

Officers / Board 2011-2012 Guiding Lion – PP George Folwarski PMJF

Immediate Past President Lion Alex Quinto MJF

President

Lion Pacita C. West, MJF 1st Vice President

Lion Helen Quintanilla, MJF 2nd Vice President

Lion Aurora Cudal

Lion Aurora Cudal
3rd Vice President

Lion Richard West, MJF ecretary

Lion Brillita Mejia, MJF Asst. Secretary

Lion Auring Medina
Treasurer

Lion Helen Quintanilla, MJF

Asst. Treasurer
Lion Zeny de Castro MJF

Membership Lion Ming Bacala, MJF

Asst. Membership Lion Mike Abrazaldo

Lion Tamer

Lion Don Bataller

Tail Twister

Lion Alex Quinto, MJF Chaplain

Lion Richard West, MJF

Board of Directors (1yr)
Lion Janet Quinto, MJF
Lion Emilio Frijas
Lion Gerry Galang

Lion Aida Frijas Lion Rudy Mejia MJF

Board of Directors (2yrs)
Lion Auring Medina
Lion Isabel Villaros
Lion Medes Quintanilla, MJF
Lion Zeny Ply, MJF
Lion Fred Bacala, MJF



SDELC Monthly NEWSLETTER - Issue: April 1, 2012 **An Executive Way to Communicate with OUR CLUB**

Editor: Lion Helen Quintanilla - hquintanilla@san.rr.com



San Diego Executive Lions Club 5472 San Onofre Ter San Diego, CA 92114-6311 619-263-7888



PRESIDENT



Lion Pacita C. West

Ensiangmom @juno.com

619-263-7888

Secretary Lion Brillita Mejia 858-357-4413

Treasurer
Lion Helen Quintanilla
hquintanilla@san.rr.com
858-231-3561

Presídent's Corner:

Springtime is here! April brings rain that makes seeds grow and we see new growth around the countryside, and blooms coming from the new growth. Just like our club, April is the time to elect our Officers to lead for the Lion Year 2<mark>012-2013.</mark> These elected officials need support for the success of the Club. To let this happen, continue working together to bring our Club for continued service to the community and make a difference.

Welcome back Lions Cora and Jimmy Boton, one of the founders of SDELC. They will stay much longer this time. Congratulations for being grandparents to another baby Boy.

Together let us resolve to care for one another just like family members. "I Believe" we will be more happier and serve together effectively.

Yours in Lionism,

Líon Pacíta C. West

LEO CLUB AWARENESS MONTH

Leo clubs provide youth volunteer opportunities – and are also a place to grow and have fun





Next meeting: April 7, 2012, 1:00 p.m. at Zeny & Ray de Castro, CA 12:30 p.m. Potluck Lunch



BIRTHDAYS IN APRIL 2012

Birthday celebrants





Lions Clubs International

Newswire

Lions Clubs International 95th Annual Convention in Busan, Korea, from June 22-26, 2012.



	Leo Club Awareness Month							
	Environmenta	Environmental Projects Global Service Action Campaign						
	April 13-18:	Board of Directors Meeting (San Francisco, California, USA)						
	April 13-16:	Faculty Development Institute, Constitutional Area V – The Orient & Southeast Asia (Manila, Philippines)						
	April 16:	Standard, Core 4 and IAG grant application deadline for review at the June 2012 board meeting						
	April 20-23:	Faculty Development Institute, Constitutional Area VI – India, South Asia, Africa, the Middle East (Kathmandu, Nepal)						
	April 21:	Lions Worldwide Induction Day						
	April 22:	Earth Day						



r Margaret Ch Director-General (A) World Health

WHO Director-General to Keynote Our 2012 Convention For more than 90 years, Lions have gathered to celebrate at our international convention. Plan to join us at this year's event in Busan, Korea to renew acquaintances and make new friends. Learn about other club and district projects. And make personal connections with our leaders and staff members. This event also gives you the chance to attend plenary sessions. Take part in the Parade of Nations. And enjoy highlights, including keynote speaker Dr. Margaret Chan, Director-General of the World Health Organization (WHO).



