



# May 2020



Farmers Union Co-op partnered with Harrisburg Dairies in distributing free milk to the public.

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# From the Executive Director

Dear Members,

I've been thinking about Donald Rumsfeld's famous statement while serving as George W. Bush's secretary of defense. He is quoted as saying:

‘As we know, there are known knowns; there are things we know we know.  
We also know there are known unknowns; that is to say we know there are some  
things we do not know. But there are also unknown unknowns—the ones we don't  
know we don't know.’

At the time, Rumsfeld's remarks were dismissed as both a non-answer—an evasion or a misdirection and brilliant--depending on which side of the political spectrum you sided on.

Regardless, what he should have mentioned but didn't was a fourth category: the unknown knowns. According to Slovene philosopher Slavoj Žižek, unknown knowns are the things that we know, or that we should know, but maintain willful ignorance about, because we'd rather not acknowledge them.

I think this is a great phrase, and a great reminder, and I've often experienced this problem in my own life. There is an unknown known—something that I know, deep down, is a problem, it's something that should be addressed, but because it's easier to ignore it, I pretend like I don't know about it.

Many of us are experiencing the fallout of the great pandemic known as COVID-19. If we look deep though, we might acknowledge that this crisis was an unknown known and that we should have been prepared for it. Believe it or not, it's not too late! We know now that it is likely to return. How to prepare?

Our Chamber is currently working on putting together a disaster preparedness seminar to help us all navigate the next crisis. Stay tuned for details.

In the meantime, be well and be ready! Our economy will re-start. It's just a known unknown as to when.

*Best regards,*  
*Georgina*

# Thank You Renewing Members!

ACNB Bank  
Antrim Fleet Services  
Blair Home Services  
The Center of Balance  
Cermak Technologies  
Eberly's Plumbing & Heating  
Greencastle-Antrim Foundation  
Hagerstown Community College  
Harnish Dry Wall  
Leckron Comfort Solutions  
Penn National Insurance  
PMI - Pregnancy Ministries, Inc.  
RE/MAX Premier Executives  
Thomas Sales, Inc.  
University System of MD at Hagerstown  
Visiting Angels

## Upcoming Events



# Franklin County Government Affairs



## TELE-TOWN HALL WITH CONGRESSMAN JOYCE

**WEDNESDAY, MAY 6 AT 8 A.M.**

Join us for a discussion with Congressman John Joyce regarding issues of concern for our local businesses during the shutdown-through-reopening process.

Please send your questions in advance to **[chamber@chambersburg.org](mailto:chamber@chambersburg.org)**, keeping in mind that Congressman Joyce is a federal representative and can not address all questions related to State regulations and procedures for Pennsylvania. We will do our best to get through as many questions as time allows. Please plan for roughly a 60 minute meeting.

Call-in Number: 877-229-8493  
PIN: 119075



# COVID-19 Resources

Taking a cautious approach, the Wolf administration outlined a three-phase matrix to determine when counties and/or regions are ready to begin easing restrictions on work, congregate settings, and social interactions. Governor Wolf announced a target date of **May 8** for the beginning of phased reopening and easing of restrictions.

Certain criteria must be met to reopen and include having fewer than 50 new confirmed cases per 100,000 population reported to the department in the previous 14 days. The chart below outlines each phase.

## COVID-19 REOPENING PHASES

<b>RED PHASE</b>	<ul style="list-style-type: none"><li>• LIFE-SUSTAINING BUSINESSES ONLY</li><li>• RESTRICTIONS IN PLACE FOR PRISON + CONGREGATE CARE</li><li>• SCHOOLS CLOSED FOR IN-PERSON INSTRUCTION</li><li>• MOST CHILD CARE CLOSED</li></ul>	<ul style="list-style-type: none"><li>• STAY AT HOME ORDERED</li><li>• LARGE GATHERINGS PROHIBITED</li><li>• RESTAURANTS/BARS LIMITED TO CARRY-OUT + DELIVERY</li><li>• ONLY TRAVEL FOR LIFE-SUSTAINING PURPOSES</li></ul>
<b>YELLOW PHASE</b>	<ul style="list-style-type: none"><li>• TELEWORK MUST CONTINUE WHERE FEASIBLE</li><li>• BUSINESSES WITH IN-PERSON OPERATIONS MUST FOLLOW SAFETY ORDERS</li><li>• CHILD CARE OPEN WITH WORKER + BUILDING SAFETY ORDERS</li><li>• RESTRICTIONS IN PLACE FOR PRISON + CONGREGATE CARE</li><li>• SCHOOLS CLOSED FOR IN-PERSON INSTRUCTION</li></ul>	<ul style="list-style-type: none"><li>• STAY AT HOME RESTRICTIONS LIFTED IN FAVOR OF AGGRESSIVE MITIGATION</li><li>• LARGE GATHERINGS PROHIBITED</li><li>• IN-PERSON RETAIL ALLOWED CURBSIDE/DELIVERY PREFERRED</li><li>• INDOOR RECREATION, HEALTH AND WELLNESS FACILITIES (SUCH AS GYMS, SPAS), AND ALL ENTERTAINMENT (SUCH AS CASINOS, THEATERS) REMAIN CLOSED</li><li>• RESTAURANTS/BARS LIMITED TO CARRY-OUT + DELIVERY</li></ul>
<b>GREEN PHASE</b>	<ul style="list-style-type: none"><li>• ALL BUSINESSES MUST FOLLOW CDC AND PA DEPARTMENT OF HEALTH GUIDELINES</li></ul>	<ul style="list-style-type: none"><li>• AGGRESSIVE MITIGATION ORDERS LIFTED</li><li>• INDIVIDUALS MUST FOLLOW CDC AND PA DEPARTMENT OF HEALTH GUIDELINES</li></ul>

# COVID-19 Resources

The reopening of our economy requires that we reduce the number of COVID cases across the county. To do so, we need to make sure everyone is aware of their personal responsibilities as well as to know where and how to access assistance.

