

FLEX FLEX Your Ideas

FYI

brought to you by the future leaders & entrepreneurs exchange

Volume 10 | Issue 10 | October 2022

Gearing Up for the Holiday Season

Fall is in full swing which means the holiday season is also approaching. This time of year can be fun and exciting—spending time with family and friends, attending parties, practicing annual traditions, enjoying great food and games, and more—but it can also bring stress when it comes to balancing work and your personal life.

So, how can you keep up with everything as we get into this busy season, and finish the year strong? Some FLEX members have ideas:

Set Boundaries

“It’s important to set boundaries for yourself and with others. Make it clear when you are available and when you won’t be,” said Devin Zagar. “Also allow for spontaneity. Life is about so much more than work. Set that project down and do something out of the blue—call a friend and get together, take your significant other on a date, etc.”

Create A To-Do List & Prioritize

Tessa Byham told us: “At work, I first get everything I need to do out of my



brain and onto paper, then I prioritize that list and decide what I can reasonably accomplish. I also try to start working on year-end projects now, so I’m not cramming everything in the last few weeks of the year.”

Use the Weekend to Reset & Prep

“I utilize the weekend to reset,” Laura Ordaz said. “I take time on weekends to do laundry, clean the house, prep food (whether that’s meal prepping or just prepping veggies for meals), review the week’s schedule so I know what meetings and other obligations are coming up, and plan my exercise routine.”

Plan A Budget

“With so much planning for the holiday season, it’s easy to get overwhelmed and experience burnout between work and family,”

Amariliz Sanchez added. “To avoid this and actually focus on sharing these beautiful moments with our loved ones, I like to plan ahead with three specific budgets for each holiday: gifts, decorations and holiday menus. Sticking to the budget will allow me to work with what I have and make the most of these special moments.”

Make Time For Loved Ones

Kyle Peasley agrees that family should be a focus. “I try to make time to visit family, especially over the holidays. My mother and sister don’t live in Pennsylvania and it’s hard to visit often with my work schedule, so the holidays are particularly important for us.”

Finding a balance between work and personal life can be a challenge. This season, we hope you can find ways to complete your work, while also getting into the holiday spirit and making time to relax and enjoy time with family and friends.

Photo above from last year’s FLEX Ugly Holiday Sweater Party.



FLEX Feature: Schake Industries with Kate Whitling

We hear the word “manufacturing” thrown around when talking about local industry, but what does that mean? For Schake Industries, it looks like producing silos and offering several other fabrication services. Learn more about the company from Project Manager Kate Whitling below.

Tell us about Schake Industries, Inc.

Schake Industries, Inc., located in Seneca, was founded in Oil City in 1997 focusing on industrial coatings, however over the years has developed successfully into a producer of spiral aluminum silos. These silos are most often installed in plastics manufacturing facilities across the United States, Canada, and Mexico. We celebrate 25 years in business in October.

What is your role at the company?

I am currently a project manager for Schake Industries. My main responsibilities include scheduling, customer relations, risk management, budgeting, and team management. Being a part of a small business also allows me to expand my skill set by having a hand in accounting, inventory control, and business development.

What is your favorite part about working at Schake Industries?

I enjoy seeing the development and growth the company has gone through over the last couple of years. My step father started the company and has worked hard to successfully grow it into what it is today. It’s truly a rewarding experience to have the opportunity to follow in his footsteps and continue making forward progress in growing this business.

What is surprising about the company?

Schake Industries also offers installation and servicing of our products. Our trained installation crews will follow silos as they are shipped out across the continental United States. These silos are mainly installed in plants that produce plastic products, such as bottles, containers, medical devices and more.

Is there anything else you’d like to share?

Schake Industries not only produces spiral aluminum silos, but also offers a variety of manufacturing and fabrication services as well. Our capabilities also include cutting, bending, breaking, painting, sandblasting and powder coating.

Learn more about Schake at schakeinc.com.

HOME · AUTO · BUSINESS · LIFE · MEDICARE



Contact us for a better insurance experience!

7137 US 322 · CRANBERRY 814.677.4095
6 STATE ST · OIL CITY

WWW.TEAMROSSBACHER.COM

Volunteer: Trunk or Treat



FLEX is planning to set up at Two Mile Run County Park’s “Trunk or Treat” on Friday, October 21, from 6 to 9 p.m. We will provide the candy and other handouts, but would love some young professionals to join us! If you’d like to volunteer, please contact us at flex@venangochamber.org.

Can’t attend but want to join us at a future community event? We’re planning to decorate a tree for the Barrow Civic Theatre’s display this year. Stay tuned for details!

Member Profile: Kelly Seibert



Dr. Kelly Seibert is an optometrist practicing at the Wagner Family Eyecare in Seneca. She joined the practice in the Summer of 2021 and is currently accepting new patients. She specializes in primary care, pediatrics, ocular disease management, and binocular vision disorders.

