



The Navigator

The Newsletter of the Greater Newburyport Chamber of Commerce & Industry

Vol. 16, Issue 1

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BREAKFAST FORUM SERIES

Thursday, January 8
 7:30 AM at The Phoenix Room
 19 Inn Street, Newburyport

You Oughta Be in Pictures

Join Massachusetts Film Office Executive Director, Nick Paleologo for an interesting discussion on the growing filmmaking industry right here in the Commonwealth.

Registration Required

Breakfast admission:
 \$20 for pre-registered members
 \$25 for non-members and walk-ins

MEMBER MIXER

Wednesday, January 14
 5:30 AM at Garrison Inn/David's Tavern
 11 Brown Square, Newburyport

Start the New Year off right with some great networking! Join us at the Garrison Inn and enjoy great food from David's Restaurant at this jointly hosted member mixer. Bring your business promotional materials for the display table.

Cocktails • Hors d'oeuvres • Raffle Prizes
Admission: \$5 members, \$10 non-members

To register for events call 978-462-6680 or visit www.newburyportchamber.org/events.shtml

A Note from Chamber President, Ann Ormond



Happy New Year to one and all! I hope you all had a wonderful and magical holiday season. I know that 2009 will be a challenge for all of us, whether a small business owner, an industrial park company, a sole proprietor, non-profit organization, an innkeeper, retailer or restaurant.

Now more than ever you need to use your chamber membership and reach out to sustain and grow your business. Our chamber is strong and vibrant. This is time to rely and take advantage of your membership benefits. Give us a call, we are here for you!

I know that many of us have parents that are aging. If I say "elderly" to my mother I get the look, we all know about the look. My mother calls it the state of "aging gracefully." The editorial subject of this month's *Navigator* is Elder Care. This is an area that is growing as the baby boomers care for aging parents and look ahead to our needs as we age. Our chamber has many members that service this population. Take a look at our website or your member directory for more information on the many professionals that work in this rewarding area of business.

As I write this *Navigator* article there is a competent, generous group of chamber marketing professionals that will be convening shortly to assist the chamber with the creation and implementation of a marketing plan. As we look to 2009 and beyond, it is important that the chamber always be looking at ways to improve, grow and market our services. Look for more information and news in the upcoming *Navigator* issues.

NEW FOR 2009

Premium Ad Space Available Here!

For more information, contact Patty St. John
 at pstjohn@newburyportchamber.org
 or 978-462-6680 x14



A Monthly Newsletter for Chamber Members

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Evolution 25/40

The Chamber has recently reinvigorated our young professionals group! This group is exclusively for members under 40.



The mission of Evolution 25/40 is to foster the growth and development of young professionals and/or entrepreneurs in their developing careers by:

- providing educational opportunities on topics critical to you and your business.
- providing access to successful, young business owners and community leaders with whom you might not otherwise come in contact.
- providing opportunities to expand your contact base and cultivate meaningful professional relationships.
- developing a unique and exclusive, like-minded peer group whom you can turn to for advice, guidance, and problem solving on issues you may face along the way.



Energy and excitement were in the air at The Grog on October 22nd where the kick-off event was held with over 50 people in attendance. Following some enthusiastic networking, hot hors d'oeuvres and cold cocktails, representatives from Stonewall Kitchen addressed the group. They served up some inspiration by telling the story of two young men who started selling their vinegars and jams

at local farmers' markets (including Newburyport!) 17 years ago and today boast over 6,000 wholesale accounts nationwide, thriving catalog and web divisions and eight company stores.

Planning for 2009 is underway with more exciting programs in the works. In response to your feedback, we will be bringing in more guest speakers to share their success stories, and will also be holding educational seminars. The group has also thoughtfully decided that giving back to their community is important for both personal and professional growth. To that end, we are asking that attendees to all these events, if able, please bring a food item. In these difficult times, throughout 2009, all items collected will be donated to local food pantries.



