



THE LEBANON LANTERN

SPRING 2024

4th of July Parade Planning Is Underway and We Need You!

This year's theme is An Enduring Tradition in recognition of the parade's status as the longest running 4th of July Parade in Hunterdon County.

Indeed, the Lebanon 4th of July Parade is steeped in tradition. But its future lies in the fresh ideas and energy that you can bring to the planning and execution of our town's signature event. We need your input to help us honor yesterday, embrace today and welcome tomorrow to keep our hometown parade a fun and relevant tradition for generations to come.

Please join us at our monthly planning meetings on the fourth Wednesday of each month through June as we work out the details of the parade and picnic. Meetings begin at 7:30 p.m. and are held in the council room at Borough Hall. We welcome your ideas, questions and enthusiasm — and we have things to do for all talents and time constraints.

T-shirts! Beginning in mid-June, a limited number of 2024 4th of July Parade t-shirts, in a variety of adult

and children sizes, will be available for purchase at Borough Hall. Stop in early for the best selection of sizes. The shirts will be white with this year's logo (see below) in color on the front.

(continued on page 3)



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THE LEAGUE OF LEBANON



Did you know that Lebanon Borough has a Facebook page that focuses on town history? The **League of Lebanon** is a Facebook group that provides members a daily news article from the past detailing the rich history and lives of our town and residents. The page also posts old photographs and postcards of Lebanon as well as other items concerning town history. For example, here is a postcard entitled "Bird's Eye View of Lebanon" from 1909 that was recently posted on the page. Can you identify any landmarks in the picture? Head over to page 9 for more fun challenges! *(continued on page 11)*





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EASTER EGG HUNT FUN!



Photos courtesy of Lisa Porcello

THE FOURTH OF JULY PARADE NEEDS YOU!

(Continued from page 1)

Watch your mail! Please keep an eye out for this year's appeal letter, asking for your generous support of the 2024 parade and picnic. And please check the Lebanon Borough website (<https://www.lebanonboro.com/>) for parade day times and details.

Does your group want to join the line of march this year? Visit <https://lebanonboro4thofjulyparade.com/register> for details.

COME SEE WHAT'S HAPPENING AT LBS!

Lebanon Borough School is a wonderful place to learn and work! Our parents, staff and community are committed to ensuring that the children of Lebanon Borough are afforded the best opportunities throughout the school year.

Please be sure to check out our website where our teachers provide insight into what goes on in their classrooms each month through our Wildcat's Roar. You can find the current issue, as well as past issues, at www.lebanonschool.org/News. I encourage everyone in the community to visit our website regularly because there is always important information.

Over the past months, we have held our winter concert, where our students demonstrated their musical gifts. LBS puts on two concerts per year that include both instrumental performances and whole-school musical performances. This spring, our students will be performing **Beauty and the Beast Jr.** on **May 30 at 6:30 p.m.** Come and enjoy the show!

One of the indicators of a strong educational system is a commitment to the arts. The people of Lebanon Borough understand that the arts provide our students with opportunities to engage in activities that provide them with benefits beyond reading, writing and arithmetic.

Character education and socialization are imperative objectives of public education if we are to raise children who are capable of cooperating and collaborating in the workplace of the present and future. We do this Lebanon Borough School by emphasizing trustworthiness, respect, responsibility, honesty, fairness, caring and everyday good citizenship. Our students focus on various components of character each month through classroom instruction, morning announcements and various activities and assemblies.

(continued on page 5)

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PARK CAMP IS COMING IN JULY!

(Continued from page 4)

Another way we work to engage our students in the school community is through extra-curricular activities. Throughout the year we have opportunities for older students to participate in **Student Council** and **Safety Patrol** to foster leadership skills. Additionally, we have various afterschool activities and clubs including **PTA Basketball**, **Knitting Club**, **Scrapbooking Club** and **Drama Club**. We are always looking for new ideas and listening to the students as they express interest in different areas.

As we look to the spring, we are anxiously awaiting the nicer weather. The school is always abuzz this time of year with field trips and outdoor activities. These help to break up the days that we are administering state assessments in grades 3-6. The students are looking forward to our **Field Day** at the end of the year and other year-end activities like 6th grade promotion. As I said, LBS is a wonderful place to learn and work!

Better Together,
Bruce Arcurio Ed.D.
Superintendent

Park Camp!

