



5M3 Lions Den

September 2020
Edition 12 Volume 2

www.lionsclubs.org

www.e-district.org/sites/5m3/



SEPTEMBER IS CHILDHOOD CANCER MONTH





5M3 District Governor David Janssen



Greetings Lions of 5M3!

District Governor year started out doing the first cabinet meeting of the year. The meeting was held at the city park in Sherburn on the first Saturday August. It was well attended and everyone was very pleased to be able to gather for this meeting. Lots of good discussion on the Lions Programs and

what is happening and what is not taking place because on the coronavirus. Lions are starting to meet in-person and some are doing the Go-to-meeting or Zoom. It's nice to hear some clubs are meeting and trying to make plans for activities that could take place.

Had my first club visit in Springfield. Lions Clubs that were there were Springfield Area, Morgan, New Ulm and Sleep Eye. Had a great evening visiting with the area Lions. Thank you. I don't have many club visits on my calendar. Please call or e-mail me so we can get your club on the list.

USA Canada Lions Virtual Leadership Experience: Racing into the Future with Kindness and Diversity is been held as online event. Lions can register for this to learn from Lions Club International Leaders, featured professional speakers and numerous seminars, while in the safety and convenience of their own houses. It starts Sept. 25 at 8:00 pm and it ends Sept 27. at 5:00 pm. You have the opportunity to select from 19 educational seminars, be inspired and motivated. The cost is a very reasonable \$20.

We are working on the NAMI plan. A letter has been sent to club presidents asking them to talk to their Clubs about NAMI in 5M3. We need buy in from all club members for this to work. Membership in 5M3 needs to grow, replace our aging members and those who have moved away. We want to work with Clubs in 5M3 to develop service projects and increase membership over the next three years. Please help us make this plan work, we need to bring our membership up and the only way it will happen is if all the clubs get together on this. More details to follow.

Lions Club International has come up with a plan for payment of dues. Flexible Payments: No clubs will be suspended or cancelled through December 31, 2020. Charter and entrance fees waived: We have waived all charter and entrance fees from July 1- December 31, 2020

Zone meetings are getting started up again so if you are planning one please the DG David know. NAMI District Champion Don Kuehl will talk about what is happening with the NAMI program. 1VDG Gordon would also like to attend and talk about LCIF. Lots of different information to be discussed at the zone meetings.

We are going to do Guiding Lion training in the district. The question is "how do we do it?" It will be determined by the amount of interested members who want to take the training. The training will take place in a couple spots in the District or it could be a Go-Meeting format, like the officer training. If you are interested let DG David or GLT Wayne know if you would like to do this and how. Most of the people that were certified in the past have had their certifications expire.

We are still looking for that 2VDG. It would be nice get done as soon as possible.

That's all I have for now. Enjoy the rest of the nice summer.

BRINGING GROWTH TO LIONS
DG David Janssen

**Contact DG David Janssen to set up a visit with your club!
507-236-2480 Davidjanssen1947@hotmail.com**

Zones 3 and 4

Where: Slayton Pizza Ranch
-your own expense

When: Wed. Sept. 16, 6:30 PM

Hosted by Zone Chairs Darren
Saner and Edie Aas

All club members welcome.

**ZONE
MEETING!**

Northern Pride Lions Forum
October 30 - 31, 2020

CANCELLED

WE WILL BE REFUNDING ALL REGISTRATIONS!

We sincerely appreciate the time and effort you have committed to the Forum.
We hope that you will consider attending the Northern Pride Lions Forum in March 2022.
Questions or Concerns please contact: nplfmd5m@gmail.com



1st Vice District Governor Gordon Mulder

From the desk of 1VDG Gordon Mulder—a look back, a look forward.

I as able to attend a couple of Leader Dog zoom meetings this past month. As always, they do a terrific job meeting the needs of sight impaired individuals, and as always they did a little talk on the need of fund raising—no surprise there. The more one is involved with a particular project, the more you are aware of the good job they are doing and the need for fund raising.

I was asked to lend a hand to LCIF in 5M3. How can one say no to such a good project? LCIF makes grants locally, district wide, country wide, and worldwide. Keep on saving your pocket change for LCIF, as Campaign 100 is still ongoing.

Zone meetings will be happening in the near future. Club officers are encouraged to attend, but in reality, all lion members are invited. How can information be dispersed without individuals ready to catch, absorb, and act on it? Here is an opportunity to learn from fellow lion members. No need to reinvent the wheel. Replicate success. Whatever works someplace else, could very easily work in your own home club.

Somewhere I read—Lions helping lions helping others. Help me, help you, help others!

It is a good day to be a Lion. Serve with pride, with the Pride.

Lion Gordon Mulder

Lions Den

District 5M3

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A New Adventure in Learning Join Us!



September 25-27, 2020

SEE FOLLOWING
PAGE FOR MORE
INFORMATION!

Start
One

Ask
1

Keep
1

You can experience the Forum this year in a new way! Join us for the USA/Canada Lions Virtual Leadership Experience. Although we aren't able to facilitate the 80 wonderful seminars that were planned for Louisville, the Forum Planning Committee is excited to present 19 sessions you can attend virtually. It's easy and affordable.

General Sessions Keynotes



Katherine Greenland
Katherine is a cultural innovator and inclusion strategist with over 20 years of experience as a public speaker, team builder and advisor.



