

**THANK YOU TO OUR  
CORPORATE  
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## Celebration of Success!



Thank you to everyone that came to celebrate the 2021:  
 Community Leader: **Jacque Williams**  
 Business Leader: **Five Points Art**  
 Quality of Life: **Charlotte Hungerford Hospital, a Hartford Healthcare Partner & Sharon Hospital Nuvance Health**

We had beautiful weather, the gorgeous Inn at Mount Pleasant as our host, excellent food from Catered by Gia, libations from Village Wine Cellar, and entertainment by Ryz and the Realness to help us celebrate this year's pillars of our community. Thank you to all who attended and congratulations to the honorees!



*Upcoming***CHAMBER MEETINGS & EVENTS**

August 3 Small Business Council Meeting – 8 AM  
 August 4 WOW Advisory Committee Meeting – 8:30 AM  
 August 5 Membership Services Committee Meeting – 8 AM  
 August 9 Leads I – 12 Noon  
 August 10 Leads IV – 8 AM  
 August 11 Leads II – 8:30 AM  
 August 11 Business After Hours at KidsPlay Children's  
 Museum – 5 PM

August 12 Leads III – 9 AM  
 August 23 Leads I – 12 Noon  
 August 24 Business with Breakfast hosted by  
 Five Points Arts – 8 AM  
 August 25 Leads II – 8:30 AM  
 August 31 Health Insurance Breakfast – 8 AM

*Save the Date***WOW Forum**

Friday, October 1st, 8 AM | The Warner Theatre

**25 Days of Hope for the Holidays**

FM 97.3 WZBG and the Chamber  
 December

**SEPTEMBER 25, 2021**

4:30-7:30PM

AN EVENT IN SUPPORT OF LARC:

**NATURE IS  
NURTURE**

TALL TIMBERS, 1145 BRANDY HILL RD, TORRINGTON

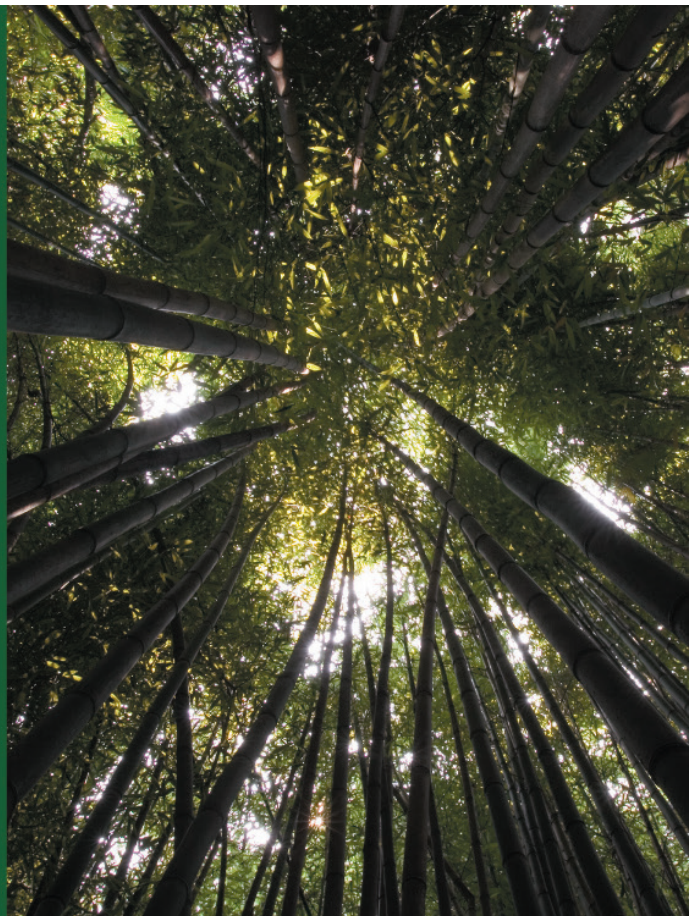
Enjoy an evening exploring the  
 benefits of forest bathing.  
 Guest Speaker - Alexandra Lowry,  
 Nature Therapy Guide

