

News from North Baldwin

www.northbaldwinchamber.com

April 2013

American Heart Association "I Heart Art Walk" through Downtown Bay Minette —

Learn and Live

The Bay Minette City Council voted to approve the creation of an American Heart Association walking

path through downtown Bay Minette during their March 18th council meeting. The 1-mile walking path will be known as the "I Heart Art Walk" and is a partnership between the City of Bay Minette, the Baldwin County Commission, the North Baldwin Chamber of Commerce and the Old Town Bay Minette Arts Council.

The walking path will begin and end at the Bay Minette Public Library. It will take walkers east to Courthouse Square along West Second Street, then to First Street, Hoyle Avenue, Hand Avenue, Fifth Street and McMillan Avenue back to the library. The walking path will carry people around Courthouse Square, by Blackburn Park, Rex Park and the Bay Minette Kid's Park, and they will also pass by several downtown businesses such as Best Friend's Gallery, Infinity Massage, Dragonfly Photography and several other downtown businesses.

The Chamber and Arts Council are working with downtown businesses and the city to have art displayed in windows, parks and on sidewalks along the path. The artwork will be provided from throughout the community and will include donations from local artists, students from local schools and Faulkner State Community College as well as area residents.

American Heart Association signs will be located every one-tenth of a mile to guide walkers along the path. A map of the "I Heart Art Walk" will also be available through the American Heart Association website (www.startwalkingnow.org/path64839) and inside the Bay Minette Public Library, the starting point.

The Chamber has planned a Ribbon Cutting and Inaugural Walk for the path on May 1, 2013 at 5pm, the Old Town Bay Minette Arts Council will also be hosting their Spring Art Show, both will be held at the Bay Minette Public Library.

Welcome to our Newest North Baldwin Chamber Members!

South Point Bank
Spanish Fort, AL

Franklin Primary Health Center
Bay Minette, AL

The Hadley Law Firm, LLC
Bay Minette, AL

Log Cabin Inn
Bay Minette, AL

Stockton Heritage Association
Stockton, AL

Save the Dates!

Saturday, April 13th:

-Faulkner State 5k & Fun Run @ 8am

-Old Town Bay Minette Arts Council's Market Days @ Blackburn Park

-Stockton Civic Club

11th Annual Wild Game Cook Off @ Old Schoolyard Park

Monday, April 15th

-Bay Minette City Council Meeting, 6pm

Tuesday, April 16th

-Baldwin County Job Fair, 9am-2pm @ Daphne Civic Center

Saturday, April 20th

-Old Time Country Festival, 9am-4pm @ Bicentennial Park

Thursday, April 25th

-Ribbon Cutting & Business After Hours Dragonfly Photography & Infinity Massage 5pm-7pm @ Rex Courtyard

Friday, April 26th

-Relay for Life, North Baldwin 6pm-12am @ BCHS

Visit www.northbaldwinchamber.com for a full calendar of events!

"Understanding the Affordable Care Act" Workshops Scheduled—How will Obamacare affect your business?

The North Baldwin Chamber of Commerce has partnered with the Alabama Cooperative Extension System (ACES) to present the "Understanding the Affordable Care Act" Workshop. There will be two opportunities for businesses to attend, **Thursday, May 2nd** and **Tuesday, May 14th**. The workshop will be held in the Bay Minette City Council Chambers at City Hall beginning at 5:30pm each day.

ACES has produced a training program to help businesses and municipal governments understand the changes being brought about by the passage of the Affordable Care Act of 2010. This workshop will be the first of a series of workshops designed to help businesses become more informed on the specifics of the act.

The training is divided into six sections: 1. *Is your business going to be affected?* 2. *Employer Penalties* 3. *New Employee Classifications* 4. *Insurance Exchanges* 5. *Health Care Tax Credits* 6. *Business Tips and Guidelines*.

This workshop will enable you to see the specific parts of the new law and how they will apply to your individual business. There are new regulations that will decide who is classified as full or part time and who is classified as a seasonal worker or a variable hour employee. The workshop will also address the need to classify a worker as an employee or as a sub-contract worker.

It is important for small businesses and municipal governments to understand the new definitions as well as how I.R.S. will interpret the new regulations. The penalties can be avoided with the proper education and follow up actions by the employer.

The workshop will cover many topics during the 90 minute presentation and time will be allowed for questions and answers.

Shaking it up in April for Parkinson's Disease Awareness!

Jane Denmark taught science at Baldwin County High school for 15 years. It was on a stormy day in 2007 when a tornado warning was issued that she ushered her students into the halls, and was asked "Mrs. Denmark, are you nervous?" It was then that a student pointed out the shaking in her left hand. Mrs. Denmark realized something was wrong and went to her doctor, and eventually she was diagnosed with Parkinson's Disease (PD).

