



.Aug 7, 2011 - Pacific Rim Mechanical Annual Family Picnic & Health and Wellness Benefits Fair.

Fifty six (56) employees screened . For the Blood Pressure Tests, 26 were screened to have normal blood pressure; Mild BP - 12; Moderate BP - 1; High Normal BP - 5. For Blood Sugar, Normal Glocuse - 38; n Mild Glocuse - 8 and Severe glocuse one. Patient is diabetic and is on medication.

The SDELc volunteers: Lions Zenaida de Castro, Brillita Mejia, Helen Quintanilla, Auring Medina and Pacita West.

August 20-2011 – Lions & InCHARGE San Diego -Bayview Baptist Church-

There were ninety three (93) patients listed and have their Blood Pressure and Blood Sugar tested. Of this number in their BP, 5 people found to have hypertension, mild, Stage 1 range between 149/96 and 156/105; 2 people have moderate, Stage 2, BP is between 163/98 and 164/98; 3 people have Severe, Stage 3, BP range from 188/106, and 194/95, which requires treatment.

The rest have normal BP ranging from 129/85. The Normal Blood Pressure daily is from 100/60 up to 129/85.

63 patients were tested for their Blood Sugar, from out of the 93 that registered. 4 were found to have excessive blood glucose, ranges between 164 to 216 glucose. They were advised to consult their physician

At one time, there was a long line for the people to have their BP and BG tests From the San Diego Executive Lion volunteers, one volunteer RN was there to check for the Blood Sugar, and three took the BP. Three volunteers from Bayview Baptist Health Ministry assisted in the registration.

People were also given FREE reading glasses by Lions Larry Hudson and Ella Shelton of the Imperial Lions. People were also checked for glaucoma by two volunteers from Shiley Eye Center, Martin Krupa of UCSD, School of Medicine and Dr. Syric Doraianj. MD. Lion Larry Hudson provided the Mobile Medical Van.

SDELc volunteers: Lions Aida Marbella, Helen Quintanilla, Auring Medina and Pacita West and Lion George Folwarski of Poway Lions Club. .

Other Volunteers from Bayview Baptist Health Unit Ministry: Shirley Lipscomb, Betty Cherry and Janice Wallace

Aug 31, 2011 – Westcore Properties 1st Annual Health & Wellness Event

Eighteen (18) employees were screened for glucose and blood pressure. For blood pressure, one(1) high normal, range 136/90 and one bordering stage one(1) range 139/94 . For glucose reading range from 84 to 120

SDELc Volunteers: Lions Auring Medina, Isabel Villaros, Helen Quintanilla, Lion George Folwarski from Poway Lions Club and non lion volunteer Elizabeth Basila.



Charlotte Russe Health and Wellness Fair 2011: SDELc Volunteers: Lions Brillie Mejia, Isabel Villaros, Auring Medina, Zenaida de Castro, Pacita West, and Lion George Folwarski of Poway Lions Club.





8-11-2011 Pacific Rim Mechanical Annual Picnic Health & Wellness Event at San Dieguito County Park, Del Mar
SDELCL Volunteers Lions: Zeny deCastro, Auring Medina, Brillie Mejia, Helen Quintanilla and Pacita West



8-16-2011 Mellisa Flanders of LifeStyles INFOCUS baby Shower attended by SDELCL Health and Wellness Team



8-27-2011 SDELCL partnered with American Legion Auxiliary in giving away 100 bag packs to the children of the military for new school year 2011-2012., represented by President Pacita West

