7348 Kuhn Rd with 353 votes!! The total voting tally equals \$705 with 100% of the money to be donated to to the G-A Food Pantry.

Congratulations to the Todd's and thank you to all the participants and to our sponsors:

Fran Kenawell-State Farm and  
Steve Smeltz-State Farm.



# Hometown Heroes Banner Project

## MISSION

Honor and recognize Greencastle-Antrim servicemen and women who are serving, have served or given their lives to our country in the United States Armed Forces.

## APPLICATION REQUIREMENTS

In order to be considered for a banner, the nominee must meet the following requirements:

1. Lived in the Greencastle-Antrim area at some point in their lifetime;
2. Be Serving, have served with an honorable discharge or died in the line of duty in one of the following branches: Army, Navy, Marines, Air Force, National Guard or Coast Guard;

## BANNER DESIGN, TIME FRAME & LOCATION

Banners are 24"x60", double-sided, vinyl material and include service person's name, branch of service, era of service and photo image. Banners will be displayed on telephone poles in Greencastle poles and will be selected randomly. Specific display locations cannot be requested. There are a limited number of locations available for the 2020 program. Applications not processed for 2020 will be put on a waiting list for the 2021 Banner Program.

## BANNER PHOTOGRAPH

Please submit an original photograph or high resolution image of the Hero in uniform to the G-A Chamber of Commerce by February 1, 2020. If a photograph is submitted, it will be scanned and returned to you.

## BANNER PRICING & DONATIONS

A \$175.00 donation is requested for each banner application submission. The funds are used for the production, installation, storage and removal of the banner. Banners will be displayed annually during the month of May, and again from September 1 through Veteran's Day in November. Banners paid in full will be displayed for two years. All checks should be made payable to the Greencastle-Antrim Chamber of Commerce (reference "Hometown Heroes" on the check) or to pay by credit card, call the Chamber at 717-597-4610. (A 4% processing fee will be applied.)

## OTHER INFORMATION

Banners will be available for pickup at the G-A Chamber office after the display period of two years. Individuals wishing to continue to display banners will be subject to a reasonable processing fee for subsequent years. Unclaimed banners will become the property of the G-A Chamber. Any damage to an installed banner will be handled at the discretion of the Veteran Banner Committee. We are not responsible for weather related damage, deliberate destruction, or theft of banners. Banners as surprises to living individuals are not permitted.



## CONTACT & QUESTIONS

For questions or more information on the Hometown Heroes Banner Program, please call the G-A Chamber office at 717-597-4610 or email

[info@greencastlechamber.org](mailto:info@greencastlechamber.org).



# 2020 G-A Hometown Hero Banner Application

## Nominee Information

Full Name (as it will appear on the banner)	Military Rank
Branch of Service	Era of Service (*See options below.)
Is Veteran Alive (Honorably Discharged), Deceased, KIA, POW/MIA?	
The veteran must grant permission to be honored on a banner if currently living. If you have a DD214 or a copy of the discharge order, please include with the application.	

### \*Era of Service - Official DOD Dates

Global War on Terror: September 11, 2001 - Present  
 Persian Gulf War: August 2, 1990 - August 31, 1991  
 Cold War: September 2, 1945 - December 26, 1991  
 Vietnam Era: February 28, 1961 - May 7, 1975  
 Korean Conflict Era: June 27, 1950 - January 31, 1955

WWII Era: December 7, 1941 - December 31, 1946  
 WWI Era: April 6, 1917 - December 31, 1946  
 Civil War: 1861 - 1865  
 Peacetime: \_\_\_\_\_

## Nominator Information

Contact Name	Relationship to Veteran
Phone Number	Email
Address	
<b>Photo Release:</b> I hereby grant the G-A Chamber of Commerce permission to use the attached photo, which includes a likeness of myself or of my relative, in the G-A Hometown Hero Banner Program. The G-A Chamber may use images of the banner in promotional materials without notification or additional permission. I take full responsibility that all information provided about the Veteran being honored is accurate and correct. <i>*Must be signed by Veteran if living.</i>	
Signature	<div style="display: flex; justify-content: space-between;"> <div>Printed Name</div> <div>Date</div> </div>

### Completed submission includes the following:

1. Completed Application 2. Payment 3. Signed Photo Release 4. Photograph 5. Military Verification Form (DD214, Military ID, etc.)