\*Catering by Gia

\*Wine, craft beers by The Cork

TICKETS - \$60

WWW.LITCHFIELDARC.ORG

**LARC**



## Corporate PARTNERS

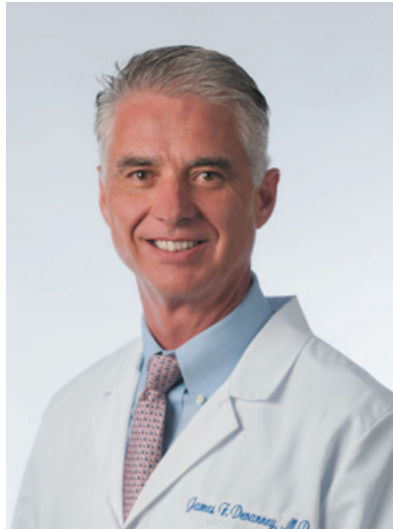
### TORRINGTON UROLOGY PRACTICE RECEIVES CENTER FOR EXCELLENCE DESIGNATION

TORRINGTON, CT – Charlotte Hungerford Hospital Adult and Pediatric Urology in Torrington has been recently designated as an Urolift Center of Excellence. The designation recognizes that Dr. James Devanney has achieved a high level of training and experience with the Urolift System, an FDA-cleared Prostatic Urethral Lift procedure using proven, minimally invasive technology used to treat lower urinary tract symptoms.

The Urolift System uses a revolutionary approach to treating Benign Prostatic Hyperplasia (BPH), a condition in which the prostate enlarges as men age. BPH is very common, affecting nearly 40 million Americans and 500 million men worldwide. Symptoms of BPH often include interrupted sleep and urinary problems and can cause loss of productivity, depression and decreased quality of life.

"Using the Urolift: procedure demonstrates our commitment to exemplary care for men suffering from symptoms associated with BPH, also referred to as enlarged prostate. It is recommended for the treatment of BPH in both the American Urological Association and European Association of Urology clinical guidelines and I'm pleased to offer this option. Our goal is to relieve symptoms so patients can get back to normal life and resume daily activities," says Dr. James Devanney.

Urolift is the only BPH treatment performed by an urologist that does not require heating, cutting, or removal of the prostate tissue. The procedure is typically performed using local anesthesia as an outpatient, and patients typically return home the same day without a catheter.



Dr. Devanney has been successfully using Urolift for several years and received the Center For Excellence designation from Teleflex, a global provider of medical technologies, after

completing physician training, performing a minimum of 60 cases annually, participating in clinical educational events annually, and documenting improvement in outcomes. "We congratulate Dr. Devanney on this achievement. His use of this innovative procedure has helped many area patients experience durable, long-term relief from the burdensome symptoms of BPH." said Daniel J. McIntyre, President, Charlotte Hungerford Hospital and Senior Vice President, Hartford HealthCare Northwest Region.

Adult and Pediatric Urology at Charlotte Hungerford Hospital in Torrington offers comprehensive adult and pediatric services to treat diseases and conditions affecting the urinary system. Our urologists use the latest diagnostic and therapeutic technologies, including non-surgical and minimally invasive treatment for quicker recoveries. The practice accepts most major insurances.



For information on the practice and the Urolift procedure, call 860.496.8990

**UROLIFT**  
BPH Relief. In Sight.™

*Corporate* **PARTNERS**

**Charlotte Hungerford  
Hospital**

July 19, 2020

Dear Supporter,

Effective July 17, 2021, Charlotte Hungerford Hospital (CHH) will begin working with Somnia Anesthesia as its new anesthesia service provider.

Owned and led by anesthesia clinicians since 1996, Somnia Anesthesia is a leading national anesthesia practice management company, providing comprehensive and customized anesthesia services to healthcare facilities throughout the country. Our goal is to work with Somnia to assemble and manage local anesthesia teams that continue to deliver high-quality patient care, enhance operating room efficiency, and promote surgeon and patient satisfaction. This step is also part of a larger strategy at CHH to enhance our surgical services and locally serve more people in more ways including adding new technology, improving our facilities and adding new surgeons. We believe this commitment along with our other investments will help us achieve better care and outcomes and enhanced patient experiences.

As this new service is initiated, you will see some familiar faces as well as some new providers with our Anesthesia service. We appreciate your assistance as we transition and welcome this new group and leadership team.

Please join us in expressing our sincere thanks to our providers and colleagues at Torrington Anesthesia Associates for their dedicated years of work and expertise. We are forever grateful for their service to our patients, staff and community.

Sincerely,

CHH Executive Leadership

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Torrington Savings Bank

Union Savings Bank

*Corporate* **PARTNERS****SHARON HOSPITAL COMMUNITY CONNECTIONS JULY 2021 UPDATE**View the full Nuvance Health PDF [here](#).**Sharon Hospital president to update community on August 5****Sharon Hospital Hosts Virtual Community Update — August 5**

Members of the surrounding community are invited to hear from hospital



President Dr. Mark Hirko as he discusses the latest hospital developments and updates on the affiliation that created Nuvance Health.

