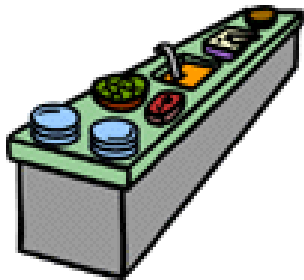


# HOT DISH SUPPER

SATURDAY, MARCH 14th



HOWARD LAKE LIONS HALL

625 8<sup>TH</sup> STREET, HOWARD LAKE, MN

**4:00 – 7:00 pm**

Featuring a variety of dishes, salads & desserts

**Free will donation**

Proceeds to benefit local Lion projects

ALBERTVILLE



# SHRIMP & FISH FRY

(Fish, Shrimp, Potato, Baked Beans, Coleslaw, Cookie, Milk, and Coffee)

**Friday, March 6th, 2015**

**Albertville City Hall - 4:30 p.m. to 7:30 p.m.**

**Proceeds will go to LIONS EYE BANK**

Bring your Eyeglasses you no longer use for Collection

## Montrose Lions RAFFLE



1st prize—Yeti 48 qt cooler

2nd prize—Wildlife print

3rd prize—Wildlife print

4th prize—\$100 Visa Card



All proceeds go  
to the MES new  
playground  
equipment project

\$5.00 per chance

Need not be present to win

Montrose Lions club Lic #01174



# Montrose Lions

## Smelt Fry



**Friday, March 27th**

Proceeds to help purchase new playground  
Equipment for the Montrose Elementary School

3:00 to 7:30 pm at the  
Montrose Community Center

Smelt, Cole Slaw,  
Bread sticks, Scalloped  
Potatoes, and a  
Beverage - The Lioness  
will be selling Brownies  
& ice cream

**All you can Eat!**



\$10.00 - ages 12 and up

\$5.00 - ages 5-11

FREE—ages 4 and under



A full Bar will be available

Look for a raffle also!



**MTW**  
Minnesota Independent Wrestling

**LIONS**  
**L**  
**INTERNATIONAL**

SPONSORED BY  
COLUMBIA HEIGHTS  
LIONS CLUB

**WILD \* CRAZY \* FUN \* PRO WRESTLING**  
**MINNESOTA INDEPENDENT WRESTLING**  
**SATURDAY, MARCH 21**  
**JOHN P MURZYN HALL**  
**TICKETS \$10 BELLTIME 8 P.M.**  
**JOHN P MURZYN HALL**  
**530 MILL ST, COLUMBIA HEIGHTS, MN 55421**

\* CARD SUBJECT TO CHANGE.

# Spring Lake Park Lions all-you-can-eat breakfast!

Sunday, March 22, 8 a.m. – noon  
Spring Lake Park High School door #33  
Cost: Free-will donation

Bring the family and enjoy pancakes,  
french toast, sausage, scrambled eggs,  
juice, coffee, and milk!

*Face painting*

*Craft sale*

*Bake sale*

*Community Exhibits*

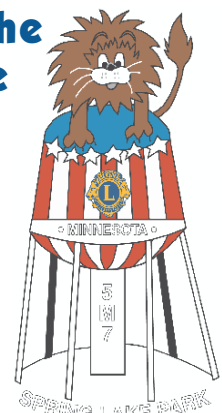
*Donate used eyeglasses, hearing  
aids, ink cartridges, cell phones*

*Free blood pressure & cholesterol  
screenings by The Wellness Van*



Please bring non-perishable  
food items to donate to the  
Panther Pantry (Spring Lake  
Park High School Food Shelf).

**Hosted by the  
Spring Lake  
Park Lions**





Forest Lake Lions Club invites you to join us for a

# BELGIAN WAFFLE BREAKFAST

includes sausage, milk,  
juice & coffee

All Waffles Made By Coon  
Rapids North Star Lions!

**March 28th, 2015**  
**8 am to Noon**

Forest Lake Floral Gift & Garden

508 S. Lake Street - Forest Lake

\$6 in advance • \$7 at the door

Children under 5 eat free • All you can eat!

