

This report reflects an alarming state of health for such a small demographic community, which consists of African-American, Ethiopian, 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, especially considering that nearly 50% of the patients screened (1) were not aware of their serious ailments, (2) knew of their medical problems but did not have current prescriptions or (3) had ran out of meds and had no means to obtain refills (some cases had run out of meds several years before this screening). Even the high distribution number of non-prescription Reading Glasses are indicative of the need for more eye care (some of these people were even thinking the reading glasses could suffice for prescription Optometric needs). This report does not reflect other health related services provided at this PACE sponsored event by other providers/vendors at this site.

Submitted: Lion George Folwarski, Poway LC



3-31-2012 Multi Cultural Aging Expo - Fairmont San Diego.
Your team at work servicing the community



Improving a Community and the Environment



CHAPLAIN'S CORNER...
Lion Richard West, Chaplain.

HAPPY EASTER





OFFICIAL MINUTES OF REGULAR MEMBERSHIP
AND BOARD OF DIRECTORS' MEETING

The regular meeting of the San Diego Executive Lions Club was called to order
On March 2 2012, by 1st VP Helen Quintanilla at 7:00 p.m. at the
Friendship Manor, National City CA with those members in attendance as shown
on the Attendance Record and Guest Register.

Attendance: Lion Alex Quinto, 7 present

Secretary Report: Minutes of March meeting is in the April newsletter.

Treasurer's Report: Lion Helen gave written statements to every member.

Reports:

President Pacita: Not present (Excused - Family visiting from out of state)

1st Vice President Helen Quintanilla

Lion Helen thanked all that are present at the meeting. A recap of February's event such as the Melvin Jones Fellowship Luncheon at Chula Vista Golf Course was a great success. Lion Zeny DeCastro and Lion Rudy Mejia along with our MJF recipients' of this year received their award. **CONGRATULATIONS !!**

Lion Aida Frijas will chair the April 22, SDELC Golden Acorn Fundraising. Time to be determined, the pick-up will be at Sweetwater (South) and Mira Mesa (North) park and ride.

Mothers Day Celebration will be on May 20th at FAVA Hall. This date is in conflict Philippine Faire and Lion Auring Cudal requested if we it can moved to a different date.

Reminder for those who wants to join the bus ride to Laughlin for the District 4L6 convention. Pickup will be at Friendship Manor. Pickup time to be announced.

3rd Vice President Richard West: (Excused - Family visiting from out of state)

Other Matters:

PP Alex Quinto shared his trip to the Philippines which includes a fellowship and meeting with Cubao Lions Club. He also meet fellow lions from Calgary Filipino LC and met the 27 Street Children in Mandaluyong City.

Birthday Celebrants: Lion Aida Frijas and Zeny Ply. HAPPY BIRTHDAY and Many more to come.

Meeting Adjourned 8.45p.m.

Alex Quinto, acting Secretary.

Next Meeting will be April 7, 2012 at 1:00PM at Zeny and Ray deCastro residence.





District 4L6 News

Your Executive Cabinet 2011-2012

District Governor Brad Weeks Santee Rancho Lions 619-449-2843 manyweeks@cox.net	Executive Board Advisor PDG Bucky Blottin El Cajon Singing Hills 619-440-4884 bucky4L6liond@aol.com
1st Vice District Governor Blessie Trott Escondido Host Lions 858-837-2322 aquabless@yahoo.com	Cabinet Treasurer Luana Clark Lakeside Highway 619-540-3662 lacyluana@yahoo.com
2nd Vice District Governor Napoleon White San Diego Majestic 619-501-3329 White28@cox.net	District Chaplain PDG Juanita Mangels-Williams Spring Valley Lions 619-670-0121 rtrbigred@cox.net
Immediate PDGovernor Jan Gustavel SW SD County 619-479-3741 jan4L6Lion@att.net	District Lion Tamer John Ruiz SD North County Lions 760-212-1120 mgystruiz2002@yahoo.com
Cabinet Secretary Mary Manning Harbison Canyon Lions 619-445-5044 edandmarym@cox.net	District Tail Twister Liz Tamez - Sring Valley 619-708-3886 lionliz@yahoo.com PDG Len Blottin El Cajon Valley 619-440-4484 Len416lion@aol.com
Recording Secretary Arminda Ruiz SD North County Lions 760-405-7385 lionarminda@yahoo.com	

