



## Monthly News & Updates

So...how many weeks has it been that we have been closed up, on lockdown, and wearing masks everywhere? It is hard to keep track sometimes of what day it is!

In this article, we feature a few of our members, and what they are doing during these days. Business is changing every day, making it increasingly difficult to survive in many instances. Please consider supporting them!

Be sure to check our Facebook page often. We are sharing personal stories from our members. Get to know a side that perhaps you do not see at our events.

Members: if you would like to be featured in our newsletter or on our Facebook page, please send an email to: [office@shchamber.org](mailto:office@shchamber.org).

## Feature Article

### CARES Act ~ Economic Relief Measures for Small Business



**COLEMAN  
FINANCIAL SERVICES, LLC**  
61 McMurray Road, Suite 200 • Pittsburgh, PA 15241

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Coleman Financial Services  
412.835.8003

**Due to the coronavirus pandemic, many individuals and business owners across the globe have found themselves in dire financial straits.** Outside of groceries, medicine, and other essential services, a lot of businesses have been forced to shut their doors over the last two months. Additionally, individuals have been ordered to stay at home in most states across the nation. These circumstances have caused obvious disruptions both on micro and macroeconomic levels.

As stay-at-home orders begin to lift in May, many are eager to resume business again. At the same time, many are concerned we are opening the economy too soon. This conundrum, coupled with the sheer amount of misinformation consumed, quickly gets

politicized in daily conversation. Especially on social media where many unhealthy and potentially dangerous opinions are echoed.

The importance of knowing your options to sustain business operations and/or generally preserve your company through this unprecedented pandemic has never been greater. The options presented in the Coronavirus Aid, Relief, and Economic Security Act (referred to as CARES Act moving forward) strictly serve to relieve the financial stress on the balance sheet of individuals and businesses in the United States of America.

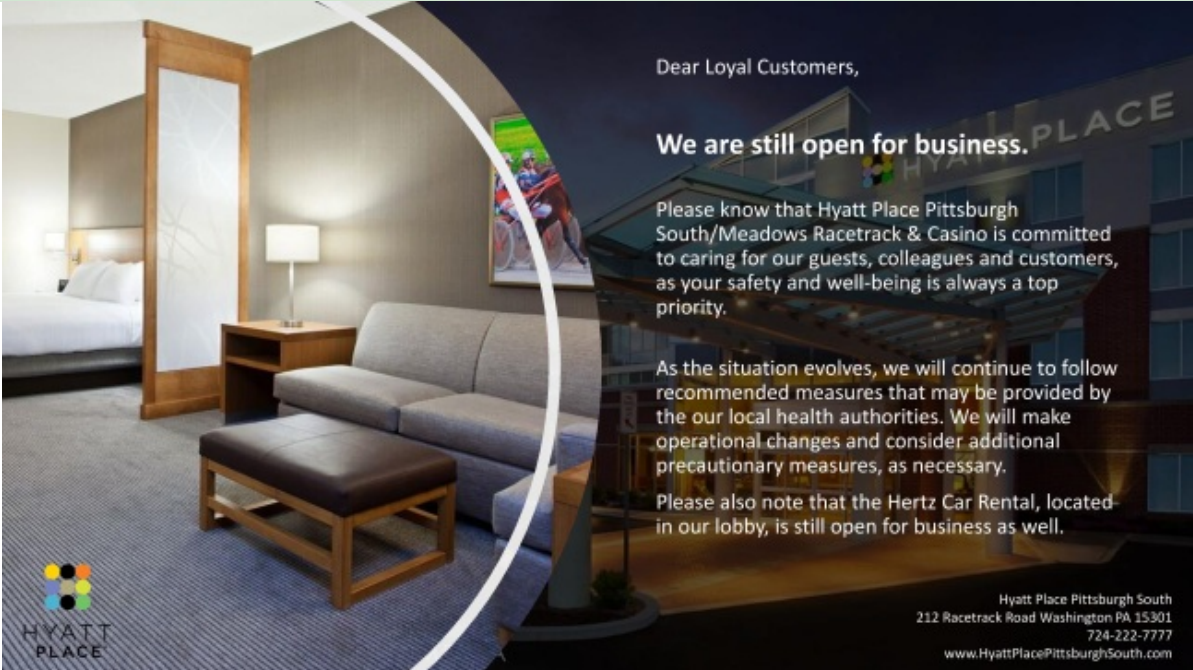
There are many options beyond the Payroll Protection Program that have been highly sought after by small business owners. Including, but not limited to: Main Street Lending Program, Economic Injury Disaster Loan, Express Loan Bridge Pilot Program, and many more options available through the Small Business Administration. **Please visit our website or Facebook page** for specific details regarding each program at [www.colemanfinancialservicesllc.com](http://www.colemanfinancialservicesllc.com) or simply search for **Coleman Financial Services LLC on Facebook**.