Dr. Jung-Yul Choi, President LCI
Dr. Choi will speak on the services and programs of LCI and give us insight on being United with Kindness and Diversity.



Striker Corbin
As a motivational speaker, certified hypnotist, and success coach, Striker Corbin focuses on personal development.

If you have never attended a USA/Canada Lions Leadership Forum, our Virtual Leadership Experience will give an opportunity to understand what we do for your leadership growth in a scaled down version. Our mission is to develop leaders, motivate and educate attendees, provide an open exchange of ideas, and support programs and goals of Lions Clubs International. We have created a virtual experience filled with seminars that enhance your leadership skills and knowledge. **The Virtual Leadership Experience is for every Lion.**

Choose from 19 sessions that will educate you on programs and services like a Childhood Cancer Symposium, Faces of Diabetes Innovation, how to approach the younger generation about Lions, projects for women and families, learning more with NAMI and so much more.

Complete Event Registration Fee
3 Days - 2 Hour Sessions

\$20

Learn More - Register Now!

<https://members.lionsforum.org/event-3925061>

MEMBERSHIP UPDATE

June 30, 2019.....1,131

July 31, 2020.....1,109

YTD Members Added:..1
YTD

Members Dropped: ... 5
YTD

Net Loss/Gain: -4

38 clubs

Retention is the key to keeping your membership numbers. You cannot run your programs without your members. Talk to

WE NEED CHAIRS FOR:
INTERNATIONAL EXCHANGE
PUBLIC RELATIONS



CONTACT DG DAVID IF INTERESTED.

davidjanssen1947@hotmail.com 507-236-2480



FRIDAY SEPTEMBER 25, 2020

8:00-9:10 PM Eastern Time GENERAL SESSION

Welcome/Intros General Chair Harvey Whitley
Tribute to VP Haynes Townsend
Katherine Greenland: KEYNOTE

9:10-9:15 PM Eastern Time BREAK

9:15-10:00 PM Eastern time *PLEASE CHOOSE ONE*

NAMI-What's All the Buzz about Kindness and Diversity?

LCI Digital Programs

Diverse Projects and Activities to Engage Women and Families

How to Successfully Sponsor Clubs on Campus

SUNDAY SEPTEMBER 27, 2020

2:30-3:00 PM Eastern Time GENERAL SESSION
Sponsors and Recognition of NAMI Pilot Districts

3:00-3:45 PM Eastern Time *PLEASE CHOOSE ONE*

Faces of Diabetes Innovation: Racing Toward a Cure

Young Lions Diverse Leadership Skills Contribute to a Successful Future

Attracting and Retaining Great Lions through Diversity

Debunking the Membership Myth

Legal Issues

3:45-4:00 PM Eastern time BREAK

4:00-5:30 PM Eastern Time CLOSING SESSION

Striker Corbin: KEYNOTE
Thank you General Chairperson Harvey Whitley
Racing Ahead to Des Moines PDG Wendy Cain, PCC Jerry Inman,
and the Catch Des Moines Team

SATURDAY SEPTEMBER 26, 2020

11:00-Noon Eastern Time GENERAL SESSION

International President Dr. Chung-Yul Choi
International Director Justin Faber
LCIF Chairperson Gudrun Yngvadottir and KaSondra Byrd

Noon-12:15 PM Eastern time BREAK

12:15-2:00 PM Childhood Cancer Symposium

For those not participating in the Symposium, please choose one.

12:15-1:00 PM Eastern Time *PLEASE CHOOSE ONE*

NAMI-Individual District Enhancement Plans

Dealing Kindly with Contentious Member

Campaign 100

How to Start a Leo Club Where Diversity and Kindness Matter

1:00-1:15 PM Eastern time BREAK

1:15-2:00 PM Eastern Time *PLEASE CHOOSE ONE*

NAMI-Building Success through Kindness

Reflections from Our Founding Fathers

Zone Meetings: Secrets of Success

How Do We Approach the Younger Generation?

It's so easy to register. Just click [here](#).

(See previous page for website)

Follow us on . . .



**September is Childhood
Cancer Month**

MN Lions Childhood Cancer Foundation
will be selling T-shirts to promote
Childhood Cancer Month



Jerzees 50/50

\$ 25.00 (S,M,L & XL)

\$ 30.00 (2XL,3XL,4XL & 5XL)

Long sleeve - S-XL \$30.00 2XL-3XL \$35.00

Send order form with check to:

Linda Albrecht

1021 5th Avenue NW

Perham, Mn. 56573

pdglinda@gmail.com

218-298-4743

MN Lions Childhood Cancer Foundation

Childhood Cancer T-Shirt Sales



Jerzess 50/50

Please print

Name _____

Address _____

City _____ State _____ ZC _____

Phone _____ District _____

T-Shirt: S ___ M ___ L ___ XL ___ \$ 25.00

2XL ___ 3XL ___ 4XL ___ 5XL ___ \$ 30.00

Long Sleeve - S-XL \$30.00 2XL & 3XL \$35.00

Send order form and check payable to:

'MN Lions Childhood Cancer Foundation'

Linda Albrecht

1021 5th Avenue NW

Perham, Mn. 56573

218-298-4743

pdglinda@gmail.com



MN Lions Childhood Cancer Foundation



c/o Lion Tom McCarthy
23535 735th Avenue, Dassel MN 55325

A 501(c)(3) Charitable Organization

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MN Lions Childhood Cancer Foundation is pleased to announce an extremely successful **Shave for the Brave!** Fundraiser. In the middle of a pandemic with all our gatherings of conventions and meetings postponed or held online, we persevered and raised over \$18,000! We thank all of you for your supportive contributions and spreading our fundraising information.