Applications will be approved on a first-come, first-served basis. Check all that apply.

- ☐ \$175.00 Donation Enclosed
- ☐ Partial Donation Enclosed: \$ \_\_\_\_\_
- ☐ Additional Donation Enclosed: \$ \_\_\_\_\_

Please make checks payable to G-A Chamber of Commerce and reference "G-A Hometown Heroes" on the check or call the G-A Chamber to pay by credit card. (A 4% processing fee will apply if paying by credit card.)

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For questions or more information on the Hometown Heroes Banner Program,  
 please call the G-A Chamber office at 717-597-4810 or email [info@greencastlechamber.org](mailto:info@greencastlechamber.org).



# Key Events Coming in



April 11, 2020, Saturday - Annual Craft Beer & Wine Fest  
May through September, 2020 - 3rd Saturdays in the Square  
June 5, Friday, 2020 - 32nd Annual Golf Tournament  
July 10 & 11, Friday & Saturday, 2020 - 53rd Annual Sidewalk Days  
October 1, Annual Banquet  
November 12, Thursday, 2020 - Heritage Christmas Taste of the Holidays  
November 20, Friday, 2020 - Heritage Christmas Tree Lighting  
November 21, Saturday, 2020 - Heritage Christmas Parade  
December 4 & 11, Fridays, 2020 - Heritage Christmas in the Square  
December 13, Sunday, 2020 - Heritage Christmas Home Tour

## Updates from the IRS



Standard mileage rates for the use of a car (also vans, pickups or panel trucks) beginning January 1, 2020 will be:

- 57.5 cents per mile driven for business use, down one half of a cent;
- 17 cents per mile driven for medical or moving purposes, down three cents, and
- 14 cents per mile driven in service of charitable organizations.

### IRS Releases New Form W-4.

The IRS has been promising a new version of Form W-4, Employee's Withholding Certificate, for some months, and it recently published it, with a brief announcement in its e-News service. Allowances are no longer used for the redesigned Form W-4 to increase transparency, simplicity and accuracy. A few of the visual changes that were made include:

- It is now a full page.
- There are no withholding allowances (which is why the title of the form changed to "Employee's Withholding Certificate").
- Steps 1 through 5 to guide employees through the form.
- Instructions, worksheets, and tables follow the first page.

Form W-4 Resources:

The new Form W-4

The IRS W-4 FAQ

The IRS Form W-4 information page



This information is  
shared from  
G-ACC member,  
Keystone Payroll.



# Please update your membership info.

We value each member of the Greencastle-Antrim Chamber of Commerce. To serve our members well, it is important that we have your company's correct contact information. Please take a moment to fill out the following form to ensure that your information is up-to-date.

**Company Name \***

**Street Address \***

**City, State, Zip\***

Mailing Address if Different from Above

Street Address

City, State, Zip

**Telephone\***

FAX

**Main Contact\***

**Contact Title \***

**Contact Email \***

**Contact Phone \***

Billing Contact If Different from Above

Billing Name

Billing Phone

Billing Email

**Website Address \***

Facebook Address

**Business Description \*** (10 Words or Less)

## Business Category (Choose 2)

- Accounting & Tax Services
- Advertising, Graphic Design & Marketing
- Arts, Culture & Entertainment
- Auto/Truck Sales & Service
- Banking & Financial Services
- Business Services (Consulting, Staffing, Payroll, etc.)
- Community Organizations
- Construction & Building Services
- Education & Child Care
- Event Planning & Venues
- Government & Elected Officials
- Healthcare, Fitness & Wellness
- Home-Garden Maintenance & Improvement
- Individual
- Industrial Manufacturing & Distribution
- Insurance
- Legal & Settlement Services
- News & Media
- Personal Services
- Pet & Veterinary Services
- Professional Services
- Real Estate Sales & Property Management
- Religious Organizations & Churches
- Restaurants, Fast Food & Food Service
- Retail & Shopping
- Senior Care & Services and Retirement Communities
- Sports & Recreation
- Technology, Mobile & Computer Services
- Travel, Tourism & Transportation
- Utilities, Waste Removal, Heating Oil

This form can be printed and returned to the Chamber via post (PO Box 175, Greencastle PA 17225) or email to [info@greencastlepachamber.org](mailto:info@greencastlepachamber.org). The form is also available on-line [HERE](#).

