

**Lions Cavalcade for Diabetes Awareness  
District 37-O Cabinet Meeting – Calgary – Nov 14, 2010**

**Lions Cavalcade Report**

We had the display board and merchandise table at District 37- N convention in Pincher Creek on October 8-9, 2010. The convention was very well attended and our sales of vests and pins were great. For District 37-N the 2009-2010 per capita donation plaque was presented to the Taber Lions club and the runner up certificate went to the Lions Club of Medicine Hat.

We had the display board and merchandise table at District 37- I convention in Hanna, AB., October 22-23, 2010. For District 37-I the 2009-2010 per capita donation plaque was presented to the Pigeon Lake lions club and the runner up certificate went to the Eckville Lions club.

We had the display board and merchandise at the District 37-L convention in Drayton Valley on Oct 29-30, 2010. For District 37-L the 2009-2010 per capita donation plaque was presented to the Edmonton Millwoods Breakfast lions club and the runner up certificate went to the Spruce Grove Lions club.

Our Lions Cavalcade committee meeting was held at Drayton Valley on Oct 29, 2010. The MD 37 Lions Cavalcade committee has replaced the TDRP van in Southern Region in September 2010.

Donations from Districts L, I, O, N(Alberta) has given MD 37 Lions Cavalcade for Diabetes Awareness our best year so far, a total of just over \$51,000.00. We thank all Lions club and personal donations for making 2009-2010 a great year. My personal thanks to all Lions Clubs in District O for your donations and help with our work to promote the health of Albertans through Diabetes research, education, services and advocacy.

An annual TDRP activity report is included with this report.

The MD 37 Lions Cavalcade for Diabetes Awareness Campout, Parade and BBQ will be held in Athabasca AB., on weekend of June 3-5, 2011. Please mark this on your calendar and we will see you there.

Remember November is Diabetes Awareness month, and November 14, 2010 is World Diabetes Awareness Day.

Yours in Lionism,

Lion Dennis Stevenson, Lions Cavalcade for Diabetes Awareness Chairperson

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Travelling Diabetes Resource Program  
Summary Activity Report – Fiscal Year 2010  
**September 2009 – August 2010**

**Note: The Canadian Diabetes Association’s Fiscal 2010 is from Sept. 1/09 to Aug. 31/10.**

Communities visited Southern Alberta      Calgary, Cochrane, Blairmore, Claresholm, Fort MacLeod, Pincher Creek, Three Hills, Standoff, Lerneve, Strathmore, High River, Airdrie, Sundre

Communities visited Northern Alberta/NWT      Barrhead, Camrose, Devon, Enoch, Edmonton, Fort Mc Murray, Fort Saskatchewan, Gibbons, Grande Prairie, Gregoire Lakes, Hinton, Lamont, Leduc, Morninville, Nisku, Peace River, Provost, Ryley, Seba Beach, Slave Lake, Sherwood Park, Strome, and Viking.

| <b>Communities Visited</b>                                     |    |
|--|----|
| Total communities to date for Fiscal 2010 Southern Alberta     | 13 |
| Total communities to date for Fiscal 2010 Northern Alberta/NWT | 23 |

| <b>Presentations</b>   |     | <b>Displays</b>   |    |
|--|-----|---|----|
| Total presentations to date for Fiscal 2010 Southern Alberta     | 68  | Total displays to date for Fiscal 2010 Southern Alberta | 11 |
| Total presentations to date for Fiscal 2010 Northern Alberta/NWT | 101 | Total displays to date for Fiscal 2010 Northern Alberta | 36 |

| <b>Type of Audience – Fiscal 2010 Southern Alberta</b> | <b>Totals Sept. 2009 – Jan. 2010</b> |
|--|--------------------------------------|
| Aboriginal People                                      | 484                                  |
| Senior   | 125                                  |
| General Public   | 1324                                 |
| Health Professionals                                   | 330                                  |
| People with Diabetes (and Family Members)              | n/a                                  |
| Students/Children                                      |                                      |
| <b>Total audience to date for Fiscal 2010</b>          | <b>3949</b>                          |

| <b>Type of Audience – Fiscal 2010 Northern Alberta/MWT</b> | <b>Totals for Sept. 2009 – August 2010</b> |
|--|--|
| Aboriginal People  | 144  |
| Senior   | 341  |
| General Public   | 5307                                       |