Please check out the flier for this Summer's Park Camp on our website at www.lebanonschool.org. This year the program will be run by LBS preschool teacher: **Mrs. Farrell**.

Kindergarten Registration

Kindergarten registration is always open. Please encourage Lebanon Borough families you know who have children who will turn five before Oct. 1, 2024, to register for kindergarten.

An informational flyer and new student registration forms can be found on our school website at www.lebanonschool.org or at the main office or by calling 908.236.2448.



PARK CAMP!

JULY 1- AUG. 2

Registration Now Open for Campers

3 years old to 6th grade!

Register at Boro Hall.

Download forms at www.lebanonboro.com

Photo by Sigmund on Unsplash

COMMUNITY CALENDAR

April 2024

Note: All meetings are held at Borough Hall unless otherwise noted.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Senior Bingo 1 p.m.	2 Senior Exercise, 1 p.m.	3 Senior Game Day 1 p.m.	4 Enviro/Shade Tree 5 p.m.	5	6
7	8	9 Land Use Board, 7 p.m.	10 Recycling	11	12	13
14	15 Senior Bingo 1 p.m.	16 Senior Exercise 1 p.m.	17 Senior meeting 1 p.m. Boro Council	18 Senior Games 1 p.m. LBSA 7:30 p.m.	19	20
21	22	23	24 Rec 6 p.m. 4th of July 7:30 p.m.	25	26	27
28	29	30				



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COMMUNITY CALENDAR

May 2024

Note: All meetings are held at Borough Hall unless otherwise noted.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Senior Game Day 1 p.m.	2 Enviro/Shade Tree Cmte 5 p.m.	3	4
5	6 Senior Bingo 1 p.m.	7 Senior Exercise, 1 p.m.	8 Bulk pick-up	9	10	11
12	13	14 Land Use Bd 7 p.m.	15 Senior Games 1 p.m. Boro Council 7:30 p.m.	16 LBSA 7:30 p.m.	17	18
19	20 Senior Bingo 1 p.m.	21 Senior Exercise, 1 p.m.	22 Senior Meeting 1 p.m. Rec 6 p.m.	23	24	25
26	27	28	29	30	31	

June 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 Senior Bingo 1 p.m.	4 Senior Exercise, 1 p.m.	5 Senior Game Day 1 p.m.	6 Enviro/Shade Tree Cmte 5 p.m.	7	8
9	10	11 Land Use Bd 7 p.m.	12	13	14	15
16	17 Senior Bingo 1 p.m.	18 Senior Exercise, 1 p.m.	19 Senior Game Day 1 p.m. Boro Council 7:30 p.m.	20 LBSA 7:30 p.m.	21	22
23	24	25	26 Senior Meeting 1 p.m. Rec 6 p.m.	27	28	29
30						

RECREATION COMMITTEE NEWS

The **Recreation Committee** hopes everyone enjoyed our last few town events and we look forward to seeing you at future events such as the town-wide yard sale, music in the park and movie nights.

Back by popular demand is a new Recreation Committee-sponsored puzzle. This time, the puzzle is a words of spring word search. Return your completed puzzles to Borough Hall and we will randomly pick three completed puzzles to win a prize. Be sure to put your name and address on the puzzle before handing it in. The deadline is **May 31**.

Four residents turned in completed crossword puzzles from the Winter Lantern and received a prize. Congratulations to **Melanie Gray, Kathy Sierp, Diane Gelok** and **Sue Ellen Turner!**

If you have any questions or ideas for future recreation events or wish to volunteer at future events, please contact Lisa Porcello at lporcello@Lebanonboro.com. We would love to hear from you.

LEBANON'S ANNUAL BURNING OF THE GREENS



Photos courtesy of Lisa Porcello

VOLUNTEER OPPORTUNITY

Join the Lebanon Garden Club!
Plant and care for flowers and shrubs
throughout the borough.
Be a part of bringing beauty and pride to
our community.
Contact Boro Hall at 908.236.2425

