

REPORT FROM DIABETES AWARENESS CHAIR

Reported by: Lion Gloria Mathur

Jan. 18, 2025 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 . Announcement and flyer posted on the link newsletter for clubs to participate. Here’s the result below from 2X1. Four Clubs and 41 lion members participating.

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

Most activity miles (Club) - Dallas Everest LC

Most activity miles (Individual) - Lion Jeet Chhetri DELC

Most miles Walk (individual) – 1st place Lion Suresh Basyal (DELC)

Most miles run – (individual) –1st place Lion Kedar Baral (DELC)

Most miles Cycling (individual) – 1st place Lion Jeet Chhetri (DELC)

Most miles Others Pickle Ball /Dance/ Gym)-(individual) – 1st place Mandip Chhetri (DELC)

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. 7th.

- DAWN (Diabetes, Awareness & Wellness Now) – The last DAWN event was held On Nov. 16th with Diabetes EXPO , at Georgia Farrow Rec. Center in Irving. This event was in collaboration with UTSW Med. Center, Walmart pharmacy, American Diabetes Assn. National Kidney Foundation and several health and wellness resources . The Expo featured Free Flu shot (provided by Walmart pharmacy), A1c test, Kidney Function test, , Blood Pressure check, BMI check , and vision screening. Free Bag of fresh farm produce were given to those that were screened.

Thank you to the volunteers from District 2X1 clubs , Collin Athena Women’s LC, Dallas Filipino LC , Dallas Founders LC, Irving Noonday LC, Trinity Industrial LC . Your help and support contributes to a remarkable event. You are the reason we are able to fulfill our commitment in the community.

The next DAWN and health screening event for 2025 is on Feb. 15th Saturday at Georgia Farrow Rec Center in Irving , TX. in collaboration with UTSW Med. Center. (See attached Flyer)

- The Diabetes Wellness and Beyond Webinar Series is a free monthly webinar widely participated and viewed by Lions worldwide .. 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 23, 2025 – 12noon-1:00pm CST

Title : Diabetes 101

Speaker: Renata Belfort De Aguiar, MD

Medical Director Research Center

Texas Diabetes Institute

Professor, UTHSC , San Antonio

STRIDING FOR HEALTHY LIVING 2024 (Results)

Most Activity Miles (Individual) – Lion Jeet Chhetri (DELC)

MOST ACTIVITY MILES (CLUB)

1ST PL. - Dallas Everest LC - (8246 miles) + 3 recruited new members

2nd PL – Dallas Founders LC (712 miles)

3rd PL – Dallas Filipino LC (515 miles)

Hon . Mention – Garland Evening LC (188 miles)

Most miles (Walk)

1st Pl. – Lion Suresh Basyal DELC

2nd PL- Lion Ann Badmus DFLC

3rd Pl- Lion Conrad San Diego GELC

3rd Pl - Lion Felix Gaytan -Dallas Founder LC

Most miles (Run)

1st PL – Lion Kedar Baral, DELC

2nd PL – Lion Rudra Khatwala DELC

3rd Pl- - Lion Nia Mackay Dallas Founder LC

Most miles (Cycling)

1st Pl- Lion Jeet Chhetri – DELC

2nd Pl- Lion Thala Raj Panta DELC

3rd Pl- Lion Sheryll McKay Dallas Founders LC

Most Miles (others)

(Pickle Ball/Gym/ Dance)

1st Pl- Lion Mandip Chhetri - DELC

2nd Pl-Lion Suraj Karki – DELC

2nd Pl- Lion Sajan Baral DELC

3rd Pl-Lion Anisa MacKay Dallas Founders LC

Reported by : Gloria Mathur - District 2X1 Chair Diabetes Awareness Jan. 14, 2025

