



DREAM CATCHER NEWS

MN Lions Diabetes Foundation, Inc.

"Catch the Dream" Life Without Diabetes!

www.mnlionsdiabetes.org | www.facebook.com/MinnesotaLionsDiabetesFoundation

2016 Fall



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 We Have an Opportunity for You --

Are you the Lion in your club who is interested in being our MN Lions Diabetes Foundation "Diabetes Awareness Champion"?

We need YOU to help us with Diabetes Awareness in your club and in your community! We have the organization plan done for you... All we need is your willingness to share our messages in your club. Your understanding of your community will help us spread awareness even further.

Contact your district Trustee for information.

Welcome To Our New Trustees

We would like to welcome DG Dennis Heinen from 5M4 who will be our Liaison this year, and the incoming Trustees: Lion Diane Tlougan from 5M1, Amy Swensen from 5M4, Joel Anderson from 5M7, Chari Buhman from 5M9, Kim Peters from 5M11. Welcome back to all returning Trustees and Executive Secretary PCC Bill Bard. We look forward to attending all the clubs in MN to share the MLDF story.

Our Web Site

The MN Lions Diabetes Foundation has a new web site. You can find us at the same address. We updated the site with a new look, added a lot of new information, and put everything in a very user friendly format. You will find helpful information for people living with

diabetes, information on how to help support our mission of finding a cure for diabetes, and lots of pictures of award winners and fundraising efforts. Check it out at: mnlionsdiabetes.org



Spotted at the Vadnais Heights Farmers Market. Healthy Living includes fresh produce.

World Diabetes Day – MLDF Diabetes Education Planning for 2016

With the success of the 2015 World Diabetes Day – Diabetes Education behind us, we are gearing up to host more sites this year. So far we are planning to be at 10 sites throughout the state. Several of these will be inside Walmart stores, and some will be in community grocery stores. This year we will be working with many of the same partners including: Walmart, Novo Nordisk, American Diabetes Association, U of M Extension Supplemental Nutrition Assistance Program Education (SNAP-ED), local Health and Fitness Organizations. Our Trustees will be looking for your help to greet customers and share diabetes education materials and information on healthy life styles. Locations will have four different stations of information. We would like to see Lions from each club attend this event to see how easy it would be to host a Diabetes Education event in more communities across MN. The 2015 results and

comments from those that attended tell us this is a valuable service for folks in need. Get involved by contacting your district trustees for more details.

Dream Catcher Calendar Fund Raiser

MLDF 2017 “Catch the Dream” - Life Without Diabetes! Calendar Fundraiser. It’s not too late to get your spot on the 2017 Calendar. By purchasing a spot you will be supporting diabetes research to find a cure. Honor someone special or post your club’s activities –you can pick from 365 days for your spot.

Option 1: For \$100 (\$90.00 tax deductible) you can:

- 1) Choose a person’s name, honored Lion, award winner or a family member who is special, or showcase a special event to be recognized in our printed calendar,
- 2) This name or event will also be posted on the MN Lions Diabetes Foundation, Inc. web calendar and the
- 3) Printed calendar and a Dream Catcher Pin will be mailed to the designated person.

Option 2: For \$200 (\$190 tax deductible) you will:

Receive Option 1 package plus your 50 word message and picture on the MLDF Facebook page. A great way to show that special someone you care!

More details can be found at our website www.mnlionsdiabetes.org or contact your area Trustee.

Students and Diabetes

Diabetes is one of the most common chronic diseases in school-aged children, affecting about 208,000 young people in the United States. Research shows that well-managed blood glucose levels not only can help young people stave off the long-term complications of diabetes but also help them feel better, happier, and more productive at school. In a supportive school environment, where school personnel understand the needs of students with diabetes and can respond appropriately in emergency situations, young people can manage their diabetes effectively throughout the school day and at school-sponsored activities. A Guide for Families and School Personnel can be found at <http://www.niddk.nih.gov/health-information/health-communication-programs/ndep/health-care-professionals/school-guide/Pages/publicationdetail.aspx>

Mark Your Calendars ----

Tour de Cure Rochester – October 1, 2016

ADA Expo in Minneapolis - October 15th, 2016

UofM Diabetes Research Update – April 8th, 2017



Thank you to the Sherburn and Jackson Lions Clubs of 5M3 for hosting their second annual “Lions Golf Tournament” and donating \$3,500 in profits to our MN Lions Diabetes Foundation! Sixty Lions and community members “Golfed for Diabetes” and area businesses and individuals sponsored holes and donated prizes for a silent auction and raffle! Come join in the fun next year on Friday, June 9, 2017! Watch for the ad in our new MLDF 2017 Calendar!

Is it time for comfort food yet? It doesn't need to be packed with calories. Try this.

Chicken Chili

8 ounces skinless, boneless chicken breast, diced

1 clove garlic, minced

2-14.5 ounces cans diced tomatoes

16 ounce navy beans, rinsed and drained

¼ teaspoon ground black pepper

2 teaspoons chili powder

½ teaspoon cumin

Spray large soup pot with cooking spray. Add chicken and sauté over medium heat for 7 minutes or until done. Remove from pan.

Add onions and green peppers and sauté over medium-high heat for 3 minutes or until onions are clear. Add garlic and sauté 30 more seconds.

Add Remaining ingredients along with cooked chicken and bring to a boil. Reduce heat and simmer for 15 minutes.

Prep time 10 minutes. Serving 1 ¼ cup. Servings 4.

Calories 210. Sugar 7 grams.