April is Leo Club Awareness Month Sponsoring a Leo club brings new energy to your Lions club and can increase its community exposure by attracting new audiences such as young professionals and parents. April is Leo Club Awareness Month, the perfect time to consider sponsoring a Leo club that will provide members with the camaraderie and growth that come from taking part in service projects, social functions and leadership development activities. Through Leo clubs, you'll have a positive influence on today's youth and young adults.



Mobilize Your Community to Collect Eyeglasses May is "Lions Recycle for Sight Month" - a chance for your club to mobilize your community to donate unused eyeglasses and sunglasses. Glasses you collect and send to a Lions Eyeglass Recycling Center can help bring sight to children and adults throughout the world. To get started, contact local businesses, places of worship, schools, libraries and offices and invite them to host a collection box. You can also use our "Recycle for Sight" resources to enhance your collection efforts.



2012

SDELC EVENTS

2012

April Su Mo Tu We Th Fr Sa 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 6:○ 13:● 21:● 29:●







	May								
Su	Мо	Tu	We	Th	Fr	Sa			
		1	2	3	4	5			
6	7	8	9	10	11	12			
			16						
			23		25	26			
			30						
	5:0	12 :0	20:	• 2	8: ©				

Upcoming Events

Apr 18 - Wed CIBUS US LLC Health & Wellness Event 2012

11:30am-1:30pm 6455 Nancy Ridge, San Diego, CA 92121

Apr 22 - Sun SDELC Golden Acorn Fundraising

10:00am-4:30pm Pickup- (South)Sweetwater & (North)Mira Mesa Park and Ride

May 19 - Sat SDELC-American Legion Auxiliary, Leyte Unit 625

Mothers' Day Celebration

11:30am-4:00pm 2926 Market Street, San Diego, CA 92101

Mar 3, 2012 - Jacobs Foundation Community Health Fair-5K run/walk

Approximately 52 people in this local community event were serviced with Blood Pressure Checking and Diabetes Screening services; there was another booth performing similar services and are not reflected in this report.

Blood Pressure Checks for Hypertension recorded the following results (Optimal Reading is considered Systolic less than 120 and Diastolic of less than 80): 7 cases of High Normal Readings (e.g., Systolic 130-140 // Diastolic 67-92); 1 case of Low Hypotension (e.g., Systolic 95 // Diastolic 57); 10 cases of Stage-1 Mild Hypertension (e.g., Systolic 138-154 // Diastolic 68-95) were recorded; and 2 cases of Stage-2 Moderate Hypertension (e.g., Systolic 163-165 // Diastolic 101-110) [the one case was retested after 60mins and went down from 165/101 to 153/101] [the other patient was on Hypertension Medication and still recorded a high reading of 163/110] was recorded. All patients were advised of the need for dietary changes and were also told to make BP testing a routine effort, whenever possible.

Blood-Sugar Glucose Tests for Diabetes or Diabetic symptoms recorded the following results (Optimal Readings are 70 - 120 Fasting for at least 90 minutes prior to testing or 70 - 170 non-fasting): a total of four cases of elevated/low Diabetic readings were recorded with the following results: 1 person had a reading of 64 (fasting), which is indicative of a Hypoglycemic condition; This person was given 1 Glucose Tablet and retested thirty-five-minutes later rendering a second reading of 132. 1 person had a reading of 198 (non-fasting), which could be indicative of a Hyperglycemic spike and was advised to return in about 60 minutes for a retest but failed to come back. 1 person had a reading of 225 (non-fasting) and was also requested to return for a second reading in an hour but failed to return for the retest. Another person had a reading of 307 (non-fasting); this person is currently on insulin and oral meds but does not take the prescription meds often. She was advised of the seriousness of that habit and was also told to revisit with her physician for another diabetic evaluation.

Twenty pairs of non-prescription (Reading) glasses of varying power levels were distributed to those in need. An information table was setup containing various health-related subject matter and eye care pamphlets, fact sheets, and booklets both in English and Spanish. This distribution of literature was highly received and appears to be an effective educational tool at health fairs in general.









The 5 San Diego Executive Lions Club volunteers included: Alex Quinto, Helen Quintanilla, Ideomedes Quintanilla, Zenaida DeCastro, and Aida Marbella. Jasper B. Prima, nephew of Alex Quinto, also volunteered as a service provider.