- Participants are encouraged to submit questions in advance by emailing [sharonhospital@nuvancehealth.org](mailto:sharonhospital@nuvancehealth.org) or calling (845) 554-1734 with their name and phone number (TTY/Accessibility: (800) 842-9710).
- Instructions on how to join the virtual meeting are posted on the hospital's website: [nuvancehealth.org/CTForums](https://nuvancehealth.org/CTForums).

Read more about the August 5 event [here](#).

**Temporary Chiller Unit on Hospital Campus**

As you may know, an external and temporary chiller unit is located at our 50 Hospital Hill Road entrance to support hospital functions while we await the installation of a replacement permanent, indoor system.

To address community concerns, sound-dampening curtains were installed to reduce machine-related noise disturbances. We appreciate the patience and understanding of our community while we work to maintain a safe and comfortable environment for patient care and seek additional solutions to address your concerns.

For questions, contact Scott Pietras at (860) 364-4017 or [scott.pietras@nuvancehealth.org](mailto:scott.pietras@nuvancehealth.org) and Marina Ballantine at (845) 554-1734 or [marina.ballantine@nuvancehealth.org](mailto:marina.ballantine@nuvancehealth.org).

**Shaping Digital Enhancements for the Future**

Congresswoman Jahana Hayes recently announced earmarked federal funding for Sharon Hospital — part of The Community Project Funding initiative — to support investments in digital technology to advance how patients receive care in the northwest corner of Connecticut.



We extend our gratitude to Representative Hayes and the many community groups who helped us achieve this award because of their support. We look forward to hosting her at our campus in the coming months as Sharon Hospital continues to align and innovate how modern healthcare meets the needs of this region each day.

**Community Total Joint Replacement Classes**

If you or someone you know faces joint issues, is considering a hip or knee replacement or has met with one of our surgeons to begin a joint replacement procedure, we encourage you to attend the hospital's Total Joint Replacement Class.

- When: 2 to 3 pm every fourth Thursday of the month
- Where: The hospital's Board Conference Room 2

Teams from our surgical and ambulatory care units, case management, nursing, nutrition and physical rehabilitation department will discuss important education and resources, so you know what to expect before and after surgery.

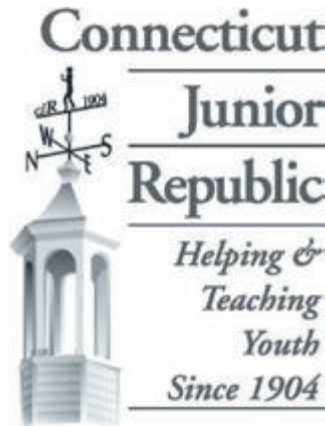
To register for a class or get more information, call the [rehabilitation department](#) at (860) 364-4065.



## Chamber MEMBERS

### 25TH ANNUAL CJR INVITATIONAL GOLF BENEFIT TOPS \$200,000 IN NET PROCEEDS

Robert G. Phelan, Chair of the 25th Annual CJR Invitational Golf Benefit, recently announced that funds raised through the 2021 event, held on Monday, June 21 at the Torrington Country Club, topped \$200,000 in net proceeds. Mr. Phelan, who has chaired the event since 2006, is Chairman and CEO of TriPoint, an Avon-based insurance company. He indicated that cumulative proceeds raised through the CJR Invitational to benefit the Connecticut Junior Republic (CJR) a Litchfield-based organization that helps children, youth and families across the state, now exceed \$1.7 million.



“This year’s fundraising success was significantly impacted by an anonymous \$25,000 challenge gift in honor of the CJR Invitational’s 25th Anniversary and the role of Founding Chair, Gregory S. Oneglia, in establishing and sustaining the event for the benefit of CJR,” noted Mr. Phelan. Mr. Oneglia is Vice Chairman of the Torrington-based O&G Industries, Connecticut’s largest, privately held construction company.

“As a result of the anonymous challenge gift, CJR was the beneficiary of an amazing cascade of support from event sponsors, members of the Board and Advisory Council and the Litchfield community, as well as others who know and respect Greg as a community leader, friend and family member,” stated Matthew Karpas, Chairman of the organization’s Board of Directors. “The results of this year’s CJR Invitational are not only an incredible tribute to Greg as its Founding Chair, but also provide much-needed funds that were lost when CJR cancelled its fundraising events last year due to the pandemic,” he noted.

