President’s Message

We’ve Moved!

As you know Sight and Hearing and the Vision Center have merged into the State Project known as Arizona Lions Vision and Hearing Foundation of MD21 (AKA Vision and Hearing). We are now under one roof at 3124 E. Roosevelt St. Bldg. D #1, Phoenix, AZ 85008. The phone number is (602) 267-7573. This is the original Vision Center office in the LFA building at 32nd Street and Roosevelt. The Sight and Hearing Foundation building has been sold.

This means better service to our community as a combined entity. Thank you MD21 for voting for this merger to assist us in living up to our motto – WE SERVE!

WE SERVE!

The Lions Vision and Hearing Foundation of MD 21 supported the Stand Down for Vets event at the Coliseum. We were represented by our Executive Director, Jeannette Russell, and other Lion volunteers. The team was able to help vets with eye exams and reading glasses.
People with diabetes appear to have a higher risk of developing cancer than those without diabetes, and the risk is greater in women than men, a new meta-analysis finds.

The researchers found that women with diabetes had a 27 percent higher risk of cancer compared with women without diabetes, while men with diabetes had a 19 percent higher risk of cancer compared with men without diabetes.

"Given the epidemic of both diabetes and cancer, it is important that both women with and without diabetes, as well as health care providers, are aware [of] the heightened risk of cancer following diabetes in women than men and try to prevent the onset and manage the progression of diabetes," said lead author Toshiaki Ohkuma, a research fellow in the renal and metabolic division at the George Institute for Global Health in Australia.

When the researchers looked at specific types of cancer, they found that women with diabetes again had a higher risk for most cancers than men with diabetes. For example, compared with men with diabetes, women with diabetes had an 11 percent higher risk of developing kidney cancer, a 13 percent higher risk of oral cancer, a 14 percent higher risk of stomach cancer and 15 percent higher risk of leukemia. Men with diabetes had a 12 percent higher risk of developing liver cancer compared with women with diabetes, however.

One limitation to the study is that the researchers did not adjust for other factors that could be associated with diabetes and cancer in women, such as pregnancy, menopause and hormone-replacement therapy, the researchers wrote.
THANK YOU FOR YOUR DONATIONS!

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Lack of Sleep and Heart Disease

The key to good heart health—and good health in general—may be a good night’s sleep. According to a UPI article, a Swedish study has found that the risk of developing cardiovascular problems is double for men who sleep five hours or less a night.

Researchers tracked 798 men for 21 years, categorizing them by sleep pattern: five hours or less, seven to eight hours, and more than eight hours. The results indicated that the group sleeping five hours or less had twice the risk of a major cardiovascular event by 71, even after adjusting for such risk factors as obesity, diabetes, and smoking.

Yet one more reason to get your rest.

Your donations to Arizona Lions Vision and Hearing Foundation of MD 21 are greatly appreciated! They allow us to serve those in need in Arizona and fulfill our mission!
Philippines Cataract Mission

In February and early March 2019 Jeannette Russell, Executive Director of the Arizona Lions Vision & Hearing Foundation, myself and many other Phoenix Phil-Am Lions are volunteering to go to the Philippines, specifically Baguio City, San Jose and then Gapan. We will be working with local Lions clubs in each city.

As usual our Lions are going above and beyond to help others. The main components to the medical mission are the vision screenings, dispensing of corrective lenses, diabetes testing and education. Then we will distribute food packs and deliver free backpacks to 250 families and loving children. Plus, the grand finale of our mission week is providing forty-five cataract surgeries, which will be done partnering with the local Carolina de Jesus Foundation.

These missions have been occurring every other year in the Philippines for the past twenty plus years as well as in several Mexico towns near our borders here in Arizona. The main man behind all the cataract surgery missions is our very own Dr. Conrad Ballecer and his bride, Amy Ballecer. There are dozens of other people, too numerous to mention, that have made these missions successful over the years who all give time and treasure to enhance the lives of so many others. ‘One World, One People’ – We Serve.

The Phoenix Phil-Am Lions have 130+ active members engaged in many local and international service projects for the past thirty years!

You can reach Jeannette Russell, Executive Director of the Arizona Lions Vision & Hearing Foundation at LionsVisionCTR@aol.com or 602-267-7573.

Charles G. Irion
Director of the Arizona Lions Vision & Hearing Foundation and Incoming President of the Phoenix Phil-Am Lions Club 2019-2020.

Trivia
‘90s TV Trivia

The ‘90s had some of the greatest television series of all time, from the likes of The X Files and Buffy the Vampire Slayer to Seinfeld, Friends and more. However, there are many trivia facts that even hardcore fans may be unaware of in regard to their favorite ‘90s shows.

Teen drama, Dawson’s Creek is famous for its theme song, “I Don’t Wanna Wait” by Paula Cole. However, the producers originally wanted to use a different song, “Hand in My Pocket” by Alanis Morrisette, but failed to be able to secure the rights to do so.

Friends was not the original title for the iconic sit-com, with the network contemplating a number of different titles including Insomnia Café, Across The Hall, Six of One, and Friends Like Us before finally settling on Friends.

The finale of season four of Ally McBeal was supposed to see Ally finally walk down the aisle and marry Larry Paul, played by Robert Downey, Jr. Unfortunately, the actor found himself in serious legal trouble over his drug issues, resulting in his unexpected removal from the program and the wedding never happened.