President’s Message

It has been a fantastic year for the Vision and Hearing Board. We became the Arizona Vision and Hearing Foundation of 21A this year with the merger of the Vision Center and Lions Sight and Hearing. We are all working together to make the State project for vision and hearing a force to be reckoned with.

As president of the board, I would like to take this opportunity to thank all the board members for their endless work and support.

This past fiscal year we were able to provide 99 refurbished hearing aids to those in need and 47 hearing aids from Zounds. We have continued to provide eye surgeries for those in need. It seems that we are doing more retinal surgeries than cataract surgeries due to the increase in diabetes. If your club is not working on diabetes education, it might be something to consider.

This year we collected a total of 495,776 pair of glasses and we sent 595,609 pair to ALERT for medical missions. Some of those glasses went with Lion Jeannette to the Philippines. During the previous year (2017-2018) we collected 227,954 pair of glasses and sent 83,417 to ALERT.

As you can see the volume of work to be done sorting glasses and getting them ready for distribution has more than doubled. Thank you all for your hard work collecting these glasses. You are all welcome to join us to sort glasses any time.

Thank you again for a great year and since I still have to get it right, I am continuing as board president for another year!

Karen Pryce

WE SERVE!
Photos

Humor

The Unhappy Boss

“Dave is so scatterbrained, it’s a wonder he can remember to tie his shoelaces,” a manager complained to his assistant.

“What did Dave do now?” the assistant asked.

“I asked him to pick up a newspaper for me before he returned from lunch,” the boss replied. “He’s over there at his computer, so where’s my paper?”

Just then Dave ran into the boss’s office and said, “You’ll never guess what happened to me at lunch today. I was having lunch at that little bistro on Main Street, when who should walk in but the president of ABC company that we pitched last week. There wasn’t an empty table in the whole place, so I waved him over and invited him to sit with me.”

Dave went on: “I used the opportunity to remind him of why he should consider working with us—and he agreed! He wrote me a check for the retainer. I raced back here and just worked up the preliminary projections for the new account.”

“Did you remember to pick up that newspaper for me?” the boss asked.

Dave blinked and looked confused. “Huh?”

“See what I mean?” the boss said.

Executive Directors Report

Lion Jeannette Russell

I am very proud to announce that MD-21 Lions have screened 160,530 children throughout the state.

After speaking with Kids Sight USA, Arizona Lions has the Second highest number of kids screened in the United States.

All Lions should be very proud of the many hours and hard work that went into each school, to ensure a better education for every child.

For the upcoming fiscal year, the following need to be recorded: (inputting will be done monthly)

- Date of Screening
- Club Name
- How many screeners
- School name
- Ages of students
- Refer or Pass.

Try to get to know your school nurses and inquire to whether a child has seen a doctor for follow up. This could be someone your club can help.

Please remember to report the following information to Lion Jeannette Russell lionsvisionctr@aol.com.

All the information will be forwarded to Kids Sight USA. Let your clubs be recognized for what they do.

We Serve!
**Trivia**

**Facts About Wine**

Most people enjoy a glass of wine now and again, but very few are aware of the many fascinating trivia facts that abound about the subject.

There are around 2,000 completely unique wine grapes, but that number will actually increase to around 5,000 identified wine grapes eventually, according to scientists. Of the 2,000 so far identified, it would take the average person nearly 40 years to actually try each and every one.

More than 50 percent of all the wine drunk in the United States comes from just three producers, Constellation Brands, Gallo, and The Wine Group. Seventeen percent of U.S. sales are made by E&J Gallo alone, and there are over 10,000 wineries in the country at present.

In the 1990s, DNA analyses of the different varieties of wine came up with some surprises, such as the fact that pinot noir, pinot gris/grigio, and pinot blanc are all actually the same grape, with mutations just having changed the color.

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**Healthy Aging Tips**

Regular exercise can improve and lengthen life significantly, regardless of what age at which it is undertaken. Although some ageing is impossible to prevent, many areas can be delayed or reduced with regular exercise, according to more and more research. It has become more important than ever to exercise to improve the health of adults who are living longer and want to stay active.

Strength training has been shown to not only be beneficial to those wanting to stay healthy and free of injuries but to also benefit a number of health conditions such as Parkinson’s disease and arthritis, which tend to be more prolific in older people. While many older people may be understandably limited in the range of exercises they can perform, and some may be at higher risk due to specific issues, the benefits far outweigh the risks in the majority of cases.

Moderate exercise, a well-balanced diet, and maintaining a healthy weight can all prevent high cholesterol, obesity, diabetes, and high blood pressure in the short term, as well as reducing the risk of dementia in the long term.