Kelly is a graduate of Franklin Area High School where she was an honors student and active in the marching band, student government, stage crew, track team, and 4-H. She attended the Cook Honors College at IUP for her undergraduate studies in Pre-Professional Natural Sciences with minors in Biology and Chemistry. She is a graduate of the 2014 Class of the Indiana University School of Optometry in Bloomington, Indiana.

Kelly externed at Indiana University Atwater Eyecare Center and the Indianapolis Eye Care Center, focusing on pediatrics, ocular disease, and specialty contact lenses. Additionally, she has experience at the Rehabilitation Hospital of Indiana working with stroke victims, TBI patients, and otherwise neurologically complicated patients. Other externships included Talley Eyecare in Evansville, IN, for ocular disease management, and the Veterans Affairs Hospital in Dayton, OH.

After graduation, Kelly practiced optometry in both the greater Cincinnati area and in Pittsburgh, but now she is happy to be back home in Venango County. In recent years, she has participated in multiple service trips to Mexico to provide under-served areas with eyecare. She helps WPEC perform annual pre-school vision screenings, and especially enjoys working with children and neurodivergent individuals. Her other special interests include management of dry eye disease, ocular complications from diabetes, and binocular vision conditions.

Kelly is proud to provide veterans consultations for service-connected benefits, as well as performing medical eye exams for out-of-network VA Community Care. She's a member of the American Optometric Association and Pennsylvania Optometric Association.

In her spare time, Kelly enjoys gardening, cooking, live music, DIY Home Improvements, attending local fairs and festivals, hiking, biking, road-tripping, and training her various pets including a rabbit and multiple parrots. She is passionate about patient care and providing excellent full scope eye care for our community.

Events: Speaker Series & Halloween Social

On Monday, October 3rd, hear from Amariliz Sanchez with PennWest Clarion-Venango and Jeff Polley with Together We Can on the topic of "Diversity, Equity & Inclusion."



The Speaker Series will be from 5:30 to 7 p.m. at PennWest Clarion - Venango (Frame Hall, Room 208). **Please register for the Speaker Series online at: venangochamber.org/events.**



We're also planning a Halloween Social! Join us at Wild Cat Mansion on Friday, October 28, from 6 to 10 p.m. for a fun evening of haunted tours, food, games, and more. Find updates in our weekly email or on our Facebook page at facebook.com/VenangoFLEX.

West Park Rehab

PHYSICAL THERAPY

TRADITIONAL PHYSICAL THERAPY PLUS...

WOMEN'S HEALTH, DIAGNOSTIC TESTING, CARDIOPULMONARY RECONDITIONING, CERTIFIED PARKINSON'S PROGRAM, FALL PREVENTION, HAND THERAPY AND YOGA FOCUSED TREATMENT

SENECA OFFICE
3233 St. Rt. 257
(814) 493-8631

FRANKLIN OFFICE
571 Pone Lane
(814) 437-6191

www.westparkrehab.com
www.westparkdiagnostics.com
facebook.com/westparkrehab571

Get Involved with FLEX!

While you can get involved with FLEX through volunteering and attending events, we invite you to get even more involved through a committee! FLEX has the following committees:

- **Membership:** Focuses on attracting & retaining young professionals. Also plans the FLEX Speaker Series.
- **Events & Fundraising:** Plans & executes FLEX events and socials.
- **Marketing & Community Partnerships:** Promotes the organization & coordinates volunteer activities.



The committees meet about once a month virtually to plan FLEX happenings and initiatives.

You can get involved with as much or as little as you're able—attend every meeting and help with all the planning, or just spearhead one specific event.

Want to get involved? Contact us at flex@venangochamber.org.



2022 FLEX ANNUAL MEETING
Thursday, November 10 • Trails to Ales II
Free headshots, food, drinks, trivia, networking & more!

October Events & Meetings:

Speaker Series - Diversity, Equity & Inclusion: Monday, Oct. 3 • 5:30 - 7 p.m.
• Venango Campus (Frame Hall, Room 208)

Events & Fundraising Committee: Tuesday, October 18 • 12 p.m. • Zoom

Two Mile Trunk or Treat: Friday, October 21 • 6 - 9 p.m. • Two Mile Run
County Park, Franklin • *Contact us to volunteer!*

FLEX Monthly Meeting: Monday, October 24 • 12 p.m. • Zoom

Marketing Committee: Thursday, October 27 • 4:15 p.m. • Zoom

Halloween Social: Friday, October 28 • 6 - 10 p.m. • Wildcat Mansion, Franklin

*Contact us for meeting zoom links at flex@venangochamber.org,
or find links in our Weekly Update email.*

MEMBERSHIP

FLEX is for young professionals under 40 who live and/or work in Venango County.

Interested in joining?

Email Membership Committee Chair Joslyn at joslyn.dechant@gmail.com or join online at: VenangoFLEX.org.

FLEX MISSION: FLEX represents the needs and interests of Young Professionals by positioning ourselves as leaders, entrepreneurs and advocates for the sustainability of the Venango Area through civic engagement, leadership development, and networking.

CONNECT WITH US: VenangoFLEX.org • flex@venangochamber.org

