

CBA
P.O. Box 453
Colchester, CT 06415

860-537-0340

www.cba.bz

CBA

Colchester Business Association

Community Page

January 2010

Upcoming Events

Next Monthly Meeting: Tues. Feb. 2, 6-8 p.m.

S&S Worldwide, 75 Mill Street

Program: James Nicholas & Matt Barnes

Social Media & New Marketing Venues

Caterer: Family Pizza

Sponsor: Joseph Dias C.P.A.

Cost: \$15 per person *Guests Welcome!*

RSVP: **537-0340** by Jan. 29



CBA Member Spotlight ...

Family Physical Therapy



Tony & Megan Todt
(860) 531-3222
www.family-pt.com

Opened in Nov. 2008, **Family Physical Therapy** provides rehabilitation for orthopedic and sports injuries. Their physical therapy services include: manual therapy techniques; individualized therapeutic exercise programs; modalities for pain relief such as electrical stimulation, ultrasound, and laser therapy; balance training; and rehabilitation after total knee or hip replacements. The facilities include a gym equipped with weight machines, body resistant exercises, therapy and medicine balls, bands, and ankle weights.

Owners Anthony and Megan Todt are part of the three therapist and one receptionist team. All staff participates in regular continuing education. The therapists are all licensed. Anthony is certified in strength training. He is also an agility and quickness coach who provides sports pre-season conditioning to area high schools for injury prevention. Megan is a therapist as well as a 200 hour certified yoga teacher.

Clients visit Family Physical Therapy from a 45 minute radius. They find the staff to be focused on providing one-on-one attention and serving individualized needs of each specific patient. Family Physical Therapy participates in all insurances.

Hours are: Mon., Wed., Thurs. and Fri. 8a.m. - 6p.m.; Tues. 8a.m. - 5p.m.; and Sat. by appointment only. Additional weekday hours can be scheduled before or after regular hours by prior appointment. On Tues. evenings from 5:30 - 6:45p.m., Megan leads Hatha Yoga. They also provide free informative lectures on health and wellness to the community.

When you need orthopedic or sports rehabilitation, call Family Physical Therapy!



Find Businesses Online:

Shop Colchester First!

www.cba.bz

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Get to Know the CBA Board



Joe Dias has been a CBA member for over six years. He joined the board in 2009. He helps to contribute ideas, vote on projects, and attends regular board meetings. In the past he participated in the Tag Sale on the Green and the Business Showcase &

Food Frenzy. His company will sponsor the next CBA Monthly Meeting, to be held Feb. 2.

His business Joseph M. Dias, CPA provides services such as: taxes, bookkeeping, payroll, business advice, cash and financial statement projections. He is committed to providing personal attention to clients. A Colchester resident, he lives with his wife and son. He is an AKC Field Trial Judge and is the President of Colchester/Hayward BNI Group.

Welcome New Businesses!

- **Rob Tarlov**, *Tarlov Financial Group*, 20 Tower Lane, Avon (860) 773-6789
- **Tyler Gilbertie**, *Gilbertie's Place*, 464 S. Main Street, Colchester (203) 209-5960
- **Beth Rondeau & Bill Todd**, *AFLAC*, 18 Colonial Road, Plainfield (860) 564-6945
- **Catherine Haugh**, *SIS Jewelry*, 16 Wellington Way, Amston (860) 371-0098
- **David McDowel**, *Sign Professionals LLC*, 34 East Hampton Road, Marlborough (860) 295-1417
- **Diane Donatello Belanger**, *Bella Moose*, 35C Lebanon Ave., Colchester (860) 537-2285

Business Briefs

• **Gerhardt Insurance Agency** congratulates their staff: **Carol Lecce**, CIC for 12 years of service; **Traci McComiskey** for six years of service; and **Diane Quinn** for two years of service. The company focuses customer service as their first priority and providing products for all their customers' insurance needs. (860) 537-4661

• **TD Bank** now has *expanded banking hours* seven days a week: Mon. - Wed. 8a.m. - 6p.m., Thurs. - Fri. 8a.m. - 8p.m., Sat. 8a.m. - 3p.m. and Sun. 11a.m. - 4p.m. They also offer customers no charge fees for gift cards all year long at face value, free notary services, and free checking. They specialize in small business loans for businesses and do in house mortgage applications on the spot. (860) 537-7380

Business Briefs

• **Sound Masters DJ Service** invites you to the "Have a Heart" Benefit for a local cancer patient named Anna. The event will be held on Sat. Feb. 13, at the St. Andrew's Hall in Colchester. Help support Anna while enjoying an evening of Italian food, music by Sound Masters, free door prizes, and raffles. Tickets are on sale for \$25 at Copies Plus More, Dutch Oil Company Inc., and Moodus Package Store. Info: (860) 608-7096

• **AGAIN! AGAIN Kids' Consignment** welcomes a *new partner*, **Jessica Young** of Hadlyme. Mother of Samantha and Sydney, Jess will continue to serve the children's resale industry and the community. The consignment shop offers family-friendly resale merchandise featuring brand name items. (860)537-0239

• **Colchester Dental Group** congratulates **Jodi Wilcox Curtiss**, long time floating dental assistant, and her husband **Steve** as the proud parents of an 8 pound 3 ounce baby boy. **Parker Richard Curtiss** was born on Jan. 4, 2010! (860) 537-2351

• **Christian Life Chapel of Colchester** will host the world acclaimed *free ten week Alpha Course* beginning Tues., Feb. 2 at 6:00 p.m. Each evening begins with a free meal. Alpha provides a relaxed, non-threatening learning experience for those wanting to investigate Christianity and are tired of the "same" church experience. Register by Jan. 29. Pastor Mike: (860) 537-3914

• **Good job Doreen's Dance Center's** competition team for adopting family for Christmas through the Windham Area Interfaith Ministry. The 29 dancers and their teachers donated toys, clothing and gift cards to the mother and her two young sons, and delivered them for the family's Christmas celebration. (860) 267-7756

• **Congratulations to The Sanctuary Center For Healing** on celebrating their *one year anniversary!* The healing retreat center that provides counseling, healing and spiritual services. (860) 316-7530

• **Kelly Robbins**, consultant of **Mary Kay** is hosting a *Valentine Makeover Party!* Join her on Tues. Feb. 9 at p.m. or Sat. Feb. 13 at p.m. at 135 Salem Road in Colchester. Guests will get to choose a color combination that accentuates their eye color. Save your spot by calling (860) 537-0395.