As we move through this experience together, it is important that we work together as well. Remember, the programs available can help ensure that our local small businesses make it through such economically uncertain times somewhat unscathed.

We hope you and your loved ones are remaining safe and healthy through the pandemic, and we hope to see you all whenever we return some sense of normality. In the meantime, be sure to check in with your loved ones often. Specifically, those who are more vulnerable to COVID-19.

*This information is provided for general purposes and is subject to change without notice. Every effort has been made to compile this material from reliable sources however no warranty can be made as to its accuracy or completeness. Neither the financial advisor nor Geneos Wealth Management, Inc provides tax or legal advice. Clients should always consult their tax or legal advisor regarding their particular situation.*

## Updates from our Members



Dear Loyal Customers,

**We are still open for business.**

Please know that Hyatt Place Pittsburgh South/Meadows Racetrack & Casino is committed to caring for our guests, colleagues and customers, as your safety and well-being is always a top priority.

As the situation evolves, we will continue to follow recommended measures that may be provided by the our local health authorities. We will make operational changes and consider additional precautionary measures, as necessary.

Please also note that the Hertz Car Rental, located in our lobby, is still open for business as well.

Hyatt Place Pittsburgh South  
212 Racetrack Road Washington PA 15301  
724-222-7777  
[www.HyattPlacePittsburghSouth.com](http://www.HyattPlacePittsburghSouth.com)

**Country Hammer Moonshine is open for business -- bottle sales, that is. No tasting.** Offering over 50 flavors of moonshine, and now bourbon and tequila!

Multiple locations with extended hours.

[country-hammermoonshine.com](http://country-hammermoonshine.com)



Supplements **PROVEN** to help your immune system?! A lot of people are asking which supplements to double down on to prevent infection during this crazy season. Vitamin C and D3 have been proven to help boost the immune system and shorten the duration of illness in numerous studies.

**Vitamin C** needs to be taken regularly to have a benefit! If you wait until you get sick to start taking vitamin C, research suggests it might be too late. I take 2g of vitamin C daily. **Vitamin D** is especially important for us Pittsburghers.

Because we are the #1 ranked most cloudy city in the US, we need to be taking a vitamin D supplement daily. I take 5,000IU in the summer/fall and 10,000IU in the winter/spring. Since vitamin D is fat-soluble, take it with a

meal.

There are other supplements that have some evidence to help the immune system however these are the big dogs with the most research so be sure you are at least taking these. For more information regarding these supplements and dosing, check out the blog post on our website or shoot me a message.

Pittsburgh Premier Chiropractic  
250 Mt Lebanon Blvd #307 - Pittsburgh, PA 15234  
(412) 341-2505  
[pittsburghpremierchiropractic.com](http://pittsburghpremierchiropractic.com)



**We are operating our drive thru, and we offer delivery and curbside pickup** orders through our website and mobile app!

We had to make a lot of adjustments rather quickly, so it has been interesting to say the least. We have a great following and lots of happy customers still coming by.

We do currently have three special flavors: Pistachio, Strawberry Chocolate Chip, and Orange and Cream. Everyone gets a free sugar cone with a scoop of their choice if they simply download the app!

437 Mt Lebanon Boulevard - Pittsburgh, PA 15234  
[www.graeters.com](http://www.graeters.com)  
(412) 668-3641



**We are open for pick up and delivery.** Check out our website for our menu.

We've been serving the best food in town since we opened our doors. We make our menu selections with the freshest ingredients and bring it right to your door quickly and conveniently.

