

Making A Difference Of Lebanon, PA



FEBRUARY 2025 NEWSLETTER



POETRY CONTEST 2025

Attention all young poets!!

Do you have a flair for weaving words? Here's your chance to display your talents in our Poetry Contest and let your creativity shine! The contest is open now through February 28 for children aged 7 to 18. Submissions must be original works, limited to a maximum of 40 lines. Winners will be announced, and prizes will be presented by March 3rd. Share your voice and inspire others with your distinct perspectives. We can't wait to read your poems!



ENTER BY 2/28

ALSO IN THIS ISSUE:

- President's Corner
- 2025 Annual Sponsors
- Medical and/or CHIP Renewal
- Scholarship Contest
- Black History Month
- Winter STEM Camp
- Safety Carnival
- Upcoming Events
- American Heart Month

MAKING A DIFFERENCE OF LEBANON, PA

Poetry Contest

Ages 7-11 Theme:
ANIMALS/ENDANGERED SPECIES

Ages 12-18 Theme:
HUMANITY/EQUALITY

Submit titled original works of 40 lines, or less, in any style to:

MAKINGADIFFERENCELEBANONPA@GMAIL.COM

SUBMISSIONS DUE BY FEB 28

Winners will be informed and prizes will be awarded by March 3rd, and they will receive invitations to our Annual Awards & Appreciation event on May 8, 2025.

Ages 7-11 Theme

Animals/
Endangered
Species

Ages 12-18 Theme

Humanity/Equality



FEBRUARY 2025 VOLUME 2

President's Corner



We're excited to kick off a new year filled with impactful events! From engaging fundraisers to community-building activities, there's something for everyone. Join us as we make a difference and strengthen our community together!



MAKING A DIFFERENCE OF LEBANON, PA 2025 Events Calendar

January

Board Retreat 12

February

Volunteer at Stone Ridge 8
Winter STEM Camp 22
Dinner Club at Angelo's 26
Poetry Contest All Month

March

Serve Noon Meal 15
D.C. Trip 22
Community Clean Up 22
Raffle All Month

April

5K Run/Walk 19
Easter Eggstravaganza 19
Day of Caring 26

May

Historic Schaefferstown
Clean Up 3
Awards and Appreciation 8
Memorial Day Parade 26

June

Veteran's Support Activity 8
STEM Camp 16-20
Summer Games 21
Safety Carnival & Movie 28

July

Bingo 13

August

Back to School Festival 2
National Night Out 5
Dinner Club at Boyer's 27
Theatre Camp TBD

September

Kids Day at Camp 13
Raffle All Month
Collection Drive All Month
Literacy Under the Lights TBD

October

Harvest Festival 11
Soup Cook Off 18
Trunk or Treat 21
Community Clean Up TBD

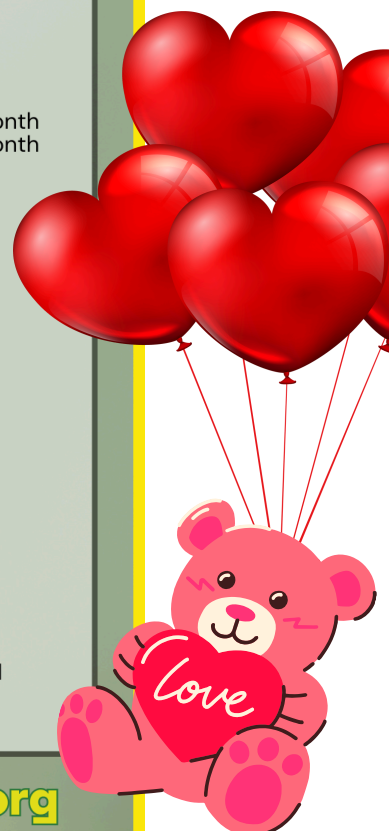
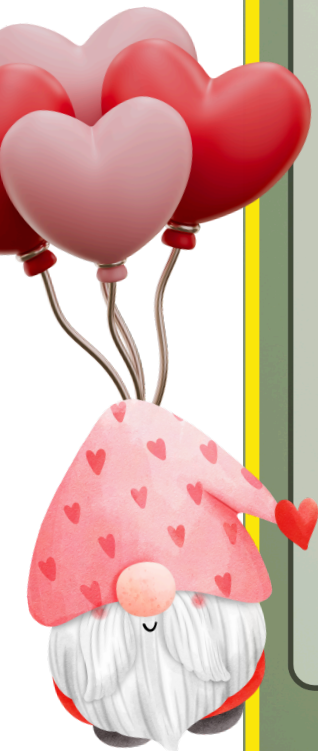
November