It is a New Year! If you are a young professional under 40 we encourage you to resolve to attend these events. And be sure to bring along a friend or colleague who may be interested in this group. It is an opportunity to share, learn and discover resources that you need to achieve success in your own career! We hope to see you at The Grog on Wednesday, January 21st at 5:30 PM for some informal networking. For more information, contact Patty St. John at pstjohn@newburyportchamber.org or 978-462-6680 x14.

EVENTS & PHOTOS



A full house gathered at the November Breakfast Forum Series sponsored by The Institution for Savings. Two days after the presidential election, Boston's man-woman talk team, Jim Braude and Margery Eagan offered a lively and entertaining discussion.



The first annual Newburyport Bridal Showcase was held on November 9th at The Phoenix Room and Nicholson Hall. The showcase featured over 40 bridal industry vendors and ended with a beautiful fashion show.



Brothers Anton and Jos Nicholas, the owners of Comina on Pleasant Street, enthusiastically cut the ceremonial ribbon at their Grand Opening as Mayor Moak and Ann Ormond look on.



Ann Ormond, Debby Green and Mary Ellen Lawler celebrate a ribbon cutting at the new location of Greetings by the Dozen.



Members enjoyed a great night of networking at the November mixer hosted by Country Rehabilitation & Nursing Center in Newburyport.



The Director's Cut Hair Salon celebrated their Grand Opening with a ribbon cutting with (L-R) Mayor John Moak, Mary Ann Jackson, Amanda Valli, Paula Cerbone, Liz Merrill, Kristin Dussault, Trina Conden and Ann Ormond.

MEMBERSHIP NEWS

Welcome Aboard New Members!

*These businesses have recently joined the Greater Newburyport Chamber of Commerce & Industry. **Welcome!** Due to The Navigator's printing deadlines, the listings for new and renewing members always reflect activity for two months prior to publication.*

Bracken School of Irish Dance

Thomas Bracken
102 Bridge Road, Salisbury, MA 01952
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www.brackenirishdanceschool.com
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Thank You Renewing Members!

A special Thank You to the following members for renewing their membership. Each month we will list renewing members according to how long they have been members of the Chamber.

Over 20 years

Brass Lyon
Dugan Supply Company
Essex Street Inn
Keiver-Willard Lumber Company
Lombardi Oil Company, Inc.
PCI Synthesis
Riverfront Marina
Shaw's Supermarket, Inc.
Strem Chemicals, Inc.

15-19 years

Dr. Jill Buschmann
The Clark Currier Inn
Millwood Apartments
Sava Assoc. Architects & Planners

10-14 years

Currier & Associates, Inc.
East Coast Welding & Fabrication
Gram's Homemade Ice Cream, Inc.
Saracy's Flower & Gift Shop
United Way of Mass Bay & M.V.

5-9 years

Bottom Line Bookkeeping
Defiance Sail Charters
Great North Property Mgmt.
Key Partners, Inc.
Mel Nagler, Executive Coach
Newburyport Mothers Club
Paul R. Ivaska, Attorney at Law
Plum Island Soap Company
Townsend Oil & Propane

1-4 years

Boston Healthcare Ventures
Cider Hill Farm
Demakis Law Offices, P.C.
Flippin' Out
Fowle's Breakfast & Lunch
Friends of Moseley Woods, Inc.
Heartland Payment Systems
J. Gil Organic Landscaping
J. L. Coombs
Kleenline Corporation
James W. Koglin, DDS
Millwork Door & Window Co.
National Multiple Sclerosis Society
Not Your Average Joe's
The Pettengill House, Inc.
Piece of Mind
Pine Island Music Resource
Port Paint n' Paper
Simply Hair
Marion Spark - Coldwell Banker Residential Brokerage
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people are **talking**

"I'm glad I had your phone number on me from your Chamber email blast"

- A happy customer of Fraser Automotive, after his car broke down and Fraser came to the rescue.
(Referring to the Member2Member Email Communication)



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host a mixer!

Interested in **increasing visibility** for your business?