## TICKETS AVAILABLE AT THESE LOCATIONS...

Carter's Jewelry

Forest Lake Floral

BAR Outfitters

Trail Cycle

Rapid Press

Contact Lion Nancy Immel at (651) 982-0627 with questions.

COME MEET THE  
EASTER BUNNY  
AND GET YOUR  
PHOTO TAKEN  
WITH HIM.





The Anoka Lions proudly present  
**Their 27th Annual Country Music Show**  
**Featuring Williams and Ree**

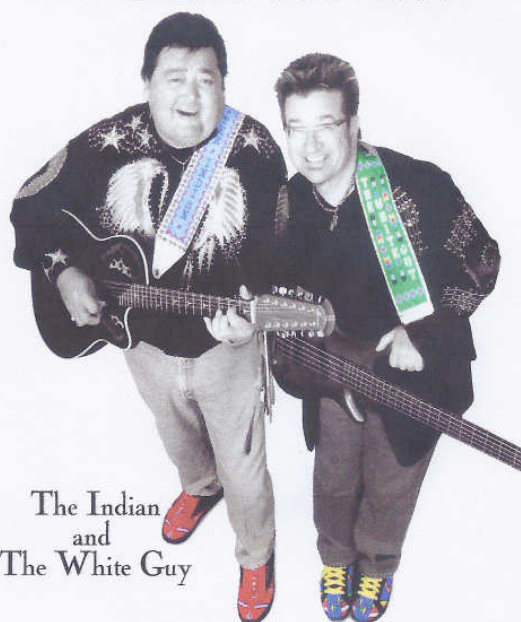


**We Serve**

**Also starring Sherwin Linton and the Cotton Kings**

**Saturday, March 28, 2015      Anoka High School    3939 7<sup>th</sup> Ave N.**  
**3:00 PM Matinee -- 7:00 Evening Show    Reserved Seats \$25.00; \$20.00 Gen. Adm.**

**Williams and Ree**



The Indian  
and  
The White Guy

Williams and Ree, aka The Indian and the White Guy, is a great music and comedy team. Politically incorrect (and proud of it) this duo is the antidote to staid and stagnant entertainment choices. Bruce Williams and Terry Ree began touring the country as a musical act, but soon incorporated their own unique brand of humor into the show in Nashville, TN. They became very popular in the Country Music scene. Today they tour extensively, sharing the stage with country and contemporary music acts. Williams and Ree bring joy and laughter everywhere they play.

Sherwin and Pam Linton and the Cotton Kings open the show with their own great performance, then join Williams and Ree for a memorable and enjoyable musical experience.



For Tickets please **mail the coupon below**, or call for more information;

CLIP

Lions Bill or Jan Dubats (763) 757 4143      or      Lions Joe or Lynn Zimmerman (763) 421 4361

**Yes!** We want to see The Anoka Lions Music Show featuring **Williams and Ree and Sherwin Linton, Saturday, March 28, 2014**, Anoka High School, 3939 7th. Ave N., Anoka, MN

**Tickets are \$25.00 per ticket for reserved seats, \$20.00 for general admission.**

Please reserve our tickets as follows: **Circle one:** ☐ Reserved Seats    or    General Admission

3:00 PM Matinee Show     # of tickets    Name:

7:00 PM Evening Show     # of tickets    Address:

Phone # (  )       City/Zip:

**Mail coupon & payment to: Anoka Lions, 12967 Crooked Lake Lane    Coon Rapids, MN 55448**



★ *Tickets Available!* ★

*Lions Club Members, North Branch Chamber of Commerce  
& Post-Haste Business Solutions*

**11<sup>th</sup> Annual  
N.B. LIONS  
Prime Rib Dinner**

**Saturday, April 11<sup>th</sup>, 2015**

**5:00 p.m. until 7:30 p.m.**

**North Branch High School Cafeteria**

**Adult Ticket Price: \$15**

**Kids Ticket Price: \$5 • *ALL-YOU-CAN-EAT PIZZA!***

**Live Entertainment!**

*Thanks for Your Support!*

**WE SERVE**



**JOIN TODAY!**



**MARK YOUR CALENDAR**  
**MARCH 24, 2015**  
**ID MIKE MOLEND**  
**(SPEAKER EXTRAORDINAIRE)**  
**ZONE 7 DINNER**  
**MEETING**  
**(OPEN TO FIRST 100 IN ZONE 7 AND OTHERS)**

