



# DREAM CATCHER NEWSLETTER

MN Lions Diabetes Foundation, Inc.

"Catch the Dream: Life Without Diabetes!"

[www.mnlionsdiabetes.org](http://www.mnlionsdiabetes.org)



Spring 2018 Edition



FEATURED

## *Ninth Annual Minnesota Lions Diabetes Research Update* March 24, 2018

Hosted by the University of Minnesota Foundation and Minnesota Lions Diabetes Foundation, Inc.

More than 29 million people in the United States are living with diabetes—a growing number that includes 340,000 people in Minnesota alone. Unfortunately, that number is on the rise.

Join us at the annual Minnesota Lions Diabetes Research Update to hear from University of Minnesota scientists, who are conducting leading-edge research aimed at both preventing and curing diabetes. Learn how these scientists, funded by the Lions Diabetes Research Foundation, are making a direct impact in our community, state, and beyond.

Following the research presentations, guests will have the chance to interact with the scientists one on one, learn more about their research, and ask questions.

### **Saturday, March 24, 2018**

11 a.m. Registration

11:30 a.m. Lunch and program

1 p.m. Meet and greet with scientists

### **McNamara Alumni Center**

University of Minnesota

200 Oak Street SE

Minneapolis, Minnesota

### **Faculty Research Presentations:**

- **David Bernlohr, Ph.D.**, Research on the role of calcium in insulin action that could lead to a new drug for treating type 2 diabetes
- **Brian Fife, Ph.D.**, How blocking the body's immune pathway could stop the immune attack on islet cells
- **Michael Garwood, Ph.D.**, Advances in viewing transplanted islets inside the body pre- and post-transplant
- **Bernhard Hering, M.D.**, Discoveries in pig islet research that could lead to a cure

### **RSVP by Wednesday, March 14:**

RSVP online at [www.rsvp.umn.edu/Lions2018](http://www.rsvp.umn.edu/Lions2018)

Please contact Brittany Christenson at [chri3187@umn.edu](mailto:chri3187@umn.edu) or 612-624-0893 with any questions.

*A confirmation letter, including parking information, will be sent prior to event.*

## **Walmart Wellness Days** **January 20, 2018**



Lions from the New Ulm,ergus Falls and Underwood Clubs were busy registering guests to get blood glucose and other health screenings at their local Walmart locations. For more on these stories, please go to our MN Lions Diabetes Facebook page!





If your club or district has any news and photos to share in the quarterly Diabetes Foundation Newsletter, please email info to Lion Amy Swenson at [amyswens@runestone.net](mailto:amyswens@runestone.net) I'd LOVE to get your service projects recognized!

Lion Deb Weston and Lion Joel Anderson being presented a collection of Lions Diabetes pins from Lions Bill and Marcia Guthrie. Lions Bill and Marcia are Coon Rapids Lions and very active members of LIPTC. The presentation took place at the District 5M7 Mid-Winter Convention on Jan. 20.



## Cub Foods Diabetes Alert Day Events

*Find out if you're at risk for Type 2 diabetes and connect with resources that can help.*

The Minnesota Lions Diabetes Foundation and local Lions Clubs will join Cub Foods to raise awareness about Type 2 diabetes. During Diabetes Alert Days, members of the public can find out if they have prediabetes or diabetes and connect with resources that can help. They will also receive free goodies and chances to win a Fitbit.

One in three Americans are on their way to developing Type 2 diabetes and most don't know it. Others already have it. Diabetes Alert Days are an opportunity for people to find out where they stand with diabetes and take steps to prevent Type 2 diabetes. People who lose a modest 5-7 percent of their weight can cut their chances of getting diabetes in half. For a 200 person, this amounts to only 10-14 pounds. People who already have diabetes can successfully manage their conditions and live long, healthy lives.

Cub Foods pharmacists will provide screenings, free blood glucose tests, free blood pressure tests, and information about their My Diabetes Coach Program, which includes four one-to-one consultations with a pharmacist, a one-time class and a grocery store tour. The program is free and available at participating Cub stores listed below.

The Minneapolis Health Department, Healthy Northland, YMCA, and the University of MN Extensions Services will also be partnering with this event to provide resources and provide healthy and delicious food samples!

### TWIN CITIES LOCATIONS

Saturday, March 17, 11 a.m.-3 p.m.  
Woodbury Cub Foods, 8432 Tamarack Village

Sunday, March 18, 11 a.m.-3 p.m.  
Midway Cub Foods, 1440 University Ave. W, St. Paul

Friday, March 23, 4 p.m. -8 p.m.  
Nicollet Ave. Cub Foods, 5937 Nicollet Ave., Mpls

Sunday, March 25, 11 a.m.-3 p.m.  
White Bear Lake Cub Foods, 1920 Burke Ave., White Bear Lake

Saturday, April 7, 11 a.m.-3 p.m.  
Broadway Cub Foods, 701 Broadway, Mpls.

### TWIN CITIES LOCATIONS cont'd

Saturday, April 7, 11 a.m.-3 p.m.  
Coon Rapids Cub Foods, 12900 Riverdale Drive

Sunday, April 8, 11 a.m.-3 p.m.  
Broadway Cub Foods, 701 Broadway, Mpls.

### DULUTH LOCATION

Sunday, March 25, 11 a.m.-3 p.m.  
Duluth Cub Foods, 615 W Central Entrance, Duluth