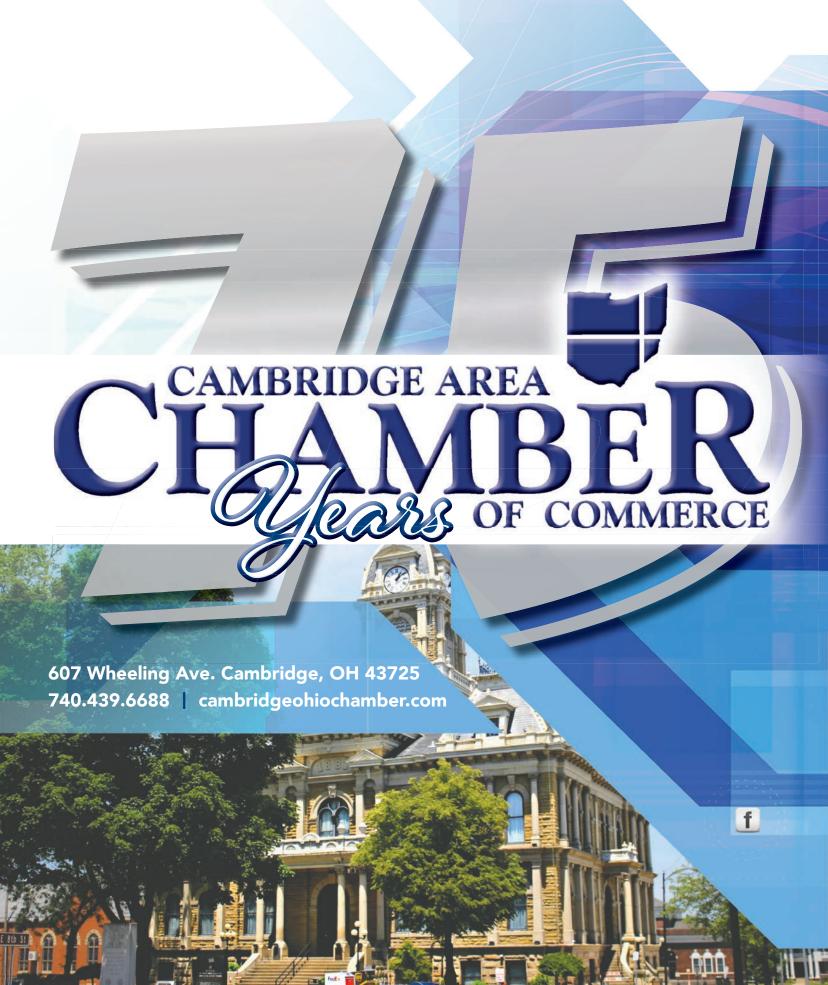
## 2022 COMMUNITY & BUSINESS RESOURCE GUIDE





# HUGHES

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P:740.439.6688 I F:740.439.6689
607 WHEELING AVENUE • CAMBRIDGE, OH 43725
WWW.CAMBRIDGEOHIOCHAMBER.COM

## The benefits are many and the events are fun, too!

The Cambridge Area Chamber of Commerce is dedicated to local businesses. Programs, events, and marketing opportunities are all designed with the purpose increasing business success in Guernsey County. We make joining easy and affordable. There is a membership category for every type of business, from home based start-ups to large manufacturers. Non-profits and civic organizations, churches, educational systems and individuals join the Chamber to be informed, participate in events with a purpose, and just to have fun with fellow businesses and residents. The Chamber Staff is always eager and willing to help members find the most appropriate benefit to fit their need.



Every attempt has been made to ensure the accuracy of the info in this publication. Copyright © 2022 by Southeast Publications.

## SOUTHEAST PUBLICATIONS

P.O. BOX 315 • Caldwell, Ohio 43724 www.journal-leader.com

## **WELCOME LETTER**

Established in 1947, the chamber's mission has always been to enhance the economic, civic, and cultural growth of the area, improve the quality of life in the community, and act as the voice of business. Your Chamber of Commerce creates opportunities for businesses to find success!

## THE CHAMBER OF COMMERCE:

- Provides programs to keep money local
- Heightens consumer awareness of member businesses
- Increases traffic flow into member businesses
- Provides the ultimate business network to increase referrals
- Designs and implements opportunities to showcase businesses and local commerce
- Maximizes local talent for local workforce
- Develops youth and adult leaders in the community
- Connects business leaders to share best practices
- Prepares youth to better understand how the community works
- Collaborates regionally to further interests of businesses in Southeastern Ohio
- Supports, encourages, and cheerleads entrepreneurs and small businesses
- Embraces, protects, and promotes our exceptional quality of life

The Cambridge Area Chamber of Commerce is committed to business associations that foster collaboration with business members, city and government, educational systems, and the healthcare community.

This guide is a tool to identify and support local businesses and civic organizations. The comprehensive list of member businesses is evidence of a diverse business climate and vibrant quality of life here in Guernsey County. We are proud to be a part of it.

