

My Side of the Conversation

The South Metro Regional Chamber has begun a fund raising effort to provide a service animal to a veteran who has PTSD, Traumatic Brain injury or possibly as the result of a sexual assault. Below are some staggering statistics.

At least 20 Veterans a day who served post 9/11 commit suicide daily.

Roughly 20% of post 9/11 veterans suffer from PTSD – totaling over 700,000 veterans.

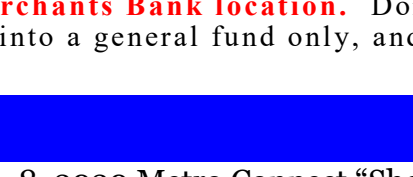
Some of the symptoms of PTSD include; hyper-vigilance, panic attacks, insomnia, depression and feelings of isolation and hopelessness.

The service dogs aide the veteran by: alerting the veteran if someone is approaching and placing themselves between the veteran and the person approaching, waking the veteran from nightmares, giving unconditional love and support and can assisting with a variety of other activities that allow the veteran to better function in society.

Through a research partnership with **Purdue University College of Veterinary Medicine**, there is now scientific evidence that service dogs truly help decrease the veterans' PTSD symptoms and help them to reintegrate into society.

The Chamber is raising funds to provide a service dog. The dog will be named "Dayton" in honor of those who were killed or injured in the Oregon shooting and in honor of our first responders and veterans.

How can you help with this effort? We have a start but we need your assistance. Donations may be made at any Farmers and Merchants Bank branch or mailed to Farmers and Merchants Bank, to Shon Meyers, President and CEO, 41 South First St, Miamisburg, Oh 45342 or to the South Metro Regional Chamber attention Julia Maxton, President, 332 Congress Park Drive, Dayton, Oh. 45459. Please make checks payable to K9 Dayton.



Congratulations! to MAK Solve Business of the Year 2019

JOIN US IN THE "DAYTON" SERVICE DOG SPONSORSHIP

The South Metro Regional Chamber of Commerce has pledged to raise funds to purchase a PTSD specialized service dog for a disabled Veteran, Police, Fire or EMS victim. In honor of the recent tragedies in our area, this dog's registered name will be "Dayton."

For more information contact SMRCOC, President, Julia Maxton, at (937) 433-2032 x 103. Checks must be made out to **K9 Dayton**. **Payments by check should be directed only to the Chamber office: 332 Congress Park Drive, Dayton, OH 45459 or any Farmers & Merchants Bank location.** Donations directed to the **K9's For Warriors Organization** may go into a general fund only, and not into our "Dayton" Dog fundraiser account.

Save the Date

Jan. 8, 2020 Metro Connect "Shout Out" 7:30–9:00 AM at Archer's Tavern, 9496 Dayton Lebanon Pk. Centerville 45458. Cost \$12.00 and you can register and pay online at www.smrcc.org

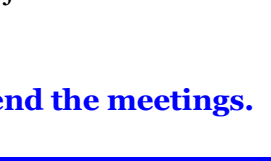
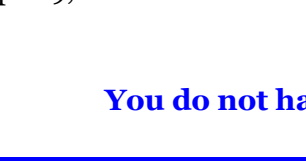
This is an on going series that will occur on a monthly basis alternating between Archer's Tavern and Freddy's Custard and Steakburger on Feb. 5, 2020.

This year will also offer several Metro Breakfasts, popular after-hour events, Business Showcase, the Annual Meeting and Awards and many other informational and networking events.

The Calendar for the year is still a work in progress.

Watch your email inbox for more information and details.

Additional Newsletter Sponsors



Safety Council Speakers and Information

All South Metro Regional Safety Council Meetings are held at Miami Valley Hospital South, Bed Tower Conference Room, and begin at 8:15 A.M. with networking and light breakfast. Please feel free to join us for our next meeting on Jan. 9th. What is the South Metro Regional Safety Council? It is a means to gain pertinent information to improve safety and wellbeing in the work place. It is a way for owners and managers to improve workplace conditions. If you have 7 or more employees, you need to consider becoming part of the South Metro Regional Safety Council for 2019 – 2020. **We have excellent speakers.** Not only can you provide a safer work environment, but you have the ability to earn a 2% to 4% rebate of your workers' compensation premium. The presentation begins at 8:30 A.M. To reserve your spot, email info@southmetroregionalsafetycouncil.org or phone 937 433 2032 ext. 200.

January 9, 2020 Bruce Babelo, Montgomery County Health Service, Topic "Mental Health First Aid"

February 13, 2020 Scott Henry, Washington Township Fire Dept. , Topic "CPR"

March 12, 2020 Michael Kerr, MAK Solve, Topic "OSHA Update"