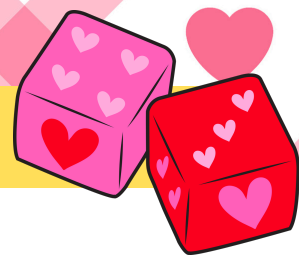
Dinner Club at Gin Mill 19
Holiday Mixer 20
Cocoa & Cookies
- Tree Lighting 21
Movie 30

December

Elf School 6
Adopt a Family 13
Community Christmas Meal 25
STEM Camp 29-31

www.makingadifferenceoflebanonpa.org





We extend our heartfelt thanks to our annual sponsors for their incredible support. Your generosity strengthens our organization and fuels our mission to Building lasting relationships throughout the Lebanon County community by providing services to youth, veterans, and those in need through Education, Service Projects, and Events. . Together, we're creating meaningful change and making a lasting impact in our community. Thank you for being our valued partners in this journey!

2025 Annual Sponsors

Platinum

- Wellspan
- Your Advertiser

Gold

- Chestnut Street Community Center

Silver

- Chrisland Engineering
- Lebanon Federal Credit Union
- UPMC in Central Pa and UPMC Health Plan

Bronze

- FCCB
- Union Community Care
- Albertine Washington
- Boogaard Family
- Jonestown Bank & Trust

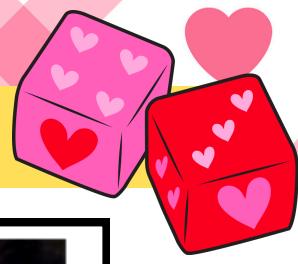
Patron

- Fulton Bank
- Ensminger Insurance
- Bamberger's Inc.
- Time to Think LLC.
- The Lion's Mane
- Kevin and Maine Keith

Friend

- Allstate - Tim McShane





You must complete a renewal for your Medical Assistance and/or CHIP coverage.

You can complete your renewal [right now on COMPASS!](#)

--- OR ---

You can complete the **renewal packet that will come to you in the mail** and submit it in one of the following ways:

By Mail: Mail the renewal packet and documents to the Lebanon County Assistance Office.

In Person: Drop off the renewal packet and documents at the Lebanon County Assistance Office at 625 S 8th St., Lebanon

By Phone: Call 1-866-550-4355 to complete your renewal over the phone.

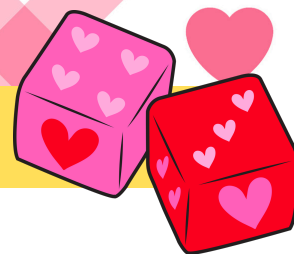
Submitting Verification Documents

Remember to also send any verification documents needed to process your renewal. You can submit these documents in the following ways:

- **Upload** the scanned documents via [COMPASS](#) on your computer
- **Take photos** of documents and submit them through the [myCOMPASS PA](#) mobile app
- **Mail or fax** documents to the Lebanon County Assistance Office
- **Drop off** documents in-person at the Lebanon County Assistance Office at 625 S 8th St., Lebanon



FEBRUARY 2025 VOLUME 2



Scholarship Contest

Exciting Scholarship Opportunity for Lebanon County Seniors!

Making a Difference of Lebanon, PA
SCHOLARSHIP CONTEST 2025

Our local non-profit, which focuses on service and education, will award three \$1000 scholarships to graduating Lebanon County high school seniors who are preparing to further their education at a private institution, public university, or trade school.

To apply, a completed application along with a brief essay must be submitted by the deadline of April 1st at midnight.

