



Gary Chamber of Commerce

Lifeline

Volume 16, Issue 02

February 2025

“CONNECTING BUSINESSES TO THEIR CUSTOMERS”

Please visit us @www.garychamber.com and catch a *lifeline*...

GARY CHAMBER OF COMMERCE FEBRUARY GENERAL MEMBERSHIP LUNCHEON CELEBRATES BLACK HISTORY MONTH



The Gary Chamber of Commerce will hold its Monthly General Membership Meeting/Luncheon on Monday, February 10, 2025, at Noon at The Chateau Banquets, 530 W. 61st Avenue, Merrillville, IN.

Join us as we pay tribute to **Kathy Chaney** who made history when the Times of Northwest Indiana selected her to become their first female and African American Executive Editor. Kathy is a veteran journalist and a leader in every respect.

Hear her views and share with us the honors that will be bestowed upon her. Additionally, we will salute two female Indiana Basketball Hall of Famers, **Angela Hamblin-Blakely** and **Terrilyn Johnson**. Come and witness history. The cost of the luncheon is \$25 per person, reserve your seat today.



Call the Chamber office (219) 885-7407 to reserve your seat(s) today. Payment is required in advance. Bring your business cards, networking starts at 11:30 a.m.

January 2025 Chamber General Meeting/Luncheon

It is tradition that every first General Membership Meeting/Luncheon of the year we feature the City of Gary Mayor as our keynote speaker who gives a preview of the State of the City address. This year Mayor Eddie Melton did not disappoint. Mayor Melton addressed the City's 2024 accomplishments and 2025 opportunities, and some breaking news he received minutes before his presentation. Pictured are some of the luncheon highlights.



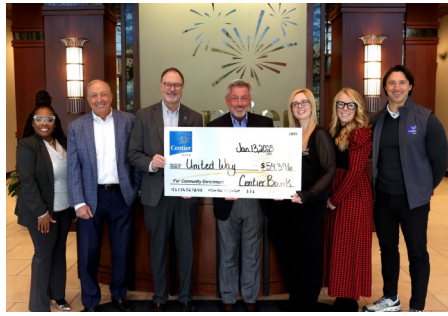
Thank you January luncheon sponsors: Meridian Title Corporation and Indiana American Water Company.

What's time is it Chuck?



This month and every month is a time to recognize and celebrate the accomplishments of Black people in every field of human endeavor.

But let's also begin to celebrate what all of us have done collectively to make this a better world.



Centier Bank donated over \$54,000 to United Way Northwest Indiana. The funds will help power United Way Northwest Indiana's flagship programs, including Level Up which provides essential resources, education and support to the communities it serves.



GEO is celebrating 20 Years in Gary as 21st Century Charter School, K-12 school.



A full service provider clinic for seniors, VET's, and adults with disabilities with Medicare. Clinics in Gary: 1310 Broadway and 4900 Broadway. Call Adriana Garcia 219.730.4089 for details.



16th Annual Lakeshore Classic

November was host to a great Lakeshore Classic Corporate Luncheon with Dan Dakich as guest speaker and the Basketball Classic Weekend showcasing some of the regions best high school talents.



GARY CHAMBER OF COMMERCE — UP COMING ACTIVITIES

- ▶ **Indiana University Northwest Office of Diversity, Equity, and Multicultural Affairs** is hosting a **FREE** series of events to celebrate Black History Month. All events are open to the public at 3400 Broadway, Gary. For more information visit: www.news.iu.edu/northwest. The **Lake County Library**, 1919 W. 81st Ave., Merrillville has 2 display cases focusing on Black History Month. The display cases will last thru the month of February.
- ▶ **CONGRATULATIONS!** The **United Way Northwest Indiana** has appointed Chris White as its new CEO. White previously served as Publisher of the Times of Northwest Indiana. He brings extensive regional leadership experience and community engagement to United Way.
- ▶ **Roosevelt Haywood III of Haywood and Fleming Associates** celebrates **February** as American Heart Month, a time to raise awareness about heart health, encourage healthy lifestyles, and promote prevention. Remember heart disease is the leading cause of death for men, women, and people of most racial and ethnic groups (see attached flyer).
- ▶ **February 12, 2025** – The Honorable Mayor Eddie Melton will host the **United Negro College Fund (UNCF) Annual Mayor's Breakfast NWI**, 8 am—10 am (CST), Gary Area Career Center, 1800 E. 35th Avenue, Gary. For more information contact: Indianapolis@UNCF.org (see flyer).
- ▶ **February 17, 2025** – **HealthLinc's—no cost "Give Kids a Smile"**. Oral exams, dental cleaning, and more, 2pm—5pm, HealthLinc East Chicago, 1313 W. Chicago Avenue. Schedule your child's appointment today! Call 888-580-1060, ext. 5200 (see flyer).
- ▶ **February 18, 2025—HealthLinc Patient Resource Fair**. Get to know more about HealthLinc's services, meet the staff, giveaways and more. HealthLinc East Chicago Harbor West, 2106 Broadway Street from 9am—1pm. February 24, 3:30pm—5:30pm, HealthLinc East Chicago, 1313 W. Chicago Avenue. Info: www.healthlincchc.org, 888-580-1060.
- ▶ **February 19, 2025—Ivy Tech Community College** is offering Microsoft Training. Learn a condensed format on Word, PowerPoint, Outlook and OneDrive one day a week, 5:30—9:30pm. Ivy Tech—Crown Point, 9900 Connecticut Dr. To register contact Dino Ramirez, 219-981-4452 or dramirez52@ivytech.edu. Additional class dates available (see flyer).
- ▶ **February 26, 2025—HealthLinc** presents "Cooking for a Healthy Heart". How to build a healthy plate, free blood pressure screenings, vendors and more. 3—5pm, HealthLinc East Chicago, 1313 W. Chicago Avenue. For additional info: 1-888-580-1060 or www.healthlincchc.org (see flyer).