ALL THINGS SPRING WORD SEARCH

GNDDBYDUAJQCVXRODGRCECSQIOGV LZ
 CSOIXOZDXLOXORWFGUIROOJXQGKDPT
 PFIGJDGFJDL CROCUSES FNPXRGLFKQO
 UFRZVOZBPOFE GHYCDMUYIVRAINCOAT
 WTWUTYSYHSAJRURUMYDAFFODILFOBA
 BNQFUYHLUPCJVGGGUKZPKKZTSOLLJC
 BWCHHZODMJCXDRIDTFNYLZAVXSJ VU
 SUSJRKWHBULVRSIEWPCYUEGEAWWLOP
 XHDLAPEYREHNRJTJSRACCQEXXTEQCQ
 ZRKSIRAJAERWRMGIQNOTYFUYEBDRIMG
 AYSLNQSCLMVTORLTRKESOI BTWUCZDO
 EGPVBDEILRGWIOXNJPRPNNARWSHBZK
 AHRDODRNASCHCWJJZMPDSOSCFBQROY
 OFODWZFTFNICYHHKOLIMHXEKFLNENN
 WIUHHNPHZBBQLOMEVELQOBBLL LXNCZ
 ESTJWBQRDRDIGELSYLJWCAHCDLEBN
 MAPANFCQWXUAHSAEVBA XEFLKXPYWCU
 CLCRUEGHI SGPNWB NYORL ROLYMAIAYU
 MPIHIQKVFKMDADMNIXLCSYNSRKELEH
 FHSTINOCGFQHIAEXWNO CZTAMGWKQQT
 WZYUGCGYSKNJFBR LQGGGRZSBKU ZKHGI
 JFKLQTKNBD SNBPNXIDUCKLINGSHJAA
 EPCIBHASGQTQUMNYIOJCZRRCJSBBVX
 ZSJPRAPZINBLOSSOMQNMCDJ DQQQBUXDY
 TDASLWOUBOJWOKABLOSSOMS YQLNBF R
 SOTLJQBIDZYKNBGTUDLZRWTKOJNAJA
 BJDAFGPZSDKDUKCB DACPATSFBOYLJG
 LCZMSHIZPVL FYBGGARDENUZBSFIHCD
 QQYBZYKJTEMEAMQOXWEYVKKPKBVYAD
 EEXSPICNICESUDLBUQKWFZQBIGW DU

caterpillar
 ducklings
 hyacinth
 daffodil
 equinox
 showers
 tulips
 spring
 lambs
 thaw

allergies
 raincoat
 umbrella
 blossoms
 puddles
 renewal
 sprout
 flower
 grow
 buds

dandelion
 cleaning
 crocuses
 baseball
 rainbow
 chicks
 picnic
 garden
 bunny
 bird

FAITH & FREEDOM IN NORTH HUNTERDON: AN ORIGIN STORY

Many of the earliest settlers in Hunterdon were refugees who fled starvation and homelessness from war-torn Southern Germany. At their own request, thousands were transported to America by the British. In New York, they were to put to work on a project to develop naval supplies.

For the refugees, this was a new start that they hoped would eventually lead to freedom and ownership of their own land. The enterprise however was unsuccessful and when the British Parliament cut the funding, the workers and their families were left to fend for themselves in an unfamiliar land.

A large group moved to New Jersey along the Millstone River but earlier Dutch settlers already possessed the best lands. By the late 1720s, a number of these families had migrated to areas around what is now **Oldwick**, **Potterstown** and **Lebanon Borough**. The area was wilderness; there were some settlers while others bought property.

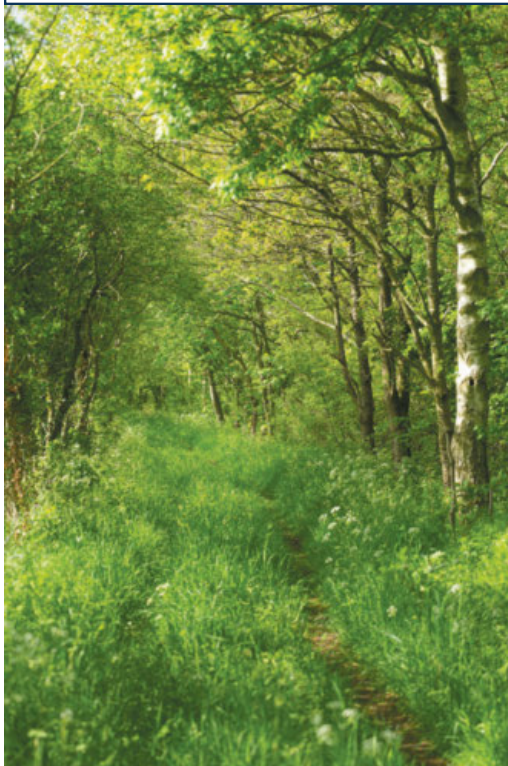
Aree van Guinee, a freed Black man, bought property. He left New York and moved west into New Jersey with a group of German immigrants. I first learned of van Guinee through various sources who told me that the first German Lutheran service was performed in his home at Potterstown in 1714. Additionally, at this service, **Christoffel Vought** was baptized. Vought grew up and eventually owned a large farm that included the historic house he built in 1759 on **Grayrock Road**.

