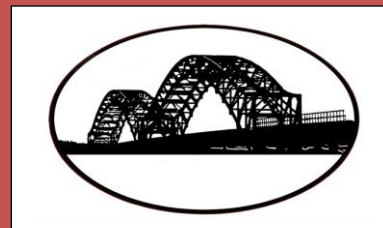


# The Portland Business Journal

Summer Edition 2013

A Publication of the Portland Economic Development Commission



## Portland EDC Welcomes Symmetry Physical Therapy, LLC

The EDC proudly welcomes Symmetry Physical Therapy, LLC to our business community. Conveniently located at 270 Main Street, Suite B, Symmetry Physical Therapy offers a unique one-on-one patient experience. Office Manager Barbara Giove works with you to fit your required sessions into your schedule and assists with insurance. Unlike many practices where patients see numerous clinicians during the treatment process, practice owner Keith Arcari, MSPT, a graduate of the University of Connecticut, personally supervises each of your physical therapy sessions.

In addition to physical therapy, Symmetry Physical Therapy, LLC offers occupational therapy and one-on-one fitness training. To learn more about available services, visit their website at [symmetryusa.net](http://symmetryusa.net). Most major insurance plans are accepted, including Medicare and Tricare. Office hours are Monday, Wednesday, and Thursday from 8 am to 6 pm, Tuesday from 1 pm to 6 pm, and Friday from 8 am to 3 pm, and appointment times can be tailored to fit your needs. For an appointment, call Barbara at (860) 788-7976.



## Mellili's Cafee & Grille Welcomed to the Village District

The EDC happily welcomes Mellili's Cafee & Grille to 264 Main Street. Owner Sebby Milardo and his family are well known in the region for their fine food and amazing customer service. The new restaurant offers counter service for take-out or customers can stay and enjoy their meal in the newly renovated space. Décor upgrades, including ceramic tile and stucco walls, match the authentic Italian cuisine. Customers can expect to find the traditional offerings of an Italian bakery, including breads, cookies, pastries, muffins, and cannoli's, but there is much more to explore! Mellili's is all about real Italian food. Expect a daily selection of homemade soups, Sicilian style pizza, including Gluten Free, grinders, and authentic Italian arancini. The restaurant also offers a full scale catering menu. Mellili's is open daily for breakfast, lunch, and dinner. Stop by to meet Sebby and his staff and welcome them to Portland – and don't forget to treat yourself to something delicious while you're there! For more information about catering, call Mellili's at (860)342-4035.



## **Taproot Integrative Care for Holistic Health Opens at 234 Main Street**

The EDC is pleased to welcome Taproot Integrative Care for Holistic Health, to 234 Main Street. Owner Kyle Barreuther holds an MA in Art Therapy and works with clients using the creative process to foster healing, discovery and growth. Taproot uses art as a healing modality and provides wellness services for individual adults and children, groups and professional organizations. Other wellness services include art making, massage therapy, yoga, aromatherapy, and various forms of meditation. Besides individual therapy, half-day or daylong wellness programs combine the various services to fit groups of any size.

Every inch of the Taproot's new space has been carefully designed and renovated to provide clients with a tranquil and harmonious setting for their therapy experience. Even the name, Taproot, was carefully chosen. Kyle states that, "The philosophy behind the name Taproot stems from the idea that everyone has strength within themselves to heal, grow, and develop into the person they want to be. It is our job at Taproot to help people discover the strengths that they already hold, and to tap into their inner resources to help tackle the challenges that life has presented, or simply to discover and develop these strengths and resources for personal growth and development." For more or to make an appointment, contact Kyle by phone at (860)930-6745, or by e-mail at [kbarreuther@taprootintegrativecare.com](mailto:kbarreuther@taprootintegrativecare.com).

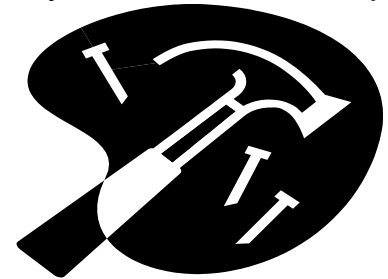


## **Building, Planning, Zoning & Health Department Hours**

The offices of Building, Planning, Zoning & Health are located on the 1st floor of the Town Hall located at 33 East Main Street.