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For more information contact
Patty St. John at 978-462-6680 x14 or
pstjohn@newburyportchamber.org

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The Green Energy & Sustainable Practices Expo



The Green Expo was a huge success! Held at the R. A. Nock Middle School in Newburyport this past November, hundreds of visitors were able to see 55 exhibits, have a bite to eat, speak with professionals, and attend educational panels and workshops.

Thank you to our sponsors, speakers, committee members and volunteers. We look forward to building this into an annual event!

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SPOTLIGHT ON MEMBERS

A to Z Method

What is A to Z Method?

A modern exercise studio created to transform the mind and body through a unique hybrid of strength training and stretching with over 25 group classes each week. Our signature athletic workout is our Method class. We also offer massage and acupuncture treatments, retail items such as Lululemon Athletica, and childcare during select class times.

What is the Method class?

A 60-minute workout specifically designed to strengthen and lengthen, without creating the bulk. The strengthening movements fuse principles of sports, pilates and ballet. The lengthening movements are stretches derived from orthopedic exercises and yoga. The class uses upbeat music to help fuel the workout and is taught in a group class setting while stressing personalized attention. The class emphasizes core conditioning and posture and we keep our exercises non-impact and weight bearing to work the muscles at their core. Every class is different to continue challenging your mind and body. Every section of the class can be modified if needed or made more challenging if needed to allow individuals with a wide range of fitness and flexibility levels to take classes at the same time. Our Method is truly a transformational fitness experience.

How long does it take to see results?

The majority of people experience a significant increase in their strength, flexibility and stamina within a couple of classes. Most commonly we are told that muscles look more defined and longer, the body becomes leaner and stronger, posture is more erect and people are shocked at their increases range of motion through a heightened flexibility. This is the result of working muscle groups one at a time in strengthening exercises that demand bursts of energy and then alternately following with deep stretches.


Why did you join the Chamber?

Our goal from the beginning of opening our doors in March of '07 was to provide a service to our local community. We recently joined the Chamber to continue our connection to the community.

How do I found out more?

A to Z Method is located at 40 Pleasant Street - across the street from the Newburyport Post Office. Visit www.atozmethod.com, call 978-518-0901 or email info@atozmethod.com for more information.

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SPOTLIGHT ON MEMBERS

Best Health Care

What distinguishes Best Home Care from other home health care agencies?

Unlike other non-medical home care agencies, Best Home Care provides both medical and non-medical home health care. Registered nurses consult, plan and direct all the care that is provided. The nurses at Best Home Care have the knowledge and commitment to provide safe home care services that you can trust. The caregivers are carefully interviewed, screened, and hired by a nurse who manages our valuable human resources. The caregivers are good people who really care about you and your loved ones.

Best Home Care is a full service Home Health Care Provider, with two offices, one is located at 130 South Main Street in Middleton and our main office is located at 45 Albion Street, Wakefield. We are currently looking to open our third office in Newburyport. Best Home Care is a private home health care agency that was founded in 1999. Best Home Care is owned and operated by professional nurses with over 40 years of experience in home care.

What services do you provide?

Best Home Care offers a full spectrum of home health and community health care service. We provide nursing, home health aides, certified nursing assistants, companions, homemakers and

transportation services. We provide these services from one hour per day up to twenty-four hours per day, seven days a week.

What is Best Home Care's Mission?

Our mission is to assist our clients to remain in the setting of their choice. We are dedicated to our clients and their families, as well as our employees. We are committed to providing health education and access to all available community resources for the benefit of the community, our clients and our employees. At Best Home Care, We Make It Happen.

Why did Best Home Care join the Chamber?

Best Home Care joined the Chamber to become involved in the Newburyport community to provide the valuable educational and health care services that we have provided to other communities over the past ten years.

How can we contact Best Home Care?

Visit us at www.BestMakesItHappen.com or call 978-774-2005.



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SPOTLIGHT ON MEMBERS

Country Rehabilitation & Nursing Center

What is Country Rehab?

Country Rehabilitation is a skilled nursing and rehabilitation facility; we have been part of the community for over 35 years. Our primary focus is to provide the highest level of care to our patients so that they may regain or return to their highest level of functioning in order to return to their previous living situation.

What do you offer?