# Travel in 2020



The Amalfi Coast is a captivating combination of great beauty and gripping drama: coastal mountains dotted with picturesque towns and lush forests plunge into the sea. UNESCO had the entire area declared a World Heritage Site in 1997 for its unarguable beauty and uniqueness of its natural landscape. Mountains erupt from the waters of the Mediterranean and pastel-painted buildings cascade down cliffs. This is the Amalfi Coast - a handful of villages that will be the backdrop for your journey. Travel the amazing Amalfi coast, taking in the view that inspired countless artists and gain historical perspectives. From your home hotel in Maioriare, visit Positano and Ravello, cross the Gulf of Naples to visit the enchanting Isle of Capri. Take in the archaeological sites of Herculaneum and Pompeii, and the Greek ruins of Paestum. End this amazing experience in Rome as all roads in Italy lead to Rome.!



**HIGHLIGHTS**  
Amalfi Coast  
Ravello  
Naples  
Capri  
Optional:  
Salerno & Paestum  
Pompeii Rome



# 2020 Events & Sponsorships

## Sponsor a Breakfast

Sponsorship comes with 2 complimentary tickets for breakfast and an opportunity to speak for 5-10 minutes (\$200)

## 3rd Saturdays in the Square (May-Sept)

Signature Sponsor (\$1000), Music Sponsor (\$350)

## Craft Beer & Wine Fest

Signature (\$2500), Mug (\$1200), Band (\$1200), Map (\$1000), Volunteer (\$1000), Wine (\$1000), Tee-Shirt (\$1000)

## Golf Tournament

Food Sponsor, Breakfast Sponsor, Cart Sponsor, Putting Green Contest Sponsor, Beverage Sponsor, Hole In One Sponsor, Longest Drive, Prize Sponsor, Closet to the Pin(4), Snack Sponsor, Volunteer Sponsor, Hole Sponsor (36)

## Sidewalk Days

Signature Sponsor (\$1500), Entertainment Sponsor (\$500) (3) Volunteer Sponsor (\$500) (2), Kids Zone (\$500) (2), Map Sponsor (500), Fire/Police Gift Certificates (\$500), Comfort Station (\$500), Support (\$250), Friend (any).

## Annual Banquet & Silent Auction

Event Sponsor, Reception Sponsor, Dessert Sponsor, Entertainment Sponsor, Beverage Sponsor, Silent Auction Items

## Heritage Christmas

Tree Lighting, Lights of Love, Pictures with Santa, Holiday House, Santa's Mailbox, Home Tour, Horse and Wagon, Entertainment, Decorating, Postage, Gold, Silver, Bronze, Small Business Saturday, Parking, Luminary, and more!



# Members in the News

## True Value Transitions to Ace Hardware

Greencastle True Value Hardware has become Greencastle Ace Hardware. Located at 785 S Washington St. Ace proclaims, "Same Great People, Same Great Service, Same Great Store!"



## BB&T and SunTrust Announces Complete Merger

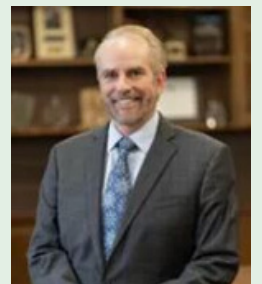
Truist Financial Corporation (NYSE: TFC) today announced the completion of the merger of equals between BB&T Corporation and SunTrust Banks, Inc., effective Dec. 6, 2019.



Truist is the sixth largest U.S. commercial bank, serving approximately 10 million consumer households and a full range of business clients, with leading market share in many of the most attractive, high-growth markets in the country. More [HERE](#).

## O'Donnel Announces Retirement

Pat O'Donnell, executive vice president for WellSpan Health and president of WellSpan Summit Health, has announced his plans to retire at the end of June 2020. "As you can imagine, my decision comes with an absolute mix of emotion; serving this organization for the past 34 years has been my greatest honor and privilege, and yet I am excited to move into the next phase of life with my family," he said. "This is the right time."