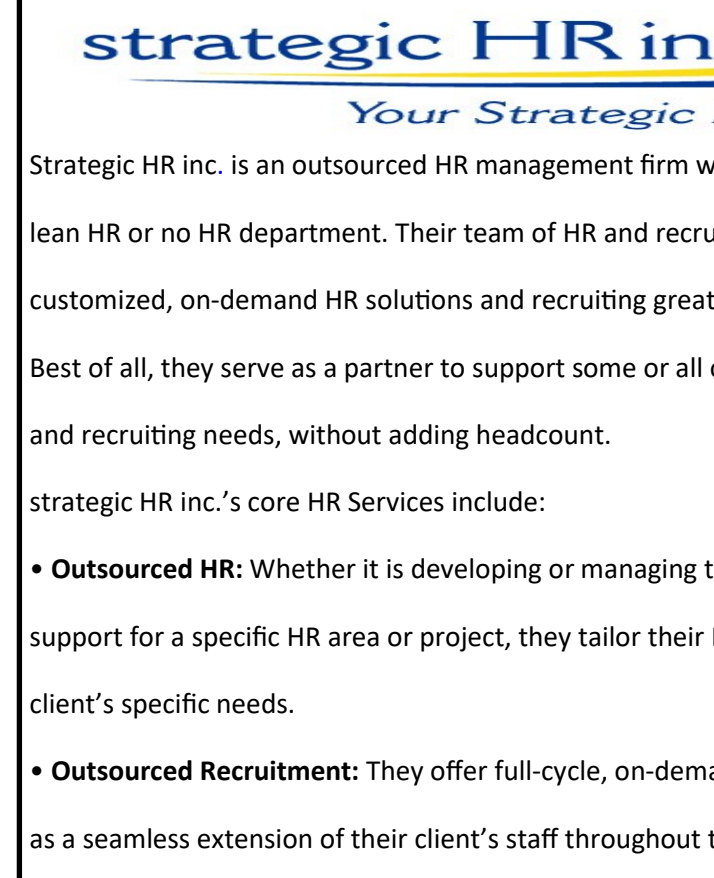
April 9, 2020 Jennifer Brill, Esq, Hunter Brill, LLC Topic "Medical Marijuana—Where are we now"

You do not have to be a member of the Safety Council to attend the meetings.

SPONSORS



MORE HIGHLIGHTS FROM 2019



Exciting New Benefit

strategic HR inc.

Your Strategic Partner for HR Solutions

Strategic HR inc. is an outsourced HR management firm working with organizations that have a lean HR or no HR department. Their team of HR and recruiting experts can help by delivering customized, on-demand HR solutions and recruiting great talent for organizations of all sizes.

Best of all, they serve as a partner to support some or all of an organization's human resources and recruiting needs, without adding headcount.

strategic HR inc.'s core HR Services include:

- **Outsourced HR:** Whether it is developing or managing the HR function or providing support for a specific HR area or project, they tailor their HR support to meet each client's specific needs.
- **Outsourced Recruitment:** They offer full-cycle, on-demand recruitment services and act as a seamless extension of their client's staff throughout the recruiting process.
- **Virtual HR Solutions:** This includes 24/7 self-service online HR tools and resources; plus unlimited access to HR professionals via phone, email, or chat.
- **Interim HR Solutions:** They can provide an extra set of hands or short/long term HR support during a transition.

Since 1995, strategic HR inc. continues to be recognized as a leader in the HR industry. The bottom line is they save their clients time by tackling their HR challenges – no matter how big or small – and allow their clients to focus on what they do best.

Strategic HR inc. is offering up to a 33% discount on their Virtual HR Solutions for members of the South Metro Regional Chamber. These services will help you to manage HR compliance, while supporting employee relations and training needs.

For more information or a free consultation, contact ChamberSales@strategicHRinc. Or our [web page](#).

BENEFIT INFORMATION SESSION

Would you like more information on benefits that the Chamber offers?

We are now offering one on one and small group sessions. You can learn more about the Anthem Plan, Hunter Consulting, Office Depot, Strategic HR, The Shield Plans and more.

To schedule contact the office at 937 433 2032 ext. 100

Protect Your Self in the New Year

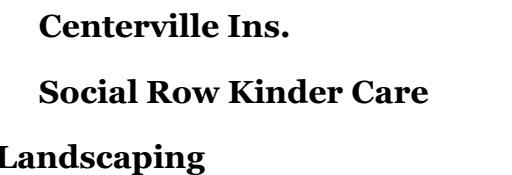
The New Year is a time of resolutions. Some of them are for diets, more activity, or to give up a bad habit. Why not resolve to improve you safety and security in 2020. The Chamber offers discounted rates for our members on Legal Shield and ID Shield.

In combination these two plans can provide a sense of security for a legal problem or if there is a breach of your personal information.

Your identity may be stolen and it may be held for months or years before it shows up on the dark web for sale.

RESOLVE TO MAKE YOUR LIFE MORE SECURE TODAY!

For full information contact: Matt Miller at 740 341 8270 or by email at mattewRmiller@gmail.com



SOCA Health Plan

The Chamber SOCA Health Care Plan administrated by Anthem, is proving to be one of the most popular benefits that is offered through the South Metro Regional Chamber. Along with great savings, businesses have the opportunity to tailor the plan for the needs of their employees.

If you act now, you can effect even greater savings. The annual renewal date for everyone on the health plan is in May. Now Anthem is offering an extended pricing until May. So rather than a 12 month rate, you could maintain the same premium for up to 18 months.

Welcome to Recent New Members

We would like to welcome the following new members to the Chamber:

Stacked Pickle	Kona Ice	Epluno LLC
Foreign Exchange	Spenga Dayton	Miami Valley Sand
US Bank	Sanderson Ins.	Offshore Express
AR Workshop Centerville	Big Sandy Furniture	Staples
Bridge Credit Union	JS Marketing	Cooper's Hawk
Unity Care Group	Trinity Community	Ping ITS LLC
Anytime Fitness	Centerville Ins.	Elements Massage
Printing Service Co.	Social Row Kinder Care	Three J Homes
American Pride Lawn and Landscaping		

SOUTH METRO REGIONAL CHAMBER OF COMMERCE

2020 CALENDAR OF EVENTS SPONSORED BY

Under Construction



SAVE THESE DATES!

