



DREAM CATCHER NEWS

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



www.mnlionsdiabetes.org facebook.com/MinnesotaLionsDiabetesFoundation

Fall 2015

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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, join us on Saturday, NOVEMBER 14th to "Unite for Diabetes – Act Today for Change Tomorrow", and participate in the International Diabetes Federation's World Diabetes Day! The MN Lions Diabetes Foundation, Inc. is partnering with four other statewide partners including: the American Diabetes Association, Novo Nordisk, Stratis Health and Walmart to sponsor a Diabetes Awareness Day in eight cities across Minnesota to participate in this important worldwide event! Our goal is to create awareness for pre-diabetes, provide diabetes education, blood glucose screenings and to promote available area resources for consumers. Lions Club members in the Zone associated with the host city locations of Bemidji, Brooklyn Center, Dilworth, Duluth, Mankato, Marshall, Rochester and St. Cloud are being asked to help promote Lionism as greeters and volunteers for this Year One MLDF event. Walmart stores will host our event where consumers will receive a passport to visit five kiosks with fun interactive demonstrations and educational activities to earn a great nylon

back pack gift filled with a water bottle, pedometer, jump rope and stress ball! Each club in MN is being asked to send a representative to the nearest event location and get ideas for next year when Zones in each MN Lions' District will be encouraged to sponsor a Diabetes Awareness Day. Our Year Three goal is to have every club in MN host a Diabetes Awareness Day in your community to celebrate the 100th Anniversary of Lions with this great community service project! Please mark your calendars and plan to join in the FUN! 1 in 4 of us is at risk for being diagnosed with diabetes. Learn how you can prevent it from being you or someone you love...we CARE!

Welcome to our newest trustees –

Lion Wanda Breimhorst District 5M2
Lion Jeff Gunderson District 5M4
Lion Jim Johansen District 5M9
We look forward to working with you.

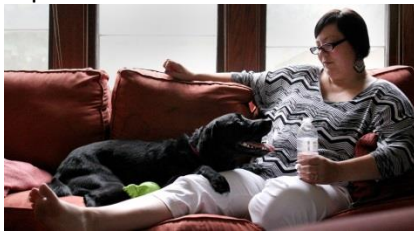
Dream Catcher Awards –

Many MN Lions Clubs have awarded members and nonmembers the Dream Catcher award for their contributions toward diabetes education, prevention, and research for a cure. The application form is available on our web site. Take a look at the fun pictures of the recent recipients also on our web site.



Sniffing Out Disease: Diabetes-Alert Dogs Are On the Rise

A dog's snout is a powerful weapon. So strong, in fact, that pooches trained to smell low blood sugar are being used to manage diabetes. For 27 years, Sarah Breidenbach had a foolproof way of knowing when her blood sugar level was dangerously low. Diagnosed with Type 1 diabetes as a child, she could spot the early warning signs — feeling shaky and anxious. Then one night, her internal detection system failed. While sleeping, her blood sugar level plummeted, causing a violent seizure that sent her to the hospital. Her body recovered, but her inner monitor did not. Over the next 18 months, paramedics made 178 trips to her home.



That's when her doctor prescribed an unusual tool to help manage her diabetes: a dog. Enter Moxie, a 5-year-old service dog who sits at her owner's side around the clock. The black Labrador can tell when Breidenbach's blood sugar is too high or too low just by smelling her breath. Read the full article: <http://www.startribune.com/lifestyle/health/221529221.html>

Spring Point Project

The mission and vision of Spring Point Project is to provide an unlimited source of pig islet cells to accelerate the availability and affordability of islet transplantation to cure diabetes. Amazingly compatible to humans, pigs can provide an unlimited source of islets for transplantation. Spring Point Project supports the team led by Bernhard Hering, M.D., scientific director of the Schulze Diabetes Institute, and researchers around the country and the world who have successfully reversed

diabetes in animal models using Spring Point's unique, 'medical grade' pig islet cells. For more information visit <http://www.springpointproject.org>

Feed the Pig

Several years ago the MLDF provided a small plastic "piggy bank" to clubs as a tool to collect large and small donations. We appreciate these donations and will continue to use those funds towards payment of the foundation's new 3 year \$250,000 pledge to the University of Minnesota to further develop the Minnesota Lions Islet Imaging Laboratory. Don't have a pig and want one - let your district's Minnesota Lions Diabetes Foundation trustee know so we can include one for you in our next order.

Let Your Plate Be Your Guide

Here's a quick and easy way to make sure you're getting the right amount of nutrients in the best portions for optimal blood glucose control:

- Draw a vertical line down the center of a dinner plate. On one of the halves, draw a horizontal line to cut one side one side in half, dividing the plate into three parts.
- Fill the largest section with non-starchy veggies such as spinach, broccoli or carrots.
- In one of the small sections, put your protein such as seafood, chicken or turkey.
- In the other small section, place starchy foods such as whole grain bread or beans.

Mark Your Calendars ----

ADA Expo in Minneapolis – October 10, 2015
World Diabetes Day – November 14, 2015
UofM Diabetes Research Update – April 2, 2016

2015-16 LCI International President Dr. Jitsuhiro Yamada's Theme: Dignity. Harmony. Humanity.