MN Lions Childhood Cancer Foundation has also raised over \$100,000.00, during the last Lions' year, which after matches, became \$300,000 for the University of Minnesota Masonic Children's Hospital Childhood Cancer Survivor Program.

We are looking forward to a check presentation ceremony when safe to do so.



Believe award: Clubs donating \$1,000.00 have earned our beautiful, Believe Award. We are so proud of the design and hope your club can display your successful contributions to assisting children with cancer. Currently our foundation is keeping records of all the club donations. Your club does not have to contribute all the funds at once to earn the Believe Award. Donations to the U of M Hospital will be designated for the Childhood Cancer Survivor Program. And the MNLCCF is the leading contributor for this new program!

And we have pins!!!! Please request pins from your district representative, they are \$5.00/each. They are shown as our "logo" at the top of the page.

Two Recent donations: Kama Kaco (Kids Against Cancer Everywhere) <http://www.kamakaco.org> in central Minnesota will use \$9,000 to pay for winter camps in the 2019 season by teens enjoying winter camp experiences, and to assist in their needs for the future. Unfortunately, the summer camp for 2020 was postponed due to the pandemic.

Crescent Cove <http://crescentcove.org>. Crescent Cove wants to install a picnic area that will accommodate handicapped children and their families. Because of the unique design and safety features, this will cost about \$15,000. We would propose that the Lions of Minnesota fund this necessary project. The MN Lions Childhood Cancer Foundation will match any contributions by clubs or individuals at the rate of 1.5 to 1. That is, if a gift of \$100 is made, the Foundation will match it with another \$150. If we can raise \$6,000 from clubs and individuals, the Foundation match of \$9,000 will reach our goal. (Note Crescent Cove on the memo line of checks.)



APEX Table Ensemble



Solaris Sunshade



APEX Litter & Recycling Receptacle

Clubs can now write their checks to the MN Lions Childhood Cancer Foundation!!!!!! (we just got our 501 c3 status) and send the checks to Lions Tom McCarthy, (Treasurer of the MNLCCF). Tom's address is 23535 735th Ave, Dassel MN 55325. Lion Tom will keep careful records of all club donations. Again, once a club reaches the \$1,000.00 donation level, they are eligible to receive a Believe Award.



Journal Entry by Meg Spartz —
(childhood cancer speaker at 2020 5M3
convention)

August 6, 2020

Side effects of chemo, effects of returned leukemia, growing pains, and being two...many of the things on these lists are the same, so when your two year old is up for hours during the night, in extreme pain, because his legs hurt-your brain goes into panic mode. You try so hard to be calm and talk through all the things it could be, that are just normal kid issues. However, your brain begins this prepping "what if" reaction.

Anybody can give you all the words of wisdom in the world, however, in the mama and dads brain its there....we've been told the laundry list of things we have to keep an eye on. We know leg pain is on each of these lists.

Today Jeffy had his oncology appointment and his numbers all looked good! We know this is our world and will be forever. The list of side effects of chemo are never ending...we try to remain positive and remember that we never get off this rollercoaster...we need to keep our eyes straight forward and....it is what it is. Being the calm in our own storm, is so important. A great Dr appointment and we are beyond excited that Jeffs numbers look good! He is 6 months out from chemotherapy and can start his non-live vaccines as soon as we can get him in. We also got the green light that its ok for our other kids to attend school like other kids, of course.....with masks!

15 minutes at a time.

(on a side note: Jeff received a backyard playstation from Make A Wish!)



Support the Childhood Cancer Foundation by purchasing a pin from Diana Kuehl.

dianakuehl5@gmail.com
or 507-847-3126



Lion Diana Kuehl, Jackson Lions Club and Childhood Cancer Chair, stitches this logo (above) on blankets to be tied and donated to the children's center in Sioux Falls. As of the end of July, 265 blanket have been prepared and are ready to be tied as a service project at the district convention in Fairmont in February 2021.

NAMI – NAMI – NAMI – NAMI – NAMI – NAMI – NAMI

Greetings Lions of 5M3. Have your Clubs been thinking about starting back up again after our March shut down? Some Clubs have and I am going to encourage you to think about how your Club can resume your activities. Just remember to practice safe protocols if you do.

I know that your Clubs have lost several income producing activities due to the shut-down, but I hope you are still serving your communities with those projects that do not cost you money.

NAMI. Do you remember what that stands for? **North American Membership Initiative.** I sent out an email to all Club Presidents and some Secretaries (no club President email addy) with a letter regarding NAMI. In the email, there was a form for you to sign and return to me. As of today, I have only gotten two back. I can only assume that the rest of the Clubs have not met yet. Please make sure you present this to your Club members and that it gets approved and returned to me. Congratulations to Hadley Lions and Morgan Lions for accepting the membership challenge and returning the form.

NAMI is a club driven membership project with four goals: 1. Increase membership in each club; 2. Revitalize clubs with less than 15 members; 3. Look for different service projects in the communities that your club serves; 4. Start new clubs in our District.

District 5M3 NAMI team consists of our District Governor, 1VDG, GLT, GMT, GST, and Zone Chairs. Part of our jobs is to communicate with you on our progress with membership growth, help clubs work toward a positive membership growth, assist you in identifying new service projects, and help in revitalizing clubs if needed. I am your NAMI chairperson and I will be happy to visit with your clubs on what is available. I hope to be with all the clubs in the next 30-60 days during your Zone meetings which should be coming up.