SCAN HERE

Information and application can be found at:
www.makingadifferenceoflebanonpa.org

The winners will be revealed and will receive their scholarship award during the Making A Difference of Lebanon, PA Annual Awards and Appreciation Reception on May 8th.

We are excited to announce three \$1,000 scholarships available for graduating seniors in Lebanon County. These scholarships are intended for students who plan to pursue their education at a private institution, public university, or trade school.

To apply, please submit a completed application along with a brief essay outlining your goals and aspirations for furthering your education.

Don't miss out on this opportunity to invest in your future! We eagerly anticipate supporting the next generation of leaders and change-makers!

For application forms and additional information, visit our website:

WWW.MAKINGADIFFERENCEOFFLEBANONPA.ORG

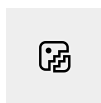
Want to know more?

Explore our website or Facebook page to stay updated on all the latest news, events, and activities happening within our organization!

<http://>



MAKINGADIFFERENCEOFFLEBANONPA.ORG

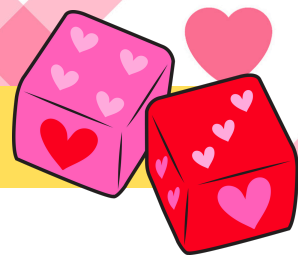


DiffofLebanon



DEADLINE





Black History Month: Reflecting, Celebrating, and Inspiring Change

Each February, we come together to celebrate Black History Month, a time dedicated to honoring the profound impact Black individuals have made on history, culture, and society. This month provides an opportunity to reflect on the struggles and triumphs of the past, acknowledge ongoing challenges, and embrace the progress that continues to shape our collective future.

A Legacy of Excellence

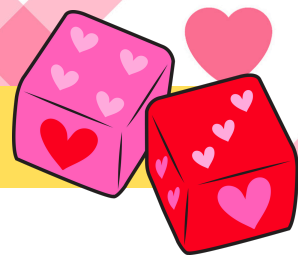
Black History Month originated in 1926 as “Negro History Week,” founded by historian Dr. Carter G. Woodson. He envisioned a time to educate and empower individuals by showcasing the contributions of Black Americans to every facet of society. In 1976, this week expanded into the full month of February, symbolically chosen to coincide with the birthdays of Frederick Douglass and Abraham Lincoln.

Throughout history, Black leaders, thinkers, artists, and activists have played pivotal roles in shaping the world. From trailblazers like Harriet Tubman and Dr. Martin Luther King Jr. to modern icons like Amanda Gorman and Chadwick Boseman, the contributions of Black individuals continue to inspire progress and creativity.

Celebrating Culture and Community

Black History Month is not just about reflecting on the past—it’s about celebrating the vibrant cultures, traditions, and innovations of the Black community today. Music, art, literature, and cuisine provide a rich tapestry of cultural expression that transcends boundaries and unites people from all walks of life.





Black History Month: Reflecting, Celebrating, and Inspiring Change Cont.

How to Get Involved

Learn: Take time to explore books, documentaries, and articles that highlight Black history and experiences.

Engage: Attend local events, museum exhibits, or online panels that celebrate Black culture and achievements.

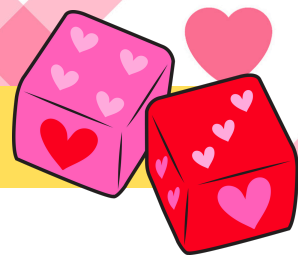
Support: Shop at Black-owned businesses, amplify Black voices on social media, and volunteer with organizations working toward equity and inclusion.

Looking Ahead

As we honor Black History Month, let's commit to fostering an inclusive and equitable society every day of the year. Together, we can ensure the legacy of Black history remains a powerful force for change and unity in our world.

Let's celebrate, reflect, and continue striving for a future where everyone's contributions are valued and celebrated.





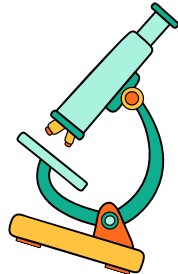
Winter STEM Camp

Discover the excitement of STEM at our hands-on camp! Engage in science, technology, engineering, and math activities that spark creativity, inspire innovation, and build problem-solving skills in a fun, interactive environment.