**St. Marks Church**  
**1 North Road, Circle Pines**  
**Spanish dinner \$11 per person**  
**Must make reservations by March 16th**  
**Zone Chair Nancy Immel 651-982-0627**



With your \$25.00 registration/donation you receive:

- Free entrance to the Landscape Arboretum for the day
- Free event t-shirt
- Free Lunch (including root-beer floats)
- Featuring the Teddy Bear Band
- Lots of children's activities, games & prizes
- Fun for families of all ages
- A chance to change a child's life through your \$25.00 registration/donation

**Children ages 12 and under get in free. Bring the whole family for a day of fun for all ages!!!!**

Visit us for more info at: [www.5mhf.org](http://www.5mhf.org)

**Event Details:**

- **Date:** June 6, 2015
- **Time:** 9:30 a.m.
- **Place:** Landscape Arboretum, Chaska, MN
- **Kids 12 & under get in free!!**

**FEATURING:**

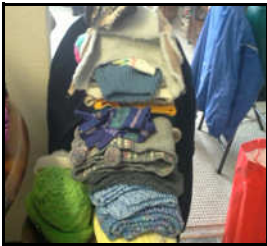


**TEDDY BEAR**  
**BAND**



## Lioness Clubs

*And so goes our winter....* a couple of days of nice weather then a couple of days of really cold weather. And for good measure, just a little bit of snow is thrown in there. I have to admit; I don't mind the cold for a few days and certainly don't mind the lack of snow. This lack of snow may not be good for farmers, but the rest of us appreciate it. We have only 28 days until the OFFICIAL start of spring!



BIG apologies to my club, **Big Lake Lioness [16]** for forgetting to their *Mitten Tree Project* way back in January. The Lioness collected 278 hats, mittens, and scarves for area elementary and middle school children. The articles were divided between two Big Lake Elementary schools, middle school and the Becker Elementary School.

The Lioness made some marvelous pies which were served at the *Lions Fish Fry* February 20<sup>th</sup>.

Got to admit that we have some gooooooooooooo pie makers!



If I know **Montrose [13]** they are busy gearing up and getting ready for their community's August Days. These ladies play such a big part in their community. This of course doesn't mean they aren't doing other things....they are!

**Clear Lake [14]** remains on 'hiatus' but that's not saying the those remaining 'up here in the North Country' aren't working on projects like knitting mittens for area schools or working and/or donating to their local food shelves.

**Coon Rapids [7]** still plays bingo at both Park River Care Center and Camilla Rose Care Center with seniors. These ladies wrapped 168 Christmas gifts for the two care centers above and delivered them over the holiday. Great going ladies!



**Anoka Lioness [35]** served a meal to the **Hope 4 Youth Drop in Center**, donated food to their high school food pantry and again delivered birthday cakes to the Anoka Treatment Center. They'll be playing cards at River Oaks on March 12<sup>th</sup> and don't forget the *Country Music Show* coming up March 28<sup>th</sup>. The Lioness will serve supper to the entertainers and treats at intermission.

**St. Francis [12]** takes care of their senior population by helping with daycare, cleaning and shopping duties. They're getting ready for their *Salad Luncheon and Style Show* which will be held at the St. Francis Legion on April 18<sup>th</sup>. If you've never been....GO....the salads are to die for!



**North Branch [17]** is busy gearing up for their *French Toast and Pancake Breakfast* on Sunday March 15<sup>th</sup> from 8am to 12noon. This fundraiser goes to helping a variety of in their community as well as District donations. If you're going to be in the area, I'd suggest you stop!

**Lino Lakes [10], Cedar East Bethel [15]** I assume are busy working on upcoming projects.



**For 33 years**, Minnesota FoodShare has partnered with faith communities, schools, businesses and community groups to restock food shelves each March. In 2014, Minnesota FoodShare partnered with almost 300 food shelves statewide to raise more than \$8 million and more than 4 million pounds of food during the month of March, ensuring that thousands of Minnesotans were fed.