Till next month, think about restarting your clubs, get your club to buy in to the membership program and return those acceptance forms to me. Any questions please let me know. Send me an email (ddkuehl@msn.com) or call my cell, 507-841-4917. Wishing you the best as "We Serve" again in 2020/2021.

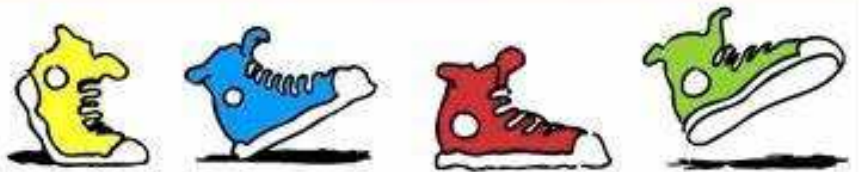
PDG Donald E. Kuehl, NAMI Chair, 5M3

New Ulm Virtual Diabetes Walk

The New Ulm Diabetes Walk will again be sponsored by the New Ulm and Lafayette Lions Clubs. We will not be meeting for an organized walk this year. Instead, we are asking you to walk on your own to find a

CURE for Diabetes and/or to send us a donation. Donations of any amount will be greatly appreciated. The majority of these donations will be used at the University of Minnesota to research the CURE for Diabetes. Donations can be sent to: Bob Schirlinger, 801 N Payne St. New Ulm, MN 56073, Write checks to "MN Lions Diabetes Foundation" or, you can donate at <https://www.nudbwalk.com/> or at <https://www.gofundme.com/f/23istjx7g0>. A soft deadline for this year's Diabetes Walk is September 26th. Thank you for your generous support in the past. Hopefully, we will be able to gather for a fun walk next year. If you have any questions, please call Lion Bob at (612) 501-2719.

Walk to Cure Diabetes





Sharing Our Outcomes

INTRODUCTION: Child Oral Health in Minnesota

In 2005, oral health care for young children was a subtly explored topic for many in public health. Unless you were a dentist, dental hygienist, or other dental specialist, community-centered messages were few and far between concerning brushing, flossing, and having fluoride varnish applications (FVA).



This is no longer true. Today, Minnesota has a strong, preventive care initiative in children's oral health. Thanks to the Minnesota Oral Health Project (MNOHP), founded by Amos [Deinard](#), MD in 2005, oral health for children is a topic of education in Minnesota elementary schools, Head Start programs, and even library systems. A new children's book, *Bye, Bye Germs*, is now read to preschool children in rural Minnesota areas as an introduction to how to care for developing teeth. New puzzles, games, and matching cards for children are now used to reinforce prevention messages.

This document describes the development and successes of MNOHP. Created as an outcome evaluation, this "The Story of MNOHP: Sharing our Outcomes" highlights how 15-years of oral health efforts by educators, coalitions, medical/dental professionals, and others changed the landscape in our state's oral health policies and education.

Our Outcomes: What Has Changed

In 2005, Amos [Deinard](#), MD was a practicing community health pediatrician in Minneapolis. Dr. [Deinard](#) began to notice the frequent neglect and lack of prevention in tooth and gum care of Minnesota children. In this year, Dr. [Deinard](#) was asked if he would lead the charge on prevention and early intervention for children's oral health in our state.

He did not realize at this time that he was about to lead an evolving and powerful movement, the Minnesota Oral Health Project (MNOHP), in reaching children with marginalized care, especially in rural areas where patients travelled long distances to access dentists and hygienists.



Dr. Amos [Deinard](#)

MN Oral Health Project's Mission

Since its founding in 2005, the mission of MNOHP has been to:

1. Increase public awareness of the caries crisis affecting high-risk children
2. Improve access to early caries preventative services through training and support for medical and dental providers, and
3. Educate caregivers about healthy dental practices

MNOHP's primary focus of action has consistently focused on children from birth to six years of age in Greater (rural) Minnesota, their parents, early education educators, public health professionals, and preschool education organizations. MNOHP has made substantial prevention and early intervention progress with these targeted audiences. The following **seven outcomes** summarize important oral health progress noted in Minnesota.

Seven Important Outcomes

1. **FVAs given by Primary Care Medical Providers (PCMP) exceeded those provided by dental providers in 2018 for the first time:**
Non-dental providers now provide more fluoride varnish applications (FVA) to high-risk children than dental providers.
2. **FVAs by all providers have increased by 143% since 2015:**
-In 2015, the number of PCMP organizations that offered FVAs was 240.
-In 2019, 538 provider organizations offered FVAs.
-In 2015, FVAs completed were 50,314.
-In 2018, FVAs increased to 241,599.
3. **FVAs given by PCMP have more than doubled** since the Minnesota Department of Human Services (MDHS) required the service for Child and Teen Checkups (C&TC) eligible children ages 0-5 years in 2017.
4. **More than 99%** of PCMP clinics report they are providing childhood caries prevention.
5. **More than 150 community-centered education sessions** in Greater Minnesota helped to raise child oral health awareness in early childhood education programs, public schools, libraries, and other civic organizations.
6. **An updated, user-friendly FVA online training video and guide for oral health educators and providers** was developed and is available on the [Crush Cavities website](#).
7. **Minnesota's diversity has been celebrated and recognized** with new, culturally-rich oral health education materials developed by MNOHP.