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**Improve Your Memory**

Making mental connections is another good method of making sense of and remembering facts. A great way to use the brain’s natural desire to create meaning by forming mental connections is to proactively link certain pieces of information to other thoughts and ideas that you already remember, which make it easier to recall the newly learned facts later on.
Lions Clubs
$0 - $999
Apache Junction
Black Canyon Bi-Centennial Lions
Buckeye Lions
Downtown Tucson Lioness
Globe Lions
Gold Canyon Lions
Green Valley La Canoa Lions
LHC London Bridge Lions
Mesa Host Lions
Mesa Thunderbird Lions
Peoria Pioneer Lions
Phoenix Metro Lions
Phoenix Paradise Village Lions
Pinnacle Peak Lions
Scottsdale McDowell Mtn. Ranch Lions
Sierra Vista Lions
Sun City Host Lions
Sun City West Sunrise Lions
Tucson Downtown Lions
Tucson Rincon Lions
Valley of the Suns Lions

Lions Clubs Benefactors
$1000 - $2999
Chandler Lions Foundation
Cochise Stronghold Lions
Flagstaff Sunrise Lions
Mesa Fountain of the Sun Lions
Mesa Leisure World Lions
Peoria Sunset Lions
Phil-AM Lions
Scottsdale Pride Lions
Sun City Early Birds Lions
Sun City Midweek Bell Lions
Sun Lakes Lions Foundation

Individual Donations
$0 - $1000
Cynthia Anneski
Ross Babcock
Al & Karen Boeck
Tommie Bourne
Ron & Betty Brown
John & Dory Hart
Lisa Jordan
Mina Marx
Michael Mazakis
Julie Napton
Network For Good Anonymous
Rhia Nkulu
Pima County ECAP Anonymous
Laurel Powell
Joe & Joni Preston
Ron & Carol Rosinke
Dick & Fay Sawyer
James Stroud
R. M. Torno
Valley of the Sun United Way Employees
Larry & Debbie Vine
Michael Yencich

Lions Helen Keller Benefactors
$3000 & More
Chandler Lions
Phoenix Biltmore Lions
Phoenix Midtown Lions

Corporate Donations
$0 - $1000
Amazon Smile
Eggs and Diabetes

Eating eggs for breakfast can be a health benefit for people with type 2 diabetes, according to a recent study. The findings of the study, which were made public in the Journal of the American Journal of Clinical Nutrition, indicate that a breakfast that is low-carb and high-fat can actually help sufferers to control their blood sugar levels during the day ahead.

Lead author, Jonathan Little says that breakfast is for many people a “problem” meal that results in large blood sugar spikes for those with type 2 diabetes and that the best way to prevent this, improve glycemic control, and potentially even reduce other complications associated with the disease is to eat a meal high in fat and low in carbohydrates first thing in the morning.

Large blood sugar swings can have a detrimental effect on eyes, kidneys, and blood vessels, making it very important for diabetes sufferers to have better glucose stability and control.

Gravity Facts

One of the most studied of all science phenomena is gravity, but this fundamental universal force remains more complex and more difficult to analyze than you might think.

In fact, the more scientists study gravity, the less sense it seems to make, and it actually stops working at the quantum level. Einstein believed gravity was a consequence rather than an actual force, created by the bending of space-time by large objects such as suns and planets.

Gravity varies in different places even here on Earth, with pockets of gravity of varying degrees of average density caused by mineral concentrations, geography, and different types of rocks.

Of all the “fundamental forces” listed by physics, gravity is actually the weakest, defeated by the weak nuclear force in atoms that cause radioactive decay and even by electromagnetic forces, such as those found in magnets. Other forces, including the strong nuclear force found in the nuclei of the magnet’s own atoms, are vastly superior in terms of strength to normal Earth gravity.

9 Ways to Protect Your Ears and Hearing Health

1. Use earplugs around loud noises
   Wear earplugs in high noise areas.

2. Manage stress levels
   Stress & anxiety are linked to tinnitus (ringing in your ears).

3. Get up and move
   Exercise is good for your ears (Blood flow helps the internal parts stay healthy).

4. Turn the volume down
   With headphones or earbuds follow the 60/60 rule – 60% volume for 60 minutes.

5. Give your ears time to recover
   Your ears require 16 hours of quiet to recover from one loud night.

6. Stop using cotton swabs in your ears
   A little wax in your ears is healthy. It keeps out dust and harmful particles.

7. Take medications only as directed
   Some anti-inflammatory drugs can contribute to hearing loss.

8. Keep your ears dry
   Towel dry your ears after bathing or swimming to prevent bacteria attacks.

9. Get regular checkups
   Untreated hearing loss, besides detracting from quality of life and the strength of relationships, has been linked to other health concerns like depression, dementia, and heart disease.