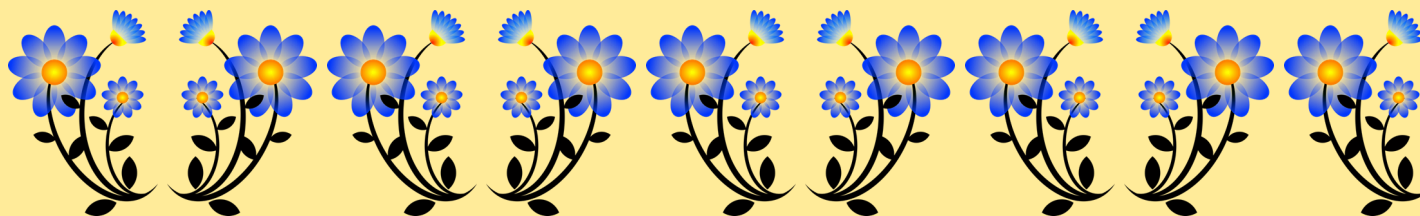


CHAMBER CHATTER

Middletown Chamber of Commerce



ISSUE 125
MAY 9, 2023

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Laura Wright, Executive Director
(502) 245-0404
Laura@MiddletownChamberky.com
11803 Old Shelbyville Road
P.O. Box 43546
Louisville, KY 40253

CALENDAR OF EVENTS

<https://middletownchamberky.com/events-calendar/>

KCC

<https://middletownchamberky.com/kentucky-chamber-of-commerce/>

GLI

<https://middletownchamberky.com/gli/>

BUSINESS DIRECTORY

<https://middletownchamberky.com/business-directory/>

MEMBER AWARDS

<https://middletownchamberky.com/member-awards/>

SPACE FOR RENT/LEASE

<https://middletownchamberky.com/space-for-rent-or-lease/>

WEEKLY CHAMBER CHATTER

<https://middletownchamberky.com/chamber-chatter/>

CHAMBERLINK NEWSLETTER

<https://middletownchamberky.com/newsletter/>

JOB BOARD

<https://middletownchamberky.com/job-board/>

CHAMBER RESOURCE LINKS

WEBSITE HOME

<https://middletownchamberky.com/>



MAY MONTHLY BREAKFAST



SPEAKER:
JOHN HASSMAN
OWNER, A TASTE OF KENTUCKY



THURSDAY
5-11-23
8:00AM - 9:30AM
CELEBRATION HALL
11711 MAIN ST

**JOIN US FOR ANOTHER
GREAT NETWORKING
OPPORTUNITY!**

MARK YOUR CALENDAR AND *RSVP TODAY AT:

<https://middletownchamberky.com/product/monthly-breakfast-5-11-23/>

***COST IS \$20 ONLINE OR \$25 AT THE DOOR**

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gift baskets!

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Amy VanValkenburg
with:

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11614 Main Street
Middletown, KY 40243
770-335-5366

amy@louisvilledayspa.com
www.louisvilledayspa.com

Andy Mitchell
with:

SUMMITT TRUCKING

1800 Progress Way
Clarksville, IN 47129
812-924-8704

amitchell@summitt.com
www.summitt.com

Charles George
with:

WINE & SPIRITS WHOLESALEERS OF KY

906 Lily Creek Rd, Suite 102
Louisville, KY 40243
502-445-9981

charles@wswk.org
www.wswk.org

MEMBERS!



C.O.R.E.

Health Centers
CHIROPRACTIC | WELLNESS
Jeremiah Holmes D.C.

OPEN HOUSE & RIBBON CUTTING



YOU ARE INVITED

CORE Health Centers of Middletown
Open House & Ribbon Cutting

Tuesday, May 16th, 2023

Open House 9am - 1pm & 3pm - 6pm
Ribbon Cutting at 1:30pm

Address: 727 Speckman Road, Louisville, KY 40243

Contact: **502-205-2003**

www.coremiddletown.net



NON-PROFIT AFFINITY GROUP



PLEASE JOIN US!