These include parent brochures, education sheets, videos, multicultural handouts, books, and games developed for Minnesota's Somali, Hmong, Latino, Karen, Lao, Portuguese, Vietnamese, and Russian speaking communities. The materials are **free and downloadable on the [Crush Cavities website](#)**. Printable education flyers can be found in the [top bar at the top of the website home page](#).



Celebrating Successes

MNOHP's Strong Community-Centered Presence is Evident Through It's Partnerships

Several oral health leaders have included their experiences on the impact of this project within their Greater Minnesota communities.

"Dental caries in youth are the most common chronic childhood disease. Oral health awareness and education can be linked to cavity prevention and an overall improvement in health. Public health has the opportunity to build capacity at the local community and school levels to improve access and promote preventative education for children and families. Southwest Health and Human Services (SWHHS) and the Minnesota Oral Health Project have partnered on several occasions to create opportunities for sustainable changes that promote oral health. SWHHS implemented a fluoride varnish program with support from MNOHP and the two agencies have worked together to bring education and information to families in Southwest Minnesota at health fairs, county fairs, schools, and similar community events."

-[Shannon Gossen](#), Public Health Nurse, Southwest Health and Human Services

"I was lucky enough to be a part of the team that worked with MNOHP in partnership with the Westbrook/Walnut Grove School (Walnut Grove, MN/Redwood County). Educating children about oral health is much needed in our rural communities. Working as a team, we were able to make oral health education fun for the children using music, games, demonstrations, and hands-on activities. These provided a way to reach the children on their own level, making an impact on the importance of caring for their own teeth. It was fun to see the excitement on their faces and their desire to learn about oral health."

-[Mavis Saffer](#), Health Services Program Aide, Southwest Health and Human Services

"The Westbrook/Walnut Grove School System was very fortunate to have the help and expertise of MNOHP when several community agencies partnered to provide oral health education to our elementary students. As a School Board member and clinical nurse specialist, I know how important health is for a child in order to be successful at school. I have three grandchildren at the school who are fourth generation school district enrollees. I was involved in planning and implementing the program at the school. It was a wonderful experience for the students and has put a strong focus on oral health for our school."

-[Maydra Maas](#), RN, CNS, Westbrook/Walnut Grove School Board Member

"The Early Childhood Dental Network has been active in west central Minnesota and across Minnesota since 2008. Over the course of these years, we collaborated and as part of our respective collaborative efforts, our paths have crossed frequently with MNOHP. With their focus on improving the lives of children through prevention and early intervention of dental disease, our missions aligned perfectly. MNOHP was essential in advancing medical/dental integration through their tireless promotion of the importance of incorporating FVAs and oral health education in well child exams. This concept and the advances made in bringing it to fruition will positively impact children's lives for generations to come."

-[Jane Neubauer](#), Early Childhood Dental Network Coordinator



Timelines & Benchmarks

2000: Dr. Amos [Deinard](#) attended the Surgeon General's Conference on Oral Health and met Dr. Olson Huff of South Carolina who had implemented a program challenging Primary Care Medical Providers (PCMPs) to provide preventive oral health care for vulnerable children.

2001 - 2014: Dr. [Deinard](#) worked to ensure payment for PCMP preventive oral health visits, trained PCMP providers in FVAs throughout Minnesota, and developed materials to educate caregivers. He named this project the Minnesota Oral Health Project (MNOHP) and used grant funds to further these preventive education efforts.

2014: Dr. [Deinard](#) chose Southwest Minnesota in Greater Minnesota to begin a community project. This targeted area initiated a concentrated education focus on preventive oral health care with partnerships including state and local government services, PCMP clinics, local service organizations and other community members with the support of a [UCare](#) grant. Southwest Health and Human Services was a key partner.

2015: MNOHP was expanded to include counties in Central Minnesota with a Blue Plus grant in partnership with the Minnesota Chapter of the American Academy of Pediatrics.

2015 - 2016: Two American Dental Association grants furthered work in Greater Minnesota, focusing on education with mothers-to-be and mothers of 0-5-year olds in partnership with the Association of State and Territorial Dental Directors (ASTDD).

2016: Another expansion was accomplished through a [DentaQuest](#) grant to include Northern Minnesota counties working with ASTDD. MNOHP staff was enlarged to include an Executive Director, four consultants, and a web designer. Volunteer professionals were also engaged in a Leadership Team and developed a mission, vision, and strategic plan for the project.

2017 - 2018: [Bentson](#) Foundation grant helped improve caregiver education with new, dynamic website materials including updated on-line resources. It funded the development of a widely used oral health book for children, *Bye, Bye Germs*, and new oral health education for school-centered programs.

2019 - 2020: Through a partnership with the Minnesota Departments of Health and Human Services, MNOHP staff were able to contact most PCMP clinics in Minnesota to offer training for Childhood Caries Preventive Services or problem-solve issues related to offering the service. We can report that Minnesota clinics are prepared and offering more oral health preventive services for young children.

2019 - 2020: MNOHP expanded to serve all Greater Minnesota counties, employing 10 consultants to bring community partners together in reaching out to caregivers in preventive oral care. Today, nearly all PCMP clinics offer preventive oral health services as a result of community efforts to enhance oral health care for children.



