



# Savannah Port City Lions

## Monthly News



A Publication of the Port City Lions Club  
Post Office Box 13772, Savannah, Georgia  
31416-0772

Web Page <http://galions.org/18b/portcity/>

November 2009

### President

Scott Eisenhart  
Telephone (912) 772-6537  
Email [seadog0824@yahoo.com](mailto:seadog0824@yahoo.com)

### Secretary

Shanti Moeller  
Telephone (912) 691-2862  
Email [shanti.moeller@gmail.com](mailto:shanti.moeller@gmail.com)

### Newsletter Editor / Treasurer

Richard S. Mizell, PDG  
Telephone (912) 925-9782  
E-mail [rckmizell@galions.org](mailto:rckmizell@galions.org)

## Club Shirts

Our new club shirts are in. Please see Lion Mary Ann Barbieri to pick your shirt up if you have not already done so. Cost is \$24.00 each and will be billed to you on your dues statement.

## Saint Mary's Home

The Port City Lions will again present gifts to the children of Saint Mary's Home this Holiday season. A list of names along with each child's wish list will be distributed at the next meeting. Gifts should not cost less than \$15.00. Gift wrapped and brought to the Christmas Banquet. The gifts will be presented on January 6. Lion Mary Ann Barbieri is leader of the project. This project was started many years ago after it was decided to present gifts to children rather than members presenting gifts to each other.

## Broom Sale

The Port City Lions will have a Broom Sale on Saturday November 7 at the Kroger's at Berwick. The sale will run from 10:00 A.M. to 2:00 P.M. Everyone is invited to participate and wear their new club shirts.

## November is Diabetes Awareness Month

### Diabetes education

Diabetes is difficult. The disease imposes life-long demands on people with diabetes and their families, who have to make a multitude of decisions related to managing diabetes. People with diabetes need to monitor their blood glucose, take medication, exercise regularly and adjust their eating habits. Furthermore, they may have to face issues related to living with the complications of diabetes and may be required to make considerable psychological adjustments. As outcomes are largely based on the decisions they take, it is of paramount importance that people with diabetes receive ongoing, high-quality diabetes education that is tailored to their needs and delivered by skilled health professionals.

Without diabetes education, people with diabetes are less prepared to take informed decisions, make behavioral changes, address the psychosocial issues presented by

### Birthdays and Anniversaries

#### Anniversary

None in November

#### Birthday

Scott Eisenhart  
Jerry Ney

November 2  
November 26

diabetes and, ultimately, may be ill-equipped to manage their diabetes effectively. Poor management will result in reduced health outcomes and an increased likelihood of developing complications. Education is therefore of the utmost importance in the prevention of diabetes complications and central to the World Diabetes Day campaign. The role of the diabetes educator is of

critical importance within the diabetes care team. The educator enables people with diabetes to manage their diabetes-related health to the best of their ability so that choices and actions are based upon informed judgment.

Most people with diabetes cannot access diabetes education due to factors such as cost, distance, and the lack of appropriate services. Many more may be unaware of the services that do exist or perhaps not convinced of the benefits that diabetes education can bring. They may feel, for example, that interaction with their physician provides all the education they need. The World Diabetes Day campaign will promote the importance of structured diabetes education programmes as key to the prevention and control of diabetes and advocate for increased opportunities for diabetes education within healthcare systems and communities.

Diabetes education is particularly lacking in developing countries. Even in developed countries, many people cannot access education because there are not enough educators or centers to cope with the rising number of people with diabetes. The International Diabetes Federation is working to identify and fill the gaps in the provision of diabetes education worldwide. In 2003, the Federation produced International Standards for Diabetes Education, which will be revised and updated in 2009.

IDF's educational framework encompasses action for change on multiple fronts, including a commitment to establishing a network of recognized IDF centers of education that can advance the development of diabetes education in every region. IDF has been involved extensively in promoting diabetes education by developing and promoting the international standards and curricula in various languages, providing education through regional associations, providing education materials, lobbying, and disseminating the evidence.

Diabetes education is best provided by a multidisciplinary team. While multidisciplinary education is available in



# Port City Lions Club

## November 2009



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																																		
1 Daylight Savings Time Ends Modern Bra Invented (1914)	2  Scott Eisenhart's Birthday	3 7:00 PM Business Meeting Election Day	4 Gating Gun Patented (1882)	5	6	7																																																																																																		
8 Insect Electrocutor Patented (1910)	9	10	11 Veterans Day	12	13 Artificial Snow Invented (1948)	14																																																																																																		
15	16	17 7:00 PM Regular Meeting	18	19 Pencil Invented (1896)	20	21																																																																																																		
22 Snowmobile Patented (1927)	23	24 7:30 PM Board of Directors Meeting	25	26  Jerry Ney's Birthday Thanksgiving	27	28																																																																																																		
29	30	<table border="1"> <tr> <td colspan="7">Oct 2009</td> <td colspan="7">Dec 2009</td> </tr> <tr> <td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td> <td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td> </tr> <tr> <td></td><td></td><td></td><td></td><td>1</td><td>2</td><td>3</td> <td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td></td><td></td> </tr> <tr> <td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td> <td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td> </tr> <tr> <td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td> <td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td> </tr> <tr> <td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td> <td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td> </tr> <tr> <td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td> <td>27</td><td>28</td><td>29</td><td>30</td><td>31</td><td></td><td></td> </tr> </table>					Oct 2009							Dec 2009							S	M	T	W	T	F	S	S	M	T	W	T	F	S					1	2	3	1	2	3	4	5			4	5	6	7	8	9	10	6	7	8	9	10	11	12	11	12	13	14	15	16	17	13	14	15	16	17	18	19	18	19	20	21	22	23	24	20	21	22	23	24	25	26	25	26	27	28	29	30	31	27	28	29	30	31		
Oct 2009							Dec 2009																																																																																																	
S	M	T	W	T	F	S	S	M	T	W	T	F	S																																																																																											
				1	2	3	1	2	3	4	5																																																																																													
4	5	6	7	8	9	10	6	7	8	9	10	11	12																																																																																											
11	12	13	14	15	16	17	13	14	15	16	17	18	19																																																																																											
18	19	20	21	22	23	24	20	21	22	23	24	25	26																																																																																											
25	26	27	28	29	30	31	27	28	29	30	31																																																																																													

some countries, in many others it is not available and its value is not fully recognized by the medical profession. The World Diabetes Day campaign sets out to challenge this. It is hoped that the awareness raised by the campaign will encourage healthcare systems everywhere to recognize the need to provide structured diabetes education and help establish access to skilled diabetes education as the right of every person with diabetes.

### Lions on YouTube, Facebook, Twitter and More

Did you know Lions are all over the Web? Social networking is a great way to keep in touch with Lions around the world and to see what LCI is doing. Watch Lions videos on YouTube, network with others on Facebook and MySpace and get the latest LCI news on Twitter, all from the comfort of your computer.

### 'Tis the Season for Giving

The upcoming holiday season is a perfect opportunity to give back to those who need humanitarian aid most around the world with a donation to LCIF. By contributing to LCIF you are making a commitment to better the life of someone, somewhere. Visit the LCIF Web site to learn how your donation makes a difference.

### Activities

- November 3 7:00 P.M. Business Meeting
- November 17 7:00 P.M. Regular Meeting
- November 24 7:30 P.M. Board of Directors Meeting
- December 1 7:00 P.M. Business Meeting