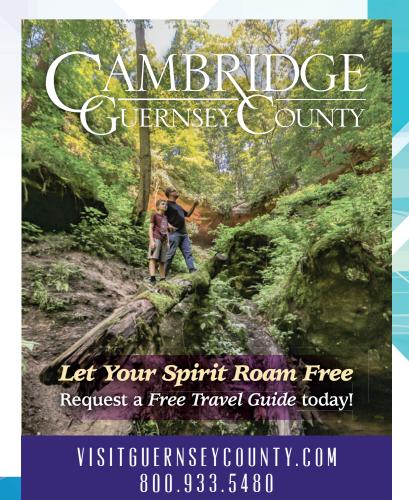
Please support the businesses that support the community with their chamber membership. It's just good business!

Jennifer Vincent, President & CEO Cambridge Area Chamber of Commerce

enefer Vincent

Aimee M. Johnson, Chairman Cambridge Area Chamber of Commerce Board of Directors

Vince M Johnson



Vision... Leadership... Legacy

## **COUNTY PROFILE**

**Quernsey County Established:** 1810 **Named For:** Island of Guernsey, UK

County Seat: Cambridge

## **Population**

**2020**: 38,438

Urban Population: 39% Rural Population: 61%

### **Vital Statistics**

Persons per Square Mile: 73.6 Median Resident Age: 42.2 Persons under 18 Years Old: 22 % Persons over 65 Years Old: 20.1%

Female Persons: 50 %

### Income

Per Capita Income: \$24,742 Median Household Income: \$48,283 Cost of Living Index: 79.5%

Poverty Rate: 15.5 %

## **Business & Labor**

Labor Force, 2019: 13,689 Construction: 5.5%

Retail: 8.4%

Professional/Technical: 14.1 %

Government: 14.1% Unemployment: 5%

Average Male Salary: \$31, 474 Average Female Salary: \$20, 596

## **Agriculture / Farming**

Farm Count: 1,103 Acres in Farming: 151,837 Avg. Farm Acres: 138 % from Crops: 36% % from Livestock: 63%

## Housing

Housing Units: 19, 009 Renter Occupied: 4,586

Median Value Owner-occ: \$98,600

Home Ownership: 72.5% Average Household Size: 2.51

## Education

Public School Districts: Cambridge, Rolling Hills, and East Guernsey Vocational Schools: 1

4-year Public Universities: 0 2-year Public Universities: 0

Public Libraries: 2



## School Enrollment

Students: 8,722 Teachers: 435 Graduate Rate: 85% Student-Teacher Ratio: 20



## **Transportation & Roads**

Registered Motor Vehicles: 30,769 Interstate Highways: I-70 E/W & I-77 N/S

State Routes: 21 total U.S. Highway Miles: 39.79 State Highway Miles: 153.70 Commercial Municipal Airport: 1

Public Bus System: 1

## **Health Care**

Physicians: 46

Registered Hospitals: 1 Number of Beds: 189 Licensed Nursing Homes: 4

Number of Beds: 272 (nursing homes)

Licensed Residential Care: 3 Number of Beds: 185

## Communication/Media

Television Stations (local): 1

Radio Stations: 7 Daily Newspapers: 1

2020 Information gathered from: US Government Census Ohio Department of Development Ohio Farm Bureau Bureau of Labor Statistics

## **BOARD OF DIRECTORS**



Norm Blanchard Community Improvement Corp.



Steven Brooks SE OhioRegional Medical Center



Deb Brown Cedar Ridge Behavioral Health



Shawn Buchtel AMG Vanadium



Amanda Cox Nothing But Chocolate



Mindy Eltringham Shafer Insurance Agency



Michael Evancho US Bridge



Brock Gorrell The Wilds



Mitch Howell Edward Jones Financial Advisor



Allen Hunter State Farm Insurance Agency



Aimee Johnson Battery Depot



Kelly Leslie Rea & Associates



Joel Losego AVC Communications



Miranda Miser M&M Feed & Supply



Jeremy Morrow Park National Bank



Debbie Robinson Cambridge/Guernsey County VCB



Val Sampson Area Agency on Aging Region 9



Mary Beth Sills Cambridge Main Street



Marynell Townsend United Way of Guernsey & Noble Co.



Peggy Whited Buckeye Water Service

## **CHAMBER STAFF**



Dennis Doutt The Community Bank



Susan Hunter Muskingum Valley Health Center



Penny Parnell
Parnell
& Associates



CHAMBER OF COMMERCE Vision... Leadership... Legacy



Jennifer Vincent President & CEO, Cambridge Area Chamber of Commerce



Chevelle Landman Office Manager & Event Coordinator

The Board of Directors welcomed Jennifer Vincent as the president of the Cambridge Area Chamber of Commerce in July 2021. As president, she is responsible for marketing and promotional opportunities, listening to the needs of how we can better serve the area businesses, while improving quality of life in Guernsey County and is a voice for the membership-based business community.

