



LAKE NONA REGIONAL CHAMBER OF COMMERCE

Our Newsletter Partner Sponsors: Nona.Media, AdventHealth, Lake Nona Social & Amazon



- CEO Letter
- Health Insurance Now Available
- Upcoming Events

July Newsletter 2022 Issue 66



- June New/Renewed Members
- Photo Event Gallery
- Committee News, Partner & Member News

From the CEO

Independence Day Celebrates Freedom

July 4, 2022, brings opportunities to celebrate freedoms we enjoy because of our democratic system of government. Independence Day celebrates the unanimous adoption of the Declaration of Independence by the Second Continental Congress in Philadelphia on July 4, 1776.

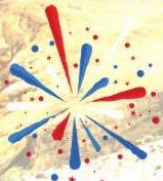
Though Congress has enjoyed fewer and fewer unanimous decisions as this nation ages, our daily freedoms of movement, religious choice, financial pursuits, press, to gather, and of free speech continue as they are supported by our Constitution based on the Declaration.

Therefore, as July 4, 2022, approaches let us think about ways to enjoy and appreciate these freedoms. Interesting ways can include:

- Support one of your local recreational facilities whether it is a local business or public park type facility exercising the right to gather.
- Talk with a friend about local or national government issues and see if there may be ways to collaborate for improvement using freedom of speech.
- Read a newspaper or the online application from a reputable news outlet to review how freedom of the press works.
- Pray or make an earnest wish for the well-being of your community and government to observe freedom of religion.
- Gather to enjoy a spectacular celebration that may include an afternoon of local attractions capped off by an exciting fireworks display.

As you move from point to point, reflect that there are numerous locations around the earth where the local populace cannot enjoy these freedoms. One only needs to watch the war in Ukraine or follow the events in the several authoritarian based global governments where freedoms are either restricted or non-existent.

Join me in celebrating Independence Day 2022 with friends and family and be thankful that the fathers of our nation drafted the Declaration of Independence. Former president Franklyn D. Roosevelt understood, "In the truest sense, freedom cannot be bestowed; it must be achieved". Achieve your freedoms on July 4 by enjoying them with thanks.



Don Long,
President/CEO

Fourth of July Fun Fact: American typically eat 150 million hot dogs on Independence Day, "enough to stretch from D.C. to L.A. more than five times," according to the National Hot Dog and Sausage Council.

MY HEALTHILY



ChambersofFIHealthCare.com

Wait, we are coming to save you!

As you begin to look at the various types of plans and benefits extended to you, we encourage you to check out **Chambers of FL Healthcare** in your renewal journey. Health insurance is not a one size fits all benefit. That is why we make healthcare coverage affordable, accessible, and customizable through our easy-to-use software.

Remember that you do not have to overpay for confusing and unhelpful insurance. At **Chambers of FL Healthcare**, we simply don't make it an option. Seek out the healthcare you deserve this renewal season.

Time is ticking.



Upcoming Events



Chamber Connections: Speed Networking

First Thursdays at 8:00 a.m.

Thursday, July 7



CULVER'S LAKE NONA
11978 Narcoossee Rd



RIBBON-CUTTING *Ceremony*

Ribbon Cutting and Grand Opening Earthwise Pet Lake Nona



Saturday, July 9
Ribbon Cutting at 11:30 a.m.



10651 Narcoossee Road
ORLANDO, 32832

JOIN US FOR NETWORKING AND A GAME - NONA FC x The Villages

SATURDAY, JULY 9

Let's go Longhorns! #WEARENONA



6:00 p.m. Networking 7:00 p.m. Game
AUSTIN-TINDALL SPORTS COMPLEX
\$15 MEMBERS - KIDS FREE



Upcoming Events



BREAKFAST CONNECTIONS: VISIT ORLANDO TRAVEL IMPACT AND MARKETING INITIATIVES FOR 2022

Thursday, July 14

8:00 - 9:30 a.m.

Ronald McDonald House Charities
6551 Nemours Parkway



Guest Speaker, Danielle Hollander



Third Tuesdays After-Hours

Tuesday, July 19

5:30 - 7:30 P.M.



Lime Fresh Mexican Grill Patio
13052 Narcoossee Road



BUSINESS LUNCHEON: IMPACTING TRANSPORTATION - STATE & COUNTY UPDATES

Friday, July 29

11:30 a.m. - 1:00 p.m.

GuideWell Innovation Center
6555 Sanger Rd, Orlando, 32827



OCFL Dist. 4 Commissioner
Maribel Gomez Cardenas



OCFL Deputy County
Administrator
Costa Bell Johnson



FL Chamber Foundation
Director of Research
Dave Sobush

Upcoming Events



First Tuesdays After-Hours

Tuesday, August 2

5:30 - 7:30 P.M.