In addition to thanking Mr. Phelan and Mr. Oneglia for their many years of generous leadership as Chair and Founding Chair of the CJR Invitational, respectively, and for their continuing service on the CJR Board of Directors, Mr. Karpas recognized the volunteer members of the Golf Planning Committee for their important contributions to the success of the event:

*Premier*

## MEMBERS

Brandywine Living at Litchfield  
Commercial Sewing, Inc.  
Eversource Energy  
Keystone Place at Newbury Brook  
Litchfield Woods Health Care Center  
Seitz LLC  
Systems Support Group  
T&M Building Company, Inc.  
and Torrington Downtown Partners  
UCE Fine Builders  
Valerie Manor  
Webster Bank

- John F. Boyd of Litchfield and Deborah Laviero of Bristol, Community Involvement
- Jennifer Parsons of Litchfield, Prizes and Promotion
- Louisa Roraback of Goshen, Volunteers
- Jessica O. Travelstead of Litchfield, Sponsors
- Martha Bernstein of Litchfield, CJR Board Development Committee Chair

O&G Industries was the event’s \$10,000 Diamond Level Sponsor and TriPoint was a \$5,000 Emerald sponsor. Celebrity participants for the day included NBC Connecticut meteorologist Bob Maxon, retired news anchor Gerry Brooks, and retired political reporter, Tom Monahan, and ESPN SportsCenter anchor, Michael Eaves.

The Mitchell Auto Group, with dealerships in the Farmington Valley and Hartford area, donated an all-electric XC-40 Volvo Recharge as the Hole in One prize.

The CJR Invitational was established by Gregory Oneglia in 1996. Mr. Oneglia expressed particular gratitude to this year’s sponsors, a number of which have supported the benefit annually since its inception. “We are very fortunate to have such loyal and generous participants,” he stated. “Our sponsors have helped us raise cumulative net proceeds over the past 25 years that are now approaching \$2 million,” he noted.

Event Chair Robert Phelan credited a dedicated and experienced team of volunteers for the benefit’s record

*(Continued on next page)*

## Chamber MEMBERS

of success. "Some of our volunteers have been associated with the CJR Invitational since it was established in 1996," he stated. "We all share a commitment to helping CJR," he said, "and the vulnerable Connecticut young people and families who benefit from the organization's services," he continued.

CJR President & CEO Daniel Rezende thanked the event's volunteers for their service. "The outstanding leadership provided by Greg Oneglia, Bob Phelan and our entire volunteer team, enables us to provide a memorable day for our golfers and to raise significant and much-needed support to help some of Connecticut's most disadvantaged children and youth," he noted.

Founded in 1904, the Connecticut Junior Republic is a private, charitable organization and provides care, treatment, education and family support for vulnerable at-risk, special needs and troubled young people so they may become

productive and fulfilled members of their homes, schools and communities. Today, CJR's combined programs in locations across Connecticut serve approximately 1,500 boys and girls annually.

A private charitable organization, the Connecticut Junior Republic is accredited by the Council on Accreditation (COA) and the New England Association of Schools and Colleges (NEASC). CJR is supported by gifts from individuals, businesses, foundations and organizations, and through service contracts funded by the Judicial Branch Court Support Services Division (JBCSSD), the Connecticut Department of Children and Families (DCF), the Connecticut Department of Social Services (DSS), and by Connecticut's public schools. For further information, please contact Hedy Barton, Director of Development and Public Relations (860) 567-9423, extension 252; or by email: [hbarton@cjryouth.org](mailto:hbarton@cjryouth.org).

## News and NOTES

### GRANTS HELP CJR PROVIDE SUMMER WORK AND EDUCATION PROGRAM FOR STUDENTS IN WATERBURY

Thanks to the support of the American Savings Foundation, The Litchfield Aid of CJR and the Frederick W. Marzahl Memorial Fund, the Connecticut Junior Republic (CJR) is providing a six-week Work-Based Learning Summer Program for 40 at-risk boys and girls from Waterbury. Generous grants of \$24,000 from the American Savings Foundation, \$10,000 from the Frederick W. Marzahl Memorial Fund, Bank of America, N.A., Trustee, and \$10,000 from The Litchfield Aid of CJR, have funded this unique summer program, which includes vocational training in culinary arts, video and media production, horticulture and landscaping, and entrepreneurial skills development. All students are also participating in a financial literacy curriculum and collaborating on projects while developing specific skill sets relevant to the four job areas. Program participants have "worked" Monday through Friday, from 9:00 AM to 2:00 PM, at CJR's Waterbury Campus, located at 80 Prospect Street, since July 6, and the program will continue through August 6. A number of COVID-19 precautions have been incorporated into the program to ensure the safety of participating young people and staff members.



The students' educational experience began the week of June 21, with a standardized application and interview process for various positions. Boys and girls participated in resume development, as well as interviewing and employment-readiness training. Each of the four study areas associated with the "work" component of the program are using an entrepreneurship model to develop specific "products" associated with culinary arts, media production, and horticulture and landscaping. A fourth entrepreneurial skills development class is working with the other program components to market their products and develop promotional materials. All students are being paid stipends for their participation in the program.