Calendar of Events 2012	
Apr 7	Guiding Lions Quarterly Reports
Apr 13-18	Board Of Directors Meeting, San Francisco CA
Apr 16	Standard, Core4 and IAG Grant application for review at the June 2012 board meeting
Apr 21	Lions Worldwide Induction Day
Apr 22	Earth Day
Apr 24	Webinar, Club Secretary Training, 4-24 10am, CDT (Chicago)
Apr 27	Webinar, Club Secretary Training, 4-27 7pm, CDT (Chicago)
Apr 27	District Level Student Speakers Contest to be completed 15 winners shall each receive a \$4,500 scholarship

District 4L6 Convention May 4-6, 2012



River Palms Hotel

800-243-6846 Reservation Desk
#2288 Group Code
April 20, 2012 is The Dead Line For
Our Block Of Rooms and our Rates.

**Training is
Our Key to Success**

Location:

River Palms Casino Resort is located in Laughlin and near the airport. Davis Dam, Big Bend State Recreation Area, and Arizona Veterans Memorial are local attractions. Regional points of interest also include Desert Lakes Golf Course

Resort Features

Dining options at River Palms Casino Resort include 3 restaurants. A poolside bar and a bar/lounge are open for drinks. Recreational amenities



Help reach
Int'l President Tam's goal
to plant a million trees this year.



Understanding Blood Pressure Readings

117 mm Hg
76

Read as "117 over 76 millimeters of mercury"

Systolic

The top number, which is also the higher of the two numbers, measures the pressure in the arteries when the heart beats (when the heart muscle contracts).

Diastolic

The bottom number, which is also the lower of the two numbers, measures the pressure in the arteries between heartbeats (when the heart muscle is resting between beats and refilling with blood).

This chart reflects blood pressure categories defined by the American Heart Association

Blood Pressure Category	Systolic mm Hg (upper #)		Diastolic mm Hg (lower #)
Normal	less than 120	and	less than 80
Prehypertension	120 – 139	or	80 – 89
High Blood Pressure (Hypertension) Stage 1	140 – 159	or	90 – 99
High Blood Pressure (Hypertension) Stage 2	160 or higher	or	100 or higher
Hypertensive Crisis (Emergency care needed)	Higher than 180	or	Higher than 110

➤ Your doctor should evaluate unusually low blood pressure readings.

How is high blood pressure diagnosed?

Your healthcare providers will want to get an accurate picture of your blood pressure and chart what happens over time. Starting at age 20, the American Heart Association recommends a blood pressure screening at your regular healthcare visit or once every 2 years, if your blood pressure is less than 120/80 mm Hg.

Your blood pressure rises with each heartbeat and falls when your heart relaxes between beats. While BP can change from minute to minute with changes in posture, exercise, stress or sleep, **it should normally be less than 120/80 mm Hg (less than 120 systolic AND less than 80 diastolic) for an adult age 20 or over.** About one in three (33.5%) U.S. adults has high blood pressure.

If your blood pressure reading is higher than normal, your doctor may take several readings over time and/or have you monitor your blood pressure at home before diagnosing you with high blood pressure.

A single high reading does not necessarily mean that you have high blood pressure. However, if readings stay at 140/90 mm Hg or above (systolic 140 or above OR diastolic 90 or above) over time, your doctor will likely want you to begin a treatment program. Such a program almost always includes lifestyle changes and often prescription medication for those with readings of 140/90 or higher.

If, while monitoring your blood pressure, you get a systolic reading of 180 mm Hg or higher OR a diastolic reading of 110 mm Hg or higher, wait a couple of minutes and take it again. If the reading is still at or above that level, you should seek immediate emergency medical treatment for a hypertensive crisis.

Even if your blood pressure is normal, you should consider making lifestyle modifications to prevent the development of HBP and improve your heart health.

Which number is more important, top (systolic) or bottom (diastolic)?

Typically more attention is given to the top number (the systolic blood pressure) as a major risk factor for cardiovascular disease for people over 50 years old. In most people, systolic blood pressure rises steadily with age due to increasing stiffness of large arteries, long-term build-up of plaque, and increased incidence of cardiac and vascular disease.