Courtyard & Residence Inn by Marriott
6955 Lake Nona Blvd, Orlando, 32827

LAKE NONA
COURTYARD Residence Inn SPRINGHILL SUITES

SHARE WITH YOUR FRIENDS



Progressively serving the Lake Nona Region with
Opportunities that enable growth and success while
Supporting our members through their journey.

JOIN TODAY

Large, small and home businesses, organizations, charities,
political candidates and nonbusiness/individuals welcome!

Annual membership \$150 to
Trustee levels available -
www.lakenonacc.org

June New Members



Dream Car Gurus
Earthwise Pet Lake Nona
Nutrition Center & Wellness Spa
EDesigns & Co.
F&M Accounting and Consulting, LLC
Florida Relocation Real Estate
HJ Louis Vending Enterprises

Hotel Kid Care/ Nona Kid Care
IHRMC - Jan Gautam
Judge John Beamer
Nona.FM
R.E.N.E.W. MedSpa & I.V. Bar
Travelmation LLC -
Melanie Kostrab

June Renewed Partners

Nona.Media (Nonahood News) - Diamond Media
Starling Chevrolet Buick GMC of Saint Cloud - Gold

June Renewed Members

A Clear Choice Title
ADEK Management
Aflac - Erika Spencer
All-Star Dance Company
Berlin & Denys Insurance
Byrge, Andrea
Center for Advanced
Gastroenterology
Chicken Salad Chick
Coach Chris
EV Transports
Jones Homes USA
Laconic Digital

Lake Nona Insurance, Inc /
Beacon Insurance Agency
Land Title Professionals, LLC
New Era Advisory
OG Fitness
Orange County Tax Collector Scott
Randolph
Orlando Party Essentials
Pediatric Dental Group
Rukus Cycling Lake Nona
The Bodysmith Inc
USTA National Campus
Visium Resources, Inc.
Wild Florida

June Event Gallery



Terri Turner (center) of Friends of Fisher House cuts the ribbon for the new summer kitchen located at their Orlando location on May 17. (Photo/Danielle Conley)



Mike Kirk (right), owner of Lightly Salted, Candy Montoya (middle), acupuncturist at Lightly Salted and Lauren Kirk (left), owner of Lightly Salted, cut the ribbon at the Grand Opening on May 19. (Photo/Danielle Conley)



Tiffany Moore Russell with Orange County Clerk of Courts presents at Ronald McDonald House Charities on the role of the Clerk of Courts on May 24. (Photo/Danielle Conley)



The Nona Professional Ladies' Luncheon presents the topic: Helping the Government Meet Their Diversity Goals with guest speaker, Cynthia Washington, President of WCI of Florida, LLC on May 23 at Wycliffe Discovery Center. (Photo/Danielle Conley)



Don Long (left), CEO LNRCC, presents the signed ribbon souvenir to Amanda Sirianni, owner of Gymboree Play & Music, Nona, at the ribbon-cutting ceremony on May 24. (Photo/Danielle Conley)



Owner of Orlando Jewelers, Luis Arroyo, celebrates cutting the ribbon at the grand opening of his new store. (Photo/Danielle Conley)

June Event Gallery



The Chamber Connections Event was held at Wycliffe Bible Translators and showcased the newest LNRCC Chamber Members on June 2. (Photo/Danielle Conley)



Arcimoto sponsors the First Tuesdays After-Hours Event on June 7 at Nona Adventure Park. LNRCC chamber members sample appetizers along with drink specials while professional networking with a sunset backdrop. (Photo/Danielle Conley)



Lake Nona Regional Chamber of Commerce hosts an AdventHealth panel to discuss men's health at the Ronald McDonald House Charities in Lake Nona on June 9. (Photo/Danielle Conley)



AdventHealth Men's Health Panel on June 9 (l-r): Tom Johnson, Host and Executive Producer of AdventHealth, Dr. Harrison Youmans, MD Orthopedic Sports Medicine, Dr. Rikin Patel, MD Urology, Yaphet Tilahun, MD Colorectal Surgery. (Photo/Danielle Conley)



Chamber members and guests cleaned up a part of Narcoossee Road on June 11 during the Adopt-a-Highway event. Thank you to: Wayne Alleyne, Nona Enviro Group; Mark Reid Beep, Inc.; Lori Robb, Comfort Keepers Oviedo & East Orlando; Michael Stewart, Elect Michael Stewart for Circuit Court Judge; Mercedes Fonseca, Mercedes Fonseca, Candidate for Orange County Commissioner District 4; Jennifer Massey, PNC Bank; Lawrence Lanos, Northpoint Mortgage; Keilah Rios, OG Fitness; Jim Kilp, Rukus Cycling Lake Nona; Irma Sierra, Sierra Development & Construction, Inc.; Jasson Sierra, Sierra Development & Construction, Inc.; Jonathan Velez; Sierra Development & Construction, Inc.; Sergio Guarnizo, TransPremier; Julianna Giordano, Watson Realty Corp Lake Nona.



