

Make music part of your wellness



Financial Focus

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Music is more than entertainment — it can be a simple, powerful tool to support your overall well-being. Whether you're listening, singing or playing an instrument, music engages the brain and body in ways that can improve mood, reduce stress and even support physical health. The best part? It's easy to weave into daily life, no training required.

Music as a Tool

for Stress Relief

One of music's most immediate benefits is stress relief. Slow, calming music can lower the heart rate and reduce levels of cortisol, the body's primary stress hormone. Many people naturally turn to music after a long day because it helps shift the nervous system out of "fight or flight" mode and into a more relaxed state. Even a few minutes of intentional listening can make a noticeable difference.

Supporting Emotional Well-Being

Music is also closely connected to emotional health. Upbeat songs can lift your mood and increase motivation, whereas familiar tunes often bring comfort and positive memories. Studies have shown that music can help reduce symptoms of anxiety and depression, especially when used intentionally — such as creating play lists for relaxation, focus or emotional reset during stressful

moments.

Boosting Brain and Cognitive Health

There are cognitive benefits as well. Listening to or playing music activates multiple areas of the brain at once, supporting memory, attention and mental flexibility. For older adults, regular engagement with music has been linked to better cognitive function and a slower rate of mental decline. Singing or playing an instrument adds even more benefit by combining breathing, coordination and concentration.

Finding Your Beat

Incorporating music into your wellness plan doesn't need to be complicated. Try starting your morning with energizing music, creating a play list for walks or exercise, playing music while cooking dinner or winding down at night with calming melodies. Singing along in the car, attending live performances or learning a simple instrument can also add joy

and social connection — both important contributors to overall well-being.

In a busy world, music offers an accessible, low-cost way to support mental, emotional and even physical health. All it takes is pressing play — and paying attention to how it makes you feel.

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Mercer Chamber director selected for Kentucky Fellowship for civic leadership

Jill Cutler, executive director of the Mercer County Chamber of Commerce, has been accepted into the inaugural May 2026 cohort of the Kentucky Chamber Fellowship for Civic Leadership.

The fellowship program is designed for individuals who demonstrate a strong commitment to free enterprise and leadership within Kentucky communities. Participants will gain a deeper understanding of Kentucky's political landscape and campaign strategies while developing skills related to civic engagement and leadership.

The program includes sessions focused on campaign planning, voter engagement, fundraising, media outreach and public policy. Fellows will also have opportunities to connect with a network of business leaders, elected officials and policy experts from across the state.



JILL CUTLER

In addition, the fellowship is intended to help participants develop the skills and resources necessary to pursue public office or further advance civic leadership goals within their communities.

"I look forward to gaining a more thorough understanding of the state's political landscape and connecting with other community leaders working to advance good policy for business owners and families," Cutler said.

Essity employees in Harrodsburg celebrate Earth Day

Employees at Essity's Harrodsburg manufacturing facility came together for various Earth Day projects. As a global hygiene and health company, Essity prides itself on serving and improving the well-being of their communities through their products and service.

Teams participated by both giving and doing. The Harrodsburg team partnered with the Mercer County Chamber of Commerce to organize a community clean-up around the plant grounds and surrounding roadway—supporting a cleaner, safer environment while strengthening local ties. Employees also participated in a tree sapling giveaway in coordination with the Mercer County Conservation District, encouraging colleagues to "plant a tree for sustainability."

These efforts contributed to a shared goal: advancing Essity's commitment to a more sustainable world.