*(Continued on next page)*

## News and NOTES

Boys and girls in the culinary class are catering lunches for CJR programs and other non-profit organizations in the Waterbury area. This project component is specifically funded by the grant from the Frederick W. Marzahl Memorial Fund.

The horticulture and landscaping class is tending a newly created garden area on the grounds of CJR's Waterbury campus that includes herbs and vegetables and students are also working on community beautification projects.

Students in the video and media production class are documenting the activities of the other classes through photography and video, as well as working on their own class projects.

"This work-based learning summer experience for at-risk adolescents in Waterbury has never been as important or relevant as it is this summer," stated CJR President & CEO Daniel Rezende. "Post-pandemic, there is a high level of need for educational enrichment, academic and vocational learning opportunities and summer youth employment," he noted. "To make this program possible, our staff has been extremely diligent and creative about adapting and implementing the curriculum to ensure the safety of all involved," he continued. "Students across Connecticut – especially those who are at risk – are still struggling with the educational challenges associated with COVID-19 and can benefit from a highly-structured, strength-based summer program that helps them add to their educational, work and social skills," he said.

"Everyone can remember the importance of that first summer job. It's a step toward adulthood and independence, and an opportunity to gain real-world work experience," said Maria Falvo, President & CEO of the American Savings Foundation. "We believe it is important to continue to invest in programs such Summer Youth Employment at CJR, knowing that they are taking every precaution to ensure a fun, educational, and safe experience for youth this summer."

The American Savings Foundation is an independent charitable foundation dedicated to strengthening the community by supporting education, human services, and the arts, with special emphasis on the needs of children, youth and families, through grants to community



organizations and college scholarships. Since its inception in 1995, the Foundation has contributed nearly \$64 million in total grants and scholarships.

The Litchfield Aid of CJR is a voluntary, charitable organization comprised of approximately 100 members that was founded in 1911, for sole purpose of improving the programs, services, and facilities of the Connecticut Junior Republic.

The Frederick W. Marzahl Memorial Fund was established in 1974 to support and promote quality education, human services and health care programming for underserved populations in the Woodbury area.

*NOTE: This program provides many wonderful photo opportunities. To request a photograph or arrange a photo opportunity this week or next, please contact Hedy Barton*

*([hbarton@cjryouth.org](mailto:hbarton@cjryouth.org)); or by phone: (860) 567-9423.*

Founded in 1904, the Connecticut Junior Republic (CJR) provides care, treatment, education and family support for vulnerable at-risk, special needs and troubled young people so they may become productive and fulfilled members of their homes, schools and communities. Today, the organization's combined programs serve approximately 1,500 boys and girls annually at 11 program sites throughout Connecticut and in a growing number of public schools.

A private charitable organization, the Connecticut Junior Republic is accredited by the Council on Accreditation (COA) and the New England Association of Schools and Colleges (NEASC). CJR is supported by gifts from individuals, businesses, foundations and organizations, and through service contracts funded by the Judicial Branch Court Support Services Division (JBCSSD), the Connecticut Department of Children and Families (DCF), the Connecticut Department of Social Services (DSS), by Connecticut's public schools, and through other income earned for services provided.

For further information, please contact Hedy Barton, Director of Development and Public Relations (860) 567-9423, extension 252; or by email: [hbarton@cjryouth.org](mailto:hbarton@cjryouth.org).



## News and NOTES

### Litchfield Community Center

#### MOVIE MONDAYS ARE BACK!

Enjoy a movie every Monday at The Litchfield Community Center at 1:00pm. Seating is limited, pre-registration is appreciated. Register online at [www.thecommunitycenter.org](http://www.thecommunitycenter.org) or call 860-567-8302

August 2: One Night in Miami (R)  
 August 9: I Care A Lot (R)  
 August 16: The Professor & The Madman (NR)  
 August 23: CENTER CLOSED  
 August 30: Penguin Bloom (TV14)

#### SUMMER SUNRISE SERENADE

The Litchfield Community Center's Summer Sunrise Serenade concerts continues:

Wednesday, August 4: Wendy Kerner, Harpist  
 Wednesday, September 1: Dale Osterman, Cellist, Vanessa Hammond, Flautist

Bring Lawn Chair or Blanket, performances will be held outdoors under our large tent. (*Inside if weather is inclement*) Donations welcome. Our Concert Series is FREE. Pre-registration is required by visiting [www.thecommunitycenter.org](http://www.thecommunitycenter.org) or calling The Litchfield Community Center at 860-567-8302

#### TENT TALKS SERIES RETURNS

The Litchfield Community Center's "Tent Talk" continues with the following presentations taking place under our large tent in the parking lot. Each lecture is FREE (unless otherwise noted) and pre-registration is encouraged.