Local historians have spent countless hours over decades locating early sources and documents to learn the about the beginnings of the Lutheran Church and the Dutch Reformed Church in our area. In 1996, on the occasion of the 250th anniversary of the Lebanon Reformed Church, **Linda Young Kennedy** published a very informative booklet that today is difficult to locate.

In 1984, Oldwick historian **Norman C. Wittwer** published "The Faithful and the Bold," a book that covers the establishment of the Oldwick congregation in 1730. Wittwer's book includes photos of the service in 1714 at van Guinee's home, proof that it was in Millstone, not Potterstown.

Joe Hauck, Lebanon Historic Commission

'TIS THE SEASON! SHADE TREE PRUNING TIPS



Late winter is prime time for pruning trees, especially young ones that are small enough to do yourself. Some people make the mistake of thinking that you leave them alone until they are much larger and then cut off limbs that get in the way. Others raise the crown by cutting the lowest branches each year. Neither of these are correct.

All branches create food to expand their reach and add girth and height to the main stem. Leaving low branches feeds the tree and strengthens the trunk, but a branch that is not part of the long-term shape should be eliminated no later than when it is two inches in diameter. Limbs should have adequate spacing so two branches that are six inches apart but directly over each other is a situation that needs correcting. One of those should be removed, preferably the remaining limb will have an angle of two or 10 o'clock.

Branches that are the same height from the ground should be of similar diameter. Occasionally, one branch will be significantly thicker, disturbing the symmetry and weight distribution of the canopy. The large limb can be removed or trimmed back to slow it down. It should not be ignored. And pay attention to the top of the tree. A forked crown should be eliminated as soon as it develops. Training a young tree is rewarding!

Joe Hauck, Shade Tree Committee

SPRING HAS SPRUNG!

If our friend the groundhog was right, we can expect an early spring and I know we are all ready for some nice warm weather. However, with late winter snows, one starts to wonder if the groundhog was right with his prediction; winter is still here, but I remain optimistic.

That optimism comes from my grandfather's saying that late winter snows are "onion snows" that put nitrogen in the ground for the growing of spring plants that will soon begin popping from the soil. My grandfather was a farmer.



Nevertheless, winter is almost over and, looking back, we had some very wet weather that had stream banks filled to the brim without major flooding. We certainly dodged a bullet from mother nature this winter. So, chin-up! Spring is fast approaching and we will shortly be starting our lawn mowers and putting away our snow blowers. So it's a good time for a safety refresher.

The following is a listing of safety precautions for our spring tasks.

- Check the oil and top off same on your snowblower or change for summer storage.
- Fill the fuel tank with gas and an additive to keep fuel fresh for the next use.
Note: When filling fuel tanks, keep dispensing containers in contact with tank/funnel to eliminate static charge.
- Store lithium-ion batteries for snowblowers and lawnmowers away from flammables.
Keep in mind that older, damaged lithium-ion heat-up during charging and can cause fires.
All tools and equipment that utilize lithium-ion batteries are susceptible to fire while charging, so they should be kept away from flammables.
- While using your weedwhacker, trimmers, saws and other garden equipment, use safety gear such as gloves, eye protection etc..
- When planting, be discreet while using fertilizers, run-off can contaminate the ground.

Let's all hope that the groundhog is right, for we are all ready for springtime. Wishing you a safe and enjoyable spring out in the yard.

Your neighbor,
Lex Saharic
OEM Coordinator

THE LEAGUE OF LEBANON

(Continued from page 2)

The League of Lebanon also provides updates and information about the borough as well as a forum for residents to discuss town issues and/or questions. If you are interested in joining the page, search for the League of Lebanon on Facebook. Be sure to answer the membership questions. Otherwise, you will not be able to join.