Prior to becoming the President of the Chamber, Jennifer served 14 years as a sales and marketing professional. She has an associate degree from Zane State College and is also licensed in health and life insurance. Jennifer is a 2019-2020 graduate of Leadership Guernsey and for the 2020-2021 class she served as their Administrator.

She is involved in many local organizations including: Rotary Club, Kiwanis, Girls with Goals, Warm a Seniors Heart, and GROW - Guernsey County Runners & Walkers Club - which she is also a founder of. She also serves on the Board of Directors for the Community Improvement Corporation, The Cambridge/Guernsey County Visitors and Convention Bureau, Cambridge Main Street, and United Way of Guernsey, Monroe & Noble Counties. Jennifer looks forward to serving the Guernsey County community and area businesses.

Chevelle joined the Chamber of Commerce in August 2021 as the full time Office Manager and Events Coordinator. She is the first point of contact for our members and prospective members when they contact the office. She is responsible for member benefits, organizing Chamber events, and managing the day-to-day activities of a busy chamber office. In addition, she also serves as a steering committee member for the Guernsey – Noble Safety Council and as a board member for the Young Leaders of Guernsey County.

Chevelle is a local graduate of Buckeye Trail High School and the Youth Leadership Guernsey program. She is a proud supporter of community involvement and local growth.



Betty Cullison Special Projects



Wade Bistor Guernsey Noble Safety Council Administrator



Carol Hill Finance Coordinator

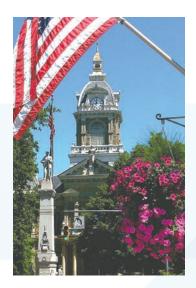
## WHY JOIN THE CHAMBER?

We create opportunities for businesses to find success! Be informed and network with like-minded professionals, participate in events with a purpose, and just have fun with fellow members.

There is a membership category for every type of business, from home based start-ups to large manufacturers. Non-profits and civic organizations, churches, educational systems and individuals join the chamber.

We make joining easy and affordable. The Chamber staff is always eager and willing to help members find the most appropriate benefits to fit their needs.

Membership applications are available online or from the chamber office. Call us at 740-439-6688, or go online to www.cambridgeohiochamber.com to get all the latest information on the Cambridge Area Chamber of Commerce.









personal I mortgage I business I investments I insurance

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Fri. 9 - 5pm • Sat. 9 - 12noon Sun. Closed • Mon. - Thurs. 9 - 4pm What matters most to you, matters most to us!









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No one knows more about being a Champion than we do, it's in our name.

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## STANDARD BENEFITS

The Benefits of the Chamber membership are many! We are dedicated to local businesses and finding solutions for their success. We have events and programs that will enhance networking opportunities, provide personal and professional development, and assist with marketing and advertising.

## STANDARD BENEFITS\*

## Member Marketing Opportunities

• We are here to help market your business throughout our chamber community, reaching hundreds of members at a low cost. We offer several different marketing tools to fit the needs of your business.

## • Business listings on our website at www.cambridgeohiochamber.com and in our Chamber Resource Guide\*

• Our website lists current membership status of our member businesses. New members are added immediately upon membership approval and we'll boost your business on our social media channels. Also, the Resource Guide (which you are reading now) contains pertinent information on membership and the Chamber organization, as well as a listing of all members at the beginning of the year.

## Mailing Labels

• You may order a set of mailing labels of Chamber members once a year at no cost. Just give us a call and in a few days you'll have them!

## • Grand Openings, Ribbon Cuttings and Groundbreaking events:

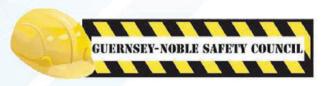
• We bring the ribbon, the big scissors, and invite our members and local officials to launch your business with gusto. You may choose to have a Facebook live and/or Radio Remote as part of your opening ceremony. We will promote it in the traditional media, on social media and online!

## • Chamber Bucks

- You community gift certificate used at over 60 member businesses. Let us know if you'd like to accept Chamber Bucks. Most of our retailers accept them and it keeps spending local!
- Used like cash in \$5, \$10, and \$20 amounts, you accept them for purchases and we will write you a check for the total amount when you turn them in to us.
- Chamber Bucks may be purchased by the general public. Many companies use them for incentives or holiday gifts for employees.
- There are no additional fees for purchasing or redeeming Chamber Bucks.

