



# February 2023 NEWSLETTER

## 2023 Board of Directors and Staff:

Brandon Clark-Chairperson, Bryan Nichols- Vice Chairperson, Logan Tuck- Treasurer, James Harrison- Events Chairperson Jeffrey W. Massey, Fellisha Adams, Titus Carter, Tracie Wilburn, Billy Snyder, Craig Harris- ex-officio member, Mayor Steve Jones, Mayor Jerry Wilmore, Mayor Kenneth Hollis, Jennifer Hardman- Director, Brenda Hiett- Assistant Director

## Chamber News

We are excited about the new year and the possibilities it brings!

Member invoices will be released soon for 2023.

Event Calendars for 2023 are now available.

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[www.maconcountychamber.org](http://www.maconcountychamber.org)



## February Events

**Free Home Buyers Course** at the Macon Bank & Trust Company Westmoreland Office Community Room on February 2, 2023 from 6:00pm-7:00pm. Contact Kei Keene at 615-644-2232 for more information.

**Ronnie McDowell performing** at the Ronnie McDowell Entertainment Center and Museum located at the Donoho Hotel on February 2-3, 2023. For tickets, food, and hotel reservations call 615-699-3141.

**Lipid Panel Testing** at the Macon Community Hospital during the month of February on Monday-Friday from 7:00am- 5:00pm. Call 615-666-2147 for more information.

**Cardiac Scoring Testing** at the Macon Community Hospital during the month of February for \$50.00. Call 615-666-2147 for more information.

**Ghost Hunt Weekend** at the Thomas House on February 10-11, 2023. Call 615-699-3006 or visit [www.GhostHuntWeekends.com](http://www.GhostHuntWeekends.com) for more information.

**Natural Remedy free seminar** at the Macon County Chamber of Commerce/ Welcome Center on February 12, 2023 from 1:30pm-3:00pm. To register call 615-666-6931.

**Ghost Hunt Weekend** at the Thomas House on February 17-18, 2023. Call 615-699-3006 or visit [www.GhostHuntWeekends.com](http://www.GhostHuntWeekends.com) for more information.

**37150 Community Center Meeting** on February 18, 2023. Call 615-561-0899 for more information.

## Welcome New Members

Upper Cumberland Local Workforce Development Board- Department of Labor and Workforce with the State of Tennessee. They work with businesses to develop a workforce talent pipeline.

Laura Merlo- Individual who is passionate about the community.

Southern Structure- Custom designed storage sheds, animal shelters, tiny homes, and playset

**WE WILL BE CLOSED**

**PRESIDENTS' DAY**

February 20, 2023

**HAPPY VALENTINE'S DAY**

Save the date! Our next Chamber Luncheon will be on **March 28, 2023!**

**COMMUNITY SHRED DAY**

SATURDAY, MAY 13TH | MAIN OFFICE  
609 Red Boiling Springs Road  
9AM - NOON or UNTIL FULL COME EARLY!

Macon Bank & Trust and Macford are teaming up for a Community Shred Day. Stop by and make sure your personal documents are properly destroyed. It's just one more way we're investing in our community!

This service is provided free of charge by Macon Bank & Trust. \*Limit one banker basket per family.\*

JOIN US FOR AN

**Easter Egg Hunt**

MARCH 25TH 1PM

Main Office (609 Red Boiling Springs Road)

©Macon Bank & Trust should have a change of plans. The Easter Bunny will stay back by an April 1st at 100PM.

The Sherry's **HOPE** Gala

02.25.2023 @ 6:00 pm

Farm Bureau Exposition Center

945 E Baddour Pkwy, Lebanon TN 37087

for more information, please call 615.449.7680 or visit [thehopegalawc@gmail.com](mailto:thehopegalawc@gmail.com)

Benefiting Sherry's Hope  
formerly known as Mardi Gras to benefit Sherry's Hope

**160/100** Blood Pressure

**28** mg

**410** mg

**205** mg

**CARDIAC SCORING**

at Macon Community Hospital

TAKE YOUR HEALTH TO HEART. If you're concerned about your heart health, Macon Community Hospital can help! During February we are offering \$50 Cardiac Calcium Scoring tests, which is a simple, easy test designed to tell our cardiac specialists your potential heart disease risk.

IF YOU HAVE RISK FACTORS for heart disease such as high cholesterol, smoking, family history, diabetes, hypertension, or others, then we encourage you to ask us if a Cardiac Calcium Scoring test is right for you. This simple, painless test uses state-of-the-art computer tomography (CT) imaging to determine if and how much hard plaque you may have in your coronary arteries.

THIS LIFESAVING TEST is being offered for only \$50 this February in honor of Heart Month! For more information about testing, visit [macon.net/cardiac-scoring](http://macon.net/cardiac-scoring).

For more information please contact us at **615-666-2147**

Join us for the second in a series of

**Natural Remedies**

FREE SEMINARS!

We'll explore together what nature has to offer for many common ailments we suffer from.

**Date:** February 12, 2023 **Time:** 1:30 PM to 3:00 PM

**Location:** Macon County Chamber of Commerce  
685 TN-52 West, Lafayette, TN 37083

**Register At:** (615)666-6931

[www.lighthouseadventistchurch.org](http://www.lighthouseadventistchurch.org)

**242** Total Cholesterol

**98** mg/dL

**45** mg/dL

**205** mg/dL

**LIPID PANELS**

at Macon Community Hospital

TAKE YOUR HEALTH TO HEART. Knowing more about LDL, HDL, triglycerides and your overall cholesterol is the best information that just might save a life, because it allows our cardiac specialists to take better care of our patients.

IF YOU HAVE RISK FACTORS for heart disease, such as smoking, diabetes, hypertension, being overweight, lack of exercise, or a family history of cholesterol issues, then we encourage you to ask about lipid panel testing.

A LIPID PANEL IS A SIMPLE BLOOD TEST to check your cholesterol levels, which should be closely monitored to aid in the prevention of clogged arteries. During the month of February, simply walk in and ask us for a FREE lipid panel! Be sure to fast for at least 6 hours prior to this test.

Walking Welcome!  
Lipid Panels are offered FREE in February at Macon Community Hospital Monday-Friday from 9am-5pm, and will include cholesterol, triglycerides, HDL, LDL and VLDL.

No appointment is necessary. Just be sure to fast for 6 hours prior to coming in for the test.

For more information please contact us at **615-666-2147**