#### Tuesday August 10, 2021 ~ 1:00pm: -

##### SHARON HOSPITAL "BETTER BALANCE"

Gait, the process of walking and balance, are intricate movements. They rely on proper functioning from several areas of the body. Come learn how to better both of them with a Physical Therapist from Sharon Hospital

#### Wednesday August 11, 2021 ~ 12:00pm:

##### FOOD & FITNESS FOR HEART HEALTH

Creating a healthy lifestyle does not have to be a daunting task! We know how confusing the news & internet can be when searching for information on making healthy choices.

#### Wednesday August 11, 2021 ~ 6:00pm:

##### "THE URBAN ARCHEOLOGIST"

Greg Van Antwerp is a successful History Hunter who has discovered numerous documents and artifacts that are as interesting as they are rare. Since 2013, he has been sharing his passion for surprising historic finds in lively, lighthearted talks, teaching others how to find and preserve hidden history. Cost is \$10.00pp. Pre-registration and pre-payment is advised.

#### Thursday August 19, 2021 ~ 10:00am:

##### SHAMANIC JOURNEY

Based on the books by Sandra Ingerman and Michael Harner, Professor Jan Dow will lead participants on a Shamanic Journey to the Lower World to get in touch with their power animal.

#### Wednesday August 25, 2021 ~ 1:00pm:

##### HOLISTIC ORGANIZING

Practical, positive, tips and solutions to exploring what is underneath the clutter with kindness and heart.

##### "HISTORY COMES TO LIFE" JEFFREY ENGEL PRESENTS FANNY MENDELSSOHN

Music Historian Jeffrey Engel returns to The Litchfield Community Center on Thursday September 9, 2021 for a lecture on Fanny Mendelssohn (1805-1846), was one of the most musically gifted women of the 19th century. At the age of 13 she could play from memory all 48 preludes and fugues from Bach's "Well-Tempered Clavier." Her brother Felix thought she was the better pianist of the two and he was considered one of the greats of his day. She composed more than 400 works over 27 years, but only a handful were performed in public or published in her lifetime. Jeffrey Engel will detail "The Other Mendelssohn's" life, play excerpts from her oeuvre and explain why she didn't have a more successful career. The lecture runs from 1:00pm to 2:00pm, is FREE, donations welcome. In person program, will also be live streamed. Pre-registration is required by visiting [www.thecommunitycenter.org](http://www.thecommunitycenter.org)

*(Continued on next page)*

*News and* **NOTES**

Litchfield  
Community  
Center



## Summer Sunrise Serenade

Begin your day with beautiful live music!

8:00—9:00 a.m.

With Special Guest Performers:

Wednesday, June 9: P. Martin Vanek, Flautist

Wednesday, July 7: Hank Milligan, Pianist

Wednesday, August 4: Wendy Kerner, Harpist

Wednesday, September 1: Dale Osterman, Cellist

Vanessa Hammond, Flautist

*\*Bring Lawn Chair or Blanket\**

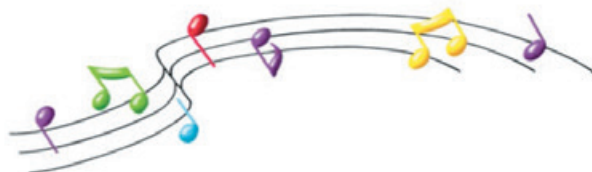
Performances will be held outdoors

(Inside Atrium if weather is inclement)

Donations welcome

Register: [www.thecommunitycenter.org](http://www.thecommunitycenter.org) or 860-567-8302

All Social Distancing and Safety Protocol Will Be Followed





News and **NOTES**

Litchfield  
Community  
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THE LITCHFIELD COMMUNITY CENTER  
PRESENTS

# Summer Fest

SUNSET CONCERT SERIES

FRIDAY, AUGUST 6

**MYSTIC  
JAMMERS**

REGGAE AT IT'S BEST



FOOD FROM RICH'S WINGS & THINGS AND BILL'S PIZZA  
BEVERAGES FROM THE MOBILE PUB  
AVAILABLE FOR PURCHASE

SATURDAY, SEPT. 18

**CT GRATEFUL DEAD  
ALL STARS**

THAT SAYS IT ALL



FOOD FROM MERAKI AND TILDEN'S SEAFOOD  
BEVERAGES FROM THE MOBILE PUB  
AVAILABLE FOR PURCHASE

*Your well-being is our priority! All safety and social distancing protocols will be followed.  
Proceeds to benefit all the services and programs of the Litchfield Community Center*