In an effort to provide critical information and assistance to those that are most vulnerable due to language and cultural barriers, the FCADC is partnering with Keystone Health and the Franklin County Housing Authority to provide COVID-relevant information and services.

## Your Health is Our #1 Priority



### Symptoms of Coronavirus (COVID-19)

Shortness of Breath  
Cough  
Fever  
Sore Throat  
Loss of Taste and Smell  
Fatigue (tired) & body aches

### People at HIGH Risk for Severe Illness

Older Adults  
Racial & Ethnic Minorities  
People with Disabilities  
People with high blood pressure, heart conditions, asthma, diabetes, and /or HIV

### Prevention & Slow the Spread



Wash Your Hands



Wear a Mask



Clean and Disinfect



Avoid Touching Face



Stay Home

## FREE Testing

If you **HAVE SYMPTOMS**  
(717) 360 - 4889

**51 S Main St**  
**(next to M&T Bank)**

Monday - Friday 11am-6pm  
Saturday 8am-12pm



# COVID-19 Resources

## COVID POSITIVE OR WAITING FOR TEST RESULTS? WHAT NOW?



### FRANKLIN COUNTY RESOURCE GUIDE

#### IF SOMEONE IN YOUR HOME IS SICK

*Sick or not, this applies to everyone at home.*

##### DO:

- stay at home
- identify a "sick" room
- cover coughs and sneezes
- wash hands frequently
- clean surfaces often
- monitor symptoms
- stay in touch with your doctor

##### DO NOT:

- run errands
- use public transportation
- shop for groceries
- touch your face, nose, or mouth
- share personal items
- allow visitors

#### SEEK IMMEDIATE MEDICAL ATTENTION IF:



- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion or disorientation
- Bluish lips or face

#### FEELING SAD, NERVOUS, OR ANXIOUS? WE ARE HERE TO TALK.

Keystone Health Crisis Intervention, 24/7

717-264-2555 or 866-918-2555

Mental Health Assoc. of Franklin/Fulton Co. HelpLine

717-264-2916

The Mental Health Support Line can be reached toll-free, 24/7 at

1-855-284-2494 from anywhere in PA

National Crisis Text Line: HOME to 741741

# COVID-19 Resources

## LOCAL RESOURCES WITH NO-CONTACT DELIVERY

*If you have been asked to self-isolate, please do not leave your home.*

### Grocery:

- **Aldi**  
www.shopaldi.us
- **Giant Direct**  
www.peapod.com
- **Weis Markets**  
www.weismarkets.com

### Pharmacy:

- **www.riteaid.com/pharmacy**  
717-263-8040 – Chambersburg  
717-597-4617 – Greencastle  
717-762-9676 – Waynesboro  
717-352-3850 – Fayetteville  
717-530-9111 – Shippensburg
- **Chambersburg**  
Chambers Apothecary 717-263-0747  
Park Ave Pharmacy 717-264-7312

- **www.instacart.com**
- **www.shipt.com**

### Restaurants:

- **www.doordash.com**
- **www.grubhub.com**
- **www.cvs.com/pharmacy**  
**Chambersburg**  
717-263-6788 (Wayne Ave.)  
717-263-9893 (W. Washington Street)  
717-709-2061 (Norland Ave in Target)  
**Shippensburg**  
717-530-1401 (King Street)  
**Greencastle**  
717-593-0170 (Baltimore Street)

## FOOD EMERGENCY?

Please call ahead (Info subject to change)

**AS OF 4/10**

- **Meals on Wheels (Food Delivery)**  
717-263-7228
- **Franklin County Office of Aging**  
717-263-2153

**SCCAP Food Pantry** 717-263-5060, Ext. 252

**Shippensburg Community Resource Coalition**  
717-658-2092

### Chambersburg

- First United Methodist Church Food Pantry, 717-263-8491
- Maranatha Food Pantry, 717-264-7785
- St. Paul United Methodist Church  
717-267-3085
- St. Thomas UM Church Food Pantry  
717-263-5060, ext. 252
- St. Vincent De Paul Society Food Distribution, Corpus Christi  
717-504-9702

### Greencastle

- The Storehouse Community  
717-597-8242
- Five Forks Brethren in Christ Food Pantry, 717-762-2991

### Dry Run

- Valley Ministries 717-349-0067  
(pantry once a month)

### Waynesboro

- Waynesboro Community and Human Services Food Pantry 717-762-6941

**For other food resources in Franklin County visit [www.sccap.org](http://www.sccap.org) or call 2-1-1.**

**If you need additional resources for food, housing, employment, childcare, mental health, or other needs, call 2-1-1 or text your zip code to 898-211**

# COVID-19 Resources

We are continuing to update information on resources available for businesses affected by COVID-19. Please visit our webpage [HERE](#) for more resources.