Today, Mrs. Denmark and her husband Al Denmark are Research Advocates for the Parkinson's Disease Foundation. I was able to hear Mrs. Denmark's story, as well as those stories of Mr. Norman Snell and Mrs. Janice Hendrickson when I attended a Support Group meeting for PD patients in North Baldwin County. The group meets the 4th Tuesday of each month at the North Baldwin Fitness Center and is led by Cindy Still.

Parkinson's Disease is a chronic and progressive movement disorder that involves the malfunction and death of vital nerve cells (neurons) in the brain. Some of these dying neurons produce

dopamine, the chemical that sends messages to the part of the brain that controls movement and coordination. As the disease progresses, the amount of dopamine in the brain decreases, leaving a person unable to control their movements normally.

There are no tests to aid in a diagnosis of PD, however the disease should be diagnosed by a neurologist with experience and training in assessing and treating PD; ideally a movement disorder's specialist. While Mrs. Denmark and Mr. Snell first knew there was a problem when they noticed a tremor, Mrs. Hendrickson had actually lost her sense of smell 20 years ago. Mrs. Hendrickson did not know at the time that her loss of smell would have anything to do with PD and it wasn't until 2010 when she developed a tremor that she received her diagnosis.

Sitting and listening to each of their stories, I learned that no two PD patients are the same, that with an array of symptoms it is rare that any two patients present PD in the same way or progress in the same manner. Some of

the key motor symptoms of PD are: *tremor, slowness of movement (bradykinesia), muscular rigidity or stiffness, and postural instability (impaired balance and coordination)*. Other symptoms can include: *pain, dementia, fatigue, depression, constipation, cognitive changes, fear, anxiety and urinary problems*.

Mrs. Denmark stated, "This is a hard disease. Hard because there is no cure." While there is currently no cure, there are treatment options available (medications and surgery to manage symptoms). As many as 1-million Americans live with PD, and 60,000 people in the US are diagnosed each year. Average age of onset is 60, while 4% of individuals are diagnosed before age 50. For more information on PD you can contact our local PDF Research Advocates, Al and Jane Denmark at 251-937-4246 or email alabamagardener@gmail.com. You can also visit the Parkinson's Disease Foundation website, www.pdf.org.

Article written by NBCC Staff member, Ashley Jones

University of South Alabama's Small Business Development Center Offers Drop-in Sessions at North Baldwin Chamber —

The University of South Alabama (USA) Small Business Development Center (SBDC) is offering drop-in sessions at the North Baldwin Chamber on **Thursday, April 25, 2013**. Angela Mustin, Small Business Councilor from the SBDC will be on hand to help you and your business with the following:

Whether it's identifying new markets or creating an e-marketing strategy, the Alabama SBDC Network can help you achieve your marketing and sales goals. In today's competitive environment, small businesses must create innovative strategies to identify new customers, increase sales and achieve marketing success. Creating new marketing strategies will not only give you a competitive edge, but can greatly increase your sales.

The Alabama SBDC Network can help you: develop a marketing plan, develop an e-commerce strategy, create an e-marketing strategy, identify new domestic markets, develop an export strategy, identify government opportunities, maximize sales from existing customers and identify business to business opportunities.

Do you want to start a business? Is Entrepreneurship right for you? Deciding whether or not to start a new

business is usually one of the more difficult decisions a person faces in life. Proper preparation is required, execution is crucial, consequences are widespread, and the required commitment is immeasurable. People arrive at this crossroad from various points. Some people seem to be "born entrepreneurs" and other people arrive at the crossroad less out of their own choosing. Regardless of the reasons, a decision must be made: jump back in the rat race or strike out on your own. It's a tough choice, but many people face it every day. The SBDC strongly encourages you to contact one of their business counselors to review your options, and to make sure that your business gets started on the right foot.

While the Alabama SBDC Network does not provide financing, they have professionals who can help you prepare a well-organized loan package with complete documentation. The Alabama SBDC Network can help you: identify equity financing options, structure the financing, identify sources of funding, prepare financial projections, access expansion capital, and export working capital.

If you are interested in scheduling a time during the drop-in session on Thursday, April 25th, please contact Angela Mustin at (251)460-6004 or amustin@southalabama.edu or the North Baldwin Chamber of Commerce at (251) 937-5665 or assist@northbaldwinchamber.com

Drop in sessions will be available from the SBDC Monthly.

Chamber
10k Chase Series
May 11th June 8th July 13th 2013

North Baldwin Chamber
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