

The Hillman Area Chamber of Commerce



February 2018 Newsletter

14797 State Street South Suite 2
PO BOX 506 Hillman, MI 49746
(989) 742-3739 (989) 742-2605
Website: www.hillmanchamber.org
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UPCOMING EVENTS

- Feb. 20 – Lions Club Meeting
- Feb. 20 – No Chamber Meeting
- March 8 – Veterans Benefit Fair
- March 20 – Chamber Meeting
(9 am at Patchwood Plaza)

We would like to see more **NEW** participation at our meetings.

- March 31 – Easter Egg Hunt –
Medilodge of Hillman – 12 PM

Veterans Benefit Fair

MAR. 8th, 2018, from 11am to 3pm
Location: VFW Post 2496, Alpena
2900 Connon St, Alpena, MI 49707
Supported by the Michigan
Veterans Affairs Agency
Contact: Steve Rollins at 989-370-
7197



Membership Dues Extension

The deadline of January 31st for membership Dues has been extended to February 28th. If you have not already sent in your \$75 renewal, please get a check in the mail ASAP so you are not left out of the 2018 Membership Directory.

Lions Club Monthly Meeting

The Lions club will be having their monthly meeting at the Hillman Library on February 20th. Gathering at 6 PM and meeting starting at 7 PM.

Please call Jan at 989-798-1328 if you are planning to attend.



March Business After Hours

The Lions Club will be sponsoring our Business After Hours in March. The date is still unknown.

Easter Egg Hunt

March 31st will be the Easter Egg Hunt at Medilodge of Hillman starting at 12 pm.



No February Chamber Meeting

There will not be a monthly chamber meeting in February. The next chamber meeting will be March 20th.

"ROY AND THE BLOESMAKERS"

Present...



**An IRISH CELEBRATION...
A BENEFIT FOR OUR VETERANS**

On Thursday, March 15th

From 5:00-?

**Enjoy corned beef and cabbage dinner
while you listen and dance
to these great IRISH Tunes!**

FREE ADMISSION

(all tips to go to

The Montmorency County VFW Post 2356)

Event at Patchwood Plaza

14797 State St. South

Hillman, MI

Call to reserve your seat

Hillman Area Chamber of Commerce:

989-742-3739

Or Patchwood Plaza at: 989-742-2605



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Do You Have a Chronic Health Condition?

Attend a **FREE** self-management workshop that helps participants improve their health and feel better.



6 sessions
10 a.m.-12:30 p.m.
Will be held
Thurs.-Feb.-1,8,15,22
March-1 and 8.



Learn How To ...

- ◆ Deal with the challenges of a chronic condition such as back pain, high blood pressure, high cholesterol, diabetes, etc.
- ◆ Increase your energy
- ◆ Better manage your pain
- ◆ Better communicate with healthcare workers and family about your condition.
- ◆ Better manage your condition rather than your condition managing you!

FREE classes begin
Thursday February 1st
10:00 a.m. – 12:30 p.m.
At **Thunder Bay Community Health Service, Inc.**
15774 State St, Hillman

Region 9
Area Agency
on Aging



Class size is limited. Register **TODAY!**
Call Samantha @ (989) 742.-7950



Thunder Bay
COMMUNITY HEALTH SERVICE, INC.



safeTALK

Make a connection. Help save a life.

Suicide is preventable. Anyone can make a difference.

- Training in suicide alertness skills
- Learn four basic steps to create a life-saving connection
- Widely used by professionals and the general public

Who should take safeTALK?

safeTALK is designed for anyone age 15 or older. The steps learned in safeTALK have helped participants from all walks of life to be alert to situations where suicide thoughts may be present.

Most people thinking about suicide don't actually want to die, but they need help deciding to stay alive. You don't need any prior training to attend safeTALK—just a willingness to make a difference.

Attend safeTALK and learn to:

- notice and respond to situations where suicide thoughts may be present
- recognize that invitations for help are often overlooked
- Move beyond the common tendency to miss, dismiss, and avoid suicide
- apply the TALK steps: Tell, Ask, Listen, KeepSafe
- know community resources and how to connect someone with thoughts of suicide for further help



Monday February 5

6:00 PM to 9:30 PM

Brush Creek Mill

Downtown Hillman at the river

\$10 fee to cover the cost of materials

To Register:

call Partners in Prevention at 356-2880 or 800-354-2880

Or email ruth@nemcpi.org

Give your name, phone number and age if younger than 18.

Mail payment to:

Partners in Prevention

1600 W Chisholm St Ste C,

Alpena MI 49707

Workshops sponsored by the Presque Isle County Suicide Prevention Task Force. For information email mary@nemcpi.org





Tired of being
angry and
stressed out
with your kids?

Come and lower your stress level! Learn the Love and Logic[®] philosophy while discussing misbehavior and gaining a few techniques for dealing with it that...

▶ Are Simple ▶ Are Easy to Learn ▶ Teach Responsibility

This **FREE** 4-Week Love and Logic[®] series presented by Angie Bruning will provide you with positive, loving tools for raising happy and well-behaved kids.

Each participant will receive a parent workbook.

February 6th, 13th, 20th, and 27th

5:00 – 6:30 p.m.

Hillman Elementary School



www.amaesd.org

Registration by Wed., January 31st is required.

Contact Angie Bruning at (989) 354-5366
or bruninga@amaesd.org



Not an APS sponsored event.