## What are the loans and financial resources being made available to small businesses?

**Click Here** for information and to apply for a federal **Economic Injury Disaster Loan (EIDL)** of up to \$2 million, including a grant of up to \$10,000 available within three days of a successful application.

**Click Here** for guidance on key business programs in the recently-passed federal financial recovery bill (**CARES Act**).

**Click Here** for an explanation of the **Paycheck Protection Program (PPP)** to provide loans for small businesses.

## Does Governor Wolf's business shutdown order affect my business?

**Click Here** for the most current list of exempt industries

## What are the new paid leave mandates and unemployment compensation changes?

**Click Here** for brief summary from the U.S. Department of Labor.

**Click Here** for a FAQs document from the U.S. Department of Labor.

**Click Here** for a PA Chamber summary of both Pennsylvania and Federal changes to the unemployment compensation system.

## How can my business help?

As the COVID-19 pandemic is impacting the Commonwealth and the nation, there has been much attention paid to the fact that the health care community is critically low on the personal protective equipment (PPE) that will help guard them against contracting the virus as they continue to perform the important work of diagnosing and treating patients. The PA Chamber is making two urgent requests of businesses across Pennsylvania:

We are imploring businesses that have access to or a supply of N95 masks, eye gear, medical gowns and medical gloves and do not anticipate the need to utilize these items in the near future to donate them to their local hospitals. At the moment, a shortage of these items is resulting in health care providers having to wear the same PPE for hours on end, heightening their risk of contracting the virus.

**Click Here** For a complete list of in-demand supplies needed can be found [here](#). If you are able to assist in this crucial request, please email [opportunities@hapevolve.com](mailto:opportunities@hapevolve.com). Any questions may be directed to Joe Tibbs, President of HAPEvolve, who is coordinating the effort on behalf of HAP.

We are urging all businesses that believe they are able to turn their existing supply chain into the PPE output that the health care industry so desperately needs to please contact PA Chamber Government Affairs Director Kevin Sunday at 717 645-2071 or [ksunday@pachamber.org](mailto:ksunday@pachamber.org).

# 2020 Member Directory

The **2020 Greencastle-Antrim Chamber of Commerce Directory** has arrived! Along with a full listing of our members, look for some entertaining stories about connections within the Chamber community: *The (fictional) life of a car in Greencastle*; *A True Story of the Power of Chamber Connections*; *The (possible) story of a Greencastle family and their home*; and *The (too common) story of a misplaced phone*.



For copies of the directory, contact the Chamber at 717-597-4610 or email us at [info@greencastlepachamber.org](mailto:info@greencastlepachamber.org) and we'll be happy to drop some by your place of business.

GREENCASTLE-ANTRIM CHAMBER  
OF COMMERCE

# SUPPORTING SMALL BUSINESS

HERE ARE SOME WAYS TO SUPPORT LOCAL SMALL BUSINESS DURING COVID-19



Order Takeout



Tip Extra



shop local online  
Shop Local  
Online



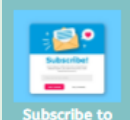
Share Posts



Gift CARD  
Buy Gift Cards



Leave a Review



Subscribe to  
E-mail Updates

## Eateries

**104 B Street Restaurant & Lounge**  
717-643-1621

**Blue Heron Events**  
717-830-2261

**Brothers Pizza Greencastle**  
717-597-5322

**El Sombrero Mexican Restaurant**  
717-643-1296

**Ivy Hill Farm**  
301-824-4658

**IJohn Allison Public House**  
717-643-0218

**McDonald's of Greencastle**  
717-597-2589

**Mi Tierra Linda**  
717-643-0487

**Mikie's Ice Cream & Green Cow Gifts**  
717-597-4011

**Sunnyway Diner**  
717-597-3928

**Tony's Pizza**  
717-597-2152

**Tracey's Orchard**  
717-597-7565

**Vinnie's on 11**  
717-375-4094

**Waynesboro Country Club**  
717-762-8401

## Retailers

**Alternative Choices** 717-597-1228  
10AM-4PM M-F & 9AM-2PM Sat  
All transactions at the door.

**Carl's Drug Store** 717-597-2426  
9AM-6PM M-Th  
9AM-7PM F & 9AM-5PM Sat  
Curbside service only.

**E.L.M. Dept. Store** 717-597-3710  
Hours by appointment via Facebook.  
Call for alteration services.

**ELM Shoes** 717-597-9475  
On-line shopping at elmshoes.com

**Farmers Union Co-op** 717-597-3191  
8AM-5PM M-F & 8AM-1PM Sat

**Greencastle Ace Hardware** 717-597-7799  
8AM-5PM M-F & 8AM-4PM Sat  
On-line & in store. Delivery available.

**The Jewelry Shop** 717-597-7993  
Call for p/u of pre-orders & repairs.  
Shop on-line at thejewelryshop.biz  
Lumber Direct 717-597-9928  
8AM-5:30PM F & 9AM-3PM Sat

**Rebound Adventure Cycles** 717-643-1916  
11AM-6PM M-F & 10AM-3PM  
Service & repair only.

**Sunnyway Foods** 717-597-7121  
7AM-9PM M-Th & 7AM-10PM Fri  
7AM-9PM Sat

RAPID RESPONSE SOLUTIONS

## Business Resources & Covid-19 Scams!

WITH KIM SHOCKEY OF PATRIOT FEDERAL CREDIT UNION



# Members in the News



## WellSpan Announces Sr VP

WellSpan Health has named Michael Seim, M.D. as senior vice president and chief quality officer for the health system overseeing all aspects of quality across the system, including, but not limited to patient safety, clinical improvement and regulatory compliance.