God created Florida

God was missing for six days. Eventually, Michael, the archangel, found him, resting on the seventh day. He inquired, "Where have you been?"

God smiled deeply and proudly pointed downwards through the clouds, "Look, Michael. Look what I've made."

Archangel Michael looked puzzled, and said, "What is it?" "It's a planet," replied God, and I've put life on it. I'm going to call it Earth and it's going to be a place to test Balance." "Balance?" inquired Michael, "I'm still confused."

God explained, pointing to different parts of Earth. "For example, northern Europe will be a place of great opportunity and wealth, while southern Europe is going to be poor. Over here I've placed a continent of white people, and over there is a continent of black people. Balance in all things."

God continued pointing to different countries. "This one will be extremely hot, while this one will be very cold and covered in ice." The Archangel, impressed by God's work, then pointed to a land area and said, "What's that one?"

"That's Florida, the most glorious place on earth. There are beautiful sandy beaches, rivers and streams, lakes and days filled with sunshine. The people from Florida are going to be handsome, modest, intelligent, and humorous, and they are going to travel the world. They will be extremely sociable, hardworking, high achieving, carriers of peace, and producers of good things."

Michael gasped in wonder and admiration, but then asked, "But what about balance, God? You said there would be balance."

God smiled, "I will create Washington, D.C. Wait till you see the idiots I put there."

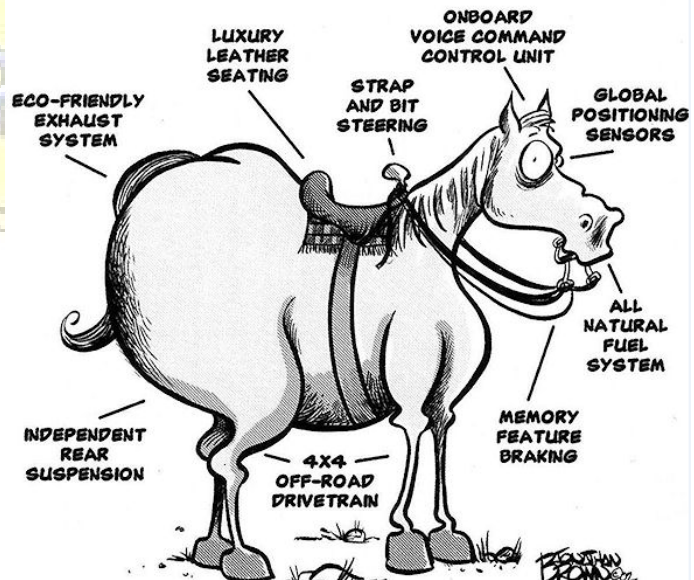
Young people have theirs, now we
Seniors have our own texting codes:

- **ATD** - At the Doctor's
- **BFF** - Best Friends Funeral
- **BTW** - Bring the Wheelchair
- **BYOT** - Bring Your Own Teeth
- **CBM** - Covered by Medicare
- **CUATSC** - See You at the Senior Center
- **DWI** - Driving While Incontinent
- **FWBB** - Friend with Beta Blockers
- **FWIW** - Forgot Where I Was
- **FYI** - Found Your Insulin
- **GGPBL** - Gotta Go, Pacemaker Battery Low
- **GHA** - Got Heartburn Again
- **HGBM** - Had Good Bowel Movement
- **IMHO** - Is My Hearing-Aid On?
- **LMDO** - Laughing My Dentures Out
- **LOL** - Living on Lipitor
- **LWO** - Lawrence Welk's On
- **OMMR** - On My Massage Recliner
- **OMSG** - Oh My! Sorry, Gas
- **ROFL...CGU** - Rolling on the Floor Laughing...Can't get Up!
- **TOT** - Texting on Toilet
- **TTYL** - Talk to You Louder
- **WAITT** - Who Am I Talking To?
- **WTFA** - Wet the Furniture Again
- **WTP** - Where're the Prunes
- **WWNO** - Walker Wheels Need Oil

Hope these help. **GGLKI** (Gotta Go, Laxative Kicking in!)



Lolo and his mini S.U.V



ORIGINAL S.U.V.