Almost **200,000 children** in Minnesota live in poverty. Children who experience hunger get sick more often, recover from illnesses slower, and are hospitalized more frequently than children who do not. Children who experience hunger are more likely to get headaches, stomach aches, colds and ear infections and to experience fatigue.

More than **49 million Americans**, including more than 16 million children live in households that do not have consistent access to nutritious foods. This is the equivalent of the populations of California and Ohio going hungry.

In 2011, **900,000 vets** [not including homeless vets] relied on the Supplemental Nutrition Assistance Program to provide food for their families.

Of the Minnesota households receiving Supplemental Nutrition Assistance Program benefits [formerly known as food stamps] 44% have at least one employed adult residing in the house.

In 2012, **8.6% of seniors** in Minnesota reported being threatened by hunger. Senior hunger is expected to rise as more Baby Boomers reach 60.

Almost **2/3 of households** receiving Supplemental Nutrition Assistance Program [SNAP] benefits have household members who are elderly, disabled, or under 18 years of age making consistent employment difficult or unachievable.

Attention Lions, Lioness and Leos —

Each and every one of us has an obligation to help those in need. Your community food shelf needs your assistance with not only food but also monetary donations. Each monetary donation you give helps a food shelf expand their buying power from food banks such as **Second Harvest Heartland** or **The Food Group** [formerly known as *Emergency Food Network*]. To find out more contact your local community's food shelf and find out how you can hold a fundraiser, donate specific [or various cultural] food items or possibly volunteer your services.





### Notes to Self....

- ✓ **Our Leadership Forum will be May 9th from 9 am to 12noon at the Big Lake Lions Park, CR 5, Big Lake.** Forum will include: brief overview of Lioness organization, helpful information for new [or old] officers, discussion on how to attract members, using tools from our District and International to our advantage, and where do we go from here.....a look at the future of Lioness in District 5M7. All Lionesses are invited to attend this important forum.
- ✓ I would appreciate Lioness clubs forwarding their monthly **M&A reports** and **newsletters** to me at [[judiegolfer@yahoo.com](mailto:judiegolfer@yahoo.com)] so I can share what you're doing in the 5M7 Gram. **If I don't get them, I can't share your events and info with other clubs!**
- ✓ We could **really use** some pictures of events the Lioness are doing/have done for the Gram.
- ✓ Don't forget to submit articles to your local newspaper about your activities your club is doing in your community. This is a great opportunity for your club to let your community know who and what you are!



## NORTH BRANCH LIONESS

### FRENCH TOAST/PANCAKE BREAKFAST

**MARCH 15<sup>TH</sup> 8AM-12PM**

NORTH BRANCH  
AMERICAN LEGION

Age 12 and up	\$6.00
Advanced Sale	\$5.00
Under 12 -4	\$3.00
Age 3 and under	Free

**CALL: 651/674-5127 for  
advanced tickets**

**Breakfast includes:  
All you can eat**

French Toast, Pancakes, Sausage,  
Scrambled Eggs, Juice,  
Milk and Coffee



Rain  
or Shine

For ages 1-10

# Easter Egg Hunt

Saturday, March 21  
10:00 a.m. Sharp

St. Francis Community Park  
Off of Hwy. 47 in St. Francis

*Sponsored by the St. Francis Lioness,  
Lions and Oak Grove Lions*



You are invited to the St. Francis Lioness & Lions Annual

# **SALAD LUNCHEON** *& Fashion Show*

**Saturday, April 18**

**St. Francis American Legion**

3073 Bridge Street, St. Francis

Donation \$7.

Tickets at the door.

All proceeds  
will be used for  
St. Francis High  
School scholarships.

11:00 a.m. Social

12:00 p.m. Luncheon

12:30 p.m. Fashion Show

We  
promise  
fun and door  
prizes!

**Children's fashions from Walmart**

**Ladies fashions from  
Christopher & Banks**

**Christopher and Banks  
will also have a bargain  
"trunk show."**

**For more information, please contact  
Lioness Marolyn Baumann at 763-753-2041.**





## Can Do Canines' Lions Newsletter Submission – February, 2015

Thanks to the support of Lions Clubs across 5M, **Can Do Canines** continues to train specially trained for people with disabilities and provide them to those in need, free of charge. We're on track to graduate 46 new teams in 2015, an increase of ten additional teams over 2014. That's more dogs than we trained ever before! Below is the story of one such team, Deborah Javinsky-Wenzek & Mobility Assistance Dog Zach, who graduated from **Can Do Canines** in 2013. Thank you again for your support of our organization.

