



LOOK & LISTEN

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NEWSLETTER OF THE DISTRICT 22-C LIONS COMMUNITY OUTREACH FOUNDATION Fall 2016

President's Message

By PDG Gary Burdette

National Diabetes Month is observed every November to draw attention to diabetes and its effects on millions of Americans. According to the American Diabetes Association, 29.1 million Americans have diabetes, and 1 out of 4 don't know they have it. At least 1 out of 3 people will develop diabetes in their lifetime. I realize that diabetes is not a health issue that falls under the purview of the Lions Community Outreach Foundation, but one of the side effects does – vision loss. People with diabetes are at much higher risk for vision loss and blindness from diabetic eye disease. Diabetic eye disease includes cataract, diabetic retinopathy, and glaucoma. Diabetic retinopathy, the most common diabetic eye disease, is the leading cause of vision loss and blindness in adults 20–74 years of age. The longer a person has diabetes, the greater the risk is of developing diabetic eye disease. African Americans, American Indians, Alaska Natives, Hispanics, and older adults and pregnant women with diabetes are especially at risk.

Diabetic related vision loss is sometimes irreversible. However, studies have shown that early detection and treatment can reduce the risk of blindness by 95 percent. Diabetic retinopathy, the most common eye disease, often lacks early symptoms. People with diabetes should see an ophthalmologist and get a comprehensive dilated eye exam at least once a year. Women with diabetes who become pregnant should have a comprehensive dilated eye exam as soon as possible. Taking insulin and diabetes medications as prescribed, getting plenty of exercise, eating healthy, and controlling blood pressure and cholesterol levels will also greatly reduce the chance of developing diabetic eye disease and other diabetic related disorders.

Living with diabetes is tough, but with medication and lifestyle changes, people with diabetes can control the disease and live relatively normal lives.



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**LCOF BOARD OF DIRECTORS
Lions Year 2016-2017**

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**BOARD AND COUNCIL MEETING SCHEDULE
Lions Year 2016-2017**

Thursday July 28, 2016

Thursday October 27, 2016

Thursday January 26, 2017

Thursday April 27, 2017

Thursday July 27, 2017

Meeting Times:

Board 6:00 pm Council 7:00 pm



Maryland Governor Larry Hogan had his vision checked by the Beltsville Lions at National Night Out on 3 August 2016



IPDG Mike Bigler takes a photo of a young lady's eyes to detect any signs of amblyopia, or "lazy eye."

Excerpts from Board Meeting Minutes

On July 28, 2016 the Board Meeting was called to order by President Gary Burdette at 6:04 PM at the New Carrollton Municipal Center, 6160 Princess Garden Parkway, New Carrollton, MD 20748.

PDG Gary Burdette welcomed attendees and introduced two new members to the Board, Lion Rich Tameris, who will be serving as Secretary replacing Lion Lee Wilson, and Lion Mike King representing Region 4.

President's Remarks – President Gary reported the LCOF had a very successful year last year. We greatly expanded our hearing program by partnering with the University of Maryland Hearing and Speech Clinic. We can now provide clubs an affordable means to help those in need of hearing aids. We expanded the Garner Fund to include financial aid for the hearing impaired. More Clubs are conducting preschool vision screenings. **(At the Council meeting on October 27, 2016, President Gary Burdette noted that screenings at three County Fairs and other events since July 1, 2016 had screened 668 people. This included 374 vision, 314 hearing, and 230 Glaucoma screenings.)**

Unfortunately, there were some major things didn't get done that need to be addressed this year:

The Development Committee never got off the ground;
Our website never got revamped; and,
Attendance at LCOF Council meetings needs to be improved.

Development Committee (Fundraising)

PDG Gary sought members to serve on the Development Committee for Fundraising. Lion Maye Haddad volunteered to serve on the committee and it was also mentioned that Lion Brindisi Chan might want to serve as well. The goal is to raise \$8,200. **(At the Board meeting of October 27, 2016, the committee was fleshed out with members Dustin Fain and PDGs Mike Bigler, Don Beeson and Jordan Burick.)**

Garner Fund Report

The La Plata Lions Club became aware of a teenage girl in desperate need of help related to a vision problem. This journey began two years ago when they were visiting a local school. She had extreme difficulty in focusing on the written word. It was discovered that her line of vision "jumped all over the page." She was seen at a vision clinic in Crofton. Her parents were told that the remedy to the problem was a series of therapies totaling \$2,000. The La Plata Lions Club had about half the funds needed. They submitted a grant request to the Garner Fund and it was approved by LCOF.

At the Board and Council meeting on October 27, 2016, President Gary Burdette announced that the LCOF has a new office manager, Jessica Robinson, who started on October 27, 2016. The LCOF office hours of operation are 10:00 am to 2:00 pm.



Lions – Mark Your Calendars!

The Lions Community Outreach Foundation (LCOF) will be participating in the **2017 NBC4 Health and Fitness Expo** that will be held on **Saturday, January 7th thru Sunday, January 8th** at the Washington DC Convention Center.

