President’s Message

It has been a pleasure serving as the President of the Board of the Lions Vision and Hearing Foundation of MD21. We have a fantastic board that has made the combination of the Vision Center and the Sight and Hearing Foundation an easy transition.

Also, as the LERC (Lions Eyeglass Recycling Chairman) I would like to thank everyone in every club in the entire MD for their donations of eyeglasses. So far, this fiscal year we have collected 448,135 pair of glasses! We have had two sorting parties at the Vision and Hearing Center with wonderful help from many people representing many clubs. The Pinnacle Peak Lions sorted glasses as a service project. Fountain of the Sun Lions Club held a sorting party the end of March and sorted in excess of 40,000 pair of glasses in a 3-hour period! AMAZING!

During the month of March, Michael Olsen, a young man working on obtaining his Eagle Scout badge, collected 850 pair of glasses and donated them to Lions Vision and Hearing. Not only did he collect the glasses he cleaned and read half of them, so they are ready to go on a mission. Thank you, Michael for your wonderful contribution.

Because our board has had such a great year and has accomplished so much all of our officers will remain for the upcoming year. Thank you all!

WE SERVE!
Lions Medical to the Philippines 2019

February 28 through March 7th I once again participated with a medical mission to the Philippines.

This mission consisted of approximately 20 Lions traveling to Baguio City, San Jose and Gapan.

Vision Screenings and Dispensing of corrective glasses (SUPPLIED BY THE LIONS OF MD -21) as well as Diabetes testing with education, backpacks with schools supplies, umbrellas and 200 pair of shoes were provided.

Cataract Surgeries were done in Gapan.

It is a blessing to participate in these missions and truly learn what it is to SERVE!

Thank you to the Phoenix Phil-Am Lions and the continued years of organizing the mission and the Lions from the Asian American Club who participated.

Heart Health Tips Also Work for Diabetes

Health and lifestyle factors that can improve heart health can also have a positive effect on the prevention of diabetes, according to a new study conducted by Ohio State University College of Medicine researchers and published in the European Association for the Study of Diabetes journal Diabetologia.

Diabetes is an increasing problem within the United States, with almost a third of the populace having either diabetes or pre-diabetes.

Simple lifestyle and health behaviors and factors associated with heart health include activity, blood glucose, blood pressure, cholesterol, diet, tobacco use, and weight. Those in the ideal range for a minimum of four out of the seven factors are 70 percent less likely to develop diabetes in the next decade.

Researchers say that the study shows that preventative measures to help heart health such as regular exercise, adopting a healthier diet, and quitting smoking will therefore also help to cut down on the risk of developing diabetes.
**Trivia**

**Elephant Facts**

Elephants are among the most intelligent creatures on the planet and always a perennial favorite at zoos, but most people probably do not know all that much about them.

The trunk of an elephant weighs up to as much as 400 pounds yet has the ability to pick up items incredibly small, such as just one grain of rice. Elephants are one of the few animals, along with humans, dolphins, and apes, to possess self-awareness, being able to realize that they are looking at themselves when they look in a mirror.

Elephants can keep reproducing until the age of 50 and have a gestation period as long as 22 months, which is the longest of any mammal. The oldest elephant on record lived to the ripe old age of 86.

Elephants greet each other by hugging their trunks together and have very long eyelashes, up to five inches in length in some cases. They are very emotional animals, even capable of displaying grief at the loss of family members.

**June Dates to Remember**

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<tr>
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<tr>
<td>May 30</td>
<td>Memorial Day (Traditional)</td>
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<td>June 14</td>
<td>Flag Day</td>
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<td>June 16</td>
<td>Father’s Day</td>
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<td>June 27</td>
<td>National Hand Shake Day</td>
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**Avoid Alzheimer’s with These Tips**

Alzheimer’s disease is the sixth-leading cause of death in the United States and the only one in the top ten that cannot be prevented, treated, or cured.

However, growing evidence indicates that people can reduce their risk of cognitive decline by making key lifestyle changes. From the Alzheimer’s Association come these tips for keeping your mind healthy as you age:

- **Break a sweat.** Engage in regular cardiovascular exercise that elevates your heart rate and increases blood flow to the brain and body. Several studies have found an association between physical activity and reduced risk of cognitive decline.

- **Hit the books.** Formal education in any stage of life will help reduce your risk of cognitive decline and dementia. For example, take a class at a local college, a community center, or online.

- **Fuel up right.** Eat a healthy and balanced diet that is lower in fat and higher in vegetables and fruit to help reduce the risk of cognitive decline. Although research on diet and cognitive function is limited, certain diets, including Mediterranean and Mediterranean-DASH (Dietary Approaches to Stop Hypertension), may contribute to risk reduction.

- **Catch some Zs.** Not getting enough sleep due to conditions like insomnia or sleep apnea may result in problems with memory and thinking.
Where Does the Time Go?

According to Adrian Bejan, a professor of mechanical engineering at Duke University, our perception of time is rather fluid. Factors including age, activity, and whether we’ve had enough sleep can significantly skew our sense of time.

In an article published in the *European Review*, Bejan explains, “Time as we experience it represents perceived changes in mental stimuli.” He came to this conclusion after analyzing research on cognition, vision, and time.

He first became interested in the topic many years ago when he was a member of a Romanian basketball team. He realized that when he was well-rested, his level of play improved as well as his awareness of time. The research Bejan has reviewed shows not only how our energy affects our sense of time but also our vision.

Unconscious rapid eye movements, known as saccades, are just one of the ways our brains interpret stimuli that influence our sense of time.

When we are young and experiencing many things for the first time, our brains process the images we see more rapidly, leading to our sensing a slower passage of time. As we age, our vision isn’t as sharp, so our brains don’t process images as quickly, leading to a perception that time is passing more quickly. This can also occur when we are tired or experiencing symptoms from cognitive disorders.

These findings led Bejan to believe that everyone has their own sense of time that has nothing to do with real physical time or another person’s sense of time.

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**Three Hearing Tips**

1. **Protect your hearing!**

When exposed to loud noise sources, wear hearing protection. There are many options for protecting your ears including foam earplugs or noise cancelling headphones, as well as custom-made earbuds that can provide filtering of noise via electronic or non-electronic filtering.

2. **Limit the listening!**

Everyone has favorite sounds, whether it’s attending a concert, taking in a car race or just sitting at home relaxing. Depending on the noise levels you’re exposed to, there are certain time limits that are recommended as the maximum listening time before damage to your hearing can occur. The louder the sound- the less time you should spend around it.

3. **Monitor your hearing!**

Even if you don’t suspect a hearing loss right away, it’s helpful to have a baseline-hearing test performed so that it is available to compare back to a later time, perhaps when you do begin to experience hearing difficulties. If you are exposed to noise or are at risk for hearing loss, due to age or other common causes, a yearly hearing evaluation is a great way to stay ahead of any auditory deprivation.