Thank You to Our Partners

Southwest Health and Human Services was an early partner in the project and collaborated with school-based oral health education in the *Westbrook/ Walnut Grove School* system, Walnut Grove, MN and the *Luxerne Elementary School* in Luxerne, MN (2013-2019).

Early Childhood Dental Network collaborated and shared oral health educational resources (2013-2020).

Association of State and Territorial Dental Directors (ASTDD) enabled research and partnerships with Early Childhood Education providers (2015-2016).

Minnesota Oral Health Coalition helped to access dental providers throughout Minnesota using *findadentist.com* resources and providing updated medical provider training (2013-2020).

Minnesota Department of Health/Oral Health Division provided training and shared oral health resources (2018-2020).

Minnesota Department of Human Services/Oral Health Department provided training, consultation, and state data resources (2018-2020).



Lessons Learned

• Despite important progress, many Minnesota children continue to fall through the gaps in accessing childhood caries prevention services. While more than 600,000 MN children qualify annually for C&TC exams, less than 500,000 FVAs were completed annually for qualifying children. Additional education and compliance in providing FVAs by medical providers still remains.

- Early childhood education is an excellent place to begin educating families and helping them adopt best practices in caring for the teeth and gums of young children.
- *Upstream actions* such as incorporating baby and childhood tooth/gum care and education in baby showers, Head Start programs, Minnesota libraries, and other venues are important preventive measures in reaching Minnesota parents.
- Improving care for children's teeth is the shared responsibility of *dental and medical providers*. A *win/win partnership* results when both disciplines work closely together to share parent and community-centered messaging, education materials, statewide data, and best practices to reach children and families of all races, ethnicities, income, education levels, and backgrounds.
- Using local, respected educators throughout the state that can reach into their own communities in a *culturally thoughtful* manner is an enduring way to integrate oral health into the broader health of Minnesota communities.

Minnesota Oral Health Project

Crisa Gilib, Executive Director and Barbara Greene, Education Consultant

August 5, 2020



Success Stories

1. **White Earth Indian Reservation:** After a meeting with Dr. *Deinard* and staff, the public health department at White Earth implemented a school-based fluoride varnish program in all reservation schools to complement FVAs provided in Indian Health Services and Maternal

Child Health home visits.

2. **School-based Education:** Thanks to a United Way grant, MNOHP partnered with local community services, initiated an elementary school educational program, and provided consultation to Walnut Grove schools for a school-wide, year-long focus on oral health. The program was replicated at the *Luxerne Elementary School* and can be used statewide.

3. **Provider Training & Implementation of Preventive Services:** Dr. *Deinard's* oral health provider training was updated to video format – providing real-time, user-friendly provider training and narration for Minnesota PCMP clinics.

4. **Children's Book – Bye, Bye Germs:** The book was written and offered in print, as a Kindle book and online. The book was translated into the Karen language, thanks to a volunteer from Worthington, MN. We would like to translate it into more languages and have created a translation tool to facilitate the translation work. Check our [website](#) to access either book.

5. **Free resources available on [www.crushcavities.com](#):**

- [Slideshow training program for children](#) (ages 3-7). Includes activity worksheets, coloring pages, puzzles and more.
- [Slideshow training program and video for parents and caregivers](#). Includes activity worksheets such as a Caregiver Checklist and Brushing Chart.
- [Children's playground](#) with video games and puzzles.
- [Crush Cavities blog](#) and [Brush Strokes quarterly e-newsletter](#).

MNOHP Thanks the Lions of MD5 by Sharing Our Outcomes Report Card



For more than 15 years, Minnesota Oral Health Project has worked closely in statewide partnerships to develop a new model for reaching children and families lacking regular oral health care. The Lions of MD 5 and PDG Dan Snobl have been strong supporters of our project, our goals, and our children. Explore what we've learned in this **Sharing Our Outcomes** summary report card to Minnesotans.

Read more at:

<https://crushcavities.com/the-story-of-the-minnesota-oral-health-project-sharing-our-outcomes/>



Speaker's Bureau Sampling

National Conferences

- American Academy of Pediatrics (2018)
- National Oral Health Conference (2019)
- American Public Health Association (2018, 2019)

Minnesota Conferences/Webinars

- Minnesota Department of Health Community Health Conference (2017, 2018, 2019)
- Minnesota Association of Family and Early Education (2017, 2018, 2019)
- Minnesota Department of Health Rural Health Conference (2015)
- Minnesota Public Health Association (2019)
- Minnesota Community Health Workers Alliance (2020)

Greater Minnesota Community Education Sessions

- Head Start and Early Child and Family Education (ECFE) sessions in rural Minnesota
- Public library child, parent, and caregiver education sessions using the newly developed *Bye, Bye, Germs* children's book as a learning resource
- Elementary school education sessions
- Southwest Minnesota State University (SMSU) community market-based research that explored key components affecting child oral health care and barriers to care
- Southwest and [South Central](#) School Nurse Education

5M3 needs a Lion to serve as 2VDG next year!!

CONTACT DG DAVID if interested or know of someone who would fit. Hope to fill this position before summer's end.

davidjansen1947@hotmail.com 507-236-2480

5M3 HAPPENINGS



1st Cabinet meeting of the year was held at Sherburn City Park. **Sherburn Lions** members prepared an excellent meal.