Essity is a global, leading hygiene and health company. Every day, our products, solutions and services are used by a billion people around the



Photo Submitted

Employees at Essity's Harrodsburg manufacturing facility partnered with the Mercer County Chamber of Commerce to organize a community clean-up around the plant grounds and surrounding roadway—supporting a cleaner, safer environment while strengthening local ties.

world. Our purpose is to break barriers to well-being for the benefit of consumers, patients, caregivers, customers and society. Sales are conducted in approximately 150 countries under the leading global brands TENA and Tork, and other strong brands such as Actimove, Cutimed, JOBST, Knix, Leukoplast, Libero, Libresse, Lotus, Modibodi, Nosotras, Saba, Tempo, TOM Organic and Zewa. In

2025, Essity had net sales of approximately \$14.7 billion and employed 36,000 people. The company's headquarters is located in Stockholm, Sweden and Essity is listed on Nasdaq Stockholm.

In Kentucky, Essity employs more than 355 people at its Danville distribution center and Harrodsburg paper mill. Essity also has 174 employees at its manufactur-

ing facility in Bowling Green, which makes the TENA brand of personal care products. In addition to Kentucky, Essity has U.S. operations in Alabama, Connecticut, Delaware, Ohio, Oklahoma, New Jersey, North Carolina, Pennsylvania, Texas, Washington and Wisconsin. Learn more at essityusa.com and connect with us on Facebook, LinkedIn and Instagram.

Anderson-Dean gets AED from McDowell Foundation Awards

Anderson-Dean Community Park is one of the recipients of the Ephraim McDowell Health Care Foundation's 2026 Automated External Defibrillator (AED) Grant Program.

This year's program generated strong interest, with 27 organizations submitting applications. Each proposal reflected a shared commitment to improving emergency preparedness and enhancing community safety. After a thorough review process, seven organizations were selected based on demonstrated need, community reach, and overall impact.

In addition to Anderson-Dean, 2026 AED Grant recipients include:

- Stanford Fire Department in Lincoln County.
- Centre College in Boyle County.

- Casey County Emergency Management in Casey County.

- Logan-Hubble Memorial Park in Garrard County.

- Washington County Youth Sports in Washington County.

- Kentucky Classic Arts Center in Marion County.

By placing AEDs in these locations, the Ephraim McDowell Health Care Foundation is helping ensure life-saving equipment is accessible in high-traffic and community-centered spaces—where immediate response can make a critical difference.

"Providing access to AEDs in high-traffic community locations is critical. These devices empower bystanders to act quickly and effectively during cardiac emergencies, significantly improving survival outcomes

across our region," said Nick Spoonmore, administrator of Ephraim McDowell Regional Medical Center.

The AED Grant Program is one of many ways the Foundation continues to invest in initiatives that strengthen community health and save lives.

"We are committed to strengthening the health and safety of the communities we serve. This program reflects our dedication to proactive

care—ensuring individuals have access to life-saving resources when and where they are needed most," said Dan McKay, president and CEO of Ephraim McDowell Health.

For more information about the Ephraim McDowell Health Care Foundation and its programs, please contact Brandie James, Philanthropy Coordinator bjames@emhealth.org.

Mercer Adult Basic Education helps with GED



Chamber Chat

Jill Cutler
Executive Director
Mercer Chamber of
Commerce

One of the best education programs in our county is Mercer Adult Basic Education. They are now located at 1000 Danville Road, the red brick building next to FiveStar. They offer a whole menu of services for adults: GED Program,

college and career preparation, GED testing, Kentucky paraeducator prep, and exam. There is also the opportunity for in-person or online learning. There is also assistance in English as a second language and other languages. The cost for these programs? Absolutely FREE! Last year, they had 82 students enrolled, with 25 GEDs earned. That is a great track record.

Also in this same building is the Campbellsville University Allied Health Program. Students from Adult Basic ED can see what it takes to enter those careers and get a leg up on knowing what scholarships are available.

If you have any adult education needs, please reach out to these folks at www.mercer-countyadulthood.com.

ANNOUNCEMENT OF POSITION

The Mercer County Fiscal Court is accepting applications for an Assistant Road Department Supervisor.