145 McMurray Rd, - Pittsburgh, PA 15241-1654  
(412) 283 4124

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Every Tuesday at noon the Launch Collective has offered our Virtual Networking lunch series and every Thursday from 5 -7 are the Quarantini networking happy hours. These were set up from the start of this thing so our businesses would stay connected and help our community

feel less isolated. We have had so many awesome speakers each week, fun games and entertainment in the happy hours! It has been fantastic!

See our [Facebook page](#) for event dates, times, and more details.

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#### BRAND DEVELOPMENT

Brand Foundation Questionnaire  
1-Hour Brand Design Strategy Session  
1-Hour Elevator Speech Development

#### BRAND IDENTITY DESIGN

Brand Logo Design  
Custom Brand Icon/Favicon  
Social Media Profile & Cover Photo Design  
Business Card Design

#### WEBSITE

Customized, Mobile-Friendly Site  
Search Engine Optimized  
SSL Certificate

EMAIL FOR PRICING | [Kim@JoyousGraphicsLab.com](mailto:Kim@JoyousGraphicsLab.com)

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Is your BRAND working as hard as it should be?

If not, take advantage of this Branding Package SPECIAL OFFER to ensure that your business is built on a strong brand foundation that will help you meet and exceed your business goals.

Email Kim Guthrie for more details and pricing:

[Kim@JoyousGraphicsLab.com](mailto:Kim@JoyousGraphicsLab.com)

It's almost time for the USC Farmers' Market!

Scheduled to run for 20 weeks from May 14 - September 24.

Stay tuned for more information, based on the changing phases of social distancing.

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Be well.  
Be safe.  
Have faith.



# Your Greatest Asset is Your Ability to Create Income.



**1 in 4**

Of today's 20-year-olds will become disabled before they retire.

**95%**

of disabling accidents and illnesses are **NOT** work related, meaning Workers' Compensation doesn't cover them.

*Are you willing to risk your dreams on these odds?*



The average individual disability claim lasts

**31.6 MONTHS**

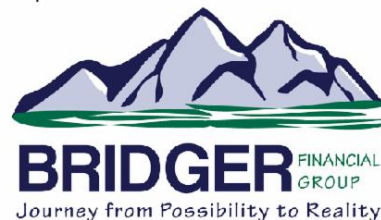
Without a paycheck, **7 in 10**



working Americans couldn't make it a month before financial difficulties would set in.

SHCC members and employees of member businesses are entitled to a **15% discount** from standard rates when purchasing individual disability insurance or business overhead expense (BOE) insurance through Ameritas.

**Want to learn more?** Contact fellow SHCC member Bridger Financial Group at 412-733-4016 or [info@bridgerfinancialgroup.com](mailto:info@bridgerfinancialgroup.com).



CHATHAM UNIVERSITY

**WOMEN'S BUSINESS CENTER**

AT THE CENTER FOR WOMEN'S ENTREPRENEURSHIP

**Free Telephone & Online Counseling Hours  
to Assist with COVID-19 Loan Programs,  
Resources and Recovery Assistance**

CWE is offering daily telephone counseling hours dedicated specifically to answering

questions on COVID-19 Federal, State and Local loan programs, resources and recovery assistance. To schedule an appointment, complete the New Client Signup online and select the COVID-19 Loan Programs & Resources Scheduler.

[Schedule an Appointment Today!](#)

## Follow us on Facebook

All upcoming Chamber events and important communications that our members would like to share will be posted on South Hills Chamber's Facebook page.

If you're a Facebook user, please like our page and follow us to be the first to see what is happening at the South Hills Chamber!

[Like us on Facebook!](#)



[\*\*www.facebook.com/SouthHillsChamber\*\*](http://www.facebook.com/SouthHillsChamber)



Follow the South Hills Chamber LinkedIn Page or join our group on LinkedIn and be the first to know about Chamber and member events.

## Join our Group on LinkedIn

Not a Facebook user? Join us on LinkedIn!

As diverse and unique as our membership is, there's one underlying quality we all share with a passion—and that's business. The South Hills Chamber of Commerce carries with it a distinct opportunity to belong to a community of like-minded organizations and thought leaders dedicated to economic growth and civic pride.

[Join the Group on LinkedIn](#)

**Did someone forward this newsletter to you?**

**Sign up for your own monthly newsletter [here!](#)**