CARDIAC ARREST VS. HEART ATTACK

People often use these terms interchangeably, but they are not the same.

WHAT IS CARDIAC ARREST?

CARDIAC ARREST occurs when the heart malfunctions and stops beating unexpectedly.

Cardiac arrest is triggered by an electrical malfunction in the heart that causes an irregular heartbeat (arrhythmia). With its pumping action disrupted, the heart cannot pump blood to the brain, lungs and other organs.



Cardiac arrest is an **"ELECTRICAL"** problem.

WHAT IS A HEART ATTACK?

A **HEART ATTACK** occurs when blood flow to the heart is blocked.

A blocked artery prevents oxygen-rich blood from reaching a section of the heart. If the blocked artery is not reopened quickly, the part of the heart normally nourished by that artery begins to die.



A heart attack is a **"CIRCULATION"** problem.

WHAT HAPPENS

Seconds later, a person becomes unresponsive, is not breathing or is only gasping. **Death occurs quickly if the person does not receive immediate CPR.**

WHAT TO DO



A person's chance of surviving cardiac arrest can be doubled or tripled if CPR is provided immediately. First, call your local emergency number and start CPR right away. Then, if an Automated External Defibrillator (AED) is available, use it as soon as possible. If two people are available to help, one should begin CPR immediately while the other calls your local emergency number and finds an AED—there is a 10% drop in survival each minute, which is why CPR is so important. EMS staff are also trained to revive someone whose heart has stopped.

CARDIAC ARREST is a LEADING CAUSE OF DEATH.

Cardiac arrest affects thousands of people annually with about 75% of them occurring in the home.

For more information on American Heart Association CPR training classes in your area go to heart.org/cpr.

Follow us:

[facebook.com/AHACPR](https://www.facebook.com/AHACPR) twitter.com/HeartCPR #CPRwithHeart

WHAT HAPPENS

Symptoms of a heart attack may be immediate and may include intense discomfort in the chest or other areas of the upper body, shortness of breath, cold sweats, and/or nausea/vomiting. More often, though, symptoms start slowly and persist for hours, days or weeks before a heart attack. Unlike with cardiac arrest, the heart usually does not stop beating during a heart attack. **The longer the person goes without treatment, the greater the damage.**

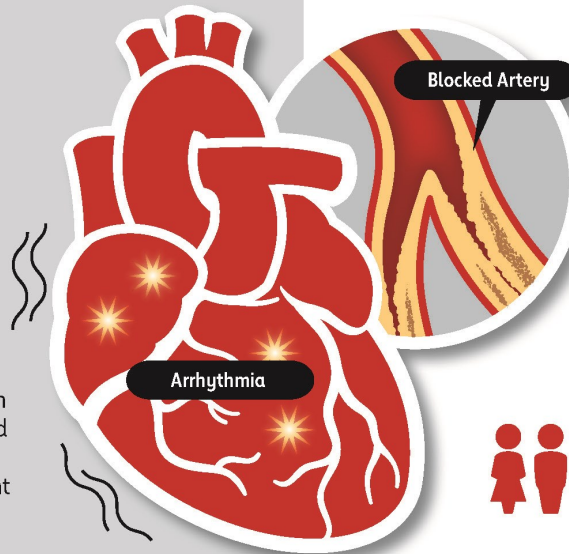


The heart attack symptoms in women can be different than men (shortness of breath, nausea/vomiting, and back or jaw pain).

WHAT TO DO



Even if you're not sure it's a heart attack, call your local emergency number. Every minute matters! It's best to call your local emergency number to get to the emergency room right away. Emergency medical services (EMS) staff can begin treatment when they arrive. Patients with chest pain who arrive by ambulance usually receive faster treatment at the hospital, too.



WHAT IS THE LINK?



Most heart attacks do not lead to cardiac arrest. But when cardiac arrest occurs, heart attack is a common cause. Other conditions may also disrupt the heart's rhythm and lead to cardiac arrest.



Fast action can save lives.



American Heart Association.