## WellSpan Chambersburg Hospital Earns "A"

Leapfrog, an independent national watchdog organization, assigned the Chambersburg Hospital an "A" rating in its spring report. "The WellSpan Chambersburg Hospital team is committed to a culture of safety that has enabled us to continually learn, while improving the care we give to the most vulnerable members of our community," said Sherri Stahl, senior vice president, West Region, WellSpan Health.



## New Director Appointed at OSI

Occupational Services Inc. (OSI) has announce the retirement of Linda Mayo after 41 years of service and has named Michelle Lane as the new Executive Director. Lane brings more than 30 years of experience and expertise to this new role. Prior to this appointment, she provided management and leadership to the programs component of OSI as Director of Programs. She has also held the position of Employment Services Manager and has served OSI in Human Resources and fundraising roles.



**Occupational  
Services Inc.**  
Chambersburg, PA | 717.263.9293



## Support for COVID Assistance Fund

Patriot Federal Credit Union recently supported the COVID-19 Relief Funds of the Franklin County United Way, PA and the Washington County United Way, MD, donating a total of \$6,500 to help support local communities impacted by the coronavirus.

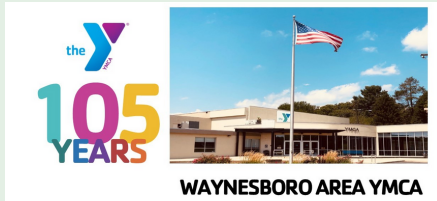


## Joy El Announces 2020 Board of Directors

Joy El Camps & Retreats and Joy El Generation of Greencastle, providers of the Bible Adventure program, the 4.12 Leadership Training Program, summer camps and retreats, recently installed its 2020 board of directors.

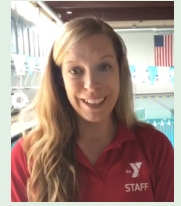
Board members are: Row 1, Aaron Ziebarth (Executive Director), Jill Sprecher, Ward Childerston (Vice-chair), Penny Marks (Chair). Row 2, Todd Streett, Dave Matthews, Curtis Martin, Craig Witmer (Treasurer), Scott Stouffer, Rodney Teach, Paul Ritchie, Ben Thompson. Not pictured: Wayne Myers (Secretary) and Clayton Black.

# Members in the News



## Waynesboro Area YMCA Turns 105!

Since its inception in 1915, Waynesboro Area YMCA has grown to a membership of nearly 3600 with over 100 different programs being offered. Happy Birthday!



Executive Director Amanda Gietka



## F&M Trust Supports COVID-19 Relief Efforts

In response to the current health crisis, F&M Trust announced a donation of \$100,000 to support COVID-19 relief efforts in Central Pennsylvania. The contribution will provide those on the front lines of the coronavirus crisis, including first responders and nonprofit organizations.

Among the organizations receiving funds from F&M Trust is the United Way chapter in Franklin County. Funds will also be distributed to first responders, including fire companies and EMS units that support F&M Trust's 22 Community Offices across Central Pennsylvania. Of the bank's donation, \$10,000 was contributed by the employees of F&M Trust.

## F&M Trust Announces Recent Hires



Don Chlebowski (left) has been hired as F&M Trust's business development officer.

Betsy Yumlu (center) has been hired as treasury relationship manager.

Ben Musser (right) has been hired as assistant technology services manager.



Helping to give back to those in need, the Waynesboro Country Club has established a food and monetary drive for Waynesboro Community and Human Services. WCC members have donated several boxes of non-perishable food items and provided over \$6,000 in donations.

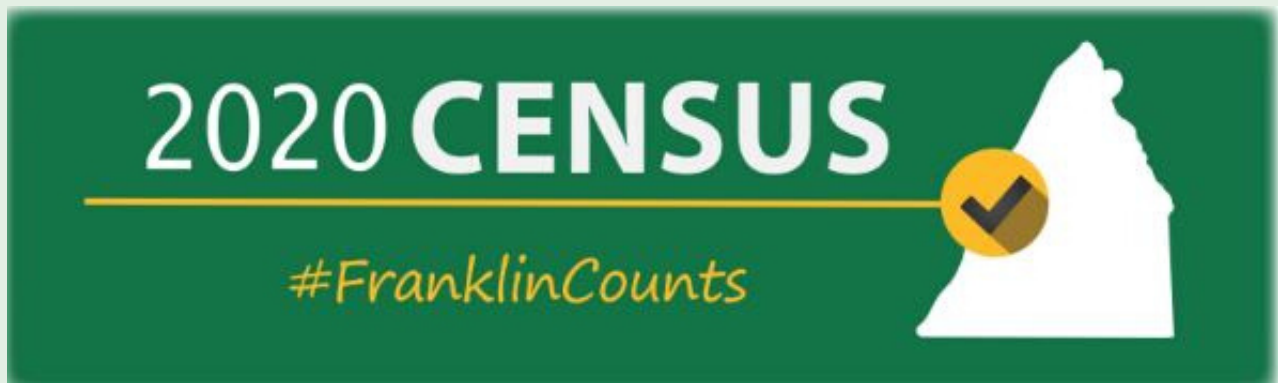
Pictured: Ronda Kleppinger & chef Jeffrey Raimo of WCC