The 1 Poway Lions Club volunteer was George Folwarski.

The 1 InCharge volunteer was Jill Herndon (Jill was also the overall coordinator of the health services part of this event)

This report reflects an alarming state of health for such a small demographic community, which consists primarily of African-American and Latino descents. The cases mentioned above demonstrate an absolute need for more health awareness (education), follow-up, and screening programs for this area.

Submitted: Lion George Folwarski, Poway LC

Mar 27 2012 St. Paul's Program of All-Inclusive Care for the Elderly (PACE) Community Health
Bonita Sunnyside Library, 4375 Bonita Road, Bonita, CA 91902

Approximately 55 people in this local community event were serviced with Blood Pressure Checking, Diabetes Screening, Glaucoma Testing and Free Non-Prescription (Reading Eyeglasses) services.

Blood Pressure Checks for Hypertension recorded the following results (Optimal Reading is considered Systolic less than 120 and Diastolic of less than 80): 7 cases of High Normal Readings (e.g., Systolic 130-137 // Diastolic 75-88); 11 cases of Stage-1 Mild Hypertension (e.g., Systolic 140-156 // Diastolic 86-98) were recorded; and 9 cases of Stage-2 Moderate Hypertension (e.g., Systolic 152-175 // Diastolic 81-105) [one of these patients even has been receiving BP meds for Hypertension]; 1 case of Stage-3 Severe Hypertension (e.g., 198/89) is also on prescribed BP meds for Hypertension. [the one case was retested after 60mins and went down from 165/101 to 153/101]. All patients were advised of the need for dietary changes and were also told to make BP testing a routine effort, whenever possible.

Blood-Sugar Glucose Tests for Diabetes or Diabetic symptoms recorded the following results (Optimal Readings are 70 - 120 Fasting for at least 90 minutes prior to testing or 70 - 170 non-fasting): a total of nine cases of elevated Diabetic readings (e.g., 158, 162, 168, 172, 176, 196, 220, 236, 254). All of these patients were identified as non-fasting patients. All of these patients were requested to return for a "retest" with the next 60 - 90 mins but only the patient with a reading of 162 came back after ~90 mins for a retest, which was then recorded as 116. The patient with a 236 and 254 reading were both on oral meds for diabetes. All of these patients were counseled on dietary changes, exercise and the need for follow-up with a physician.

Glaucoma Screening was performed by Lion Larry Hudson using a Frequency Doubling Technology (FDT) unit. An Ophthalmologist was not able to attend this event and therefore precluded any final determination of findings other than the FDT printouts. Only 28 people of the 55 registered sign-ups requested Glaucoma Screening. Of those 6 people are beginning to show signs of Glaucoma and therefore categorized as "Suspect" cases because of their "bad" test reports, Follow-up consultations for these cases were recommended.

Twenty-six pairs of non-prescription (Reading) glasses of varying power levels were distributed to those in need.

Volunteer support for this event was provided for by the following:

- San Diego Golden Triangle Lions Club PDG Alice Tana
- San Diego Executive Lions Club Lions Brillita Meija and Alex Quinto
- Poway Lions Club Lion George Folwarski
- Imperial Valley Lions Club Lion Larry Hudson and non-Lion Cesar Romero (nephew of Larry Hudson)
- Norman Park Center, Chula Vista, CA Ms. Shani Crawley

This report reflects an alarming state of health for such a small demographic community, which consists of African-American, Asian, and Hispanic descents. The cases mentioned above demonstrate an absolute need for more health awareness (education), follow-up, and screening programs for this area. This report does not reflect other health related services provided at this PACE sponsored event by other providers/vendors at this site.

Submitted by: Lion George Folwarski, Poway LC









3-31-2012 St. Paul's Program of All-Inclusive Care for the Elderly (PACE) Community Health City Heights Performance Annex, 3795 Fairmount Avenue, San Diego, CA 92105

Approximately 90 people in this local community event were serviced with Blood Pressure Checking, Diabetes Screening, Glaucoma Testing and Free Non-Prescription (Reading Eyeglasses) services.