Country Rehabilitation offers in-patient short-term rehabilitation services, and no matter what your age we can accommodate you and help you reach your rehabilitative goals. Our services include physical, occupational and speech therapy, orthopedic recovery, complex medical management, cardiac recovery and wound management. In addition, we provide long-term care services which include 24-hour nursing care, hospice care and pain management all in a home-like setting. Country Rehabilitation can also provide respite services to those who need a break from caring for their loved one in the community.

What makes your business different?

Country Rehabilitation is different in that we offer a dedicated rehabilitation unit consisting of 41 beds. Our experienced rehab team consists of highly trained and experienced staff nurses and

therapists who specialize in providing care to patients with complex medical and physical needs. We use state of the art technology, including the Wii, e-stim, ultrasound and diathermy in order to ensure our patients return to their highest level of functioning. In 2009, we will be undergoing extensive renovations on our rehabilitation unit as part of our continued commitment to providing quality care. Country Rehabilitation is also the proud recipients of the 2006 American Health Care Association Quality Award.

How or where can people find you?

Country Rehabilitation is located at 180 Low Street in Newburyport. To find out more about how we can be of service to you please call 978-465-5361 or stop by and ask for a tour.

What are the benefits of your membership in the Chamber of Commerce?

We have found the chamber to be a valuable asset in helping us to spread the word in the community about our facility and the various events we have. We also have enjoyed the opportunity to meet and network with other members in the community and develop partnerships that will help us to better serve and meet the needs of the Newburyport community.

people are
talking

"I joined the Chamber because Newburyport felt like the type of place where people liked to use local businesses, and my membership over the past year has done nothing but strengthen that impression."

"I have many friends in different area chambers and none of them have experienced the same vibrancy and strong sense of shared mission as I see in Newburyport."

- Joseph H. Devlin, Attorney
Demakis Law Offices, P.C.



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SPOTLIGHT ON MEMBERS

Newburyport Mothers Club

What is the Newburyport Mothers Club and who are its members?

The Newburyport Mothers Club (NMC) is all volunteer, member-led social organization that provides support, information and friendship for families with young children in the Greater Newburyport area. Founded in 1999 with only a few families, the NMC has now expanded to more than 600 members and keeps growing! Members are only required to be a parent or soon be a parent and live in the Greater Newburyport area, and dues are \$45 per year.

What are the NMC's primary activities and member benefits?

The NMC holds approximately 15 events each month. Kids' events include craft and story times, performers, and outings to local zoos and farms. We also combine charity drives with our large Halloween and December holiday parties, and the Easter Egg Hunt. Recent social events for parents have included: movie nights, wine tasting parties, cocktail party, and a private shopping event hosted by The Tannery retailers. Members agree that NMC activities are a great way to meet other parents, become part of the community, learn about local resources and retailers, and find fun things to get them and their kids out of the house.

How do the more than 600 NMC members communicate?

Members receive 10 newsletters per year and each issue includes a comprehensive calendar of Club-sponsored and local events, as well as fun, interesting member-written articles. In addition to our public website (www.newburyportmothers.com), NMC runs a member-only online community through BigTent.com which provides a forum for member communications, a calendar of events, a list of local baby-sitters, information on member-run businesses and much more. In this exclusive online forum, members frequently look to other members for recommendations on local retailers, service providers, medical doctors, as well as parenting advice.

How does the NMC benefit by being a member of the Chamber?

NMC enjoys building relationships with local businesses for mutual benefit. The NMC can help introduce new and existing businesses to local families. Further, the NMC enjoys being able to sponsor many local activities, events and festivals that provide such wonderful entertainment for our friends and families.

How do I get my business involved with the NMC?

We have many opportunities for local business to partner with us. If you are interested in learning more about the Newburyport Mothers Club, please visit www.newburyportmothers.com or email Erica Jacobsen, President at nmc_information@yahoo.com.

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BUSINESS BRIEFS

All members are invited to submit a Business Brief for publication in *The Navigator!*

Submittals must be 75 words or less and be received by the 1st of the previous month. They will be published in the order they are received. Send via email to lcontrino@newburyportchamber.org. *The Navigator* reserves the right to edit.