## **GUERNSEY NOBLE SAFETY COUNCIL**

- Group rates and rebates on Worker's Compensation through participation in monthly Safety Council meetings.
- BWC premium savings of 2% to 4%
- Save by learning how to prevent costly injuries
- Monthly programs and speakers on relevant safety topics
- Roundtables to share ideas with others
- Updates from BWC











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## **DISCOUNT PROGRAMS**

# Anthem. BlueCross BlueShield

The Cambridge Area Chamber of Commerce offers these valuable Southern Ohio Chamber Alliance (SOCA) benefits to our members: SOCA Benefit Plan: This new self-funded health program that can lead to more rate stability and is a smart solution that offers potential savings for groups with 50 or fewer employees. SOCA has teamed up with Anthem Blue Cross and Blue Shield to administer this plan and to provide stop loss coverage. Anthem Blue Cross Blue Shield: Membership includes access to quality, affordable health care plan options from Anthem. As a chamber member with 2-99 employees, you will have access to a 1.4% savings on any Anthem group health insurance plan through a premium tax credit savings.



Please Contact Your Chamber Members & SOCA Vendors Listed below to Access these Benefits. SOCA Benefit Plan & Anthem Chamber Saver:

- Schwendeman Agency 1-740-236-0654
- Shawan-Marquis Agency 1-614-889-0250





Design professional looking emails in minutes, grow your contact list and stay connected to your customers with Constant Contact.

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## MARKETING & ADVERTISING

## MEMBER OF THE WEEK

Every Monday at Noon, we will post an article on Social Media about one of our members with pictures about their business. This is free marketing for your business as well as we get to show our appreciation to our wonderful members! If you are interested in doing this for your business, reach out to us and we can let you know the next available Monday!

## FREE!

## **E-NEWSLETTER**

The weekly E-Newsletter is sent out on Fridays. Provide your ad and we'll include it in our professionally designed format that goes out to all Chamber members. Advertising in the E-Newsletter is \$50.

## **EMAIL BLASTS**

You provide us with 100 words or less, or your ad, by Monday at Noon to be blasted to approximately 1400 individuals. On Tuesday by Noon!

Just \$25 per blast! Buy a month's worth for only \$100!





Talk of the Town 01.12.2022 a week ago 218 views





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## **ANNUAL EVENTS**



## ANNUAL DINNER

The Chamber's Annual Dinner celebrates the past year's accomplishments and launches the business community into future endeavors that will unfold over the year. A highlight of the dinner is the presentation of the Distinguished Public Service Award, followed by a dynamic speaker or entertainer. This is the ultimate networking event for our members to take full advantage of the camaraderie and partnerships of our strong business community. The 2022 Annual Dinner will be held on Thursday, February 17.



## HOME, GARDEN, AND BUSINESS EXPO

This signature event for the Chamber of Commerce most closely represents what the chamber is about – helping businesses get exposure and increased sales. Held at our local civic center in March each year, nearly 100 businesses and organizations rent exhibit booths for a two day event that is open to the public. Booth rentals are open to members and non-members. There are food trucks, games and something for every age at the HG+BE! The 2022 Expo will be held March 11 and 12.





## **Community Services Include:**

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- Preschool

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Cambridge 7077 Glenn Highway Cambridge, OH 43725

**330-308-9939** www.ecoesc.org

## **AWARDS & RECOGNITION**

# The Chamber is all about recognizing and celebrating accomplishments in our community!

## DISTINGUISHED PUBLIC SERVICE AWARD

Presented at our annual Dinner in February, the DPSA is to recognize someone who has demonstrated outstanding personal contribution by way of active service, leadership, and ideas to any Chamber area civic or service organization and/or cause. Nominations come from the community at large.

## YEARS IN BUSINESS AWARD

We recognize businesses at benchmark years in their existence – 5 years and then 25 year increments. Years in Business plaques are presented at our Business After Hours event in June of each year.

## **SNAZZY AWARDS**

Snazzy Awards are for those businesses that have made physical improvements to their facilities that improve their appearance and esthetic value in the community. We celebrate these accomplishments at the September Business After Hours event.



## SIDLO AWARD

John Sidlo was an early chamber president whose vision and leadership carried the chamber of commerce successfully through the Great Depression era, thus leaving a legacy for the community. The Chamber of Commerce presents the Sidlo Award to an individual who exemplifies Vision, Leadership and Legacy. Nominations come from the community. This is the last award of the year and is presented at the December Business After Hours.

## B.R.E.W. AWARD AND WITCH'S BREW BANQUET

This Fall banquet recognizes women for their work in Community Service, Business and Emerging Leader. The BREW Scholarship is also presented during the banquet to a non-traditional female student, recognizing the hardships involved in reaching for a lofty goal while dealing with life's challenges. Boldly Recognizing Exceptional Women. The 2022 event is scheduled for Friday, October 28.





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## **BUSINESS & PROFESSIONAL DEVELOPEMENT**



## LEADERSHIP GUERNSEY

Adult – Established in 1995, Leadership Guernsey is a learning program for establishing emerging and potential leaders for Guernsey County. Its twofold purpose is to improve the attendee's leadership skills and to provide a comprehensive examination of the workings of our Guernsey County Community.

The monthly one – day sessions from September – May include topics concerning business and industry, quality of life/arts & tourism, government, law enforcement & courts, media, medical, social services, education, skills for leading, and a class project. Not only will the participants improve their leadership skills, they will gain valuable insight about their community and can network with a wide range of people.