WHAT: NETWORKING WITH OTHER NON-PROFITS
WHERE: MIDDLETOWN 1ST BAPTIST CHURCH
 11721 MAIN ST, MIDDLETOWN KY
WHEN: TUESDAY, 5/9/23, NOON - 1:00PM
 *BRING YOUR LUNCH, DRINKS & DESSERT PROVIDED

QUESTIONS? CALL OR EMAIL LAURA: 502-245-0404, LAURA@MIDDLETOWNCHAMBERKY.COM

JOIN THE FUN! LEADS...

WEDNESDAY
MAY 17, 2023
11:00AM-12:30PM



MIDDLETOWN CITY HALL
11803 OLD SHELBYVILLE RD
MIDDLETOWN, KY 40243

AT LIGHTNING SPEED!

PLEASE Only one company per industry is allowed to attend.
 If you attended the previous month, you must sit out a month.
 A total of 20 participants per event, first to respond can attend.
 Laura will confirm your reservation.
 Must be a Chamber member and in good standing to participate.
 Bring your business cards to share with the other 19 participants.
 Speed networking will begin promptly at 11:00 a.m.
 You will have 2 minutes, each round, to give your commercial.
 Refreshments will not be provided
 Signed up, but didn't attend? Must sit out 2 months.

Registration is not available online.
Please call Laura Wright at (502) 245-0404 or e-mail her at laura@middletownchamberky.com.



CHAMBER MEMBER ORIENTATION

THURSDAY
MAY 18, 2023
1-2PM



Held on the 3rd
Thursday of
every month!
PLEASE RSVP

MIDDLETOWN CHAMBER OFFICE
11803 OLD SHELBYVILLE RD, MIDDLETOWN, KY 40243



...not just for new members!

Join fellow chamber members and Chamber Staff as we highlight everything our Chamber of Commerce has to offer you! Come get acquainted with our offices, benefits, events, and communications. Oh, and don't forget to bring your business cards for the networking opportunity too!

To participate, you MUST register in advance! Registration is not available online.
Please call Laura Wright at (502) 245-0404 or e-mail her at laura@middletownchamberky.com

MIDDLETOWN CHAMBER OF COMMERCE



MIDDLETOWN WOMEN'S BUSINESS NETWORK MISSION STATEMENT:

To connect women from all different departments within a business, to share experiences, brainstorm new initiatives, and increase connections that support, enrich, and inspire women to advance professionally and personally.

NEW YORK LIFE COFFEE NETWORKING

Tuesday, 5/16/23, 9:00-10:00AM

GENEROUSLY HOSTED BY:
WANDA BASTERT, NEW YORK LIFE
9300 SHELBYVILLE RD, STE 1250
(12TH FLOOR, FLASHCUBE BUILDING)

TO RSVP:
CALL LAURA AT 502-245-0404 OR
EMAIL LAURA@MIDDLETOWNCHAMBERKY.COM

COFFEE CHIT CHAT WITH THE CHAMBER



HOST: TAYLOR CLEMENTS,
POTHOS HAIR & COMPANY
11517 MAIN STREET
LOUISVILLE, KY 40243



SENIOR SYNERGY



WHEN:
TUESDAY,
5/23/23
11:45AM-12:45PM



A SMALL GROUP WHOSE SUM IS > ITS PARTS

**JOIN US FOR OUR MAY MEETING
AT THE GRAND'S COURTYARD COOKOUT!**
*TO BENEFIT THE ALZHEIMER'S ASSOCIATION

SPEAKER: Lisa Young, Alzheimer Association Senior Walk Director
TOPIC: Alzheimer Association Resources & Fundraising Efforts

Suggested donation is \$10

IF YOUR BUSINESS HAS ANYTHING TO DO WITH SERVING SENIOR CITIZENS...

PLEASE JOIN US!

**The Grand has generously agreed to provide a BBQ lunch for those in attendance. Please RSVP by to laura@middletownchamberky.com.

WHERE:
THE GRAND SENIOR LIVING
9300 CIVIC WAY
PROSPECT, KY 40059



DID YOU KNOW? YOGA HELPS MANAGE WORK FATIGUE

We are offering our business neighbors a **First Class for Free**. Now thru May 15th scan the QR code and use promo code **"NEIGHBORS"** to book your free class and get moving!