Maria DeLeo, has joined the firm of **Janos, Griffin & Tucker, P.C.** in Newburyport, as an associate attorney concentrating in civil litigation. DeLeo, a resident of Rowley, is licensed to practice law in all Massachusetts state and federal courts. Janos, Griffin & Tucker, P.C., concentrate in Real Estate, Civil & Criminal Litigation, Estate and Corporate Planning, and Bankruptcy. They are located at 6 Harris Street in Newburyport and can be reached at 978-465-2043.

Pianist Yoko Kida joins **The Musical Suite!** Yoko received her Bachelor's of Music from Tokyo National University of Fine Arts and Music and her Master's Degree in Piano Performance from Longy School of Music in Cambridge. She is working on her Doctor of Musical Arts at New England Conservatory in Boston. Yoko has performed throughout Japan, the United States, China, South America and Europe. She has years of experience teaching students of all ages and levels. Call 978-462-8225 to schedule lessons.

Best Home Care provides both medical and non-medical home health care. At Best Home Care, the nurses have the knowledge and commitment to provide safe home care services that you can trust. The caregivers are good people who really care about you and your loved ones. Best Home Care provides home health care services from one hour to twenty-four hours a day. Best Home Care Makes It Happen. Visit us at www.bestmakesithappen.com or call 978-774-2005.

What's the BUZZ? The 5th Annual Spelling Bee brought to you by the **Newburyport Education Foundation** will be back! Set aside Saturday, April 4th, 2009 to watch community groups try their talents at spelling. See our flyer in this month's *Navigator* for details. Supporting education can "bee" fun.

Samarra Faux Painting completed a makeover for **Interlocks Salon and Day Spa**. They added faux finish to the cutting room and a fresh coat of paint. Samarra now offers kitchen cabinet makeovers. "New cabinets can cost thousands," said owner Julie Hiltabiddle. "Using faux finishes and paints, we create a brand new look for a fraction of the cost." Samarra Faux Painting specializes in interior painting, faux design, and color consulting for residential and commercial clients. Call 978-499-0801 or www.SamarraFaux.com.

Minty Fresh Marketing was recently hired by **Henry C. Becker Custom Building** to design a website that would properly reflect the level of quality and professionalism that distinguish the Becker brand. Minty Fresh owner, Kathleen Batcheller, developed a clean, sophisticated design that puts Becker's work front and center. Liss Campbell of **Yellowdog Design** collaborated on the project by providing art direction to Skibbee Photography. The resulting magazine-quality images elevate the website to first-class status. Go to: www.hcbecker.com. Contact Batcheller at 978-204-3002/kathleen@mintyfreshcreative.com; or Campbell at 978-462-8317/liss@yellowdogdesign.net.

Emmith Business Solutions (EBS) has been engaged to provide QuickBooks Support Services and/or Tax Return Preparation by the following companies: Revitalize Health & Wellness – Fitness Together Newburyport – Curtis Custom Marine - UNTHA America – Seacoast Scene - Hampton Meadows Condo Association – Northeast Lantern, Ltd.– Cardillo Construction and many more. EBS is a Certified QuickBooks ProAdvisor and their staff consists of Professional Bookkeepers and Tax Preparers. To learn more or schedule a free initial consultation for your business in the greater Newburyport area please visit www.emmith.com or find their listing at www.newburyportchamber.org.

Natural High Fitness Club, Inc. has acquired a new room on the second floor of the Tannery Mill for use as a Spinning, Yoga, and Pilates Studio. Visitors are welcome to come to the penthouse studio and enjoy the view from the rooftop deck as well as tour the new room downstairs. Introductory spin, TRX suspension training, Pilates, and core classes will be offered as well as chair massage, personal training consults, blood pressure screening, and gift certificates. Co-owners Nancy McCarthy and Kim Zanat invite everyone to stop by and let them help you begin all those New Years Resolutions! www.naturalhighfitness.com.