The longstanding and influential leader has served the local health system since 1985, holding roles including Controller of Chambersburg Hospital, Chief Financial Officer for Summit Health, and Senior Vice President and Chief Operating Officer for Summit Health. He became President and CEO of Summit Health in July 2013. Credit: Public Opinion. For the full article click [HERE](#).

## Antrim Township Acquires 66 Acres

The Antrim Township Board of Supervisors plans to expand the largest recreational area in the municipality with the purchase of an adjacent tract of 66 acres owned by the Buchanan family at the cost of about a half-million dollars. The land lies north of Antrim Township Community Park, and plans include a new entrance to Martin's Mill Bridge Park. Click [HERE](#) for the full article by Herald-Mail Media's Joyce Nowell.





## Keystone Health Holds Ribbon Cutting



Keystone Health celebrated a ribbon cutting at the new building at 111 Chambers Dr. The facility houses Keystone Urgent Care, Keystone Pediatric Developmental Center, Keystone Community Health Services/Infectious Diseases, Keystone Pediatric Dental and Keystone administration offices.

Pictured from left to right: Mike Ross, Neil Suders (Chamber of Commerce), Dave Grant (Keystone Health), Dr. Michael Colli (Keystone Health), Commissioner Bob Thomas, Joanne Cochran (Keystone Health), Sam King (Keystone Health), Kibreab Gudeta (Keystone board of directors), John McElwee (Keystone Health).

## Florness Among Most Innovative

**Congratulations** to Fastenal President & CEO Dan Florness, who was recently named one of Forbes' Most Innovative Leaders. "It's really a reflection of the entire Blue Team, not any one individual," he said.



Forbes' 2019 ranking of the 100 most innovative business leaders was based on a measurement of four essential leadership qualities of top founders and CEOs: media reputation for innovation, social connections, track record for value creation, and investor reputation for value creation.

## Horizon Goodwill Relocates Outlet Store



Opening Thursday, January 2, 2020, Horizon Goodwill's Outlet Store is now located behind Horizon Goodwill's Corporate Center at 14515 Pennsylvania Avenue, Hagerstown.

The hours of operation are Tuesday to Saturday from 10 a.m. to 6 p.m.

## Blue Heron Events Purchases Property



Two years in the making, the sale of the former Rescue Hose Co. Special Events Center at 407 S. Washington St., Greencastle has been completed. Owners of the center, Denise and Paul Hutchison also run From Scratch Catering and Events.

View complete article as reported by Echo-Pilot's Shawn Hardy [HERE](#).

# Legislative Updates



You can follow Rep. Schemel on Facebook  
Rep. Schemel can be reached at:  
1402 East Main Street  
Waynesboro, PA 17268  
(717) 749-7384

## HOUSE TO TAKE UP CRIMINAL JUSTICE REFORM

The “Smart Justice” initiative, which has already advanced through the House Judiciary Committee, reforms Pennsylvania’s probation and parole system. This effort is the second installment in the Justice Reinvestment Initiative (JRI), which began a few years ago following the recommendations of a blue-ribbon panel of DAs, law enforcement, judges and correctional officers. Clear data from other states illustrates that you can reduce incarceration rates and recidivism at the same time by investing some of the savings into better probation and parole programs. Read more about the "Smart Justice" initiative [HERE](#)

## FREE MARKET LEADS TO 19% DROP IN GREENHOUSE GAS EMISSIONS

The Pennsylvania Department of Environmental Protection recently announced that Pennsylvania’s greenhouse gas emissions have declined by 19% over the last decade. According to the DEP, most of the reduction is attributed to market-based changes in Pennsylvania’s electric generation industry. As a result of an abundance of Pennsylvania natural gas, many coal-fired electric plants have converted to gas, which produces significantly less carbon emissions. The real hero is the free market. A plentiful supply of natural gas together with more robust systems of distribution have resulted in decreased cost for energy output. The side benefit is that gas burns far cleaner than its increasingly outmoded cousin: coal. Read the full report [HERE](#) and a summary as reported on TribLive [HERE](#)



You can follow Sen. Ward on Facebook  
or write to Senate Box 203030  
Harrisburg, PA 17120-3030  
Phone: 717-787-5490  
Fax: 717-783-5192

## WARD MEASURES SUPPORTING LOCAL CHARITABLE GROUPS SIGNED INTO LAW

On December 27 Governor Wolf signed into law a bill containing two legislative initiatives sponsored by Senator Ward aimed at enhancing fundraising opportunities for local organizations whose missions are to help individuals with cancer and disabilities and their families. Read more [HERE](#).