### A Big Change from a Little (Furry) Package



Taking off your socks—you probably do it every day without even thinking twice. But, for Deborah Javinsky-Wenzek of St. Louis Park, MN she needs a little help. Not because she's incapable of doing it herself, but because each day she knows the energy in her muscles is limited. If she wants to

live her active day to the fullest, as she's always strived to do, she needs to call for Mobility Assist Dog Zach.

Deborah was diagnosed with a form of Myotonic disorder at age eight. But, as she jokes, *"I was born with it—you know like Maybelline."* Deborah explains that her blood has traveled around the globe and been tested in St. Lake City, Boston and Germany. But the cause of the illness still remains unknown and treatment has been elusive.

The disorder has been a constant hurdle in her life, including when she was younger. One day as a child her muscles became so stiff her father had carry her to bed while her mother gave her medicine through an eyedropper because Deborah couldn't move. That's the primary symptom she experiences: muscle stiffness. But as years have gone by, muscle stiffness has led to muscle weakness, which can leave her incapable of getting out of a chair for a period of time.

*"There was a time when my life stopped, I stopped working because I was so fatigued."*

*I could go only 2-3 hours before my energy would completely drop."*

But help came in an unexpected way. After the passing of one her dogs, Deborah rescued a Jack Russell-Cairn Terrier puppy named Zach. The long-haired little tike was rambunctious at first (or a holy terror, as Deborah describes him), but he had a quickness and desire to learn. After a few years and four levels of obedience training, Deborah trained him to fetch his favorite treat—the beef stick. This got her wondering, *"Perhaps he could be trained to help me in other ways?"*



Deborah called **Can Do Canines** and the two set about equipping Zach with a variety of skills to make Deborah's life easier. Primarily this meant retrieving items, in which Zach is now an expert. He picks up the remote, cell phone, bags, small pieces of paper and couch pillows, amongst other things. While these may not sound like life-changing skills, Deborah attests that they are.

*"Picking up things for most people isn't tiring, but for my muscles it is, every kind of movement takes energy away from me trying to get through the rest of the day."*

Zach also puts away his own toys, can retrieve his own special phone in case Deborah has an emergency, and removes her aforementioned socks. Deborah's even training Zach to do the dishes. *"He can bring me silverware from the floor, and can almost put the silverware in the dishwasher—we're working on that. Also if I drop a used food container, he'll sniff it first, but then bring it right to me!"* The two have become a perfect pair together, not just because of the tasks Zach is able to help with, but because of his companionship.

*"I don't know if all service dogs raised as puppies are like this because I first had Zach as a pet, but he's definitely still my companion. He's my lap dog. He licks my face and provides all the emotional stuff that dogs do."* Deborah says that if Zach wasn't with her, she'd be exerting a lot more energy. She'd have to plan her life on a contingent basis and would feel a lot more discombobulated.

*"Once when I was out with Zach, my phone rang. In an effort to grab it, I dropped all the items I was carrying and my purse spilled out. Without even asking Zach started picking everything up. Life's much less stressful with Zach around."*

# American Diabetes Association. **ALERT!DAY**

*Americans are urged to take the Diabetes Risk Test on American Diabetes Association Alert Day® and to share it with everyone they care about to find out if they are at risk for developing type 2 diabetes.*

American Diabetes Association (ADA) Alert Day® is a "wake-up call" asking the American public to take the Diabetes Risk Test to find out if they are at risk for developing type 2 diabetes. This year, during the Association's 75<sup>th</sup> Anniversary, Alert Day will kick off on Tuesday, March 24 and continue through Tuesday, April 21.

The Diabetes Risk Test asks people to answer simple questions about their weight, age, family history and other potential risk factors for prediabetes or type 2 diabetes. Preventive tips are provided for everyone who takes the test, including encouraging those at high risk to talk with their health care provider, eating more healthfully and getting active.