Soul Serenity offers wellness approach to spa services. Kathryn Peabody, founder & owner of Soul Serenity: A Spa for Body, Mind & Spirit, located at 24 Vernon Street, Newburyport is now open! Soul Serenity offers, massage, detoxification, Chinese medicine (including acupuncture and Chinese herbs), aesthetics, nutrition, and therapeutic essential oils. Soul Serenity offers products that enhance the spa experience with essential oils and an organic skin care line. For more info 978-463-2828 or stop by 24 Vernon Street and pick up a brochure!

Newburyport Art Association receives grants from **The Newburyport Five Cents Savings Charitable Foundation** for their ArtLink and OpArt art education programs. ArtLink is the NAA's ongoing art enrichment program in local schools that promotes the visual arts through exhibitions for children in grades 1–12, artist mentoring, internships, after-school classes, college and class scholarships, art supplies. OpArt is a collaboration with Opportunity Works that provides individuals with disabilities hands-on art instruction using different media, techniques and materials, and the chance to realize their life's ambitions through the creative and exhibition processes related to the visual arts.

Newburyport-based **Cronin Builders** announced that it experienced record growth in 2008 and has launched a new web site croninbuild.com. "Cronin Builders continues to grow even during these challenging economic times by adhering to three main principles: we maintain a very streamlined company, customer service is a top priority at all times, and finally, our home Owner's RepSM program provides our customers the comfort level that we are truly working in their best interest," said Chris Cronin, owner, Cronin Builders.

Matching Needs of Senior Citizens with Resources in the Community

By ROSEANNE ROBILLARD

Growing old is not for sissies. It takes a lot of hard work, patience, endurance and compromise. A good sense of humor is a big help. Friends and family can be huge supports. And as they say, 'your health is your wealth'.

But what if family is far away, friends are few and the complications of chronic illness sap both energy and finances? An elder care network exists that provides the framework within which residents should be able to grow old knowing that their needs will be met. Elder care takes many forms and means many things. Each elder is an individual, but all need access to health care, nutrition, housing, socialization and information about their options.

There are many examples of elders in our own community who are staying safe and well due to an effective elder care system.

Betty has only her cat for company. Her days were long and lonely, and often the only person she saw was the volunteer who delivers her Meals on Wheels at noon. A Telephone Reassurance program has given Betty something else to look forward to – a call from someone who cares about her. It seems like such a little thing, but it means the world to Betty and has improved her life in an unexpected way. Betty was eventually given the opportunity to make Telephone Reassurance calls to someone else who is homebound and now she has transitioned from someone on the receiving end of elder care, to someone who provides a meaningful service to others.

Mary lives in senior housing. Severe asthma prevents her from being as active as she wants and needs to be to take care of her-

self. Meals on Wheels and the services of a homemaker make it possible for Mary to stay in her apartment. The Council on Aging vans transport Mary to local appointments and volunteer drivers bring her to her out of town appointments. With this effective safety net of elder care supports, Mary is enjoying her golden years. Her needs are being met and she knows that the Council on Aging is available to help her cope with whatever new challenges come her way.

The purpose of the Council on Aging is to match the needs of senior citizens with the resources in the community. At this time of year, snow removal is a major issue. Older adults are seriously challenged by heavy snow and icy conditions. Elders who fall are at higher risk for broken bones.

Driveways must be cleared for Meals on Wheels to be delivered, and for visiting nurses to see their home-bound clients. A call to the Council on Aging will match the need for snow removal with the necessary resources. A team of residents has been identified who are ready, willing and able to shovel snow for senior citizens and disabled non-elders. This wonderful program is made possible again this year by Newburyport's Howard Benevolent Society. To participate in the program, either as a shoveler or as a receiver of the service, call the Council on Aging office, 978-462-8650.

The Council on Aging is a City department that relies on fundraising by the Friends of Newburyport Council on Aging to provide a full spectrum of high quality services and programs for local elders. Donations to the Friends can be sent to The Newburyport Bank, c/o Claire Mills, 21 Storey Avenue, Newburyport.