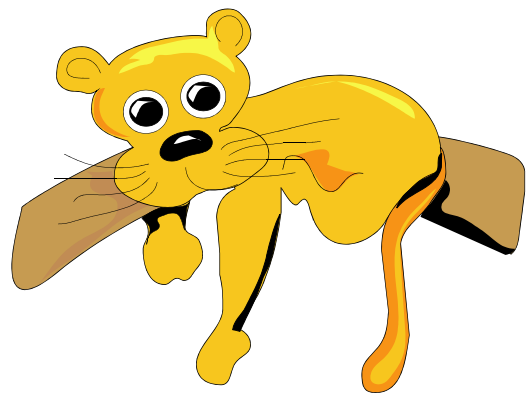
DG David presided over his first cabinet meeting as District Governor.



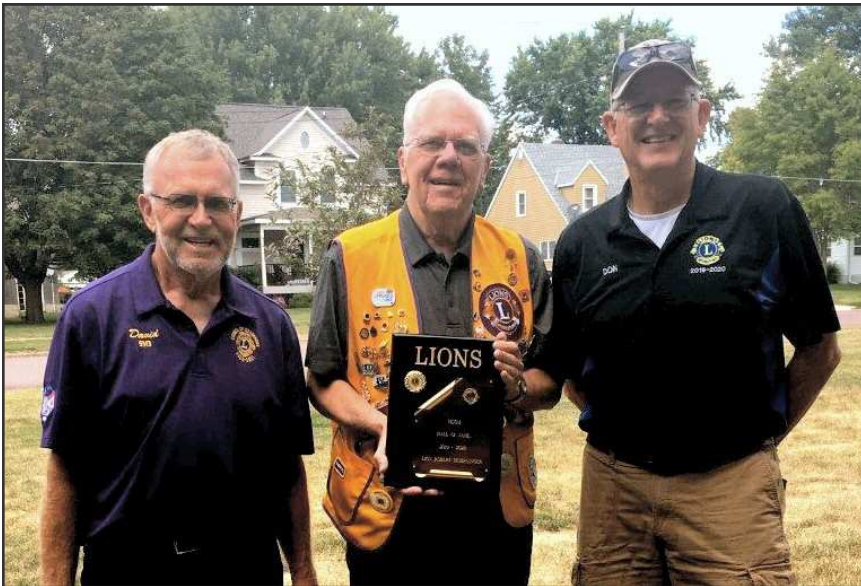
Westbrock Lions held their annual picnic and installation of officers Aug. 16 at the Woelbar Barn. L-R seated: Bob Nelson, Gordy Eichner. Standing: John Madson, Arlene Erickso, Russ Gundermann, Darren Peters, Carolee Stutz, Brian Zimmerman, Larry Kirchner, John Rupp. Due to Covid-19 Darren Peters, past president, did installation.



Above and left: **Springfield Area Lions** helped the Springfield Area Food Shelf with a Covid-19 food delivery on Aug. 17



5M3 HAPPENINGS



Lion Bob Schirlinger receiving his Hall of Fame Award in Sherburn on August 1st. L-R, DG David Janssen, Lion Bob Schirlinger and IPDG Don Kuehl.

Lion Bob Schirlinger Receives Hall of Fame Award

Lion Bob Schirlinger received the MD5M Hall of Fame Award on August 1st 2020 at the District 5M3 Cabinet meeting in Sherburn MN. Lions Clubs in the district are allowed to nominate one Lion. These nominees are then held up for vote at the District Convention. Only one Lion from each District of Multiple District 5M is allowed to receive an award each year. The winner is then presented the Hall of Fame Award at the MD5M Convention. This year, because of the cancellation of the MD5M Convention due to the COVID-19 virus, the award had to be given at a latter date.

The Lions Club of New Ulm nominated Lion Bob due to his activity in his own club and District 5M3. He is very active in his club being president twice, serving 6 years as a trustee for the MN Lions Diabetes Foundation, WebMaster for his club's and the district's website and much more.



Granite Falls Lions held a burger/brat feed on 8/12/20 with the proceeds going to their equine/equine special Olympics program at LeMar ranch in Granite Falls.

Windom Lions Club Donates Custom Bench to Be Well Path

The Be Well Path will now have an additional place to stop, take a break, spot some wildlife or enjoy the beauty of the path. A custom bench has been donated for installation on the path from the Windom Lions Club.

Upon learning that the Rehabilitation Department had identified a need for more seating along the path, the club decided to move forward with the purchase of a bench.

"We see the value the Be Well Path offers not only for Windom Area Health staff, patients and providers, but also our community," states Jody Saffert, Windom Lions member.

The Be Well Path is 2/3 of a mile, open to all and pet friendly. Path hours: Sunrise–Sunset.



Pictured from left to right: Delay King, Ellen King and Jason King pictured delivering one of the two custom Lions Club benches for the Be Well Path.

5M3 HAPPENINGS



Springfield Area Lions hosted District Governor David Janssen's visit Aug. 13th. Attending were **Morgan, New Ulm, Sleepy Eye and Springfield Area Lions Clubs**.



Lions Club of New Ulm



Morgan Lions Club



Springfield Area Lions Club



Left: Lion Thomas Goetz (right) receives Leadership Appreciation plaque for being 2019-2020 President of **Sleepy Eye Lions Club**. Presenting the plaque (left) is 2020-2021 incoming President Lion Blair Folkens.



Sleepy Eye Lions Club

5M3 HAPPENINGS



Springfield Area Lions and FFA Alumni hosted a cruise-in breakfast on August 2.