The LCOF will need volunteers to conduct vision, hearing, glaucoma, and preschool vision screenings.

The Health and Fitness Expo has much to offer - plenty of entertainment, fun activities, and lots of great health information. The event is free to the public.

More information about the event will be forthcoming.



Lions Saving Kids Sight Foundation Grant Program

According to educational experts, 80% of learning is visual. So if a child can't see well, he can't learn well. Yet most young children don't get their vision screened until they have problems learning or paying attention in school. By then, it may already be too late. Unless vision problems are detected early and corrected, they risk becoming permanent by age 7.

Has your Lions Club considered doing screenings of children for vision problems but is hampered by lack of funds to purchase a screening instrument? Help may now be available! The Lions Saving Kids Sight Foundation (LSKSF) has announced a grant program to assist Lions of Multiple District 22 in the purchase, replacement or repair of instruments for screening children's vision. All Lions clubs, zones, regions, and districts within Lions Multiple District 22 who are represented within the Lions Saving Kids Sight Foundation are eligible to apply. (This includes District 22-C.)

Grant funds may be used for the initial purchase of vision screening instruments designed for screening of children, or for the repair or replacement of previously purchased existing instruments because of loss or damage. Instruments to be purchased must be of a type and model approved by LSKSF. Grant funds will be dispersed on a matching funds basis.

Grant applications will be received and considered on a first come, first served basis. They must include the name of the Lions organization requesting the grant, a description of the purpose of the grant, and a firm price quote from the seller of the instrument or the repair facility.

If the funds are for an initial purchase, the organization must submit a plan for training the Lions who will be conducting the screenings and a description of the proposed screening population. LCOF can assist in this regard.

A financial statement must be submitted by the treasurer or financial officer of the organization showing that matching funds are available. If additional funding is being requested through another grant program, the details of that funding request must be included. The requesting organization will always be expected to provide some portion of the matching funds from their own resources.

Additional information and grant application forms are available from PDG Gary Burdette or PDG Don Beeson, the District 22-C representatives to LSKSF.





DISTRICT 22-C
EYEGASS
RECYCLING CENTER
5606 DOWER HOUSE ROAD
UPPER MARLBORO, MD 20772
BUILDING 5610

2015-2016 3rd QUARTERLY REPORT

CENTER OPEN: EVERY TUESDAY & THURSDAY
FROM 10:30 AM TO 2:30 PM
(By Appointment only)

EYE GLASSES PROCESSED (Calibrated)

	<u>TOTAL</u>
1 st Q JULY / AUGUST / SEPTEMBER (2015)	1543
2 nd Q OCTOBER / NOVEMBER / DECEMBER (2015)	2023
3 rd Q JANUARY / FEBRUARY / MARCH (2016)	1737
4 th Q APRIL / MAY / JUNE (2016)	
TOTAL FOR THE YEAR:	<u>5303</u>

HOURS WORKED

* NUMBERS IN RED FOR THAT QUARTER ONLY

	1 st Q	2 ND Q	3 RD Q	4 TH Q
LIONS & NON LIONS	112.00	162	119.25	
MELWOOD	18.50	22	15.00	
TOTAL:	130.50	184	134.25	

TOTAL FOR THE YEAR: = 314.50

USABLE EYE GLASSES COLLECTED FROM DISTRICT 22-C

JULY / AUGUST / SEPTEMBER (2015)	4150
OCTOBER / NOVEMBER / DECEMBER (2015)	5148
JANUARY / FEBRUARY / MARCH (2016)	2700
APRIL / MAY / JUNE (2016)	
TOTAL FOR THE YEAR	<u>11998</u>

This statistical summary was provided by Lions Susan Matthews and Betty Moore Parker.

Lions Clubs International President, Bob Corlew, Attends Screening Event

On 23 September, 2016, Lions Clubs International President Bob Corlew attended a service activity sponsored by the Capitol Hill Lions Club that involved vision screening at Cornerstone School in Anacostia D.C. Past International President Clem Kusiak (22-A) participated.

Most vision screening equipment was supplied by the Lions Foundation of Washington, DC, Inc. (LCOF equipment was with the Lions Mobile Health Unit at the St. Mary's County Fair).

Zone Chairman and King Lion Lee Wilson (Palisades/Georgetown LC) helped coordinate this event as the representative of the Lions Foundation of Washington, D.C. Other Lions who helped with this screening of 150 children and teachers during the two and one-half hour effort were: DG Steve and Fran Borsh, PDGs Dee Hawkins (Olney LC), Sandi Halterman (Gateway LC), Rich Barb (Silver Hill LC), Kelley Randolph (South Gate-Clinton LC), 1VDG Carl Vettel (Bowie LC) and 2VDG Andrea Cumberland (Suburban LC), CS Mary Dehart (South Gate-Clinton LC), AA Sonia Wiggins (Rockville LC), Lions Karan Buster (Columbia Heights LC), Maxine and Arthur Cook (Leisure World LC), Bill Spencer (Capital Hill LC) and Charlie Spadone (South Gate-Clinton LC).