As a result of this program, the community gains more informed citizens; the employers gain more informed and motivated employees. There is a \$450.00 fee for members and a \$500 fee for non – members for this program. It covers the meetings, speakers, meals, class logo items, and graduation. The employer typically pays the fee.

Youth – The Leadership Guernsey Youth program mirrors the adult program but is exclusively for high school juniors. School administration selects five students from local high schools to participate in the program. Quanex corporation sponsors and underwrites the Youth Leadership program.

## **WORKSHOPS AND TRAINING**

The Chamber of Commerce utilizes government agencies, the Ohio Chamber of Commerce, industry experts and local talent to provide workshops and training sessions. These programs are announced in our ENewsletters, as they are developed and scheduled. The sessions are typically presented in our Business Over Breakfast events, Power Lunch, and Human Resource Roundtables.

## YOUNG LEADERS OF GUERNSEY COUNTY

The Young Leaders of Guernsey County is a community of young adults between 21 and 40 years old that builds relationships, improves the quality of life for young professionals, and gives a voice to young leaders in our community, our businesses and for our future! This program is meant to inspire an up – and – coming generation of leaders to step into leadership roles in our community. As leaders in key positions "age – out" of their roles, the Young Leaders will be better prepared to take on the responsibilities. Monthly events vary between social, educational and community service. Membership in the group is open to Chamber of Commerce members and non – members who live or work in Guernsey County.



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## Here is the line up of hosts for **2022 Business After Hours:**

January 18

Southeast Ohio Financial Services

February

Join Us For Our Annual Dinner

March 15

Guernsey County Farm Bureau

April 19

Main Screen Printing

May 17

Hampton Inn

June 21

Salt Fork Lodge and Conference Center

July 19

Cedar Ridge Behavioral Health Solutions

August 16

American Hometown Cleaners

September 20

Guer. Co. Community Development Corporation

October 18

W. B. Green & Company

November 15

Area Agency on Aging Region 9

December 20

Muskingum Valley Health Centers



## **BUSINESS & PROFESSIONAL DEVELOPEMENT**



## **BUSINESS AFTER HOURS**

Business After Hours are held each month at rotating member businesses. These are the ultimate networking events for our Chamber! Attendees are introduced to the host business with tours and/or overviews by the business owner from 5:00 to 6:30. The hosts provide appetizers and drinks – it's much like a networking social hour – and – a – half! The Chamber staff and board members "work" this event to make sure everyone knows each other. To encourage attendance, we draw from the Pot O' Gold at each Business After Hours. We have a drawing from entries of all Chamber member businesses. If the business name that is drawn has a representative at the event, the business wins the amount contributed. If that business has not attended, a second drawing occurs for half of the Pot. If there is no winner, the president draws from the business cards of those who are present and they win Chamber Bucks! A guaranteed winner every time!









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### ACCOUNTING TAX SERVICES

Southeast Ohio Financial Services 61114 Southgate Road Cambridge, OH 43725 (740) 432-2300

## **AGRICULTURE**

Guernsey Co. Agricultural Society P.O. Box 208 Old Washington, OH 43768 (740) 704-7739

### **AIRPORT**

Cambridge Area Regional Airport Authority 9732 Brick Church Road Cambridge, OH 43725 (740) 432-3726

## APPAREL/GRAPHICS

Allegra Print & Imaging 1224 Southgate Parkway Cambridge, OH 43725 (740) 435-0200

Creative Advertising Group dba Speedy Print 235 Dewey Avenue P.O. Box 938 Cambridge, OH 43725 (740) 432-2088

Main Screen Printing Company 153 S 2nd Street Byesville, OH 43723 (740) 685-9899

## **ARCHITECTS**

V2 Architects

903 Steubenville Avenue Cambridge, OH 43725 (740) 432-3976

### **ARTS**

Salt Fork Festival Ohio Arts & Crafts Foundation P.O. Box 367 Cambridge, OH 43725 (740) 705-6866

## ASSOCIATIONS, CLUBS & ORGANIZATIONS

Better Business Bureau 1434 Cleveland Avenue NW Canton, OH 44703 (330) 455-8202

Cambridge Area YMCA 1301 Clairmont Avenue Cambridge, OH 43725 (740) 432-4600 Cambridge Country Club 60755 Southgate Road Byesville, OH 43723 (740) 439-2744

Cambridge Lions Club P.O. Box 1812 Cambridge, OH 43725 (740) 685-2698

Cambridge Main Street 123 Southgate Parkway P.O. Box 713 Cambridge, OH 43725 (740) 439-2238

Cambridge Moose Lodge 631 920 Steubenville Avenue P. O. Box 62 Cambridge, OH 43725 (740) 432-7201

Guernsey-Noble Safety Council 607 Wheeling Avenue Cambridge, OH 43725 (740) 439-6688