You can be part of the movement to Stop Diabetes®! To get information about diabetes, take the free Diabetes Risk Test (available in English or Spanish) and join or start a Step Out team, visit us at [diabetes.org/alert](http://diabetes.org/alert) or call 1-800-DIABETES (1-800-342-2383). Lions Clubs of Multiple 5M are joining ADA Minnesota in this campaign. If you would like risk assessments to use at upcoming events in your community, contact **Lion Deb Weston at (763) 360-4696**.

The American Diabetes Association is leading the fight to Stop Diabetes® and its deadly consequences and fighting for those affected by diabetes. The Association funds research to prevent, cure and manage diabetes; delivers services to hundreds of communities; provides objective and credible information; and gives voice to those denied their rights because of diabetes. Founded in 1940, our mission is to prevent and cure diabetes and to improve the lives of all people affected by diabetes. For more information please call the American Diabetes Association at 1-800-DIABETES (1-800-342-2383) or visit [www.diabetes.org](http://www.diabetes.org). Information from both these sources is available in English and Spanish.



## **MD5M 2015 Convention**

Great News! It looks like over 400 Lions will be attending our 2015 MD Convention in April!

In addition to listening to great speakers on Saturday afternoon, in keeping with our motto, "We Serve", you also have the opportunity to participate in a great service opportunity.

Saturday afternoon, from 2:00 to 4:00, up to 140 Lions, Lioness, and Leos can work packing meals at the **Feed My Starving Children** facility right near the hotel. If you are planning to participate in this service activity please send an email to Lions Steve Knudsen at [steven.knudsen@usfamily.net](mailto:steven.knudsen@usfamily.net), provide the name of each individual, name of Lions club, and the individual's email address.

We are close to selling out our rooms at the Marriott Airport Hotel. If you are planning on attending and have not made your hotel reservation there are several hotels in the area you can call if the Marriott is sold out.

Hotel	Phone	Avg. Rate
Radisson Blu Mall of America	(952) 881-5258	\$157
Ramada Bloomington Minneapolis Airport	(952) 854-3411	\$154
Radisson Hotel Bloomington By Mall of America	(952) 854-8700	\$110
Fairfield Inn & Suites Minneapolis Bloomington	(952) 858-8475	\$94-\$104
Courtyard Marriott Bloomington	(952) 876-0100	\$99-\$109

April 17-19, 2015  
Marriott Airport Hotel  
2020 American Blvd East  
Bloomington MN 55425 1-800-228-9290  
<http://lionsmd5m.org/MD5M/MD5MConvention/MD5MConvention.htm>

**Where There's a Need, There's a Lion!**





## DREAM CATCHER NEWS

MN Lions Diabetes Foundation, Inc.

*"Catch the Dream" Life Without Diabetes!*



[www.mnlionsdiabetes.org](http://www.mnlionsdiabetes.org) [facebook.com/MinnesotaLionsDiabetesFoundation](https://facebook.com/MinnesotaLionsDiabetesFoundation)

Spring 2015

### Mission Statement

The Minnesota Lions Diabetes Foundation, Inc. (MLDF) is dedicated to improving the quality of life for people with diabetes by funding research to cure diabetes, providing education and sponsoring preventive health activities.

### Foundation News

Lions of Minnesota, we shared with you in our first newsletter what our foundation is doing to fund diabetes research. Providing education is our second focus area. We have developed a three year plan called Diabetes Education and Awareness. Our MN Lions Diabetes Foundation, Inc. (MLDF) has partnered with the American Diabetes Association (ADA) to create awareness for the *one in four* of us who are at risk for Type 2 diabetes. We are using the ADA "Are You At Risk" brochure to help Lions and others realize their risk factors. In Year 1 of our plan, we are surveying our MLDF Trustees, MDSM District Cabinets and will be encouraging Lions attending our District Midwinter Conventions to take this survey. Trustees will begin to survey Lions Clubs when we do our diabetes presentations. Lions and others who are classified "at risk" are being encouraged to see their health provider and request an A1C health screening test. In Year 2, our goal is to encourage Zones to start working on a Diabetes Awareness Project to help their Lions Club and their community members be more aware of the 1 in 4 of us that are at risk for prediabetes. In Year 3, our goal is that every club will partner with community health systems/providers, schools, businesses, churches or any community organization that will help create awareness for diabetes. For our

Lions Centennial Year in 2017, we are being challenged to do special community service projects. Please consider making it a diabetes awareness project for your community. If you are one of the fortunate people who have not been diagnosed with Type 2 diabetes...will you be able to say that by 2017? Don't wait and wish that you could turn back the clock...do something NOW with an easy life style change!! We Care!! We need *your help* to fight diabetes!

