

DREAM CATCHER NEWS

MN Lions Diabetes Foundation, Inc. "Catch the Dream" Life Without Diabetes!

Catch the Dream Life Without Diabetes!

www.mnlionsdiabetes.org | www.facebook.com/MinnesotaLionsDiabetesFoundation 2016 Winter

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

Dream Catcher Calendars - 2017

<u>Centennial Edition</u> Thank you to all those who purchased a spot on our first calendar! Look for your copy coming to you in December. Trustees are selling extra copies for \$10.00 OR to get your 2018 spot early contact your District Trustee.

Watch for "The Faces of Diabetes" coming out on our Video that is in production now and expected to be available in time for viewing at Mid-Winters in January.

World Diabetes Day is November 14th

World Diabetes Day was first introduced in 1991, and founded by both the International Diabetes Federation and the World Health Organization. In reaction to the rise in cases of Diabetes worldwide, it was decided to choose a day of the year to raise awareness to Diabetes and related causes. The day chosen was the birthday of Sir Frederick Banting, a medical scientist who codiscovered insulin and was the first person to use it on World Diabetes Day is internationally humans. recognized and is an official United Nations Day. The theme of World Diabetes Day regularly changes. For 2016 it is "Eyes on Diabetes". Over the years the themes have focused on education and prevention. Past themes have included things such as human rights, lifestyle, obesity, the disadvantaged and vulnerable, and children/teenagers. Various events around the world mark the day including raising awareness in the media,

lectures and conferences, sporting events, and leaflet/poster campaigning. "Going blue" is another global event to mark the day, where people wear blue and landmark buildings and monuments around the world are lit up in blue, to help spread awareness of the day.

MLDF Trustees are Hosting WDD -Diabetes

<u>Education</u> On the following dates and locations across MN. Stop By to see what is happening. **November 5, 2016***

- *Fridley Walmart 8450 University Ave. NE 11am 3pm
- *Brooklyn Center Walmart 1200 Shingle Creek Crossing 11am 3pm
- *Roseville Walmart 1960 Twin Lakes Pkwy 11am 3pm
- *Duluth Walmart 4740 Mall Dr, Hermantown 10am 2pm

November 12th, 2016**

- **North Rochester Walmart 3400 55th St. NW 11am 3pm
- **Worthington Walmart 1055 Ryan's Rd 9am 1pm
- **Windom Hyvee 192 10th St. 9am 1pm
- **Jackson Sunshine Foods 908 Hwy 71 North 9am 1pm

St. Paul East Parks Lions

12th Annual Silver Plate Breakfast
Gulden's Restaurant

Hwy. 61 & County Road D, Maplewood
Sunday, November 20, 2016
10:00 am to 12:00 noon
Admit Two - Donation \$60.00

The proceeds go to
Minnesota Lions Diabetes Foundation



8-17-16 Farmington Lions Club members Lion Clyde and Lion Don hand off a donation for the 2017 Calendar Fundraiser to District 5M6 Trustees Lion Eileen and Lion Doug.

"Ok Fun Run Walk for Diabetes"

At the MD5M Convention which will be held in Bemidji April 21, 22, 23, 2017, You can join in this short walk to support diabetes research and education. How short is it? Come check it out, and for a contribution of \$20.00 you will also get a T-shirt. Registration form is at http://www.lionsmd5m.org/



8-8-16 Trustee Bernie Braegelmann (Left) and Trustee Gary Stevens (Right) awarded Lion Dean Cariveau (Left) and Lion Jim Bremer (Right) Dream Catcher Awards for their work on creating our new MN Lions Diabetes web site.

Mark Your Calendars ----

What does 200 Calories of food look like?

(approximately)

16 oz. juice or soda

12 oz. latte or smoothie

3 fun size candy bars or 40 M&Ms

4 Fudge striped cookies

12 Town House Original crackers

36 Cheez-Its

¾-1 Cup of most cereals

2 dinner rolls or most hamburger buns

1/8 of 12" thin crust pizza

1 ½ oz. fries (small at most fast food restaurants)

1/3 cup ice cream

- 2 ½ oz. fries (small serving) 2 eggs

4 strips bacon - 2 T. butter

- 1 medium, 8 oz. potato 4 oz. meat

2 slices cheese - 7 cups broccoli

6 cups chopped tomatoes 1 cup cooked pasta or rice

1-2 alcoholic drinks

Ways to Burn 200 Calories

A brisk walk with your favorite dog. 25 minutes = 190 calories

Suds it up yourself! Clean your car. 40 minutes =216 calories

Master the stairs by avoiding elevators and escalators.

30 mins on a Stairmaster =216 calories

Dive in the Water is fine. 30 minutes of swimming = 215 calories

Fall house or garage cleaning. 25 minutes = 210 calories Get back to nature. Weed the garden, plant some spring color, rake leaves or your neighbors leaves.

55 minutes = 205 calories

Remove the clutter from that treadmill in the basement, Or head to the gym. 20 minutes = 192 calories

Fore! Get in a round of golf before the snow flies. Walk and pull your own cart. 50 minutes = 210 calories Using a step meter 4000 steps each day = 200 calories Track your progress you will be surprised how steps add up as you include one of the above in your daily routine. Have Fun.

Source HealthEast Living Well with Diabetes Program