Applications are being accepted for a Full-Time Assistant Road Department Supervisor. A complete list of qualifications and job description are available upon request at the Mercer County Judge Executive's Office. Applications are being accepted through June 12, 2026 at 4:00pm. Applications should be delivered to

Mercer County Fiscal Court, Human Resources, Samantha Peyton at 207 W. Lexington Street, Harrodsburg or submitted online at <https://mercercounty.ky.gov/departments/Pages/Human-Resources.aspx>

THE MERCER COUNTY FISCAL COURT IS AN EQUAL OPPORTUNITY EMPLOYER AND DRUG FREE WORKPLACE. M/F/D



HARRODSBURG WATER PLANT INVITATION TO BID TREATMENT CHEMICAL 2026-2028

The City of Harrodsburg Water Treatment Plant is seeking bids for drinking water treatment chemicals for a two-year term for the 2026 - 2028 FY (July 1st, 2026, through June 30th, 2028). Chemical Suppliers are expected to deliver chemicals to our main plant at 4023 Shakertown Rd., Harrodsburg, KY 40330. As well as a box truck at our River pump station which is located at River Road off of HWY 68 in Harrodsburg KY 40330. Due to limitations on storage capacity, the supplier must be able to provide the chemical in the specific manner and quantities identified for each chemical listed, as-needed. Prices shall include delivery and be guaranteed for one year from acceptance. Vendors shall provide notice of a change in price after the first year.

For a complete list of chemical requirements please contact 859-748-5198 or email dbaker@harrodsburgky.gov

Interested suppliers should return sealed bids to:

Harrodsburg City Hall
ATTN: Water Plant Chemical Bids
208 S. Main Street
Harrodsburg, KY 40330

Sealed bids will be accepted until 4:00 p.m. Friday, June 5th, 2026, and Opened at approximately 10:00 a.m. on Monday, June 8th, 2026. Bids will be approved at the City Commissioner's Meeting on Monday, June 22nd, 2026 @ 12:00 PM.

The City of Harrodsburg reserves the right to reject any and all bids, or to accept other than the lowest bid if deemed in the best interest of the City. The City of Harrodsburg reserves the right to terminate the terms of contract at any time should the conditions arise. The City of Harrodsburg is an "Equal Opportunity Employer".

HARRODSBURG WATER PLANT INVITATION TO BID LABORATORY ANALYTICAL SERVICES 2026-2028

The City of Harrodsburg Water Treatment Plant is seeking bids for analytical services for a two-year term for the 2026 - 2028 FY (July 1st 2026 through June 30th 2028). The bids should be submitted on a per unit cost for each service performed.

The bidder shall provide all collection containers, complete with preservatives where appropriate for each standard method. Bidders shall be prepared to manage reporting and/or submit analytical reports to required state and federal agencies on behalf of the Harrodsburg Water Treatment Plant, if required. Prices for sample pickup services, if available, should also be included. Prices should be guaranteed for one year from acceptance. Laboratories shall provide notice of a change in price after the first year.

For a complete list of laboratory analytical requirements please contact 859-748-5198 or email dbaker@harrodsburgky.gov.

Interested laboratories should return sealed bids to:

Harrodsburg City Hall
ATTN: Water Plant Lab Bids
208 S. Main Street
Harrodsburg, KY 40330

Sealed bids will be accepted until 4:00 p.m. Friday, June 5th, 2026 and Opened at approximately 10:00 a.m. on Monday, June 8th, 2026. Bids will be approved at the City Commissioner's Meeting on Monday, June 22nd, 2026 @ 12:00 PM.

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Photo Submitted

Pictured: Meredith Bruner, Scott Maples, Jane Vanhook, Dalton Miller, Robin Humphress, Chris Elleman, Brian Sears, Stephen Ransdell of Anderson-Dean Community Park, Woods Adams, Rick Jansen, Jason Dean, Nick Spoonmore, Brandie James, Amanda Kinman, Libby Mayes, Barbara Estes, Jennifer Daniel, and Dan McKay.