FEBRUARY 22, 2025

9:00am – 3:00pm

YMCA TRAIN STATION
201 N 7TH ST., LEBANON, PA



MAKING A DIFFERENCE OF LEBANON, PA

WINTER STEM CAMP

9-12 YEAR OLDS
9:00AM – 3:00PM

FEB 22, 2025

YMCA TRAIN STATION
201 N 7TH ST., LEBANON

SCAN ME!

TO REGISTER
(LIMITED TO 25 SPACES)

SPONSORED BY:

United Way of Lebanon County

VOLUNTEERS NEEDED!

CALLING ALL VOLUNTEERS! WE NEED YOUR HELP!

WOULD YOU LIKE TO BE A VOLUNTEER?

Our organization is looking for dedicated individuals to join us in our mission to make a positive impact in our community.

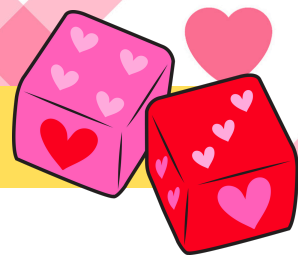
JOIN ONE OF OUR FIVE COMMITTEES!!

- Special Events
- Fundraising
- Events/Education
- Community Service
- Scholarship

Sign up through our website: makingadifferenceoflebanonpa.org



FEBRUARY 2025 VOLUME 2



Our Inaugural **SAFETY CARNIVAL**

If an incident were to occur in our community, would you know whom to reach out to? This summer, the inaugural Safety Carnival at Coleman Memorial Park unites the community for a day filled with fun and learning. Families can look forward to engaging safety demonstrations, games, giveaways, and performances, all aimed at raising awareness about personal safety and emergency preparedness.

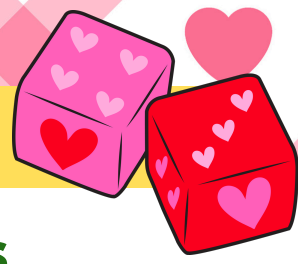
JUNE 28, 2025

4:00-8:00pm

**MOVIE IN THE PARK
KUNG FU PANDA**

8:15-10:00pm





Upcoming Organization Events



DINNER CLUB FUNDRAISER

Support Making A Difference Of Lebanon, PA



ANGELO'S

EST. 2022



**WEDNESDAY,
FEBRUARY 26, 2025
10:30 AM TO 8:00 PM**

Angelo's
Fratello E Sorella
1032 S 5th Ave
Lebanon, PA
(717) 273-8579

Dine with us on this night and we will donate 15% on all non alcohol purchases to the organization!

COMMUNITY CLEAN-UP

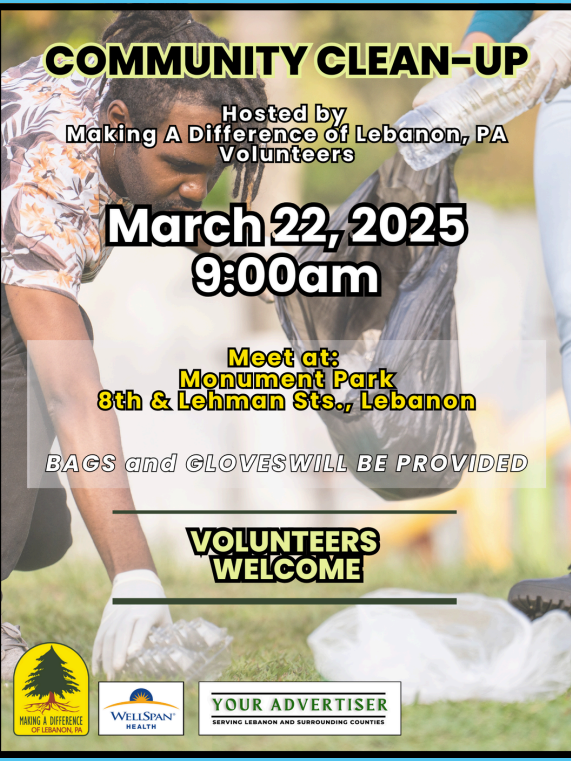
Hosted by
Making A Difference of Lebanon, PA
Volunteers