Chamber Staff Spotlight

Laurie Contrino - Marketing Services Coordinator

What is your role at the Chamber? My work focuses on the many ways that we as a Chamber communicate with you - our valued members! I also strive to find new and effective ways to market Newburyport, on behalf of our members, to people near and far. I have a love for graphic design and am fortunate to utilize those skills regularly, creating *The Navigator* newsletter each month - as well various design projects throughout the year such as ads, logos, brochures, posters and other print collateral materials. I also create our web-based communications, such as the email "blasts" we send out regularly (including the weekly "Upcoming Chamber Events" that I know you LOVE to find in your In Box each Monday!) and update our website as needed. Another facet of my job is to help

facilitate the *Destination Newburyport Marketing Program*, including creating the monthly Email Newsletter - and very soon it will be time to start coordinating the *Newburyport Guidebook*. In my position, I change hats regularly, which I consider a blessing. It's great to always stay busy, motivated and challenged.

What does Newburyport mean to you? Newburyport is my hometown - I grew up here and feel very fortunate to now be able to raise my own children here. I am very nostalgic when it comes to this city - which holds memories for me everywhere I turn. As we all know, Newburyport is a very special place and it's my goal everyday - whether I am running around doing errands, driving home from work, or out with my family or friends - to stop and take it all in. To be able to incorporate my love for Newburyport into my job is amazing. Having the opportunity to work hard everyday - with the goal always being to help our membership and our community move forward and succeed - is beyond fulfilling.

If you could travel anywhere in the world, where would it be? Without a doubt, Sicily. My grandparents are from Sicily and it would be an incredible feeling to set foot in the small villages that they were born in. To connect to a part of you that goes back so many years, and across an ocean, would be an incredible experience. I will get there someday!!

volunteer opportunity

Chamber office part-time volunteer receptionist needed! A great opportunity to get involved in your community.

Duties include: front office reception, answering phones, greeting visitors, selling gift certificates and various support tasks as needed.

If you have additional skills that can be utilized or could handle special projects, we'd love to hear from you!

For more information

Contact Anne Wilt @ 978-462-6680 x13 or awilt@newburyportchamber.org



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Chamber of Commerce**
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From Gen X to the Sandwich Generation

By JOHN SPELLMAN

You're rushing out of the office on a weeknight, hoping to get your daughter to soccer practice on time, cook dinner and help your other child with their homework. Just as you hit the road, your cell phone rings. It's the pharmacy telling you that the two prescriptions your father needs immediately are ready for pick up. Or you're off to your son's school play just as your mom's neighbor calls to inform you that she has fallen again and needs you right away.

If these scenarios sound familiar, you're stuck in the middle and have joined the "sandwich generation." The term refers to adults with families of their own who find themselves caring for their parents as well. According to numbers from the National Family Caregiver Survey, 44 percent of Americans between the ages of 45 and 55 have aging parents or in-laws as well as children under 21.

This means that lots of families are dealing as best they can with the stress of running two households. Whether your parent lives with you, lives nearby or lives in another state, trying to juggle all these responsibilities is stressful, no matter how much support you have from family and friends.

And don't forget the guilt. There's plenty of that, too. Guilt over not spending enough time helping your kids with their homework because you're cooking and freezing meals for your dad. Guilt over postponing your mom's doctor appointment because your meeting at work ran overtime. Guilt at not having enough time to spend with your spouse. Guilt over asking your next-door neighbor to drive the kids to football practice – again – because you have to make long distance arrangements to attend to your loved one's needs in another state.

Caring for an aging or ill parent is a full-time job that can take a toll on the caregiver. Add to that the demands of your job, lost

time at the job, plus your immediate family's needs - chances are you're going to need assistance along the way. Luckily, in Newburyport and the surrounding communities, there is assistance available.

Whether the goal is to keep your parents independent in their own home, have them move in with a family member or live in an assisted living community, options are available. Newburyport alone offers both state and federally subsidized senior housing, long term and short term skilled care facilities, assisted living facilities, adult day programs, the Council on Aging, home nursing agencies, a medical equipment company, a homecare agency, meals on wheels, local transportation services and family support groups.

