



6C DG STEVE KINSKY NEAR THE STARTING LION FOR TOUR DE CURE

MD6 Lions Diabetes Awareness & Action



October 2017

American Diabetes Association Tour de Cure

2017 Step Out: Colorado - Now part of Tour de Cure

District 6C Lions participated in this event Parker, CO on September 9, 2017 with a team from the Colorado Rocky Mountain Cyber Lions Club, led by Lion Janice Davis, member and MD6 Committee Chair and Lion Ernie Davis.



Photo left: Emily Fay (ADA) and Estrella Tour de Cure Red Rider



2017/2018

Diabetes Awareness Chairs:

MD6 CO-CHAIRS:

Lion Janice Davis
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Lion Cara Draegert

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DISTRICT CHAIRPERSONS

District 6C - Lion Carol Louks

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Share your Diabetes Stories, program dates and events with Lions in this newsletter, and please include photos with captions. Send via email to md6lions@gmail.com

District 6C Diabetes Program

Sunday, November 12, 2017 - 12:30-1:30 pm

Trinity United Methodist Church

1820 Broadway, Denver

303-839-1493 info@trinity.org

Trinity United Methodist Church and District 6 Central Lions will bring attention to the growing problem of diabetes during National Diabetes Awareness month. The vision is to provide an opportunity for open dialogue about Diabetes with medical professionals and those living with diabetes; pre-diabetes; risk factors; symptoms; myths; complications and fears. This discussion will set the stage for future programs relating to interests expressed by the group. A light lunch will be served during the program in the Atrium following the 11am worship service. Lion presenters include Lions Becki Sharp; Janice Davis; Jason Woodward, Dr. Eric Steen and Dr. Parichart Vaikayee.



August, 2017 **Pueblo Charter Club 6SE** first Diabetes Program speaker from the local Hospital (Parkview) Diabetes Care Center; Lion guests Janice Davis, MD6 co-chair; and Harvey Unwin, District 6SE Diabetes Awareness Chair.

American Diabetes Association Diabetes Camps in Colorado:

Camp Sweet Pea - Day Camp for kids ages 5-12 with T1D and Siblings - June 2018

Mountain View High School & Aquatic Center,
Loveland

www.diabetes.org/adacampsweetpea

Camp Colorado - Overnight Residential for kids 8-17 with T1D - July 1-6, 2018

Eagle Lake Camp, Woodland Park

www.diabetes.org/adacampcolorado

Camp DX - Day Cap for kids ages 5-12 with T1D and Siblings - June 2018

Denver

www.diabetes.org/adacampdx

Camp Kick Start - Day Camp for kids ages 5-12 with T1D and Siblings

SE YMCA
Colorado Springs

www.diabetes.org/adacampkickstart



On September 16, 2017 –

Lion Janice Davis gave a Diabetes Strides Presentation at the National Federation for the Blind – Aurora, CO Chapter.

Looking for Diabetes Friendly Recipes?

District 6SE is collecting diabetes recipes for distribution.

Check them out at:

<https://e-district.org/sites/6se/page-10.php>

They need more and hope to have at least one recipe from each club in 6SE, though they will likely accept them from others around the state.

District 6C Community Strides Walk

Saturday, November 18, 2017

9:00 am - Noon

Check-in at The Kasbah Suite,
15373 6th Ave., Unit D

(6th Avenue & Chambers in Aurora)



The Colorado Lions of District 6C in partnership with the American Diabetes Association (ADA) are organizing a Community Walk. Donations to the American Diabetes Association Camp Colorado program help to provide children with diabetes an educational and memorable experience in a medically supervised setting. Your online donation assists with Camp Colorado's goal of teaching children with diabetes that they are not alone in dealing with this disease. Your tax deductible gift helps us to accomplish this. Join us in the Fight Against Diabetes by bringing awareness of diabetes and its complications to our communities.