ADVANCE TICKET SALES ONLY • \$30 PER PERSON PER CONCERT

FOUR CONCERT SERIES PACKAGE: \$100/PERSON

WWW.THECOMMUNITYCENTER.ORG • OR 860-567-8302

GATES OPEN AT 6:00 PM • CONCERTS BEGIN AT 7:00 PM

RAIN OR SHINE • BYO CHAIRS & BLANKETS • 18 AND OLDER WELCOME

News and **NOTES**

Litchfield  
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THE LITCHFIELD COMMUNITY CENTER  
PRESENTS

# Summer Fest

SUNSET CONCERT SERIES

A \$4000  
VALUE  
TICKETS \$20

## WIN A BEST OF BOSTON ADVENTURE

Spend two nights enjoying the sights and fun of Boston.

Two four-person suites at the Marriott Residence Inn

Boston Downtown Seaport

Breakfast included

Eight "Life is Good" Hoodies  
sized for your group

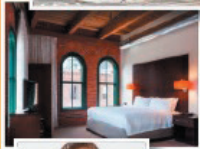
Tickets for eight for:

- The Boston Children's Museum
- The New England Aquarium
- The USS Constitution and Museum
- A Duck Boat tour of Boston Harbor
- A Codzilla Speedboat Ride
- Vouchers to top restaurants and parking

For tickets and  
information:

(860) 567 8302

[www.thecommunitycenter.org](http://www.thecommunitycenter.org)



**BLACK BEAR**  
AMERICANA MUSIC FEST  
**OCT 8-10, 2021**  
GOSHEN, CT FAIRGROUNDS

**SECOND PRIZE**  
**BLACK BEAR MUSIC FEST**  
Six three-day passes, six coffee mugs  
and six long sleeve T-shirts  
**A \$1000 VALUE**



## News and NOTES

### Litchfield Community Center

#### BELOW IS A LIST OF OUR ONGOING CLASSES:

Mondays & Wednesdays:

YOGA FOR FITNESS & MINDFULNESS

9:00 a.m. - 10:00 am / \$15.00 / instructor: Wendy Larsen.

Please bring your own mat.

Mondays:

STITCH & CHAT

Open to all who love to knit, crochet, cross stitch, sew, embroider, etc. Bring your own project & share some time with others.

Time: 10:30 a.m. – 1:00 p.m. ~ FREE

Mondays:

“TIPS” TYKES INDOOR PLAYGROUP & SOCIAL TIME

Fun, indoor activity for your baby, toddler or pre-schooler and a chance to meet and socialize with local parents and caregivers. You can bring your own bike/trike/walker etc... there is plenty of room. Time: 10:30am – 11:30am.

Cost: FREE and open to all.

Mondays:

MAH JONGG FREE PLAY

Spend the afternoon with fellow players and brush up on your skills playing the ancient, fascinating and challenging game of Mah Jongg. Time: 12:00 pm - 3:00 pm. Cost: FREE

Mondays:

POUND CLASS Outside Under The Tent

Join local Instructor Julie via Virtual Zoom Class for a rockout workout using Ripstix®, lightly weighted drumsticks engineered specifically for exercising.

Time: 6:00pm – 7:00pm / \$5.00 per class. For more info about class & instructor, contact

[www.personaltrainingwithjulie.com](http://www.personaltrainingwithjulie.com)

Tuesdays:

SILVER SNEAKERS CIRCUIT

Classes are 45-60 minutes, are for all skill levels and use varied equipment. Benefits include increased cardiovascular and muscular endurance. Time: 8:30am – 9:30am. Cost: Bring your Member ID Card. Questions? Visit [silversneakers.com](http://silversneakers.com) or call 1-888-423-4632

Tuesdays:

COMMUNITY ARTIST'S GROUP

Come join together with local people who love to draw and paint and anyone is welcome to participate regardless of their level of expertise. Time: 9:00 a.m. - 12:00 p.m. There is no fee to join, but artists must bring their own paints, equipment and talent!

Tuesdays:

BINGO

Free admission, cards available for nominal fee. Time: 1:15 pm

Tuesdays and Thursdays:

SCULPT AND TONE

A strength training class that includes stretching, abdominal work & muscle isolation for an awesome full body workout.

Instructor: Dean Roberts.

6:00p.m. – 7:00 p.m. / \$8.00 per class. Bring your own hand weights, mat or towel.

Wednesdays:

TAI CHI with Marie.

Gentle Tai Chi with focus on flexibility, relaxation & balance – all ages welcome.

10:30 a.m. – 11:15 a.m. / Free. No experience necessary, dress in comfortable clothes.