Kiwanis Club of Cambridge P.O. Box 953 Cambridge, OH 43725

The Masonic Temple Association 730 Wheeling Avenue Cambridge, OH 43725 (740) 432-2702

Muskingum Valley Council Boy Scouts of America 734 Moorehead Avenue Zanesville, OH 43701 (740) 453-0571

Rotary Club of Cambridge P.O. Box 662 Cambridge, OH 43725 (740) 432-4403

## **ATTORNEYS**

The Bainbridge Firm, LLC 120 Southgate Parkway Cambridge, OH 43725 (740) 435-3342

Bricker & Eckler, LLP 100 South Third Street Columbus, OH43215 (614) 227-4893

Knowlton, Bennett & Conaway 126 North Ninth Street Cambridge, OH 43725 (740) 439-2719 Law Offices of Andrew J. Warhola 110 North 7th Street Cambridge,OH43725 (740) 439-7711

Tribbie, Plummer & Schlosser 139 West Eighth Street P.O. Box 640 Cambridge, OH 43725 (740) 432-6322

## **AUCTIONEERS**

Kaufman Realty & Auctions 813 Steubenville Avenue Cambridge, OH 43725 (855) 439-4111

### **AUTOMOBILE DEALERS**

Cambridge Truck, Inc. 8242 Georgetown Rd Cambridge, OH 43725 (740) 255-5200

Dunning Ford 1051 Southgate Parkway Cambridge, OH 43725 (877) 831-1366

Dunning Motor Sales 9108 Southgate Road P. O. Box 758 Cambridge, OH 43725 (740) 439-4465

JET Auto Group 2001 East Wheeling Avenue Cambridge, OH 43725 (740) 255-5784

## AUTOMOBILE PARTS & SERVICE

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Ford Tire Service 424 Steubenville Avenue Cambridge, OH 43725 (740) 421-9274

Miller's Lube Depot LLC 1234 Wheeling Avenue Cambridge, OH 43725 (740) 439-9399

Reed's Top Tech 695 Southgate Parkway Cambridge, OH 43725 (740) 432-4263

## AUTOMOBILE RENTAL & LEASING

Cambridge Rent-A-Car, Inc. 1251 Campbell Avenue Cambridge, OH 43725 (740) 432-2870

### **BAKERIES**

Kennedy's Bakery 1025 Wheeling Avenue P. O. Box 396 Cambridge, OH 43725 (740) 432-2301

Pure Love Bakery 142 S 2nd St Byesville, OH 43723 (740) 685-1133

### **BANKS**

The Community Bank 199 West Main Street New Concord, OH 43762 (740) 826-1100

The Community Bank 61246 Southgate Parkway Cambridge, OH 43725 (740) 432-4000 The Community Bank 902 Wheeling Avenue Cambridge, OH 43725 (740) 432-4957

Huntington Bank 175 North 11th Street Cambridge, OH 43725 (740) 439-5533

Park National Bank 758 Wheeling Avenue P. O. Box 1147 Cambridge, OH 43725 (740) 439-0014

Peoples Bank 556 Wheeling Ave. Cambridge, OH 43725 (740) 439-2767

US Bank 819 Wheeling Avenue Cambridge, OH 43725 (740) 432-1300

WesBanco Bank 850 Wheeling Avenue Cambridge, OH 43725 (740) 439-4444

## **BATTERIES-RETAIL**

Battery Depot, Inc. 1401 Campbell Avenue Cambridge, OH 43725 (740) 432-2000

## **BED & BREAKFAST**

Colonel Taylor Inn Bed & Breakfast 633 Upland Road Cambridge, OH 43725 (740) 432-7802

## BEHAVIORAL HEALTHCARE

Cedar Ridge Behavioral Health Solutions 841 Steubenville Avenue Cambridge, OH 43725 (855) 692-7247

## **BLASTING**

Wampum Hardware Company 60711 Dynamite Road Salesville, OH 43778 (740) 685-2585

### BOOKKEEPING

Perry & Associates, CPAs, A.C. 749 Wheeling Avenue PNC Building, Third Floor Cambridge, OH 43725 (740) 435-3417







Southgate Hotel ,Tiki Lounge & Banquet Center 2248 Southgate Pkwy Cambridge, OH 43725 740-432-7313 Southgate\_hotel@yahoo.com

Rea & Associates 941 Steubenville Avenue P. O. Box 820 Cambridge, OH 43725 (740) 432-5658

Southeast Ohio Financial Services 61114 Southgate Road Cambridge, OH 43725 (740) 432-2300

## **BULKFOODS**

The Pantry Door and Deli 11103 Cadiz Road Cambridge, OH 43725 (740) 432-3354

## BUSINESS CONSULTING SERVICE

Southeast Ohio Financial Services 61114 Southgate Road Cambridge, OH 43725 (740) 432-2300