# Business in the Commonwealth



Gene Barr  
President

## THE PUSH FOR HIGHER MINIMUM WAGE IS GETTING MAXIMUM ATTENTION, LITTLE MOVEMENT

As reported on PennLive / Patriot News on December 20, 2019

"Earlier this month, the governor put the House on the clock. He said if the House didn't send him a minimum wage bill by the end of December, he was going to proceed with his administration's plan to ask the state's regulatory review commission to consider his proposed adjustment to overtime rules at its Jan. 31 meeting.

"Specifically, Wolf is asking the Independent Regulatory Review Commission to vote on a rule that would phase in higher salary thresholds to qualify for overtime pay so that by 2022 salaried workers earning up to \$45,500 a year would get time-and-a-half pay for any time worked over 40 hours in a week. That threshold is now set at the federal baseline, which is currently \$23,600 but rising to almost \$36,000 on Jan. 1.

"Gene Barr, president of the Pennsylvania Chamber of Business and Industry, said raising the overtime threshold would do more harm to the state's economy and businesses than the proposed \$9.50 hourly minimum wage increase would. 'The reality is this overtime rule is really bad for us,' he said.

"'But accepting an increase in the minimum wage also carries some adverse effects of a potential reduction in jobs, making it harder to find work for entry-level workers and those looking to return to the workforce,' Barr said. So he can understand why the House Republican majority is taking a close look at 'whether the positives of the bill outweigh the negatives.'"

## Headlines from the US Chamber

### QUICK TAKE: YOUR PRIMER ON THE U.S.-MEXICO-CANADA AGREEMENT (USMCA)

As reported on the US Chamber website on December 10, 2019

The Trump administration and House Democrats have reached agreement on a path forward for consideration of the U.S.-Mexico-Canada Agreement (USMCA). The U.S. Chamber is optimistic this development will open the door to Congress approving USMCA on a bipartisan basis by the end of the year.



The USMCA brings the North American Free Trade Agreement (NAFTA) into the 21st century with updated provisions for digital trade, financial services, and agriculture trade.

For a further summary of the USMCA click [HERE](#).

# Book of the Month



Julie Zhuo knows what it's like to find yourself in a leadership position that you always wanted and to suddenly start questioning whether you're even capable of doing the job.

...the best leaders inspire confidence without attempting to appear invulnerable.

Zhuo can teach you how to strike this delicate balance.

The Making of a Manager is a modern field guide packed everyday examples and transformative insights, including:

- \* How to tell a great manager from an average manager (illustrations included);
- \* When you should look past an awkward interview and hire someone anyway;
- \* How to build trust with your reports through not being a boss;
- \* Where to look when you lose faith and lack the answers.

Suggested from Forbes' Rhett Powers' article "The Best Books on Leadership for 2019. Check out his top picks of the year: [HERE](#).



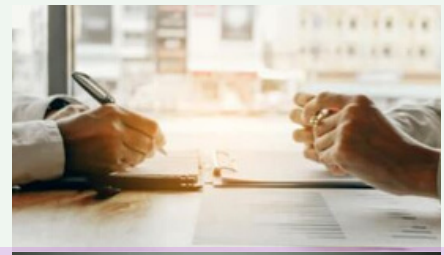
# Podcast of the Month



The Michael Hyatt & Company helps overwhelmed high achievers win at work, succeed at life, and lead with confidence. Their mission is to give individuals the clarity, courage, and tools needed to stop all the frenzy and start living with focus.