### Office Hours

Monday 8:30 a.m. - 4:30 p.m.  
Tuesday 8:30 a.m. - 7:00 p.m.  
Wednesday 8:30 a.m. - 4:30 p.m.  
Thursday 8:30 a.m. - 4:30 p.m.  
Friday 8:30 a.m. - 12:00 p.m.



## **Visit the "Portland Connecticut Marketplace" on Facebook!**

The Portland EDC's Facebook page, "Portland Connecticut Marketplace" provides information about our programs, local businesses, business promotions, and town and community events. Click "Like" and stay connected to all the latest business news.



## **Portland EDC Welcomes “Home Plate” to the Business Community**

No time to cook? Tired of restaurants and take out? Looking for a way to fit healthy and nutritious meals into your busy schedule? Home Plate, a unique new Portland business has the solution, with, “Great food prepared in your kitchen and delivered to your table!” Home Plate offers customers the services of a personal chef who will plan meals, handle the grocery shopping, the cooking, and the clean-up, all in your home. Owner Athena Neville is a graduate of the University of Phoenix and is food service certified. Her business venture combines her education and experience with her passion for people and food. Home Plate’s services are a perfect fit for busy families who don’t have the time to cook, older individuals struggling with meal preparation, those recovery from injury or surgery, or even a party or special event. All meals are prepared from fresh ingredients in your own kitchen. For more information about her services, contact Athena by phone at (860)302-0426 or by e-mail at [homeplate2013@yahoo.com](mailto:homeplate2013@yahoo.com).



## **ProTech Automotive & Tire Opens for Business**

ProTech Automotive & Tire, located at 1611 Portland-Cobalt Road in Portland, is now open for business. The “Team” at ProTech is friendly and professional offers a full service shop, including oil changes, brakes, alignments, tune-ups, maintenance, and mechanical repairs of foreign and domestic cars and light trucks and specializes in all brands of tires. Dedicated to providing customers with the best in auto service and quality workmanship at fair prices, their philosophy is, “integrity first” and each customer is treated the way we would all like to be treated. The technicians at ProTech have earned numerous automotive certificates/degrees including ASE Certification. The location is also recognized by the State of Connecticut as a Connecticut Emissions Repair Facility. More importantly, most repairs come with a “Peace of Mind” 24 month/24,000 mi Nationwide Warranty. ProTech Automotive & Tire is open Monday - Friday 7:30 to 5 and Saturday 8 to Noon. For more information call (860)342-4444, or their website [www.ProTechYourCars.com](http://www.ProTechYourCars.com).





## **Changing Locations or Starting a New Business?**

Tuesday nights are a great time to meet with the Development Team at the Town Hall to discuss plans for a prospective new business or to expand your existing business!

Our Development Team can give you an overview of the approval process and provide you with the technical information required to complete your project.

To schedule a meeting with the Development Team, including the Fire Marshal, Building Official, Planner, Director of Public Works, Sanitarian, and Economic Development Consultant, contact Deanna Rhodes, Planning & Land Use Administrator at (860) 342-6720.



## **Affordable Care Act's Requirement for Employer Health Insurance Delayed Until 2015.**

The Obama administration has announced the delay of the implementation of the provisions of the Affordable Care Act impacting employers. The Act requires companies with at least 50 employees to offer medical insurance coverage to full-time employees beginning in the Fall of 2014 or pay a substantial fine. This “employer mandate” was seen as a major part of the move to secure health insurance coverage for all Americans, along the health law along with an expansion of the Medicaid program and a requirement for individuals to obtain medical insurance. The delay will allow more time for the “employer mandate” portion of the law to be better defined and allow each state more time to set up the on-line Healthcare Exchanges, that allow for the comparison of programs and costs.

The EDC is working on a preparing a program for Portland businesses outlining the requirements of employers and the options for employees in the Spring of 2014.

**The Portland EDC meets the 2nd Wednesday of each month at 7 p.m. at the Portland Library, 20 Freestone Avenue. Business owners, residents, and those interested in promoting Portland's business community are encouraged to attend.**

The **Portland Business Journal** is a quarterly publication of the **Economic Development Commission**. Issues are published in March, June, September, and December and are available at [portlandct.org](http://portlandct.org). If you have ideas for future articles, notices for meetings or events for the **Portland Business Journal**, please contact Mary D. Dickerson, EDC Consultant by e-mail at: [marydickerson@yahoo.com](mailto:marydickerson@yahoo.com).