### Lions Research Update and Tour

All Lions and Guests are invited to hear about exciting developments in diabetes prevention and cure research from world-leading scientists at the University of Minnesota.

**Saturday, March 28<sup>th</sup>, 2015**

**At:** Center for Magnetic Resonance Research,  
U of M 2012 Sixth Street SE, Mpls, MN 55455

-9:15 am – Tour 1 -or- -10:30 am – Tour 2

-11:30 am – Light lunch and Program to follow **RSVP** on line at

[www.rsvp.umn.edu/2015LionsUpdate](http://www.rsvp.umn.edu/2015LionsUpdate)

Any Questions or to RSVP via email, contact Rachel at [racheln@umn.edu](mailto:racheln@umn.edu) with names of each attendee, address, and tour option (tours are the same). You will be emailed an event confirmation and directions.

-Learn from three nationally recognized scientists who are leading some of the most promising diabetes research aimed at both preventing and curing diabetes. Tour the immunology research labs and imaging magnets where this research takes place.

Not sure this is worth your time? Ask your District's MLDF Trustees and others who have attended.





### Sanford Center in Bemidji Receives a Hyperbaric Therapy Chamber

Sanford Center in Bemidji now offers the latest in healing technology. The wound care specialists at the Sanford Bemidji Wound Care & Hyperbaric Center use state-of-the-art technology and training to deliver comprehensive, compassionate care to those with non-healing wounds.

Hyperbaric oxygen therapy is a non-invasive, painless course of treatment for a variety of illnesses and conditions. During treatment, you breathe pure oxygen at a pressure of two to three times higher than the external atmosphere. The pressure increases oxygen saturation in your blood and surrounding tissues up to 1,000 percent. Increased oxygen delivery to tissue stimulates the release of growth factors and stem cells, which promote healing and fight infection.

The sophisticated Sechrist Monoplace 4100 Hyperbaric Chamber, the largest single-person hyperbaric chamber on the market, is used.

Patients with diabetic ulcers are the primary candidates for hyperbaric oxygen treatment. This treatment along with advanced wound care once a week and good diabetes control have shown to significantly reduce the need for amputations as well as help the wounds heal.

<http://www.nchs.com/woundcare>

### 5M8 Lions Diabetes Screening Event

The District 5M8 Foundation along with five Lions Clubs sponsored a successful Diabetes event at Gateway Clinic in Sandstone on November 6.

Sixty-one people had the A1C test, which is a non-fasting blood test that provides information about a person's average levels of blood glucose over the past 3 months. This test is used to help diagnose type 2 diabetes and pre-diabetes.

Eight people were in the diabetic category, and 7 people were in the pre-diabetic category, which totals 24.6% of the people tested. In addition to the A1C test, a diabetes nurse was giving the finger stick glucose test and answering questions about diet and diabetes, and other staff was doing blood pressures.

This event was collaboration between Gateway Clinic, Essentia Health, Thrifty White Pharmacy and the Lions Clubs of Askov, Finlayson-Giese, Hinckley, Sandstone and Sandstone Quarry.

Great Team Work!



March 24<sup>th</sup> is American Diabetes Association Alert Day®. This is held every fourth Tuesday in March as a one-day, "wake-up call" asking the American public to take the Diabetes Risk Test to find out if they are at risk for developing type 2 diabetes. Don't let diabetes sneak up on you. Be aware of the symptoms and risks.

See you at the University of Minnesota on March 28<sup>th</sup>.

THANK YOU LIONS FOR YOUR FUNDING  
SUPPORT AND ALL YOU DO TO PROMOTE  
DIABETES AWARENESS!!