Zen Business 702 San Antonio Street Austin, TX 78701 (512) 814-6420

## CAMPGROUNDS

Hillview Acres Campground 66271 Wolf's Den Road Cambridge, OH 43725 (740) 439-3348

Muskingum Watershed Conservancy District 1319 Third Street NW New Philadelphia, OH 44663 (330) 343-6647

Salt Fork Campground Property Owner's Association 75959 Vandalia Lane Kimbolton, OH 43749 (330) 327-9624

## CANDY AND CONFECTIONERY

Nothing But Chocolate 1218 Southgate Parkway Cambridge, OH 43725 (740) 439-5754

## CARPET

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Culligan of Dover 809 Boulevard Street Dover, OH 44622 (330) 364-4441

## WEBSITE DESIGN SERVICES

Allegra Print & Imaging 1224 Southgate Parkway Cambridge, OH 43725 (740) 435-0200

AVC Communications 4988 Skyline Drive Cambridge, OH 43725 (740) 432-5605

Ohio PC Solutions, Inc. 750 Wheeling Avenue Cambridge, OH 43725 (740) 439-1122

## WELDING/ WELDING SUPPLIES

Airgas USA 60969 Southgate Road Cambridge, OH 43725 (740) 432-0320

### WHOLESALE

Zanesville Pottery & China, Inc. 7395 East Pike Zanesville, OH 43701 (740) 872-3345

## WILDLIFE PRESERVE

The Wilds 14000 International Road Cumberland, OH 43732 (740) 638-5030

## **WINDOWS**

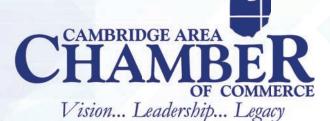
Wayne Garage Door Sales & Service 9931 East Pike Road Cambridge, OH 43725 (740) 439-7555

## WOODWORKING

Guernsey Industries 60772 Southgate Road Byesville, OH 43723 (740) 439-5017

## WRECKER SERVICE B&B Body Shop & Towing

4374 Glenn Highway Cambridge, OH 43725 (740) 439-3483



# Women's and men's health screenings checklists help you better understand important screenings and routine care recommendations for certain age groups.

Talk with your doctor about the screenings that are right for you, based on your current health and risk factors.

## **MEN'S CHECK-UP CHECKLIST**

## **WOMEN'S CHECK-UP CHECKLIST**

Every 3 years  PHYSICAL EXAM: Thorough check of	40-49	50+	Check-Ups and !	
PHYSICAL EXAM: Thorough check of				
		V		
overall health status and well-being, Every 2 years	~		PHYSICAL EXAM: Th overall health status	
including a testicular exam  Every year		V	DI COD DESCUES I	
BLOOD PRESSURE: High blood pressure has no symptoms, but can cause  Every year  permanent damage to organs	~	~	BLOOD PRESSURE: H has no symptoms, b permanent damage	
BLOOD & URINETESTS: Screen for			BLOOD & URINE TES cholesterol, diabete thyroid problems be occur	
cholesterol, diabetes, kidney and Every 2 years	V			
thyroid problems before symptoms occur  Every year		~	EKG: Checks heart rh	
Baseline at age 30 ✔			for problems	
EKG: Checks heart rhythm to screen for problems	~		PREVENTIVE CARE E	
Every 3 years		~	Dental	
PREVENTIVE CARE EXAMS: Every 6 months	~	V	Hearing and Vision BONE HEALTH:	
Hearing and Vision Every year	V	~	Bone Mineral Dens be obtained at leas postmenopausal fe	
BONE HEALTH: Bone Mineral Density Test should be obtained at least once for all males to screen for bone loss		V	bone loss  SEXUALLY TRANSMIT (STDs): Obtain testin concern about expos	
SEXUALLY TRANSMITTED DISEASES (STDs): Obtain testing if there is a  Discuss with your physician	v	V	ORAL HEALTH & CAN Mouth and Throat E SELF-EXAMS: Breast: To find abnor	
CONCERN ABOUT EXPOSURE OF SYMPTOMS  ORAL HEALTH & CANCER: Mouth and Throat Exam  Every year	~	~	Skin: To look for sign moles, freckles or su	
SELF-EXAMS: Testicular: To find abnormal lumps Breast: To find abnormal lumps Skin: To look for signs of changing moles, freckles or sun spots  Every month Discuss abnormal findings with your physician	~	~	BREAST HEALTH & C. Clinical breast exam Screening Mammog X-ray of the breast	
PROSTATE HEALTH & CANCER: Prostate Specific Antigen (PSA) blood test and Digital Rectal Exam (DRE) by a physician  Baseline between ages 45-49 and then annually or less often depending on results and risk	~	V	REPRODUCTIVE HEA CANCER: Gynecologi PAP Smear	
COLON & RECTAL HEALTH & CANCER: Screening Colonoscopy: The preferred exam to prevent cancer. Other options requiring annual testing are available.  Begin at age 45 Every 10 years or more often, based on results	v	V	COLON & RECTAL HE Screening Colonosco exam to prevent can requiring annual tes	
For current or former smokers between ages 50 & 80. Smokers must have 20+ pack years (#packs x #years) and former Low-Dose Chest CT smokers must have quit within last 15 years Patients may not have lung cancer symptoms. (Some exceptions may apply)		<b>V</b>	LUNG HEALTH & CAI Low-Dose Chest CT	

