

JANUARY, 3 2024

CAO Information Station

Workforce and Community Development Newsletter



COMMUNITY ACTION PROMOTES NICOTINE CESSATION AS A RESOLUTION

Since 2021, CAO of Scioto County has been leading the Scioto County Smoking Cessation Coalition, which tackles dependence on nicotine whether it be smoking tobacco, chewing tobacco, electronic delivery systems (ENDS), or other forms of nicotine use.

The group is in the middle of a five-year plan, achieves seven plus activities a quarter, manages a marketing campaign, is undertaking a major youth initiative, and more.

Two major partners in their work includes the Ohio Department of Health and the 1-800-Quit-Now line, which provides people with the tools necessary to cut their reliance.

The Quit Line offers counseling services, cessation tips, nicotine replacement products, and more.

As people enter a new year with new visions of how they want to live, relationships with tobacco are a common topic considered. Your goal of becoming independent of nicotine is much more achievable with the support that comes from the professional at the Quit Line. Give them a call today or visit their online registration form at ohio.quitlogix.org. You can also email or call Joseph Pratt at jpratt@caosciotocounty.org and 740.464.4501.

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Newsletter Highlights

CAO promotes nicotine cessation as a resolution

CAO, Chamber partner with SSU for student leadership council

OMJ member spotlight

Dave Beam column

ECDI offers major networking opportunities



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jpratt@caosciotocounty.org.

CAO, CHAMBER PARTNER WITH SSU FOR STUDENT LEADERSHIP COUNCIL



Community Action Organization of Scioto County and The Portsmouth Area Chamber of Commerce have been working closely with Shawnee State University in recent months to prepare a curriculum for a new leadership development class geared towards youth that will start next semester.

The class is called the Portsmouth Area Student Chamber and Leadership Council and is the first of its kind.

Students who are in grades 11 and 12 may apply to enter a year of teamwork building that is built upon the foundation of one semester at Shawnee State University. They will meet a little over monthly in the evenings, where they will meet elected officials, hear from professionals in workforce development, learn from small business owners and those in the medical field, learn about the important role of non-profits and tourism, and more.

“The class is designed to build the foundations of future community leaders by introducing them to the people behind the action today,” Community Action Organization of Scioto County Business and Community Development Manager Joseph Pratt said. “They will learn beside their peers and build a network that will carry the Portsmouth Area into the next generation. It is an exciting concept that Lisa Carver and I have been working on with Shawnee State and we are excited to see what opportunities are created as we host the class each year and adapt it into something even greater.”

Students who participate will get college credit, be eligible for two \$1,000 scholarship opportunities, and leave with greater knowledge and leadership skills.

“This program, we believe, will truly shape future leaders, business owners, and movers and shakers,” Portsmouth Area Chamber of Commerce Executive Director Lisa Carver said. “We have been accomplishing this task for years with Leadership Portsmouth, but we are very excited about meeting with this team of younger people to prime them for success at an even earlier age.”

Once the class is finished, the group will continue to meet throughout the year to plan volunteerism, community events, further their networking opportunities and grow as a team.

There is no charge for the program and interested students may apply for the program at caosciotocounty.org/youth-workforce.

Classes will begin in late January and students will need to enroll as a non-degree student at Shawnee State.

OMJ MEMBER SPOTLIGHT: VANTAGE: NEW YEAR, NEW OPPORTUNITIES FOR SENIORS

Seniors of limited income over the age of 55 are welcome to call or visit Vantage to learn more about their services, including a 4-year work training program that allows them to earn minimum wage while working 20-25 hours per week in public and non-profit agencies. Applicants are trained and placed in a location they believe they will learn from. To inquire about being a job site, or to receive information on placement, call 740.353.5238.

The Portsmouth Area Chamber of Commerce, Main Street Portsmouth in Bloom, and Scioto County Visitor's Bureau are all working hard to get your annual planners full! Visit Portsmouth Today on January 24 at 8 a.m. in the CAO Welcome Center. Guest speakers will present on local happenings and a calendar of events will be available!

WHAT MAKES YOU CHEERY OR GRUMPY?

-DAVE BEAM

What makes you cheery, grumpy, friendly, or withdrawn? You would likely say it is circumstances or the people you are around. Though this seems true, it is not the whole story.

The reality is that the you ultimately determine if you are cheery, or grumpy, or friendly, or withdrawn. Circumstances present a stimulus, and you respond to that stimulus. What you may not realize is that there is a moment between the stimulus and the response when you choose your attitudes and actions.

When you choose the same response repeatedly, it becomes a habit. Habits feel normal because they are familiar. When you choose an unfamiliar response that is not your habit, it feels uncomfortable. Most people want to be comfortable, so they choose what is familiar and reinforce their current habits. Today, you will likely face a challenging situation. You can choose your response. If you choose better attitudes and actions in that moment, congratulations! You have taken the first step onto a new path that leads to a better outcome. If you persevere and practice these new choices, these responses will become your “new normal”.

If you want someone to encourage you to make better choices, drop me a note at davebeam@mentordavebeam.com. That would be a great choice!

ECDI WOMEN'S BUSINESS CENTERS CENTRAL APPALACHIA OFFERS MAJOR NETWORKING OPPORTUNITIES

The WBC of Central Appalachia at SSU is bringing women in business together through our “Strong as the Woman Next to Me” networking series. We kicked off the series with a small and intimate gathering at The Landing in Portsmouth. In December, we had a “Paint Your Joy” networking party and are currently planning a Galentine event for February. If you are a woman in business looking for a strong support system from other like-minded women, you will want to join us!

Need help finding your “Vision” for 2024? We will be hosting vision board workshops across our area in January.

Follow our Facebook page at www.facebook.com/groups/wbcportsmouth/ and be on the lookout to register for these events!

You may also be interested in other upcoming events across the Tri-State area. The Ice House Entrepreneur Eight-Week Program kicks off in both Jackson and Pike County in January. There is more to entrepreneurship than business creation and management. It's all about mindset! If you would like to be part of a program that will boost your creative and critical thinking, effective problem solving, communication and collaboration, adaptability and initiative, curiosity and lifelong learning then this cohort will benefit you. Register for both events on Eventbrite.

If you need assistance with your business, please contact us for support! You can reach Kelly at kgordon@ecdi.org, Bonnie at bbarker@ecdi.org, or Codie at coney@ecdi.org.