

REPORT FROM DIABETES AWARENESS CHAIR

Reported by: Lion Gloria Mathur

Jan. 20, 2024 3rd Cabinet meeting (Mid Conference)

Chair Report

Chair to Continue presenting Diabetes Awareness Education to Lions Clubs when requested .

Virtual diabetes stride – with MD2 –“ Striding for Healthy Living. “ . It’s a virtual stride – “ On your Own “ ie at your leisure and place in observance of World Diabetes day (Nov. 14th) and diabetes awareness month . This is a great way to support Diabetes Awareness and get the much needed exercise during this pandemic. Announcement and flyer posted on the link newsletter for clubs to participate. Here’s the result from 2X1.

Clubs participating - Coppell LC, Garland Evening, Dallas Founder and Dallas Filipino Lions Clubs.

Most miles walk, run and biked – Dallas FounderLC (1st)- 660miles; DFLLC – 2nd – 220.5 ; Garland Evening (Hon. Mention)

Most miles Walk (individual) – Anisa MacKay (Dallas Founder); runner up – Ann Badmus (Dallas Filipino)

Most miles run – (individual) – Anisa MacKay (Dallas Founder)

Most miles Cycling (individual) – Nia MacKay (1st); runner up – Dan Madden (Coppell LC)

Most miles Dance – (individual) – Anisa MacKay (Dallas Founder LC)

Names of the winners from the district in each category will be submitted and entered for the MD-2 stride award. Winners announce at the COG meeting in Kerrville Feb. 3-5.

- DAWN (Diabetes, Awareness & Wellness Now) – The last DAWN event was held last Nov. 18th With Diabetes EXPO and was held at Georgia Farrow Rec. Center in Irving. This event was a collaboration with UTSW Med. Center and participated by American Diabetes Assoc., National Kidney Foundation, American Cancer Society, Carter BloodCare, Asian Breast Health Outreach, Walmart, MEED Center, Oakcliff Veggie Project to name a few.

The EXPO together with the DAWN project, featured Free Flu shots & Covid 19 vaccination provided by Walmart Pharmacy as well as free vision, health and diabetes screenings for everyone. The diabetes screening include A1C test, Kidney function test (ACR), Blood Pressure & BMI check. Those who were screened got a free bag of farm produce (assorted vegetables & fruits). The event was highly successful and meaningful. We had achieved our goal of providing 500 diabetes screening!

The success of the DAWN project would not have been achieved without the support and contribution from the 15 participating clubs of District 2X1. (Dallas Filipino, Oakcliff LC, Garland Evening, Coppell LC, Plano Evening, Grand Prairie Host, Duncanville LC, Midlothian LC, Lancaster

LC, Dallas South LC, Dallas Founder, Red Oak LC, Ennis LC, Trinity Industrial, Dallas Indian LC). These participating clubs collaborative efforts contributed immensely to the seamless execution of our events.

Volunteers from these clubs as well as Dallas Bangladeshi LC, Plano Collins Nepali LC, Dallas Everest Centennial, Irving Noonday, played a significant role in making the events remarkably successful. They are the reason we are able to fulfill our commitments in the community.

The complete report of the DAWN project grant will be submitted this January 2024 to LCIF. Due to the demand from the communities, we will continue to provide these services thru funding from clubs sponsoring the screenings.

- The Diabetes Wellness and Beyond Webinar Series is a free monthly webinar widely participated and viewed by Lions worldwide . We received lots of great and positive comments from LCI regarding our “ Diabetes Wellness And Beyond “ webinars. The webinars are not only focused on Diabetes but also around the 5 global areas of need, (ie. Diabetes, vision hunger, childhood cancer, environment) including youth, disaster and “Beyond” encompasses, humanitarianism, volunteerism and lionism.

These free webinars are posted on the MD2 website and posted on the website of LCI.

Please visit MD2 webpage for updates and upcoming events

<https://texaslions.org/diabetes/>

Upcoming webinar:

Thursday, January 25, 2024 – 12noon-1:00pm CST

Title : Diabetes and the Aging Eyes

Speakers: Monica Guerrero

**Vice-President of Programs and Community Outreach
Prevent Blindness Texas**

Eileen Bowden, MD

Board Member of PBT

Asst. Professor Dept of Ophthalmology

Director of Medical Student Education

Mitchel & Shannon Wong Eye Institute

Dell Medical School | The university of Texas at Austin