

## **REPORT FROM DIABETES AWARENESS CHAIR**

**Reported by: Lion Gloria Mathur**

**March 15, 2025      4th Cabinet meeting**

### **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 . 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 ) – 1<sup>st</sup> place Lion Suresh Basyal ( DELC)

Most miles run – ( individual) –1<sup>st</sup> place Lion Kedar Baral ( DELC )

Most miles Cycling ( individual ) – 1<sup>st</sup> place Lion Jeet Chhetri ( DELC )

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

### **MD-2 Results :**

Overall Leader Lion Jeet Chhetri X! ( DELC )

Most Miles ( All physical activity ) – 1<sup>st</sup> place - District 2X 1

Most miles / most participant per club - 1<sup>st</sup> Place – DELC D2X1

Most miles / walk (individual) - 1<sup>st</sup> place- Lion Suresh Basyal , X1 ( DELC)

2<sup>nd</sup> place - DG Radha Kaphle & Lion Basanta Panta , X1 ( DELC)

Most miles run/ (Individual ) – 1<sup>st</sup> place – Lion Kedar Beral , X1 ( DELC)

2<sup>nd</sup> place – Lion Rudra Khatwala -, X1 ( DELC)

Most miles Bike-cycling / individual – 1<sup>st</sup> place – Lion Jeet Chhetri , X1 ( DELC)

2<sup>nd</sup> place – Lion Thala Panta, X1 ( DELC)

Most miles Mixed physical activity / individual – 1<sup>st</sup> place – Mandip Chhetri, X1 ( DELC)

- DAWN ( Diabetes, Awareness & Wellness Now ) – The last DAWN event was held On Feb. 15<sup>th</sup> at Georgia Farrow Rec. Center in Irving. This event was in collaboration with UTSW Med. Center, ( 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 , Trinity Industrial LC , Duncanville LC, South Dallas LC, Everest Centennial 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 May Saturday at Georgia Farrow Rec Center in Irving , TX.

- 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, March 27th – 12noon-1:00pm CST**

**Title : Vision Loss and Mental Health**

**Speaker: Valerie Loehr, PhD**

**Assistant Professor Department of Psychiatry**

**UT Southwestern Medical Center**

Reported by : Gloria Mathur - District 2X1 Chair Diabetes Awareness March 15, 2025