Wednesday (1st & 3rd Wednesdays of each month):

QUILTS THAT CARE

Quilts that Care is a dynamic group of volunteers that make and donate handmade quilts to cancer patients. You don't have to be a quilter to join us. For more info, please call Deb Van Steenberg at 860-782-1043 or email at

[quiltsthatcare.deb@gmail.com](mailto:quiltsthatcare.deb@gmail.com)

Thursdays only:

TABLE TENNIS

Come play in a great social environment and meet other enthusiasts.

10:45 a. m. / FREE and open to the public. Bring your own equipment.

Please go to [www.thecommunitycenter.org](http://www.thecommunitycenter.org) for more information and a complete calendar of events and to register for any of our programs.

## From the Desk of Our President & CEO JoAnn Ryan



### RECIPE FOR A TRAILBLAZING EXPERIENCE

You are cordially invited to enjoy a trailblazing experience with the Chamber. Here are the ingredients for what will be informative and beneficial created just for you virtually.

**Recipe:**

**Start with a pinch of optimism.** We will not let this pandemic diminish our enthusiasm and creativity as we move forward with opportunities for you galore.

**Add a Zoom meeting a week on your calendar.**

We will soon have the equipment to hold meetings virtually and in person to make it more convenient for your busy calendars.

**Include the decision to join one of our fun Leads Groups.** You will meet new contacts that can only help you get ahead.

Read the Chamber's Constant Contact that is emailed out to all members with excellent ideas and news about what is happening locally and well beyond.

**Remember to sign up for a webinar** on a variety of topics including CT, legal issues to be aware of during this unusual time, insurance concerns, Workforce Investment issues and resources, leadership issues to consider, marketing your business and oh so many more.

**Put in a bit of your precious time and energy and join one of the Chamber Peer Groups** – Healthcare, Small Business, Insurance, Manufacturing, Restaurant & Retail and Government Relations.

**Now...what to do with these ingredients:**

**Mix up your recipe** by meeting everyone virtually, eventually personally so that your business decisions are sound and successful.

**Whisk away to smooth the lumps and bumps.** Read the Chamber Newsletter on the website for information, inspiring stories and business updates.

**Broil any negatives.** This is the time for collaboration and researching options to deal with the challenges. Let us introduce you to the experts.

**Blend your ideas and work with us in supporting the honorees at the Celebration of Success:** Jacque Williams, Five Points Arts, Charlotte Hungerford Hospital a Hartford Healthcare partner and Sharon Hospital Nuvance on Wednesday, July 28th at the Inn at Mount Pleasant.

**Add the weekly video produced just for you that is available on Tuesdays.** Interesting overview of our highlights and initiatives.

**Discover the best and the brightest news** about getting back to business.

**Share your achievements** so that they appear on our website and in our newsletter.

You will become a trailblazer if you follow the recipe precisely!

JoAnn Ryan is President & CEO of the NW CT Chamber of Commerce. You can reach her by email: [joann@nwctchamberofcommerce.org](mailto:joann@nwctchamberofcommerce.org) or phone: 860-482-6586







# SAVE THE DATE

Friday, October 1st

***LIVE, IN-PERSON EVENT!***

At The Warner Theatre, Torrington

*2021 Theme: Mindfulness Matters*

We are excited to return to an in-person Forum this year featuring incredible keynote speakers *AND* we're bringing back the afternoon breakout sessions!

Keynote Speakers include: an author, mindset mentor and natural health strategist; a resilience strategist and motivational speaker; a former ESPN producer turned entrepreneur, and a professional stand up comic.

We can't wait to see everyone **IN PERSON** at this year's **WOW! Forum!**

More information can be found at [wowforum.org](http://wowforum.org).

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## Upcoming CHAMBER MEETINGS & EVENTS

August 3 Small Business Council Meeting – 8 AM  
 August 4 WOW Advisory Committee Meeting – 8:30 AM  
 August 5 Membership Services Committee Meeting – 8 AM  
 August 9 Leads I – 12 Noon  
 August 10 Leads IV – 8 AM  
 August 11 Leads II – 8:30 AM  
 August 11 Business After Hours at KidsPlay Children's Museum – 5 PM

August 12 Leads III – 9 AM  
 August 23 Leads I – 12 Noon  
 August 24 Business with Breakfast hosted by Five Points Arts – 8 AM  
 August 25 Leads II – 8:30 AM  
 August 31 Health Insurance Breakfast – 8 AM

### Save the Date

#### WOW Forum

Friday, October 1st, 8 AM | The Warner Theatre

25 Days of Hope for the Holidays  
 FM 97.3 WZBG and the Chamber  
 December

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