Interested in a team building event? Let us book a private class for your business. Contact us at the studio for more information.



JOIN
US
Y'ALL!



Tame Your Tension Headache

SELF CARE CLASS FOR WOMEN
by GAIA MASSAGE



Learn How to:

- ✓ Prevent the onset of tension headaches, and reduce the severity of them when they do occur.
- ✓ Utilize self massage techniques, stretches, and massage cupping to target tension in the neck, shoulders, and the jaw.
- ✓ Each participant will also receive a complimentary set of massage cups and a therapeutic grade bottle of massage oil.

When: Monday, May 15th, 6-7pm

Where: Infinite Bliss Yoga Studio

Investment: \$40 per person

Book Now!



Limited Seats Available!

For More Info:

GaiaMassageLLC.com
@GaiaMassageLouisville





Planning Ahead

THE DIFFERENCE BETWEEN Hospice & Palliative Care

HOSTED BY:

Hosparus Health Louisville & Forest Springs Health Campus

DETAILS

May 16th | 12:00–1:30 p.m.
Forest Springs Health Campus
4111 Wooded Acre Lane

Come hear from Hosparus Health Louisville on the differences between hospice and palliative care services. Their experts will provide you with the resources needed when making these decisions for yourself or a loved one.

FREE LUNCH

RSVP by May 15th to Alicia: 502-523-9224


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A Trilogy Senior Living Community
forestspringshc.com |  


HOSPARUS
HEALTH®
hosparushealth.org



CITY OF MIDDLETOWN POLICE FOUNDATION



CAR-TRUCK-BIKE SHOW

Sunday May 21st

Village Square Shopping Center
11750 Shelbyville Road



Sponsored By **TODD'S PLACE**
express car wash

Show Time: 11:00-4:00

Registration Ends: 1:00

Awards Ceremony: 3:30

Best Of Show Award

Top 25

People's Choice

Club Participation

Veterans Award

Entry Fee \$20.00

50/50

Raffle/Silent Auction

Refreshments Available

For More Information
Contact:

Bill Bond (502)724-4728

Gary Edelen (502)592-5835



TUESDAY, MAY 23RD



The Grand's Courtyard Cookout

Tuesday, May 23rd, 11:00am-1:00pm

Join us for our Memorial Day Cookout to benefit the Alzheimer's Association!
Enjoy a BBQ lunch with all the fixins, yard games, and door prizes!
Suggested donation: \$10

The Grand
SENIOR LIVING

A  CVITAS MANAGED COMMUNITY

Call/Text to RSVP
(502) 269-2678

9300 Civic Way, Prospect, KY 40059
www.TheGrand-SL.com

FACILITY ID # 101352   

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EMPLOYEE BENEFITS EVENT

A Fresh Look at Managing Legislative Changes While Managing Workforce Health & Productivity Risk



Key Legislative and Regulatory Requirements Facing Plan Sponsors in 2023

Employer-sponsored health and welfare plans are subject to numerous laws and regulations. In this seminar, we will highlight a number of key legislative and regulatory issues facing plan sponsors in 2023 and discuss some of the areas with which plan sponsors struggle year after year.

Topics we will be covering include:

- Impact of the End of the National Emergency and Public Health Emergency
- 2023 Transparency Requirements
- HSA Eligibility and Telemedicine
- Mental Health Parity NQTL Comparative Analyses
- Employer Mandate Penalties

Population Health Goes Far Beyond Wellness

Now more than ever, employers are feeling the impact of the nation's mental health crisis within our workforce and are taking action. Learn how population health can provide targeted solutions for care & benefits navigation and condition management.

Topics we will be covering include:

- Employer Health & Benefit Priorities
- Wellness vs. Population Health Approaches
- Leveraging & Navigating Digital Health
- Managing Mental Health and ROI and VOI



**Tuesday,
May 23, 2023**

2:00 – 6:00 PM

Registration: 1:30 – 2:00 PM
Presentation: 2:00 – 4:00 PM
Social Hour: 4:00 – 6:00 PM

The Royal Room
6314 Meeting Street
Louisville, KY 40059



[REGISTER HERE](#)

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**THE POWER
OF KNOWING**
An educational seminar series

We are excited to be joined by one of America's leading experts on Social Security and Medicare, Mary Beth Franklin, who will discuss top strategies to maximize Social Security benefits and minimize Medicare premiums!