Nona Professional Ladies' Group held an Evening Social at Aztec Mexican Restaurant on June 28. Sponsor Red Door Title Group donated a fabulous door prize, and ladies enjoyed a whisky tasting from F&W Company LLC. (Photo/Danielle Conley)

RONALD MCDONALD HOUSE CHARITIES



Share-A-Meal
Share Your Heart



Share comfort and care by preparing or donating dinner for our guest families!



Nothing says "home" like a meal made with love. The Share-A-Meal program helps Ronald McDonald House Charities® of Central Florida provide warm meals each day to families staying in our Houses.

YOU can get involved by preparing a dinner for our families, dropping off catered meals, or providing gift cards to local grocery stores and restaurants. These acts of kindness truly help to make our Houses a home away from home!

RIDE 5K
FOR RMHC® of CENTRAL FL

Let's Get Moving to
Keep Families Close!

RIDE, RUN, or WALK

Sunday, October 9, 2022
Lake Nona Town Center



Ride, Run, or Walk with us and support the families of Ronald McDonald House Charities® of Central Florida.

Join us for a great day of cycling, walking, or running at the Lake Nona Town Center on October 9, 2022 to benefit the thousands of families that stay in our three Houses each year!

Rally your friends, family, and co-workers, form a team and help keep families close when they need it most!

REBUILD YOURSELF NONPROFIT

WE NEED SPONSORS

For our Gala - Aug 26, 2022

- Looking for some organizations that will support our teens.
- 4 Types of Sponsorship Packages
 - Bronze
 - Silver
 - Gold
 - Platinum

WWW.REBUILDSELF CARE.COM

RVI Gala - Point of Contact
Jessica@rebuildselfcare.com



LAKE NONA YOUTH SPORTS



Welcome to the Lake Nona Youth Sports Pop Warner Cheerleading Program!

We invite you to join our Pop Warner cheer squads. Pop Warner is the largest youth football and cheerleading organization in the United States and is the only national youth sports program to require satisfactory academic progress to participate. Our goals for the upcoming season is to train our cheer athletes, to teach safety, leadership, responsibility all while having fun!

We have six squads for children in Kindergarten through 8th grade. Each squad consists of a maximum of 35 cheer members and will be divided by age and experience.

Each season may be different based on enrollment and team sizes. *A new squad Bantam was added this season for highschoolers age 14-17.

Minutes Matter:
**Trust Central
Florida's
#1 ER**

Learn More

AdventHealth



Trust Central Florida's
#1 ER. When minutes
mater, count on us to
be there for you at
AdventHealth ER. It's
the compassionate
care you want — when
and where you need it.
YourLocalER.com

CENTRAL FLORIDA
LIFESTYLETM
MAGAZINE

AVALON PARK | WATERFORD LAKES | OVIEDO | WINTER SPRINGS

Lake Nona
LIFESTYLE

JULY 2020

Masson Spine
INSTITUTE

**Providing Elite Sport and
Spine Injury Treatment**
to get you back to the life you love.

INSIDE

TOP SUMMER
ACTIVITIES FOR KIDS

PACKING FOR A
PICNIC!

3 GREAT SUMMER
ESCAPES



OUR CHAMBER PARTNERS - THANK YOU!

**ADD OUR CHAMBER EVENTS TO YOUR CALENDAR
SO YOU WILL NEVER MISS ONE AGAIN**

webcal://business.lakenonacc.org/Events/CalendarSync/PublicEvents.ics

DIAMOND
NONA MEDIA
COMMUNITY DRIVEN ENGAGEMENT

PLATINUM
amazon
Advent Health

GOLD
GUIDEWELL
Innovation

SILVER
FIRST COLONY BANK
Walmart
Save money. Live better.

BRONZE
ARCIMOTO
Ronald McDonald House Charities
Central Florida
HCA Florida
UCF Lake Nona Hospital

COPPER
STARLING
VERANDAH PROPERTIES, LLC
A REAL ESTATE INVESTMENT FIRM
CHASE
HAMMOCK BEACH RESORT
PALM COAST FLORIDA
CENTRAL FLORIDA LIFESTYLE MAGAZINE
Northwestern Mutual
Wealth Management Company

OUR SUPPORTING PARTNERS

SYNOVUS
the bank of here
OUC
The Reliable One
TRC
TAVISTOCK RESTAURANT COLLECTION
TAVISTOCK
DEVELOPMENT COMPANY
OSCEOLA COUNTY
FIMM
FLORIDA INTEGRATIVE MODERN MEDICINE
KPMG
NEMOURS
CHILDREN'S HEALTH

The Lake Nona Regional Chamber of Commerce is not affiliated with, or sponsored by, Lake Nona Property Holdings, LLC or its affiliated entities.

[Register for Events Here](#)

[Orange County
Metrics](#)