WOMEN'S CH	HECK-UP CH	IECK	LIST	=
Check-Ups and Screenings	When	19-39	40-49	
	Every 3 years	V		
PHYSICAL EXAM: Thorough check of overall health status and well-being	Every 2 years		V	
<b>-</b>	Every year			V
BLOOD PRESSURE: High blood pressure has no symptoms, but can cause permanent damage to organs	Every year	~	~	~
BLOOD & URINE TESTS: Screen for cholesterol, diabetes, kidney and thyroid problems before symptoms occur	Every 3 years	V		
	Every 2 years		V	
	Every year			V
	Baseline at age 30	V		
EKG: Checks heart rhythm to screen for problems	Every 4 years		V	
·	Every 3 years			~
PREVENTIVE CARE EXAMS: Dental	Every 6 months	V	<b>v</b>	V
Hearing and Vision	Every year	V	~	~
BONE HEALTH: Bone Mineral Density Test should be obtained at least once for all postmenopausal females to screen for bone loss	Postmenopausal		V	V
SEXUALLY TRANSMITTED DISEASES (STDs): Obtain testing if there is a concern about exposure or symptoms	Discuss with your physician	V	~	~
ORAL HEALTH & CANCER: Mouth and Throat Exam	Every year	~	V	~
SELF-EXAMS: Breast: To find abnormal lumps Skin: To look for signs of changing moles, freckles or sun spots	Every month Discuss abnormal findings with your physician	V	~	V
BREAST HEALTH & CANCER SCREENING: Clinical breast exam by a physician	Every year	~	~	~
Screening Mammogram: X-ray of the breast	Every year		~	~
REPRODUCTIVE HEALTH & CERVICAL CANCER: Gynecological Pelvic Exam and PAP Smear	Begin at age 21 Every 3 years for women 21-65 or every 5 years for women 30-65 if pap smear is combined with HPV testing	~	V	V
COLON & RECTAL HEALTH & CANCER: Screening Colonoscopy: The preferred exam to prevent cancer. Other options requiring annual testing are available.	Begin at age 45 Every 10 years or more often, based on results		~	V
LUNG HEALTH & CANCER: Low-Dose Chest CT	For current or former smokers between ages 50-80. Smokers must have 20+ pack years (lipacks x tlyears) and former smokers must have quit within last 15 years. Patients may not have lung cancer symptoms. (Some exceptions may apply)			V

To learn more, contact Misty Howiler, RN and Oncology Navigator, at 740.439.8117





A QUALITY PROGRAM of the AMERICAN COLLEGE OF SURGEONS
OF SURGEONS



## Mental Health & Addiction Services Continuum of Care Model



## **Residential Treatment**

Daily group programming, individual therapy, pro-social activities, and nursing services.

Psychiatric care for duallydiagnosed individuals.

Core Programs include use of evidence-based curriculums such as Living-In-Balance, Thinking-For-A-Change, etc.

Supportive aftercare planning.

## **Recovery Housing**

Structured living environment with on-site treatment including individual and group therapy, case management, nursing services and recovery support.

Psychiatric care for duallydiagnosed individuals.

Supportive transition to include assistance in securing employment and housing.

## **Intensive Outpatient**

Three (3) or more therapy hours per treatment day with a minimum of nine (9) hours of therapy each week.

Psychiatric services available for dually-diagnosed individuals, if clinically indicated.

## **Traditional Outpatient**

Comprehensive Evaluation Individual Therapy Group Therapy Family Therapy Psychiatric Services Employment Services Case Management Urinalysis Screening

## **STABILIZE**

## RESTORE

## **PROGRESS**

## **MAINTAIN**

Whether you need Mental Health Services, Substance Abuse Services, or BOTH - We have the most extensive and complete continuum of care in the surrounding counties to meet ALL your needs. Call or stop by one of our offices to find out why more people and families choose Cedar Ridge Behavioral Health Solutions!

St. Clairsville
Outpatient
118 West Main St
St. Clairsville, Oh
43950

The Schultz Residential 441 Putnam Ave, Zanesville, Oh. 43701 Cambridge
Outpatient
841 Steubenville,
Cambridge, Oh.
43725

The Landing Residential 5559 Raiders Rd, Frazeysburg, OH 43822 Zanesville
Outpatient
441 Putnam Ave,
Zanesville, Oh.
43701

The Residence Detox Facility 62737 George Town Road, Cambridge, Ohio 43725

Phone: 855-692-7247 Website: www.crbhs.org



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