

14A DIABETES AWARENESS NEWSLETTER



EDITOR: ROBERT T. YOKL, 14A CHARITABLE FOUNDATION'S DIABETES AWARENESS CHAIRPERSON

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FEBRUARY
♥ ♥ 2020 ♥ ♥

MESSAGE FROM ROBERT T. YOKL
DIABETES AWARENESS CHAIRPERSON

How Does A New DA Chairperson Get Started?

I received a call last month from a new Diabetes Awareness Chairperson asking me what they should do now that they have been appointed to this position by my Club. First of all, I told her to give me her email address so I could add her to my mailing list for our monthly DA newsletter. Next, I sent her a [link](#) to lion International Diabetes Resources. She also invited me to her Club to make a DA presentation this month. That's how a DA Chairperson gets started!

P. S. I would be happy to make a Diabetes Awareness presentation at your Club or discuss the Club's diabetes project. Just call or e-mail me to discuss or schedule a time to do so. *It could be a lifesaver!*

Please Consider an Annual Donation to 14A Charitable Foundation's Diabetes Awareness Fund to Help with Needed Supplies or Support for Our Diabetes Projects That Are Serving our Communities.

DIABETES TIMELY NEWS FOR FEBRUARY 2023

- [Supervised Aerobic Exercise Cut Long-Term Diabetes With Obesity](#)

A 12-month vigorous or moderate aerobic exercise program cut obesity

- [Inconsistent Medication Use Among Adults With Diabetes](#)

Research showed that a mean of 19.5%, 17.1%, and 43.3% of adults with **diabetes** did not maintain continuity in use of medications to...

MISSION STATEMENT

More than 1.5 million people have diabetes in Eastern Pa. which makes it an epidemic. Therefore, it is the mission of the 14A Charitable Foundation to promote diabetes awareness, education and prevention within our District 14A. If you know of children and adults who are living with diabetes that we can help with supplies, equipment or support, please contact Robert T. Yokl at 610-489-2505 or email at bobpres@SVAHSolutions.com



"The ringing in your ears—I think I can help."

CartoonStock.com



DOMESTIC VOLIENCE, ANGER, AND DIABETES

You may be wondering if anger is a normal part of dealing with diabetes. Is it normal for someone with type 1 diabetes to erupt into violent anger and take it out on his or her partner? Frustration and anger are often experienced by people with chronic illnesses like diabetes. Fluctuating blood glucose levels can also contribute to mood swings and cause people to exhibit angry behavior. But when does that kind of anger cross the line into domestic abuse?

Anger and frustration can be common reactions when someone has a chronic disease like diabetes. It's a lot to cope with, and at times it may really be upsetting to have to deal with diabetes day after day for a lifetime. Your partner's diabetes may make it easier for you to overlook, but if it escalates into physical, verbal, or emotional abuse, its not normal. (Verywellhealth.com)

Contact Information

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If Your Lions Club Has a Client that Needs Diabetes Supplies, Equipment or Support That is Beyond the Scope or Logistics of Your Club, Please Call Us!

10 DIABETES FRIENDLY FOODS YOU NEED TO STOCK

Cooking your own meals is extremely beneficial for a variety of reasons, including that your control of ingredients, which limits fat and provides portion control. And when you cook your own food, you are guaranteed freshness. But it is impossible to put together a meal when you don't have any food in the house.

Keeping the fridge fully stocked can be tough, especially if you have a busy schedule and often wind-up throwing food in the garbage due to spoilage. But just a few simple ingredients (i.e., canned beans, eggs, canned tuna in water, frozen vegetables, whole grain bread, quinoa, low-fat Greek yogurt, extra virgin olive oil, all-natural nut butter and 100% pure canned pumpkin) can go a long way. If you have certain food items in your house, you are guaranteed to be able to throw together a meal that is tasty, healthy, and diabetes friendly. (www.verywellhealth.com)



		Who in Your Community Would Benefit From DA Education?									
	Nursing Homes						Penn State Extension "Dining With Diabetes Education Program"			Boy Scouts	
Retirement Communities			Senior Citizen Groups			Church Groups					

Call or E-Mail Robert T. Yokl for Details