Orrstown Bank recently received a special invitation to meet with President Trump at the White House to discuss the bank's involvement in the Paycheck Protection Program and the impact it has had on our communities. Executive VP and Chief Retail and Communications Officer Luke Bernstein spoke at the event along with other small business owners and non-profit representatives.



As posted on-line, Orrstown noted, "This honor isn't about us, though. It's about how everyone is coming together to help our communities in difficult times. Thank you to Donald J. Trump, Steven Mnuchin, SBA Administrator Jovita Carranza, and Congress for your leadership in bringing these much-needed funds to our local businesses."



### What Is The 2020 Census?

The 2020 Census counts every person living in the 50 states, District of Columbia, and five U.S. territories, only once, and in the right place. The 2020 Census is easy, confidential, and important.

### Why is the Census Important?

Once a decade, America comes together to participate in the decennial census. This census provides the basis to:

- Reapportion Congressional seats
- Redraw state legislative districts
- Determine the amount of funding to state, county, & community programs
- Assist local governments in planning for public safety & emergency preparedness
- Help businesses decide where to locate new offices, stores & factories which create jobs.

### During the 2020 Census, the Census Bureau will never ask you for:

- Your Social Security number
- Money or donations
- Anything on behalf of a political party
- Your bank or credit card account numbers

For more info about the Census from Franklin County click [HERE](#).

### Did you know....?

- As directed by Congress, **316** federal spending programs rely on data derived from the Decennial Census. Programs include: Medicare, schools, roads & highway planning, rural development, emergency assistance, youth assistance, programs for aging and the arts, to name just a few.
- In Fiscal Year (FY) 2017, these programs relied on 2010 Census-derived data to distribute **\$875 billion** to state and local governments, nonprofits, businesses, and households across the nation. This figure accounted for **7.8 percent** of Gross Domestic Product in FY2017.
- It is estimated that **25% of the population of Franklin County** went unaccounted for in 2010 due to individuals not completing the census.
- A study done by Georgetown University's Institute of Public Policy determined that monetary loss per person missed in the 2010 Census was **\$1,091/pp per year**.

For the full study click [HERE](#).



## PA Chamber



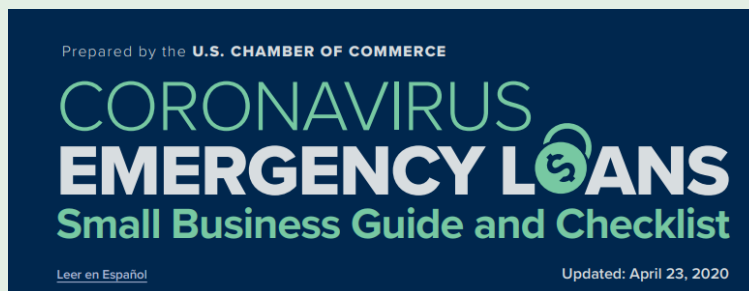
### The PA Chamber President Testifies Before Joint Senate Committee

The Senate Community, Economic & Recreational Development Committee and the Senate Veterans Affairs & Emergency Preparedness Committee held a joint hearing focusing on the state's response to the COVID-19 pandemic. The first panel featured testimony by PA Chamber President and CEO Gene Barr. Several of the Wolf administration's cabinet officials testified as part of the second panel. A video of the hearing is available to view [online](#).



## US Chamber of Commerce

Congress recently approved an additional \$310 billion in funding to restore the PPP Program, which had run out of money. The administration's PPP program guidelines can be found at [www.treasury.gov](http://www.treasury.gov), and the U.S. Small Business Administration's search tool to find a bank that offers PPP loans can be found [HERE](#).



The U.S. Chamber of Commerce has issued a step-by-step guide to help small businesses and self-employed individuals check eligibility and prepare to apply for a loan. To download the pdf of the Small Business Guide and Checklist click [HERE](#).

The information in the guide addresses these questions:

1 Am I **ELIGIBLE?**

2 What will lenders be **LOOKING FOR?**

3 How much can I **BORROW?**

4 Will this loan be **FORGIVEN?**



What lenders will **NOT LOOK FOR**

# 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 Bill 1822** -- House Bill 1822, which passed the House, provides protections for workers impacted by COVID-19, ensuring they cannot be terminated or demoted for becoming ill or abiding by a doctor's order to quarantine.

**House Bill 2376** -- The One Staffer/One Shopper bill would allow a retail business staffed by one employee to open for business as long as it allowed only one customer into the store at a time. The bill is designed to enable shoppers to visit smaller venue retailers and avoid the larger crowds often present at big box stores.