Online Donation Link: Form a Team or Join our Team: Compete with other clubs: <http://main.diabetes.org/goto/coloradolions6Cwalk>

Walking Route: We'll cross 6th Avenue to the Highline Canal and continue to the bridge behind Community College of Aurora. Walking Distance: 1.5 miles (or alternate 3/5K). Water, fruit, snacks and juice will be provided to all participants at site. Lions are uniting with local communities, businesses & organizations to bring awareness to Diabetes & it's complications. Benefit: Colorado Diabetes Camp Sponsorship for eligible children ages 5-17.

Strides Committee Contacts:

Steve Kinsky, Lions 6C District Governor 303-263-3901

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Janice Davis, CRM Cyber Lions/MD6 Diabetes co-chair 303-378-2236

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Hannah Hoogenboom, ADA Associate Director, Development

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Emily Fay, ADA Regional Director

Strides Walk for Diabetes event on November 18, 2017. Money raised at the Strides event will go toward camperships during the summer of 2018 at one of the American Diabetes Association's camps for kids with Type 1 diabetes. Our goal is to raise enough money to help 10 kids (\$10,000, at \$1,000 per child). Along with District Governor Steve Kinsky, we would like to encourage your participation in this event by offering the following:

- For Clubs: a Strides logo banner patch for each of the first six (6) Clubs to form a team;
- For Members: a Lions shirt complete with a Strides logon on the front and a Colorado columbine logo on the Back.

Please sign up and/or donate today at <http://main.diabetes.org/goto/coloradolions6Cwalk>. Sign up as a Club Team or an individual on the team of your choosing, or simply donate to another member's fund.



Lions Clubs International

Diabetes

Warning Signs of Diabetes

- Frequent urination
- Excessive thirst
- Increased hunger
- Weight loss
- Tiredness
- Blurred vision
- Frequent infections
- Slow-healing wounds
- Vomiting and stomach pain (often mistaken as the flu)
- Lack of interest and concentration
- Tingling sensation or numbness in the hands or feet

Complications of Diabetes
Poorly managed diabetes leads to serious complications:

- Eye disease (retinopathy)
- Cardiovascular disease
- Kidney disease (nephropathy)
- Nerve damage (neuropathy)
- Amputation
- Pregnancy complications

Good News! You can prevent or delay the onset of Type 2 diabetes through a healthy lifestyle:

- **Change your diet.**
- **Increase your level of physical activity.**
- **Maintain a healthy weight.**



Diabetes Risk Factors – Type 1
The risk factors are still being researched. However, having a family member with type 1 diabetes increases the risk of developing the condition, as do the presence of some genetic factors.

Diabetes Risk Factors – Type 2

- Obesity and overweight
- Lack of exercise
- Unhealthy diet
- Increased age
- A family history of diabetes
- A history of gestational diabetes
- Previously identified glucose intolerance
- High blood pressure and high cholesterol
- Ethnicity – higher rates of diabetes have been reported in Asians, Hispanics, Indigenous peoples (USA, Canada, Australia) and African Americans

Please consult a health care professional if you show warning signs or think you are at risk of type 2 diabetes. People with type 2 diabetes can remain **undiagnosed** for many years.

This information provided by the

LIONS CLUB



HEALTH AND CHILDREN'S SERVICES DEPARTMENT
300 W 22ND ST
Oak Brook IL 60523-8842 USA
Email: programs@lionsclubs.org
Web site: www.lionsclubs.org

IAD-486A 3/12

Tips for Teens with Diabetes

LCI partner with other organizations, including National Diabetes Education Program (NDEP). You may have a teen friend or loved one with type 1 or type 2 diabetes. Here are some wonderful NDEP printable resources on the LCI website to share with them, or to pass out to teens during a school presentation:

TIPS FOR TEENS WITH DIABETES:

What is Diabetes?

<http://www.lionsclubs.org/resources/EN/pdfs/iad313.pdf>

Be Active

<http://www.lionsclubs.org/resources/EN/pdfs/iad309.pdf>

Stay at a Healthy Weight

<http://www.lionsclubs.org/resources/EN/pdfs/iad310.pdf>

Dealing with the Ups and Downs of Diabetes

<http://www.lionsclubs.org/resources/EN/pdfs/iad308.pdf>

Go BLUE on
November 14th!



