President’s Message
Lion Karen Pryce

The annual USA/Canada Leo Forum was held in Mesa, Arizona in June 2019. LEOS from the USA, Canada and the Caribbean attended the forum.

One of the highlights of their three day meeting was a visit and tour of the Lions Foundation of Arizona and a service project at the Arizona Lions Vision and hearing Foundation of MD21 where they sorted in excess of 35,000 pair of glasses! The glasses will be used in medical missions around the world.

What a dynamic and energetic group of young Lions!

WE SERVE!
Executive Directors Report
Lion Jeannette Russell

Our Board of Directors are working to find the best ways of providing services to ensure a better life to all in need. We see these needs on a daily basis.

Here are some of the organizations we are working with in our vision area alone:

- Arizona Center for the Blind
- Arizona State Hospital
- American Veterans
- Circle of the City Parsons Health Care
- Maricopa County Superior Court (Juvenile Division)
- Phoenix Indian Center
- Phoenix Rescue Mission
- American Academy of Pediatrics
- Phoenix Children’s Hospital
- The neighborhood Christian Clinic
- Ebony House
- Salvation Army
- St. Vincent DE Paul
- Valley Eye Specialists
- Retinal Consultants of Arizona

Your clubs are a big reason we are able to help these organizations.

Our foundation is looking into several grants to increase our services. The funding will allow us to provide more eye surgeries and hearing aids to those in need.

Over the years, working with low and or no income patients, I have become aware of so many adults who are the working poor and can barely provide for their families daily needs. In addition, let us not forget the seniors who are on a fixed income and cannot afford their glasses even with insurance.

School screenings have been continuous for the last 4 months. I would like to thank all the Lions that have stepped forward to provide these screenings in their districts and for filling in when needed in other areas. We as Lions have come a long way in the last few years making sure children are able to get a better education through the efforts of so many Lions time and devotion.

Once again thank for your continued support. We could not do it without each one of you.

WE SERVE!
Anecdotes

The Little Puppy

A shop owner placed a sign above his door that said, “Puppies for sale.”

Signs like this always have a way of attracting young children, and soon a boy saw the sign and approached the owner. “How much are you going to sell the puppies for?” he asked.

The store owner replied, “Anywhere from $30 to $50.”

The little boy pulled out some change from his pocket. “I have $2.37,” he said. “Can I please look at them?”

The shop owner smiled and whistled. Out of the kennel came Lady, who ran down the aisle of his shop followed by five teeny, tiny balls of fur.

One puppy was lagging considerably behind. Immediately, the little boy singled out the lagging, limping puppy and said, “What’s wrong with that little dog?”

The shop owner explained that the veterinarian had examined the little puppy and discovered it didn’t have a hip socket. It would always limp. It would always be lame.

The little boy became excited. “That is the puppy that I want to buy. I’ll give you $2.37 now, and 50 cents a month until I have him paid for.”

The shop owner countered, “You really don’t want to buy this little dog. He is never going to be able to run and jump and play with you like the other puppies.”

The little boy reached down and rolled up his pant leg to reveal a badly twisted left leg supported by a big metal brace. He looked up at the shop owner and replied, “I don’t run so well myself, and that little puppy will need someone who understands.

Open Window

A man visited his doctor for a follow-up appointment.

“Have you been sleeping by an open window like I told you?” the doctor asked.

The man nodded. “Yes, just like you said.”

“And is the bronchitis gone now?”

“Not yet. So far the only things gone are my laptop and cellphone.”

Healthy Aging Tips

Eat Blueberries to Help Your Heart, Says Study

Blueberries are delicious, but can they aid your heart? Maybe, according to the Medical News Today website.

A study by a team of researchers from the University of East Anglia in the United Kingdom and Harvard University in the United States (at least partially funded, it should be noted, by the United States Highbush Blueberry Council) found that blueberries may indeed help with high blood pressure, high blood sugar, and other metabolic conditions affecting heart health.

Specifically, the team gathered 155 participants age 70 to 75 who were overweight or had other metabolic symptoms and split them into three groups.

Over a six-month period, one group consumed a cup of freeze-dried powdered blueberries per day, and another group had half a cup. The third group, used as a control, consumed a powder with dextrose, maltodextrin, and fructose.

The scientists found that those eating a full cup of blueberry powder showed improvement in vascular function and arterial stiffness. They saw no improvement in those who consumed just half a cup. They credit the improvement to the presence in blueberries of anthocyanins, which have been linked to a reduced risk of cardiovascular disease.

Two Hours a Week in Nature Boosts Well-Being

Staying healthy isn’t all about exercise and diet—as important as they are. An article on the Science News website suggests that spending just two hours a week in nature is crucial to your health and well-being.

Your two hours don’t have to happen all at once, either. The findings showed that the benefits accrued in both one single visit or several short periods. The benefits also were evident across the board regardless of gender, age, ethnicity, financial status, and disability.
Healthy Living

Add More Plant-Based Foods to Your Diet for Better Heart Health

Even if you’re not a vegetarian, this information may come in handy. According to the Science Daily website, a new study suggests that cutting back on animal-based foods and eating more plant-based foods may lead to a healthier heart.

Researchers analyzed data on food intake from more than 10,000 middle-aged adults in the United States who participated in a study from 1987 through 2016. None of them had any cardiovascular disease at the outset of the study.

The researchers looked at the proportion of plant-based food the participants ate compared to animal-based foods. Those who ate the most plant-based meals had a 16 percent lower risk of cardiovascular disease (heart attack, stroke, heart failure, and other conditions), a 32 percent lower risk of dying from a cardiovascular disease, and a 25 percent lower risk of death in general compared with those who ate the least amount of plant-based food.

Meanwhile, another study reported on the Harvard T.H. Chan School of Health website suggests that a plant-based diet may help ward off type 2 diabetes. Researchers looked at data from nine studies that included health data from more than 300,000 participants, of whom 23,544 had type 2 diabetes. Their review of adherence to an overall predominantly plant-based diet found that people with the highest adherence had a 23 percent lower risk of type 2 diabetes than those with weaker adherence to the diets.

You may not have to go completely vegan but cutting out meat and eating more fruits, vegetables, legumes, and whole grains can have a positive effect on your physical well-being.

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Video Feature

Click to watch Preventing Pre-Diabetes

Hearing Loss: A Common Problem for Older Adults

Hearing loss is a common problem caused by noise, aging, disease, and heredity. People with hearing loss may find it hard to have conversations with friends and family. They may also have trouble understanding a doctor’s advice, responding to warnings, and hearing doorbells and alarms.

Approximately one in three people between the ages of 65 and 74 has hearing loss, and nearly half of those older than 75 has difficulty hearing. But, some people may not want to admit they have trouble hearing.

Older people who can’t hear well may become depressed, or they may withdraw from others because they feel frustrated or embarrassed about not understanding what is being said. Sometimes, older people are mistakenly thought to be confused, unresponsive, or uncooperative because they don’t hear well.

Hearing problems that are ignored or untreated can get worse. If you have a hearing problem, see your doctor. Hearing aids, special training, certain medicines, and surgery are some of the treatments that can help.

The most important thing you can do if you think you have a hearing problem is to seek professional advice. Your family doctor may be able to diagnose and treat your hearing problem. Or, your doctor may refer you to other experts, like an otolaryngologist (ear, nose, and throat doctor) or an audiologist (health professional who can identify and measure hearing loss).