Blood Pressure Checks for Hypertension recorded the following results (Optimal Reading is considered Systolic less than 120 and Diastolic of less than 80) using portable OMRON and Microlife Blood Pressure Monitors: 2 cases of Low-Normal Readings (e.g., 90/70 and 104/61); 2 cases of Hypotension were observed (e.g., 88/53 and 105/57); 9 cases of High-Normal Readings (e.g., Systolic 130-139 // Diastolic 73-92); 17 cases of Stage-1 Mild Hypertension (e.g., Systolic 141-158 // Diastolic 77-93) were recorded [The one patient with a BP reading of 149/89 from the left arm was retested on the right arm and had a retest of 139/911. [The one patient with a BP reading of 151/84 had recently undergone open heart surgery]; and 6 cases of Stage-2 Moderate Hypertension (e.g., Systolic 163-174 // Diastolic 81-94) [The one patient with a BP reading of 163/94 from the left arm was retested on the right arm and had a retest of 149/109 and this patient is on BP meds but hasn't taken them for quite a while since the she is out of meds], [The one patient with a BP of 172/96 from the left arm was retested on the right arm and had a retest result of 140/108]; 7 case of Stage-3 Severe Hypertension (e.g., Systolic 188-201 // Diastolic 76-111 [The one patient with a 188/108 reading was given a second reading using a manual cup and the reading was then 180/100], [The one patient with a 192/93 reading was retested using a manual cup and the reading was 190/90], [The one patient with a BP reading of 193/93 was retested using the manual cup and the resulting BP retest was 180/94], [The one patient with a 201/98 reading was given a second BP test using a manual cup with the results of 200/901. All patients were advised of the need for dietary changes and were also told to make BP testing a routine effort, whenever possible. The more serious patients displaying a BP reading in Stage-1, Stage-2, and Stage-3 ranges were advised to have a follow-up consultation with a physician as soon as practical.

Blood-Sugar Glucose Tests for Diabetes or Diabetic symptoms recorded the following results (Optimal Readings are 70 - 120 Fasting for at least 90 minutes prior to testing or 70 - 170 non-fasting) using TRUEtrack Blood Glucose Meters and Test Strips: a total of seven cases of elevated Diabetic readings were observed; three "fasting" patients had the following readings 154, 166, and 182 were all told to consult a physician because of the elevated readings. One patient with a reading of 259 was on oral meds. Another patient with a reading of 288 was also on oral meds but was not taking those meds regularly and had not taken the meds earlier this day. The next two patients had readings of 306 and 401 were not currently on any oral meds or insulin. We attempted to discuss the seriousness of these readings with the latter two patients and that they both needed to have immediate follow-up care with a physician. All of these patients were actually counseled on dietary changes, exercise and the need for follow-up with a physician and not just the two most serious cases.

Glaucoma Screening was performed by Igor Kozak, M.D., Assistant Professor of Clinical Ophthalmology Retina and Vitreous Surgery, Shiley Eye Center, UCSD Medical Center, San Diego, California and Lion Tim Mendez using a Frequency Doubling Technology (FDT) unit. Only 36 people of the 90 registered sign-ups requested Glaucoma Screening. Of those 4 people are beginning to show signs of Glaucoma and therefore categorized as "Suspect" cases because of their "bad" test reports; 1 case was determined to be severe and was advised to immediately proceed to emergency care at the nearest Medical Facility because of the high pressure evaluated on his eye. Follow-up consultations for these other cases were also recommended.

One Hundred Twenty-Seven (127) non-prescription (Reading) glasses of varying power levels were distributed to those in need.

Volunteer support for this event was provided for by the following:

- San Diego Golden Triangle Lions Club PDG Alice Tana, Lion Sharon Morris
- San Diego Executive Lions Club Lions Helen Quintanilla, Aida Marbella, and non-Lion Ricardo Basila (brother of Helen Quintanilla)
- Poway Lions Club Lions Tim Mendez, George Folwarski
- Imperial Valley Lions Club Lions Larry Hudson, Isela Bittman, and non-Lion Cesar Romero (nephew of Larry Hudson)
- Hoover High School Betsy Albanan, Alex Cabrara, Jessica Maldonado, Daniel Velazquez, Mellisa Orm, Christran Mejia
- Ophthalmologist Shiley Eye Center Igor Kozak, MD, PhD University of California San Diego, Shiley Eye Center