Join Us for the
Men's Empowerment Enterprise Chicago

Community Event!

Come together for a day of

**Community, Connection,
and Fun!**



SAT
FEB 8, 2025
1 TO 3PM

MIDLOTHIAN PARK DISTRICT GYM
14500 KOSTNER AVENUE, MIDLOTHIAN, IL 60445

LET'S EMPOWER EACH OTHER AND MAKE
A POSITIVE IMPACT IN OUR COMMUNITY.
WE CAN'T WAIT TO SEE YOU THERE!

CONTACT
VINCE @ 3097506204

- **Free School Supply Giveaways**
- **Haircuts**
- **Delicious Food**



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HealthLinc
YOUR COMMUNITY HEALTH CENTER®



HealthLinc's Give Kids a Smile



Join us for **NO-COST** sealants, oral exams,
dental cleanings, fluoride treatments* and fun!

Monday, February 17 | 2:00 p.m. - 5:00 p.m. CST

HealthLinc East Chicago 1313 W. Chicago Ave.



*When recommended by a dentist. All no-cost appointments are for uninsured & under insured individuals ages 18 or younger.



ADA American Dental Association®

Call to schedule your child's appointment today! 1-888-580-1060 Ext. 5200



This health center receives HHS funding and has Federal Public Health Service (PHS) deemed status with respect to certain health or health-related claims, including medical malpractice claims, for itself and its covered individuals.

healthlincchc.org

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HealthLinc
YOUR COMMUNITY HEALTH CENTER®

Patient Resource Fair



TUESDAY, FEBRUARY 18

9:00 a.m. - 1:00 p.m. CST

HealthLinc East Chicago Harbor West
2106 Broadway St.

MONDAY, FEBRUARY 24

3:30 p.m. - 5:30 p.m. CST

HealthLinc East Chicago
1313 West Chicago Ave.

- + Get to know more about **HealthLinc's services**
- + Meet with our **Staff**
- + **Giveaways**
- + **And more!**



This health center receives HHS funding and has Federal Public Health Service (PHS) deemed status with respect to certain health or health-related claims, including medical malpractice claims, for itself and its covered individuals.

888-580-1060
healthlincchc.org

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Facebook!

HealthLinc
YOUR COMMUNITY HEALTH CENTER®

Cooking for a Healthy Heart

How To Build A Healthy Plate

No-Cost Blood Pressure Screenings • Vendors • and More!

Wednesday, February 26 | 3:00 p.m. - 5:00 p.m. CST

HealthLinc East Chicago - 1313 W. Chicago Ave.



This health center receives HHS funding and has Federal Public Health Service (FPHS) deemed status with respect to certain health or health-related claims, including medical malpractice claims, for itself and its covered individuals.

1-888-580-1060 | healthlincchc.org

Microsoft Training

Word – Excel – PowerPoint – Outlook – OneDrive



Learn in a condensed format the basics along with important tips and techniques of using Word, Excel, PowerPoint, Outlook & OneDrive. The entire training is 16 hours with 4 hours dedicated to Word, 4 hours of Excel, 4 hours of PowerPoint, 4 hours of Outlook and OneDrive.

Training is one day week for four weeks.

Classes on Wednesdays from 5:30pm - 9:30pm

Class Dates

- February 19th
- February 26th
- March 5th
- March 12th

Class Location:

Ivy Tech - Crown Point
9900 Connecticut Dr.
Crown Point, IN 46307

Cost: \$195 per participant, includes learning materials

To register contact:

Dino Ramirez
219-981-4452
Dramirez52@IvyTech.edu





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1-888-Centier | [Centier.com/FBC](https://www.centier.com/FBC)



Urban League of
Northwest Indiana, Inc.

Diversity & Inclusion Symposium

VALPARAISO UNIVERSITY
HARRE UNION – 1509 CHAPEL DRIVE
VALPARAISO, INDIANA 46383

THURSDAY, MARCH 06, 2025
8:30 a.m. – 2:30 p.m.



Why you should attend

Invigorating Dialogue on Diversity, Inclusion, and Leadership

Who should attend

- Grass Roots Organizations
- Business/Corporate Administrators
- Affirmative Action Officers
- Secondary/Post-Secondary Educators & Students
- Community Leaders
- Non-Profits/Churches
- Police/Fire Personnel
- HR Personnel

For more information call 219-887-9621



MARCH 8, 2025

-  10AM - 1PM
-  NEO
5201 US-6
Portage, IN 46368
-  FREE TO THE PUBLIC

REGISTER TO ATTEND:



unitedwaynwi.org/fthbr2

Are you dreaming of owning your first home?

Join us for an exciting First-Time Homebuyer Fair, where you'll gain valuable insights, tips, and access to trusted professionals in the real estate industry.

- *Explore first-time homebuyer assistance programs available*
- *Meet trusted professionals who can make your home ownership dreams a reality.*
- *Understand the home purchasing process*
- *Learn about financing options, down payment assistance programs, and mortgage pre-approval*