This bookmark is available for download at:

<http://www.lionsclubs.org/resources/EN/pdfs/iad486a.pdf>



Help Someone You Love With DIABETES

You can help a loved one – a family member or friend – to manage his or her diabetes. Here are several tips to get started today.

1. Learn about diabetes.
2. Talk to your loved one about coping with diabetes.
3. Find out what your loved one needs.
4. Offer to help your loved one:
 - Accompany him or her on a health care team visit.
 - Locate sources for affordable, healthy foods.
 - Prepare tasty, healthy meals.
 - Find a safe place to walk or to be more physically active.

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LIONS WORLDWIDE WEEK OF SERVICE FOR DIABETES - November 13-19

Diabetes impacts more than 400 million people, resulting in five million deaths every year. Join Lions around the world for a special Worldwide Week of Service dedicated to stopping this deadly disease in its tracks. This Worldwide Week of Service event is a great opportunity to support our new global service framework, and our goal of serving 200 million people per year by 2021, by supporting those affected by diabetes in your community.

Host a project that addresses diabetes in your community, like distributing healthy meals, reaching out to community members with diabetes and promoting active, healthy lifestyles. No matter how you choose to serve, be sure to join us for this Centennial service event!

Join us for the Worldwide Week of Service for Diabetes

Here's how your club can take part in this special event:

- **Plan your project** - Host a service project that impacts diabetes in your community during the week of November 13-19.
- **Promote your project** - Publicize your project to showcase your club and the power of service. Remember to wear your Lions branded gear when you're serving to increase your visibility.

Report your project - Report your service on the [MyLCI](#) Service Activity Report to help us reach new levels of service in our Centennial Service Challenge. Be sure to include the project date.

Celebrate Your Service

Share photos of your project on social media so everyone can see what a difference you're making in your community. Use the hashtag **#Lions100**, and we'll share your images on the [LCI Facebook page!](#)

From: <http://lions100.lionsclubs.org/EN/programs/centennial-service-challenge/worldwide-week-of-service-diabetes.php>

This bookmark is available for download at:
<http://www.lionsclubs.org/resources/EN/pdfs/iad486b.pdf>

WOMEN AND DIABETES OUR RIGHT TO A HEALTHY FUTURE

THE ISSUE



1 IN 7 BIRTHS IS AFFECTED BY **GESTATIONAL DIABETES (GDM)**

WHAT DOES THIS MEAN?

1 IN 2 WOMEN



WITH GDM WILL DEVELOP TYPE 2 DIABETES WITHIN 5 TO 10 YEARS AFTER DELIVERY

THE CHALLENGE



PREGNANT WOMEN REQUIRE IMPROVED ACCESS TO SCREENING, CARE AND EDUCATION TO ACHIEVE POSITIVE HEALTH OUTCOMES FOR MOTHER AND CHILD

SOLUTIONS



HEALTH AND NUTRITION BEFORE AND AFTER PREGNANCY AND EARLY CHILDHOOD MUST BE INCLUDED IN TYPE 2 PREVENTION STRATEGIES



HEALTH PROMOTION AND EARLY DETECTION OF DIABETES AND GDM MUST BE PART OF ALL ANTENATAL CARE VISITS



HEALTHCARE WORKERS SHOULD BE TRAINED IN THE IDENTIFICATION, TREATMENT, MANAGEMENT AND FOLLOW UP OF DIABETES DURING PREGNANCY

ACT TODAY TO CHANGE TOMORROW

www.worlddiabetesday.org



International
Diabetes
Federation



world diabetes day
14 November

OUR RIGHT TO A HEALTHY FUTURE

1 in 10 women
are living with diabetes.

Many do not have
access to education,
treatment and care.

**ACT TODAY TO
CHANGE TOMORROW**

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**International
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world diabetes day
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