## Lions Cavalcade for Diabetes Awareness District 37-O Cabinet Meeting – Calgary – Nov 14, 2010

|  |                    |
|--|--------------------|
| Health Professionals                                 | 230                |
| People with Diabetes (and Family Members)            | 608                |
| Students/Children                                    | 1148               |
| <b><i>Total audience to date for Fiscal 2010</i></b> | <b><i>7778</i></b> |

\*Audience totals are calculated on the number of people who attended a presentation or, in the case of displays, the number of people who actually came to the booth to talk. In the following section, which provides more detail on TDRP's activities, "exposure" is the approximate number of people who attended an event.

**Note:** To date, TDRP reports have only cited communities where either a presentation or display has been offered. The Travelling Diabetes Resource Program has always visited communities (not included in the list of communities visited) to raise awareness of diabetes programs and services as well as disseminate resources to rural community support organizations, professionals, companies, health units, and those living with diabetes. To more accurately reflect the extent and utility of TDRP activities, TDRP reports will reflect these important community visitations.

### Visit Details by Community – Southern Alberta

| Location      | Date         | Event information                        | Program                         |
|---------------|--------------|--|---------------------------------|
| Calgary       | September 18 | Cappy Smart Elementary School            | Growing Up Well Presentation    |
| Three Hills   | September 10 | Big Country Primary Care Network         | Presentation                    |
| Calgary       | September 15 | South Costco Health Fair                 | Display                         |
| Calgary       | September 16 | General Dynamics Canada Health Fair      | Display                         |
| Cochrane      | September 25 | Big Hill Lodge                           | Presentation                    |
| Calgary       | October 1    | Sysco Health Fair                        | Display                         |
| Blaimore      | Oct. 17/18   | Lions Club Meeting                       | Display                         |
| Calgary       | October 21   | Pharmacy Plus                            | Presentation                    |
| Pincher Creek | October 28   | Crestview Lodge                          | Presentations (2)               |
| Pincher Creek | October 28   | Napi Aboriginal Friendship Centre        | Presentation                    |
| Claresholm    | October 29   | TOPS. (Take Pounds Off Sensibly)         | Presentation                    |
| Fort Macleod  | October 29   | Fort Macleod Welcome Mat Senior's Centre | Presentation                    |
| Fort Macleod  | October 29   | Fort Macleod Library                     | Presentation                    |
| Calgary       | November 2   | ACAD                                     | Display                         |
| Calgary       | November 10  | Imperial Oil                             | Display                         |
| Calgary       | November 12  | Devon                                    | Diabetes: What You Need to Know |

**Lions Cavalcade for Diabetes Awareness  
District 37-O Cabinet Meeting – Calgary – Nov 14, 2010**

|          |             |                                |   |
|----------|-------------|--------------------------------|---|
| Calgary  | November 17 | Focus Corp                     | Diabetes: What You Need to Know             |
| Calgary  | November 18 | Eau Claire RR                  | Diabetes: What You Need to Know             |
| Calgary  | November 19 | City Links                     | Low Literacy-Diabetes What You Need to Know |
| Calgary  | November 16 | CIEA                           | Low Literacy-Diabetes What You Need to Know |
| Calgary  | November 7  | 6th Annual Diabetes Fall Forum | Level 2 Expo                                |
| Standoff | November 25 | Saipoyi Elementary School      | Cellbertons                                 |
| Standoff | November 25 | Saipoyi Elementary School      | Cellbertons                                 |
| Standoff | November 25 | Saipoyi Elementary School      | Cellbertons                                 |
| Standoff | November 25 | Saipoyi Elementary School      | Growing Up Well 9-13                        |
| Standoff | November 25 | Stand Off Middle School        | Growing Up Well 9-13                        |
| Standoff | November 25 | Stand Off Middle School        | Growing Up Well 9-13                        |
| Standoff | November 25 | Stand Off Middle School        | Growing Up Well 9-13                        |
| Calgary  | January 18  | CIWA- Acadia Group             | Diabetes: What You Need to Know             |
| Canmore  | January 16  | Lions Club                     | Display                                     |