If you have any questions or something you would like to see posted on the page, please contact **Lisa Porcello** at Lporcello@Lebanonboro.com.

NEWS YOU CAN USE FROM THE LBSA

Check your home for leaky faucets, running toilets and any water-producing device in your home or building that may be causing excess water to enter the sewer system.



Reminder: Do not connect your sump pump to the sewer system. All sump pumps should be discharged to the ground's surface in areas that drain away from the foundation.

We have mailed out 2023 sewer bills. If you have not received yours, or if you have any questions, please call **908.236.2704**. Second quarter payments are due **June 30**, third quarter **Sept. 30** and fourth quarter **Dec. 30**. Please visit our [website](https://www.lebanonboro.com/Departments/lebanon-borough-sewer-authority) (<https://www.lebanonboro.com/Departments/lebanon-borough-sewer-authority>) for more LBSA information and/or to make online payments (additional fee may apply from credit card company or your bank).

(Photo credit: Staticflickr)

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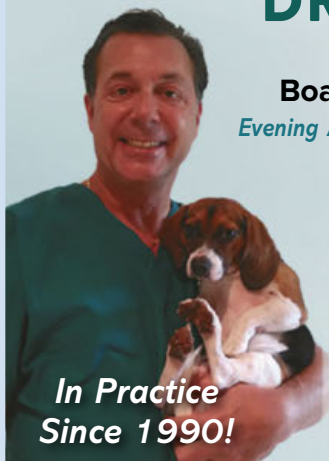
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JOIN SBES AND BE IMPRESSED...WITH YOURSELF!

Did you know that many of the South Branch Emergency Services EMTs and rescue associates who provide emergency medical care, transport and land and water rescue in **Lebanon Borough** and across northern **Hunterdon County** are highly trained and dedicated volunteers? We rely on our volunteers to serve this community, and we need more of them. We need you!

Experience is not required. If you've got the heart, we'll show you the way! Many people join SBES with no prior medical or first response experience. We provide our members with free, state-of-the-art training at our own facility, preparing them to help their neighbors in emergencies and even save lives.

So what are you waiting for? Join us! You'll learn new skills, forge new friendships, and become part of a great team. Be impressed by what you can do!

To learn more or sign up, go to: www.sbes365.org



MORE NEWS FROM THE LBSA

Prohibited Materials - Blockage Cleanout

Blocked sewer lines can cause major problems for homeowners and the community. To help ensure that the sewer lines in the borough remain free of blockages, the LBSA adopted a new resolution earlier this year related to materials that should not be dumped in toilets or sinks, and the resulting consequences of doing so. The resolution, which took effect on Feb. 8, states:

1. All types of paper towels and cleaning materials, feminine hygiene products, diapers, flushable wipes, and like type materials are prohibited from being disposed of in toilets and drains within the sewer service area of the **Lebanon Borough Sewerage Authority**.
2. Any and all back-ups of individual premise sewer lines and the main sewer trunk shall be traced to their source and the sewer system user and/or property owner shall be liable for all costs and expenses incurred to clear and/or relieve the blockage.
3. A fee of \$250.00 plus the actual cost of clearing the line blockage, shall be assessed to the property owner/user and must be paid with the next quarterly sewer installment due from the user. Such fee if unpaid, shall become a lien upon the property, and failure to make payment of the lien shall result in the immediate filing of a Lien Notice with the Lebanon Borough Clerk's Office/ Assessor's Offices/Search Officer, and a separate Notice of Lien shall be recorded against the property in the Hunterdon County Clerk's Office, and the property will be subject to the annual, public lien sale conducted for tax and sewer delinquencies.

2024 RECYCLING CALENDAR

Shaded dates are pick-up dates.