**House Bill 2400** -- The House passed Bill 2400 would allow all public and private construction activities that can adhere to scientific CDC guidelines to protect workers to resume operations. This is an industry that has continued to operate without interruption in the vast majority of other states because it is important work but also because it is an industry that can easily comply with CDC guidelines.

**House Bill 2388** -- This bill would allow all auto dealerships to reopen if they choose to do so, safely.

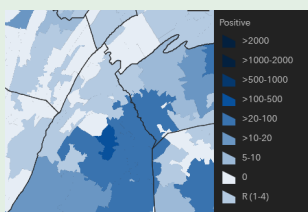
**House Bill 1869** -- This bill would help ambulance companies meet staffing requirements and continue to serve their communities, as well as ensure benefits for first responders and National Guard members who may be impacted by COVID-19.



Last weekend, the department opened its online application for the Pandemic Unemployment Assistance (PUA) program to provide benefits to self-employed workers and independent contractors. That system has also had more than a few bugs, but I'm told it is functioning properly at this time. To [learn more about how to apply for assistance through PUA, click here.](#)

REOPENING PLAN	
WORK & CONGREGATE SETTINGS	SOCIAL SETTINGS
<b>RED PHASE</b>	
<ul style="list-style-type: none"><li>Life-sustaining businesses only</li><li>Restrictions in place for prison &amp; congregational care</li><li>Schools closed for in-person instruction</li><li>Most child care closed</li></ul>	<ul style="list-style-type: none"><li>Stay at home ordered</li><li>Large gatherings prohibited</li><li>Restaurants/Bars limited to carry-out &amp; delivery</li><li>Only travel for life-sustaining purposes</li></ul>
<b>YELLOW PHASE</b>	
<ul style="list-style-type: none"><li>Telework must continue where feasible</li><li>Businesses with in-person operations must follow safety orders</li><li>Child care open with worker &amp; building safety orders</li><li>Restrictions in place for prison &amp; congregational care</li><li>Schools closed for in-person instruction</li></ul>	<ul style="list-style-type: none"><li>Stay at home restrictions lifted in favor of aggressive mitigation</li><li>Large gatherings prohibited</li><li>In-person retail allowed, curbside/delivery preferred</li><li>Indoor recreation, health &amp; wellness facilities (such as gyms, spas), and all entertainment (such as casinos, theaters) remain closed</li></ul>
<b>GREEN PHASE</b>	
<ul style="list-style-type: none"><li>All businesses must follow CDC &amp; PA Department of Health Guidelines</li></ul>	<ul style="list-style-type: none"><li>Aggressive mitigation orders lifted</li><li>Individuals must follow CDC &amp; PA Department of Health Guidelines</li></ul>

While the stay-at-home order has been extended to May 8 statewide, Gov. Tom Wolf this week also outlined a phased plan he intends to use to reopen the Commonwealth's economy. Areas with fewer confirmed cases of COVID-19 will be the first to move toward reopening with other regions remaining under current orders until they reach a level of fewer than 50 cases per 100,000 people for a period of 14 days. The governor asserted that this formula was based on science but has not revealed how he arrived at the 50 cases per 100,000 figure or on what science or data any of his other decisions are based upon. The governor compared the three phases to a traffic light, with the entire state currently in the red phase. Areas in the northwest and north-central portions of the state are the most likely candidates to move into the yellow phase, and ultimately the green phase, first. For details about what the governor would permit in each phase, review the chart.



The Pennsylvania Department of Health is now releasing both county and ZIP code-level information about COVID-19 cases. An interactive [map](#) shows the number of confirmed cases and negative tests, as well as the number of deaths if applicable.

Nearly \$16 million is on its way to Pennsylvania food banks, which are providing critical assistance to Pennsylvanians during the COVID-19 health crisis. The state received \$14.9 million from the U.S. Department of Agriculture for The Emergency Food Assistance Program to provide critical support and food to Pennsylvania's food banks and emergency food assistance network working to feed the hundreds of thousands of Pennsylvanians in need. To find a food pantry near you, click [here](#).





You can follow Sen. Ward on Facebook or write to Senate Box 203030 Harrisburg, PA 17120-3030  
Phone: 717-787-5490  
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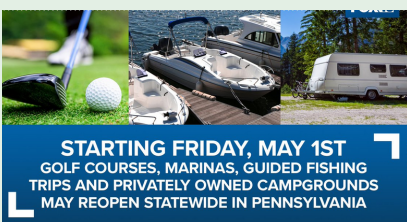
**Senate Bill 613** -- Gov. Tom Wolf vetoed Senate Bill 613 which would have allowed some businesses to reopen if they complied with COVID-19 mitigation guidelines. However, the governor has set May 1st as the date to resume construction and May 8th as the date to possibly start lifting stay-at-home orders in areas of the state with minimal COVID-19 cases.

**Senate Bill 841** -- Governor Tom Wolf signed Senate Bill 841 that helps local communities and businesses respond to the COVID-19 emergency and protect the public. The bill provides flexibility on property tax deadlines, allows remote public meetings and notarization of documents so online vehicle sales can resume.