**March 22, 2025
9:00am**

Meet at:
**Monument Park
8th & Lehman Sts., Lebanon**

BAGS and GLOVES WILL BE PROVIDED

VOLUNTEERS WELCOME







COLEMAN'S PARK

5K 2025

Saturday, April 19, 2025

5K Race Starts @ 9:00am
1 Mile Run/Walk Starts @ 10:15am

REGISTER HERE

**Coleman Memorial Park
1400 W Maple St., Lebanon, PA 17042**

sponsored by:



MAKING A DIFFERENCE OF LEBANON, PA AND
FRIENDS OF COLEMAN PARK

**EASTER
EGGSTRAVAGANZA**

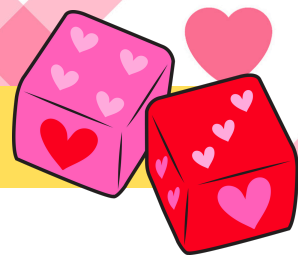
BUNNY TRAIL
AND
MEET THE EASTER BUNNY

**APRIL 19TH, 2025
11:30 AM - 1:00 PM**

COLEMAN MEMORIAL PARK
1400 W MAPLE ST., LEBANON, PA







February is American Heart Month: Prioritize Your Heart Health



February is American Heart Month, a time to focus on cardiovascular health and raise awareness about heart disease—the leading cause of death in the United States. Whether you're taking steps to improve your heart health or supporting loved ones on their journey, this month is an opportunity to take action for a healthier future.

Why Heart Health Matters

Heart disease affects millions of people across the country. According to the American Heart Association, about 1 in 5 deaths each year is attributed to heart disease. The good news? Many cases are preventable through lifestyle changes and regular health checkups.

Simple Steps to a Healthier Heart

Here are some practical ways to care for your heart:



Eat Smart: Incorporate more fruits, vegetables, whole grains, and lean proteins into your diet. Reduce salt, sugar, and unhealthy fats.

Stay Active: Aim for at least 150 minutes of moderate exercise each week, such as brisk walking, cycling, or dancing.

Quit Smoking: Smoking significantly increases your risk of heart disease. Seek support to quit if you need help.

Manage Stress: Practice mindfulness, meditation, or other stress-relief techniques to keep your heart and mind healthy.

Know Your Numbers: Monitor your blood pressure, cholesterol, and blood sugar levels to stay informed about your heart health.

FEBRUARY HEART MONTH

80% of Heart Disease and Stroke Can Be Prevented

7 Steps to Reduce the Risk of Heart Disease

Get Active

Control Cholesterol

Eat Healthy

Don't Smoke

Control Blood Pressure

Lose Weight

Reduce Blood Sugar

Heart Healthy Nutrition

Eat at Least 5 Servings of Fruits and Vegetables a Day

Choose Whole Grains Over Processed (Refined) Grains and Sugars

Choose Healthy Fats (Monounsaturated & Polyunsaturated) Over Unhealthy Fats (Saturated & Trans)

Regular Exercise

30 Minutes of Moderate Intensity Exercise a Day

Tobacco Control

Cigarette Smoke Claims 443,000 Lives in the U.S. Every Year

Increases Risk for Heart Disease and Stroke

Increases Risk for Blood Clot

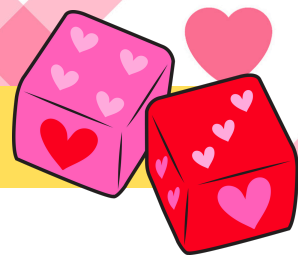
Decreases Ability to Exercise

Decreases Good Cholesterol (HDL)

Sources:

- <http://www.heart.org>
- www.everydaychoices.org
- http://www.startwalkingnow.org/whystart_benefits_walking.jsp
- http://www.heart.org_Why-Quit-Smoking.jsp

MediFit



2025 Board of Directors

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Sommer VanBrunt
Alisher Aminov
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