Bulk pick-ups are scheduled for May 8 and Oct. 9

January							February							March								
Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa		
	1	2	3	4	5	6						1	2	3							1	2
7	8	9	10	11	12	13	4	5	6	7	8	9	10	3	4	5	6	7	8	9		
14	15	16	17	18	19	20	11	12	13	14	15	16	17	10	11	12	13	14	15	16		
21	22	23	24	25	26	27	18	19	20	21	22	23	24	17	18	19	20	21	22	23		
28	29	30	31				25	26	27	28	29			24	25	26	27	28	29	30		
														31								

April							May							June						
Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa
	1	2	3	4	5	6				1	2	3	4							1
7	8	9	10	11	12	13	5	6	7	8	9	10	11	2	3	4	5	6	7	8
14	15	16	17	18	19	20	12	13	14	15	16	17	18	9	10	11	12	13	14	15
21	22	23	24	25	26	27	19	20	21	22	23	24	25	16	17	18	19	20	21	22
28	29	30					26	27	28	29	30	31		23	24	25	26	27	28	29
														30						

July							August							September							
Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	
	1	2	3	4	5	6						1	2	3	1	2	3	4	5	6	7
7	8	9	10	11	12	13	4	5	6	7	8	9	10	8	9	10	11	12	13	14	
14	15	16	17	18	19	20	11	12	13	14	15	16	17	15	16	17	18	19	20	21	
21	22	23	24	25	26	27	18	19	20	21	22	23	24	22	23	24	25	26	27	28	
28	29	30	31				25	26	27	28	29	30	31	29	30						

October							November							December							
Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	
		1	2	3	4	5							1	2	1	2	3	4	5	6	7
6	7	8	9	10	11	12	3	4	5	6	7	8	9	8	9	10	11	12	13	14	
13	14	15	16	17	18	19	10	11	12	13	14	15	16	15	16	17	18	19	20	21	
20	21	22	23	24	25	26	17	18	19	20	21	22	23	22	23	24	25	26	27	28	
27	28	29	30	31			24	25	26	27	28	29	30	29	30	31					

SPRINGTIME IS A BUSY TIME AT THE HIGH SCHOOLS

Spring is in the air and it's an exciting time at the high schools with the school year winding down. We know our students are looking forward to the warmer weather, Junior and Senior Proms, spring sports, and graduation. And hopefully they will take time to study for final exams as well!

Spring sports have begun! Practices began for most teams on **March 11** and competition starts **April 1**. Come out and cheer for our spring sports teams! Sports schedules are available on the high school websites under the athletics menu.

Spring also means the annual **Relay for Life** event at **North Hunterdon High School** on **May 10!** Last year, Relay for Life raised \$50,000 for the **American Cancer Society**. The **Interact Club**, which coordinates the event, is hoping to exceed that total this year. This year's Relay is dedicated to North Hunterdon senior **Joey Edwards**, who sadly passed away from cancer on Jan. 27. Join the event with a team or donate at the school's event page: <http://www.relayforlife.org/northhunterdonnj>. We appreciate your support!



Voorhees High School's Drama Club will perform **Les Miserables** on **April 11, 12 and 13** at **7 p.m.** and on **April 14** at **2 p.m.** Tickets purchased in advance are \$14 for adults and \$12 for senior citizens and can be reserved by emailing Joe Reynolds at jreynolds@nhweb.net. Tickets at the door are \$15 for everyone.

The school year will conclude on **June 10** and the Class of 2024 graduation ceremonies will be held on **June 11**. The Voorhees High School ceremony will begin at **9 a.m.** and North Hunterdon's ceremony will begin at **10:30 a.m.** Ceremonies will be live streamed if you like to watch; check school websites for link.



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What Are The Most Important Questions to Ask at Your Next Doctor's Appointment?

Quality health care is a team effort and you play an especially important role. One of the best ways to communicate with your doctor and health care team is by asking questions. Time is limited during medical appointments, so you will feel less rushed if you prepare your questions before your appointment.

Asking questions is important, but so is making sure you hear and understand the answers. Here are some tips: Take notes or bring someone to help you understand and remember what you heard. If the responses are not clear, ask the doctor to explain them again. It's important to know the plan or next steps that your doctor recommends. The questions you may want to ask will depend on whether your doctor gives you a diagnosis or a prescription, or recommends a treatment, medical test or surgery.

Questions could include:

- What is my diagnosis?
- What are my treatment alternatives? What are the benefits of each option? What are the side effects?
- Will I need a test? What kind of test? What will the results tell me? Will my insurance cover the cost of the test and what will my out-of-pocket expense be?
- What will the medicine you are prescribing do? How do I take it? Are there any side effects?
- Why do I need surgery? Are there other ways to treat my condition? How often do you perform this surgery? What is the hospital's infection rate for the procedure? What are the possible complications?
- Do I need to change my daily routine?