“Peace Through Service”

Lion Debra Wasserman
Lions Clubs International Essay Contest, MDSM Chair

The LCI Essay Contest began in 2010 as a companion to the Peace Poster contest. It is directed to students who are blind or visually impaired giving them the opportunity to write on the same theme as students participating in the artistic Peace Poster contest.

The Peace Poster contest and the Essay contest give students the chance to share their ideas and perspectives, and we adults the opportunity to learn about their view of the world and its future. The more students who are able to participate in the contests, the better for us locally and the world in general.

Teachers of the Blind/Visually Impaired receive information about the contest but reaching others who may know students is the goal of this article. If you know a student or a school district person, please share this information. Peace Poster kits contain information you can use and share with those who might know a student who would be interested in participating in the contest.

I am also available to answer any questions and share information that would help you, your club, or those working with students.

liondebra@charter.net
507-332-2792 (Home)



LIONS SERVICE PROJECTS



**CHILDHOOD
CANCER**



DIABETES



**DISASTER
RELIEF**



ENVIRONMENT



**HUMANITARIAN
EFFORTS**



HUNGER



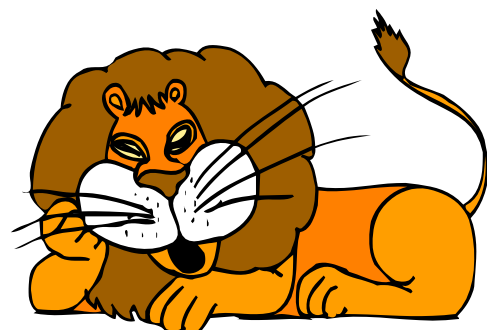
VISION



YOUTH

REMINDER:

**Articles for newsletter are due
by the 20th of the month!**



St James Lions 1st Wed; 6:00 pm Eagles Club #320 701 1st Ave S St. James Lion Joseph McCabe, Pres.	Springfield Area Lions 2nd Thurs; 6:30 pm American Legion Lion Gilbert Anderson, Pres.		Walnut Grove Lions 2nd Thurs; 6 p.m. St. Pauls Church Hall Lion Greg Hansen, Pres.	Tracy Lions 2nd Mon; 6:30 p.m. Multi-Purpose Center Lion George Erbes, Pres.
	Hadley Lioness 2nd Wed; 6:30 pm Hadley Community Ctr Lioness Deb Helmke, Pres.	Sleepy Eye Lions 1st Tues; 6:05 p.m. Railway Bar & Grill Lion Thomas Goetz, Pres.	Wabasso Lions 3rd Wed; 6:00 pm Community Center Lion Andy Simon, Pres.	
Vesta Lions 1st Mon; 6:30 p.m. Vesta Café Lion Jim Penske, Pres.	Redwood Falls Lions 1 & 3 Mon; 6:30 p.m. AM Legion Lion Teresa Rossow, Pres.	Comfrey Lions 2nd Mon; 6:00 p.m. Comfrey Comm Ctr Lion Martha Fredin, Pres.	Hadley Lions 3rd Tues; 6:30 p.m. Hadley Community Ctr Lion Al Husfeldt, Pres.	Morgan Lions 4th Mon; 6:30 p.m. Lions Community Ctr Lion Galen Engholm, Pres.
Bringing the District news to you! If your Club is not listed, be sure to send in \$40.00 to District Treasurer, Denise Nelson at 405 S St, Morgan MN 56266. Memo line: Newsletter Sponsor. NOTE: Clubs can sponsor more than one time!				

5M3 Lions Clubs Sponsor Page



Lions of New Ulm 1/2 Thurs; 6:15 p.m. Turner Halle Lion Jean Nielsen, Pres.	Marshall Lions 2/4 Tues; 6 p.m. Bello Cucina's Lion Jackie Meyer, Pres.	Jasper Lions 3rd Mon; 7 p.m. Stonewall Bar & Grill Lion Bob Quissell, Pres.	Lake Wilson Lions 4th Tues; 6:30 p.m. Lake Wilson Legion Lion Jack VanEck, Pres.	Westbrook Lions 3rd Mon; 7 p.m. Senior Center Lion Darren Peters, Pres.
Truman Lions 1st Mon; 6 p.m. Church of Christ Lion David Petersen, Pres.	Granite Falls Lions 3rd Mon; 6:30 p.m. Trolley's Bar & Grill Lion Todd Trudel, Pres.	Fulda Lions 3rd Mon; 6:30 p.m. Fulda Sr Citizens Ctr Lion Mike Peterson, Pres.	Ganby Lions 2nd Mon; 6:30 p.m. PK Egan's Lion Gene Bies, Pres.	Lucan Lions 2nd Thur; 7 p.m. Knotts Corner Lion Joel Weidemann, Pres.
Fulda Wood Duck Festival <i>June 17-20, 2020</i> 			Lakefield Lions 2nd Mon; 6 p.m. Multi-Purpose Bldg Lion Joel Poppe, Pres.	
Jeffers Community Lions 1st Thurs; 6:30 p.m. Jeffers City Hall Lion Ron Knoll, Pres.	Clarkfield Lions 3rd Tues; 7 a.m. Friendship Café Lion Douglas Clevenger, Pres.		Windom Lions 2/4 Wed; 6:30 p.m. Jack Slades Lion John Holt, Pres.	Fairmont Lions 3rd Mon; 6 p.m. Pizza Ranch Lion Tony Rosener, Pres.