**Senate Bill 857** -- This bill, which has been vetoed by the governor, would have enhance the availability of tele-medicine in the Commonwealth while improving safe access to care in this time of social distancing, as well as boosting accessibility and affordability of care in rural and other underserved areas of the Commonwealth.



On Friday May 1st, construction can resume normal operations. the Department of Health extended guidelines to ensure these employers can operate in a way that minimizes the risk of spreading COVID-19. The guidelines include cleaning frequently touched surfaces, providing sufficient distance between employees, staggering breaks and shifts, providing masks for employees and more. The full list of guidelines is available [here](#).



Starting Friday, May 1, golf courses, marinas, guided fishing trips and privately owned campgrounds may reopen statewide and are required to follow updated life-sustaining business guidance and FAQ issued by the Wolf Administration to include specifics for how these outdoor recreational industries can resume activities while prioritizing public health and safety. Campgrounds in state parks will remain closed through Thursday, May 14.



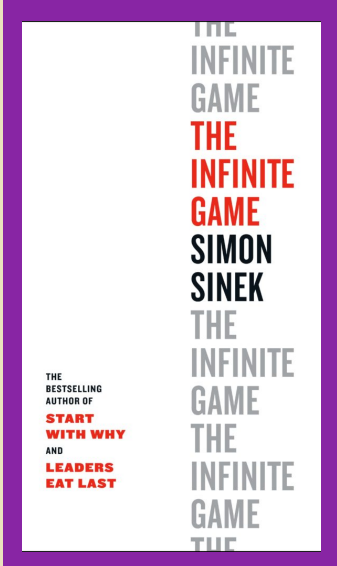
In response to disruptions caused by the COVID-19 pandemic, the Pennsylvania Higher Education Assistance Agency (PHEAA) has extended the deadline for college students to apply for state grants from May 1 to May 15 for the 2020-21 academic year. The new deadline applies both to renewals and first-time applicants. More [HERE](#).



At the outset of the pandemic, the Department of State extended the expiration dates for several types of professional licenses and permits. Several other temporary permits were recently added to the list, including physical therapy, respiratory therapy, genetic counseling, massage therapy and many more. A complete list of temporary licenses and permits that have been extended is available [here](#).

# Book of the Month

"To ask, "What's best for **me**?" is *finite* thinking.  
To ask, "What's best for **us**?" is *infinite* thinking."  
— Simon Sinek, The Infinite Game



In **finite** games, like football or chess, the players are known, the rules are fixed, and the endpoint is clear. The winners and losers are easily identified.

**Infinite** games, like business or politics or life itself, the players come and go, the rules are changeable, and there is no defined endpoint. There are no winners or losers in an infinite game; there is only ahead and behind.

The more Simon started to understand the difference between **finite** and **infinite** games, the more he began to see **infinite** games all around us. He started to see that many of the struggles that organizations face exist simply because their leaders were playing with a **finite** mindset in an **infinite** game. These organizations tend to lag behind in innovation, discretionary effort, morale and ultimately performance.

The leaders who embrace an **infinite** mindset, in stark contrast, build stronger, more innovative, more inspiring organizations. Their people trust each other and their leaders. They have the resilience to thrive in an ever-changing world, while their competitors fall by the wayside. Ultimately, they are the ones who lead the rest of us into the future.

Simon now believes that the ability to adopt an **infinite** mindset is a prerequisite for any leader who aspires to leave their organization in better shape than they found it.



Simon Sinek is an optimist. He believes in a bright future and our ability to build it together. Described as “a visionary thinker with a rare intellect,” Sinek teaches leaders and organizations how to inspire people. With a bold goal to help build a world in which the vast majority of people go home everyday feeling fulfilled by their work, Sinek is leading a movement to inspire people to do the things that inspire them.



# Podcast of the Month



## Business Casual

Answering the biggest questions in business, with the biggest names in business.

Business Casual host and Morning Brew Business editor Kinsey Grant interviews experts, thought leaders, and intimately involved CEOs to determine the causes, effects, and financial states of play surrounding the season's major, script-flipping business issues.

This edition of Morning Brew's Business Casual podcast dives deep into personal finance in the COVID-19 age with money expert and author of [I Will Teach You to Be Rich](#) Ramit Sethi.



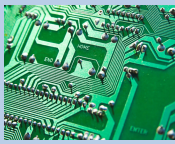
The thought of getting a \$1,200 check in the mail from the government was nothing short of crazy just six months ago. Ask Andrew Yang. But now, that once impossible idea is reality—most Americans will receive a little something from Uncle Sam as part of the government's \$2.2 trillion COVID-19 relief package.

But what should you do with that money? If your groceries and basic necessities are already covered, should you splurge your Trump Bucks or save them? And what kind of boost—if any—will this program give the U.S. economy?

In the episode, Sethi covers:

- Why you need an emergency fund and what you should do if you're in an emergency but low on the funds.
- How and where we can find opportunity (read: earning potential) in the depths of a painful recession.
- Whether it is harder or easier to get rich today when compared to our last recession a decade ago.