Making the Most of Social Security:

What you need to know

May 23 at 2 p.m. Eastern

(1 p.m. Central, 12 p.m. Mountain, 11 a.m. Pacific, 10 a.m. Alaska, 9 a.m. Hawaii)

For most retirees, Social Security is a critical piece of the retirement income puzzle, but the rules are complicated. Medicare benefits are also essential to retirement security, but high costs can catch some retirees by surprise. Learn everything you need to know to make the most of your retirement benefits!

Space is limited, so please register today by clicking on the link below:

<https://webinars.on24.com/nyl/marybethfranklin?partnerref=0166008>

I hope you will join us for this special event which is part of New York Life's "The Power of Knowing" educational seminar series. Please don't hesitate to reach out with any questions.

Click below to learn more about this event

<https://tinyurl.com/3hz9bc2b>

FEATURED SPEAKER – Mary Beth Franklin, CFP®



Mary Beth Franklin is one of the country's leading experts on Social Security and Medicare. An award-winning journalist, Mary Beth writes a column on retirement issues for Investment News, a publication for financial advisors.

In her seminar, she will explain how:

- Claiming age, marital status, and earnings restrictions can affect Social Security benefit amounts.
- To apply Social Security claiming strategies to maximize benefits for some married couples and eligible divorced spouses.
- Social Security retirement and survivor benefits represent two different pots of money and may be claimed at different times.

This presentation is for general information only. Attendees are not required to purchase any products or services. The guest speaker appearing at this workshop is solely responsible for the content of her presentation which may not necessarily represent the opinions of the company hosting this presentation or its subsidiaries. All opinions and data included are current as of the date of this presentation and are subject to change. The opinions and views expressed herein are not intended to be relied upon as a factual prediction or forecast or guarantee of actual future events. Participants are asked to consult a properly licensed financial or insurance professional regarding their own specific situation. Neither New York Life Insurance Company (NY, NY), nor its agents, provides tax, legal, or accounting advice. Please consult your own tax, legal or accounting professional before making any decisions.

SMRU 5595126

0166008

Wanda Bastert

WEDNESDAY, MAY 31ST

YOU'RE INVITED!

Senior Fitness Class



Wednesday, May 31st | 10 a.m. – 11 a.m.

Forest Springs Health Campus
4111 Wooded Acre Lane

Celebrate Senior Health & Fitness Day
with the therapy experts of Forest Springs!

Exercise activities | Healthy snack bags provided
FREE EVENT!

Contact Alicia Redfern to RSVP by May 30th! 502-523-9224


FOREST SPRINGS
HEALTH CAMPUS
A Trilogy Senior Living Community
forestspringshc.com |  

VENDORS NEEDED



The Willows at Springhurst

Senior Health & Fitness Day Health Fair

Wednesday, May 31st
10:00 AM - 1:00 PM

Free Admission, Multiple Vendors, Blood Pressure Checks,
Health Screenings, Healthy Snacks and Door Prizes!

For more information or to RSVP
Call: 502-377-1483

3101 N. Hurstbourne Pkwy. | Louisville, KY 40241
502-412-3775 | willowsatspringhurst.com |  


THE WILLOWS
AT SPRINGHURST
A Trilogy Senior Living Community



BIKE SHOW

SUNDAY, JUNE 4, 2023

1ST PLACE



EACH CLASS

\$200 CASH PRIZE FOR SHOW BEST OF SHOW
SAVE THE DATE JUNE 4TH

\$10 ENTRY FEE

SIGN-UP : NOON - 2PM

OPEN TO ALL BIKES

CLASSES

- DRESSER
- STOCK CRUISER
- SPORT BIKE
- ANTIQUE
- 3-WHEEL
- CUSTOM
- BEST OF SHOW

VFW POST #1170

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Charley Datillo 502-314-7501
Kim Nethery 502-417-2259



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Contact Us

Phone - 502-473-5500

Email - sales@phnxit.com

www.phnxit.com

<https://www.facebook.com/PhoenixITKY>

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