There is a wealth of experience and knowledge from organizations and individuals who have gone down this road before you. A good place to start is with Elder Services of Merrimack Valley (1-800-892-0890) and the Newburyport Council on Aging (978-462-8650). Both of these agencies can provide guidance and referrals within the community.

The goal of the above organizations should all be the same, to provide something your family may be missing - stability in everyone's lives and peace of mind that your loved one is safe and well cared for. You don't have to do it alone.

John Spellman is the Owner/Director of Visiting Angels. Visiting Angels is a non-medical senior homecare agency located at 3 Cherry Street in Newburyport. Visiting Angel's professional, experienced caregivers provide a full range of support services that help ensure seniors remain safe and independent in their own homes. For more information call 978-462-6162 or visit www.homecarema.com.

FREE MONTHLY BUSINESS SEMINAR! Business Development Education Series

Wednesday, January 7 7:45-9:30 AM

at the Institution for Savings Loan Center, 93 State Street, Newburyport

Creative Business Thinking in Tough Economic Times

During this economic downturn, come and listen to a panel of your chamber peers from a cross section of businesses. Business perspectives, ideas and lessons learned will be shared with all.

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Moderator: Doris Roach, Executive Coach & Management Consultant

Panel: Nils Menten, President, iMarc; Jim Rogers, Manager/Chef, Michaels Harborside; Dr. Michael Strem, President, Strem Chemicals; Senior Representative, Institution for Savings

JANUARY 2009

Chamber of Commerce Committee Meetings & Events

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				Office Closed 1 Happy New Year!	Office Closed 2	3
4	5	8:00 AM Business Circle Comm. at Carry Out Cafe 10 AM-2 PM SCORE	6 7:45 AM Business Dev. Ed. Series at IFS 12:00 PM Econ. Dev. Council at NBPT Five 5:30 PM Res. Adv. Council	7 7:30 AM Breakfast Forum Series at The Phoenix Room 10:00 AM Ribbon Cutting at Jen Wright Signs	8	9 10
11	12	8:00 AM Finance Comm. 10 AM-2 PM SCORE	13 7:30 AM Executive Comm. 5:30 PM Member Mixer at Garrison Inn/ David's Tavern	14 8:00 AM Communications Comm.	15 7:30 AM Board Meeting at AJH	16 17
18	19	9:00 AM Cult. Heritage Comm. at Library 10 AM-2 PM SCORE	20 12:00 PM Non-Profit Meeting 5:30 PM Evolution 25/40 Mixer at The Grog	21 8:00 AM Membership Comm.	22	23 24
25	26	10 AM-2 PM SCORE 5:30 PM Quarterly Retail & Restaurant Meeting at The Phoenix Room	27 8:00 AM Business Dev. Education Comm.	28	29 8:00 AM Eye Opener Networking at Veterinary Center of Greater Newburyport	30 31

All committee meetings are at the Chamber Office unless otherwise noted.

Member Mixer

Wednesday, January 14
5:30 PM

Garrison Inn and David's Tavern
11 Brown Square, Newburyport

Start the New Year off right with some great networking! Join us at the Garrison Inn and enjoy great food from David's Restaurant at this jointly hosted members mixer. Bring your business promotional materials for the display table.

Register online at:
www.newburyportchamber.org
or call 978-462-6680 for more info.

Evolution 25/40 Mixer

Wednesday, January 21
5:30 PM

Upstairs at The Grog
13 Middle Street, Newburyport

Network with your fellow young professional chamber members and introduce yourself in this casual and fun setting!

Enjoy Hors d'oeuvres • Cash Bar

Register online at:
www.newburyportchamber.org
or call 978-462-6680 for more info.

Downtown Retail & Restaurant Meeting

Tuesday, January 27
5:30 PM

The Phoenix Room
19 Inn Street, Newburyport

Join your fellow downtown merchants and restaurants at this informational quarterly meeting.

For more information
call Ann Ormond at 978-462-6680 x15.

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For more information,
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The Navigator

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