[Listen now and learn more about how your personal finance situation could change.](#)



# Tech NEWS

## From Digital to Virtual... How the coronavirus has forced us to rethink the way we work.



Now more than ever, technology is being counted on to help handle the coronavirus. From internet platforms to autonomous robots, all types of technologies are being deployed to keep life moving forward as normally as it can in this time of crisis. Though coronavirus is certainly showing us an unprecedented way of working in the modern age, it is likely that some of these technologies will stick around, ultimately transforming the way we count on technology in the future. From medicine to museums, the pandemic, is ushering in a golden age of virtual media.

Here are some tech tips to help you work better from home.

### **Get your Wi-Fi in order**

Your experience working from home will depend a lot on your Wi-Fi performance. A lot of devices competing for throughput on one network can cause internal traffic issues and downgrade performance when working remotely. If you've had the same router for more than five years, now may be a good time to upgrade. With newer, multi-band routers you can segment your wireless network into two networks: 2.4 GHz and 5 GHz

### **Boost your Internet**

How fast or slow an Internet connection depends on the service and level of service a customer has from their Internet Service Provider. If you think you may need more bandwidth to work from home, now may be a good time to renegotiate your service plan. AT&T recently announced it was temporarily halting caps on broadband service for all of its customers, as more people work from home.

### **Secure your home network**

Make sure all devices on your home network including the ones you use for business have the latest software updates (which often contain critical security patches) and also update any anti-virus software.

### **Get yourself a USB dock or hub**

If you use a desktop PC at home, then you might already have everything you need. Desktops tend to be more powerful than laptops, offer the ability to connect more displays, and provide greater connectivity options. The biggest question is: Does your company allow you to connect to corporate resources using a personal PC? If it doesn't, then you'll either need to get permission or use a company-issued PC, most likely a laptop. While the laptop itself might be relatively limited in terms of connectivity, it's relatively easy to set up a home office with all of the connectivity you need -- including multiple displays for productive multitasking. What you need is a dock or USB hub.

### **Buy the right monitor**

It's easy enough to connect multiple displays to your laptop if you have Thunderbolt 3 or USB-C. And there's not much you can do that has a more immediate impact on your productivity — attach a couple of 4K displays at 27 inches or larger and, suddenly, your laptop becomes a productivity powerhouse. If you're using a laptop, there are endless options for how to set up your layout. You can prop it up on a stand, or, for an ultra-clean desk, you can even purchase a vertical laptop stand and leave your laptop closed while using it.

**For more work-at-home tips and tech product recommendations to set up a home office for remote work, check out [Digital Trends'](#) full story.**

# Health Corner

## Diaphragmatic Breathing

In this season full of stressors and unknowns, it is more important than ever to incorporate stress management techniques into our daily life. The list of impacts that stress can have on our being continues to grow. High levels of stress can affect almost every system in our body in truly shocking ways. It can be a factor in the development of conditions ranging from difficulty thinking and sleeping to diabetes and autoimmune conditions.

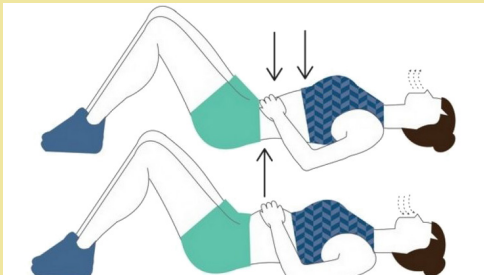
As a physical therapist, one of the most important areas that I see stress affect is our physical body. High levels of stress can increase our perception of pain, change our posture and body mechanics, and is associated with low back pain, one of the biggest reasons for individuals to seek therapy services.

I wanted to try and give some sincere and tangible advice and skills to help manage stress and the potential for back pain in one fell swoop. One of my favorite and go-to techniques to use during treatments is diaphragmatic breathing. Diaphragmatic breathing, also known by many as “belly-breathing”, has been used frequently with musicians and competitive athletes. This breathing technique has also been integrated more frequently into psychological and counseling circles due to its effectiveness in reducing stress.

The diaphragm is an important muscle that separates the chest cavity from the abdomen. It attaches to the ribs and the back creating a dome shape, and its most important role is to assist with breathing in. It is also one of the muscles that makes up and forms the roof of the core muscles which provides support to the spine and back.



Just like other muscles, the diaphragm can be trained. When utilized correctly, it is an important element to health and wellness impacting many different realms of daily life. It can decrease stress, decrease pain, and improve strength and flexibility throughout the body.



Now to some practical advice. To learn to use your diaphragm, it is easiest to start laying flat on your back with pillows under your knees. Place one hand on your chest and one on your belly. From that position, take a deep breath in, trying to keep the hand on your chest quiet and let the belly raise up the bottom hand. Relax as you breathe out. Repeat that for a few minutes, trying to keep all the other muscles in your body relaxed. You can move through any position as you start to get the feeling of how it works.

Don't become frustrated if you can't master it immediately. It may take several tries, and using this muscle in different situations and activities takes practice. That practice, though, will pay off exponentially in the long run. As the muscle gets stronger, you want to be able to take deep breaths using the diaphragm without having to exert much effort.

By taking some time to learn to use this very important muscle, it can add an important tool to your self-care toolbox in helping to manage your stress and to reduce pain in your physical body. We at Greencastle Physical Therapy and Sports Medicine would love to play a role in improving your quality of life and assisting with recovery whenever the need may arise.

Stay safe and sane out there!

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