Lions Clubs International President Bob Corlew having his vision checked



Warm thanks to King Lion Bill Spencer, Capitol Hill Lions Club, and PDG Sandi Halterman for their input. Photos on this page were taken by Shonica David, Development Director at the Cornerstone School.



Sandy Spring Lions Halsey Smith and Maryam Esmaeli participated in a vision screening effort in Olney on 8 October, 2016.



PDG Ted Ladd screened 79 people for glaucoma at the annual health fair at Beltsville's Hindu Temple on 25 September 2016.



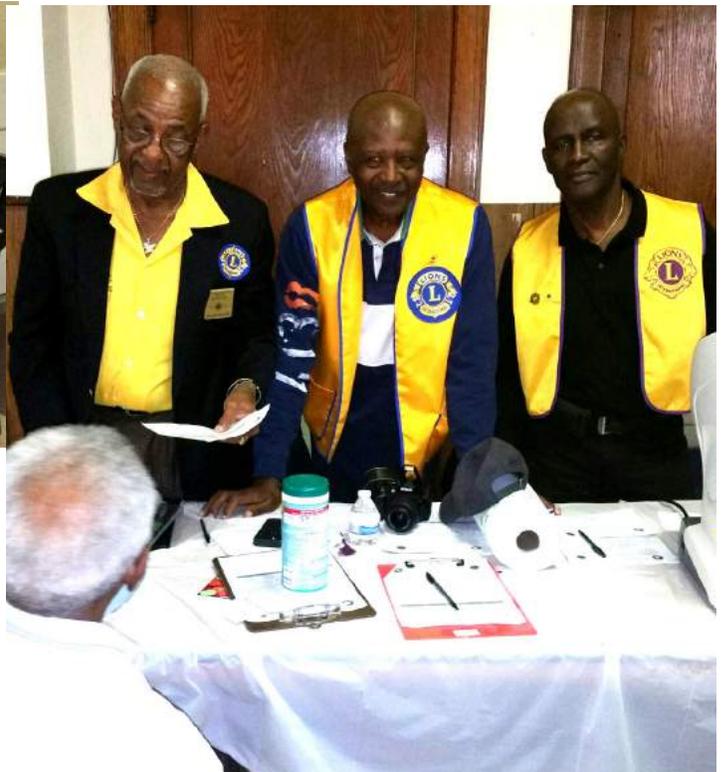
At left, Beltsville Lion Dean Stonecipher checks the vision of a young lad as his brother looks on. Meanwhile, Lions Ann Ladd and Deedee Musachio greeted visitors at the Beltsville Agricultural Research Field Day on 10 September, 2016



St. Mary's County Clubs participating in the St. Mary's County Fair in Leonardtown from 22 to 25 September included Hollywood, Leonardtown, Lexington Park and Mechanicsville.



Laytonsville Lions Cat Becker and Paige McPhillips screened visitors at the annual Town Picnic on 10 September 2016.



Midtown Lions Dave Thornhill, Sebert Hewitt, Collin King and Gordon Nelson - providing hearing, vision and glaucoma screening for residents of the District of Columbia on Saturday, 22 October 2016, at Greater First Street Baptist Church, 13th Street NW, Washington, D.C.



Montgomery County Lions Clubs cooperated in providing vision, hearing and glaucoma screenings at the Montgomery County Fair in Gaithersburg during 12-20 August 2016.

Participating Clubs included Monocacy, Damascus, Laytonsville, Montgomery Central-Derwood, Potomac, Rockville, Leisure World, Sandy Spring and Olney

Shop Online and Donate to LCOF



AmazonSmile is a simple and automatic way for you to support the *Lions Community Outreach Foundation (LCOF)* every time you shop, at no cost to you. When you shop at smile.amazon.com, you'll find the exact same low prices, vast selection and convenient shopping experience as Amazon.com, with the added bonus that Amazon will donate .5% of the purchase price to the LCOF. To shop at AmazonSmile simply go to smile.amazon.com on your computer or mobile device. Tens of millions of products on AmazonSmile are eligible for donations. You will see eligible products marked "Eligible for AmazonSmile donation" on their product detail pages. You use the same account on Amazon.com and AmazonSmile. Your shopping cart, Wish List, wedding or baby registry, and other account settings are also the same.

On your first visit to AmazonSmile (smile.amazon.com), you need to select **the *Lions Community Outreach Foundation*** to receive donations from eligible purchases before you begin shopping. AmazonSmile will remember your selection, and then every eligible purchase you make at smile.amazon.com will result in a donation.

Share this information with your fellow Lions, friends and relatives and encourage them to shop on AmazonSmile.



Beltsville Lions offered vision screening at the 7th annual County Resource Day for blind and low vision persons that was held on November 5th at the Colmar Manor Town Hall. The event was sponsored by the National Harbor Chapter of the National Federation of the Blind.