Consider listening to one of their latest episodes:

**How to Do One-on-One Meetings**



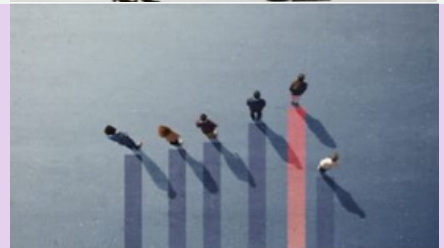
**How to Have Two Successful Careers in One Happy Home**



**Top 10 Tips for Leveraging an Executive Assistant**



**How to Get the Most from Coaching**



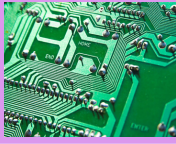
**5 Questions to Ask When Choosing a Business Coach**



**Why You Need a Business Coach**







# Tech NEWS

## ADVANCED TECHNOLOGY IN COMMERCIAL CONSTRUCTION

Over half of contractors report already using advanced technology on the jobsite, while 80% believe they will be incorporating additional technology over the next three years.

### CURRENT AND EXPECTED USE OF ADVANCED TECHNOLOGIES ON JOBSITES



**60%** of contractors currently use one or more advanced technologies



**80%** of contractors plan to use advanced technology by 2022

### EXPECTED TECHNOLOGY ADOPTION BY GENERAL CONTRACTORS IN THE NEXT THREE YEARS



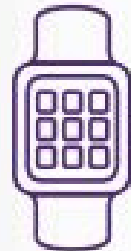
**64%** of general contractors expect to use drones



**42%** of general contractors expect to use equipment tagging



**32%** of general contractors expect to use augmented and/or virtual reality



Contractors' use of wearable technology is expected to increase **27% in the next three years**

### TOP BENEFITS THAT ENCOURAGE CONTRACTORS TO INVEST IN ADVANCED TECHNOLOGIES



Improved  
Jobsite  
Safety



Increased  
Labor  
Productivity



Better  
Management  
of Project  
Schedule

# Health Corner

Brought to you by



The last thing most of us want to do when we are in pain is any kind of exercise. It turns out though, that for many painful ailments, physical therapy can effectively reduce, manage and in some cases, even eliminate pain entirely. Moving to reduce pain. Karen Grove, D.P.T., from Meritus Total Rehab Care, says that “most patients don’t come in for physical therapy only for pain, but also because of a loss of function.” “They may want to play golf, but can’t lift their arm without pain or perhaps they are struggling to sleep because a particular condition is causing them to wake up,” she says.

## Physical therapy options.

According to Grove, the goal of physical therapy is for “everyone to be pain free,” but says that’s not always possible, especially for those with chronic pain. “We teach patients how to manage episodes of increased pain, because the end goal is for the patient to be independent in their own self-management,” she says. The primary physical therapy interventions that help manage and relieve pain are strengthening and stretching exercises, modalities and manual techniques, alongside patient education. A physical therapist may consider any combination of techniques to best help the patient’s uniqueness and any recognized deficits.

Techniques may include:

- \***Exercise** - to improve joint range of motion, muscle flexibility and strength.
- \***Aquatic Physical Therapy** - beneficial for chronic and arthritis pain. The warm water is helpful for joint pain and takes pressure off the body so that exercises are less painful.
- \***Electrical Stimulation** - used in conjunction with specific, guided exercises to improve muscle function and decrease pain.
- \***Heat and Ice** - patients are taught how to use appropriately and most effectively.
- \***Taping** - useful to decrease muscle spasms and joint swelling, which can cause inflammation and pain.

## Taking it home.

A large portion of physical therapy is focused on educating patients, starting from the first appointment. A physical therapist may help teach a patient how to get out of bed correctly or how best to sit in order to reduce neck and shoulder pain. “We start with a comprehensive analysis and testing to identify the cause of pain for each patient,” says Grove. While exercising under the guidance of a physical therapist during appointments is valuable, putting effort, dedication and consistency into a home exercise program offers even better results. Home exercise programs are tailored by the physical therapist for the patient’s unique situation and body composition. These programs are designed to help patients regain independence using exercises done in the comfort of their own homes. “If you want to improve the benefits of physical therapy, follow through with your home exercise program, get early intervention and regularly attend your physical therapy appointments,” says Grove.

Meritus Total Rehab Care offers outpatient rehabilitation in two locations – Robinwood Professional Center, suite 201 (Purple entrance) and the new Meritus Medical Plaza at 13620 Crayton Blvd. Call 301-714-4025 or visit [meritushealth.com](http://meritushealth.com) for more information.





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