Hopefully your doctor will answer many of these questions without being asked but now can be better prepared.

Once the doctor answers all your questions, find out what your next steps are and request written instructions, brochures, videos or websites that may help you learn more. Your doctor may have you fill a prescription or make another appointment for tests, lab work or a follow-up visit.

It is important to follow your doctor's instructions. Don't hesitate to call your doctor if you are unclear about any instructions or have new concerns, such as:

- If you experience any side effects or other problems with your medicines
- If your symptoms get worse after seeing the doctor
- If you receive any new prescriptions or start taking any over-the-counter medicines
- To get results of any tests you had. Do not assume that no news is good news.
- To ask about test results you do not understand.

Your questions will help your doctor and health care team learn more about you. Your doctor's answers can help you make better decisions, avoid medical harm and feel in control about the health and the care you are receiving.

First Things First

Before you even meet with the doctor, here are some tips to be prepared.

Bring any medications you are taking to the office visit. (By the way, your pharmacist is the least expensive and most accessible health resource you have. They can also address your questions on how medications work, side effects and drug interactions with other prescriptions or supplements.)

(continued on page 17)

THE SMART PATIENT

(Continued from page 16)

Always be vigilant, observe and request that members of the health care team that come in contact with you in the doctor's office wash their hands or use hand sanitizer. One of the primary ways pathogens or germs are transmitted is from unclean hands. This risk of spreading bacteria makes hand hygiene a critical patient safety practice. Hopefully the care team will wash and sanitize their hands without being asked, but don't hesitate to ask if they don't.

Be sure you wash your own hands several times a day too.

You can be sure that your blood pressure will be checked at every visit. Whether tested in the office or at home, here are some tips to ensure this important vital sign is measured accurately:

- Don't exercise, eat or drink anything, especially caffeine, 30 minutes before you take your blood pressure.
- Sit in a comfortable chair with your back supported for at least 5 minutes before your test.
- Put both feet flat on the ground and keep your legs uncrossed.
- Rest your arm with the cuff on a table at chest height or heart level. The inflatable part of the cuff should completely cover at least 80% of your upper arm.
- Make sure the blood pressure cuff is snug but not too tight. The cuff should be against your bare skin, not over clothing.

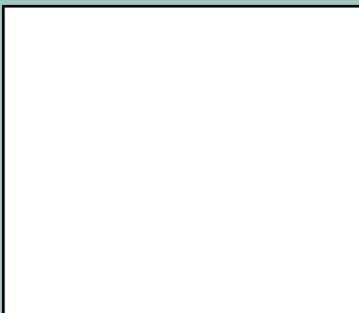
Normal blood pressure is in the range of 120/80. Consult your doctor for what is normal for you based on your medical history and conditions.

Councilwoman Marlene G. Baldinger, RN, ARM, CPHQ, CPHRM

If you have comments or suggestions for topics for the Smart Patient series, please email me at mbaldinger@lebanonboro.com.

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The newsletter you're holding in your hand right now, or reading online, the **Lebanon Lantern**, is one of the main ways to keep informed about what's happening in the borough and how our community works together to keep safe. It's also a great way to learn about the special people who live here and the important businesses that rely on our support for their success. And so it is your newsletter.

If you are interested in contributing, email us at lantern@lebanonboro.com.

Alternatively, you can email a story or article to us.

Here are the deadlines for 2024:

- Summer 2024: **May 31**
- Fall 2024: **Aug. 30**
- Winter 2024-25: **Nov. 29**

Our summer issue covers **July, August and September**. Fall covers **October, November and December**. Winter covers **January, February and March**.



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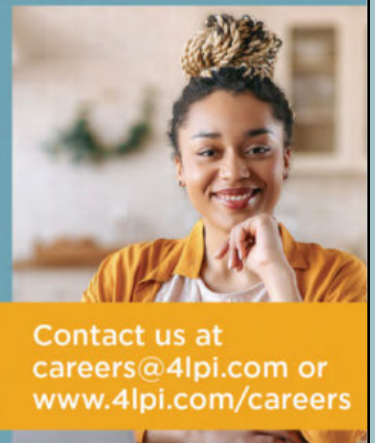
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The deadline for the next Lantern is Friday, May 31.