



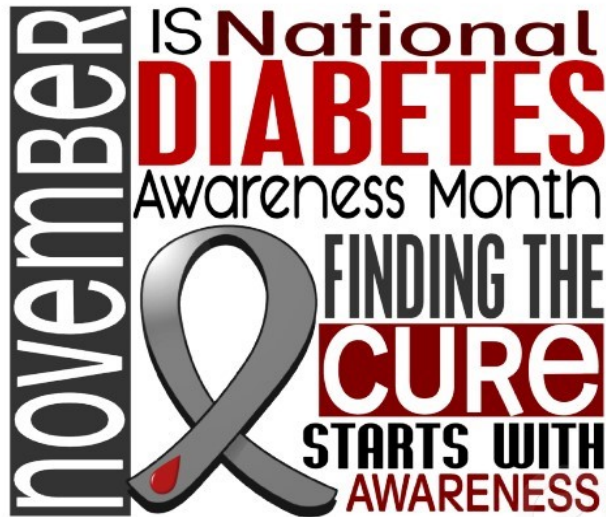
DREAM CATCHER NEWSLETTER

MN Lions Diabetes Foundation, Inc.

"Catch the Dream: Life Without Diabetes!"

www.mnlionsdiabetes.org

Winter 2017 Edition



Diabetes means that your blood sugar is too high. What are the warning signs and symptoms?

TYPE 1 Diabetes:

- Frequent urination
- Extreme hunger
- Irritability
- Nausea and vomiting

- Excessive Thirst
- Dramatic weight loss
- Weakness and fatigue

TYPE 2 Diabetes:

- Any symptoms above
- Bladder infections
- Blurred vision

- Hard to heal skin or gums
- Drowsiness
- Tingling in hands or feet

Walmart Wellness Days was a huge success!!

Our goal was to have Lions in all 70 Minnesota Walmart's on September 23rd for Walmart Wellness Days! We didn't reach our goal but came very close by having Lions at 54 Walmart stores across Minnesota!!!

This was a partnership between Walmart, American Diabetes Association and the MN Lions to provide free diabetes glucose testing and other health screenings along with education to help find those individuals who have Type 2 diabetes and don't know it.

A huge **THANK YOU** to all clubs who helped lead this effort and provided Lions to volunteer at this huge health fair.

As many of you know, Lions International has added Diabetes to the Global Service Framework. It is one of the five service areas Lions are working on with the goal of tripling our humanitarian impact by serving 200 million people per year by 2021. As part of the Global Service Framework challenge, Lions International has set a goal of increasing diabetes service projects by 5% this Lion's year.

For those clubs who participated on September 23rd during Walmart Wellness Days, your club qualifies for a diabetes service project! Be sure to have your club secretary report to LCIF that you participated in this vital effort.

The next date for Walmart Wellness Days is January 20th. We will have further information available as far as Lions participation. ~Article submitted by Deborah Weston.



New Ulm Diabetes Walk a Huge Success!



The New Ulm Diabetes Walk is a Family Affair for all ages.

The Lions Club of New Ulm from District 5M3 and the Lafayette Area Lions Club from District 5M2 again joined forces on September 30, 2017 to hold their Third Annual "New Ulm Diabetes Walk". Over \$12,600.00 was raised for the Minnesota Lions Diabetes Foundation and over forty walkers participated. These funds will be used to find a CURE for diabetes at the University of Minnesota. Thank you to all the Lafayette Lions, New Ulm Lions and others who helped, participated and donated to this very successful event.

We hope that our success encourages other Lions Clubs in Multiple District 5M to hold similar events to raise money for this very worthwhile cause.

~Article and Photo submitted by Bob Shirlinger

got
news?

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

I'd LOVE to get your service projects recognized!



GO BLUE
FOR
DIABETES
DAY
14th NOV

CLUB PROJECT IDEAS FOR DIABETES AWARENESS AND ACTION:

CONTINUED FROM LAST EDITION..

7. Distribute current educational resources to increase diabetes awareness at a community health fair or other event.
8. Organize a walking club for seniors with diabetes.
9. Provide a diabetes magazine subscription to your local library.
10. Sponsor a child in need to attend a diabetes camp.
11. Donate current diabetes books to your local library and insert a bookplate to identify your club's donation.
12. Participate in World Diabetes Day events on November 14th.
13. Work with your local school to invite a health care professional to speak about diabetes.