**Visit Details by Community Northern Alberta/NWT**

| <b>Date</b> | <b>Event</b>                                   | <b>Location</b> |   |
|-------------|--|-----------------|---|
| 10-Sep-09   | ATCO Gas Health Day                            | Sherwood Park   | Display                                 |
| 12-Sep-09   | Grande Prairie Health & Wellness Show (2 Days) | Grande Prairie  | Level 2 Expo                            |
| 15-Sep-09   | Good Samaritans Society                        | Edmonton        | LS #1 - Diabetes: What You Need to Know |
| 15-Sep-09   | Enoch Diabetes Support Group                   | Enoch           | LS #1 - Diabetes: What You Need to Know |
| 17-Sep-09   | Lamont and Area Community Awareness            | Lamont          | Display                                 |
| 21-Sep-09   | TOPS   | Fort McMurray   | LS #1 - Diabetes: What you Need to Know |
| 22-Sep-09   | First Nation Health Career Fair                | Gregoire Lakes  | LS #1 - Diabetes: What you Need to Know |
| 22-Sep-09   | First Nation Lakes Health Career Fair          | Gregoire Lakes  | Display                                 |
| 23-Sep-09   | Composite High School                          | Fort McMurray   | Growing Up Well 14-18                   |
| 30-Sep-09   | Safeway/Bayer Public Forum                     | Edmonton        | Display                                 |
| 6-Oct-09    | Provost Diabetes Health Fair                   | Provost         | Display                                 |
| 7-Oct-09    | Strome School Kindergarten                     | Strome          | Cellbertons                             |
| 7-Oct-09    | Strome School Grade 1-3                        | Strome          | Cellbertons                             |
| 8-Oct-09    | SSI Solutions                                  | Edmonton        | Display                                 |
| 17-Oct-09   | Dream Catcher Conference                       | Edmonton        | LS #1 - Diabetes: What You Need to Know |
| 17-Oct-09   | Dream Catcher Conference                       | Edmonton        | LS #1 - Diabetes: What You Need to Know |
| 20-Oct-09   | Mary Butterworth 6                             | Edmonton        | Growing Up Well 14-18                   |

**Lions Cavalcade for Diabetes Awareness  
District 37-O Cabinet Meeting – Calgary – Nov 14, 2010**

|                 |  |                   |   |
|-----------------|--|-------------------|---|
| 20-Oct-09       | Mary Butterworth 7                         | Edmonton          | Growing Up Well 14-18                   |
| 22-Oct-09       | Mary Butterworth 15                        | Edmonton          | Growing Up Well 14-18                   |
| 22-Oct-09       | Mary Butterworth 16                        | Edmonton          | Growing Up Well 14-18                   |
| 22-Oct-09       | Mary Butterworth 17                        | Edmonton          | Growing Up Well 14-18                   |
| 22-Oct-09       | Mary Butterworth 18                        | Edmonton          | Growing Up Well 14-18                   |
| 23-Oct-09       | Mary Butterworth 19                        | Edmonton          | Growing Up Well 14-18                   |
| 23-Oct-09       | Mary Butterworth 20                        | Edmonton          | Growing Up Well 14-18                   |
| 23-Oct-09       | Mary Butterworth 21                        | Edmonton          | Growing Up Well 14-18                   |
| 23-Oct-09       | Mary Butterworth 22                        | Edmonton          | Growing Up Well 14-18                   |
| 23-Oct-09       | Mary Butterworth 23                        | Edmonton          | Growing Up Well 14-18                   |
| 23-Oct-09       | Mary Butterworth 24                        | Edmonton          | Growing Up Well 14-18                   |
| 21-Oct-09       | Health Fair                                | Viking            | Display                                 |
| 24-Oct-09       | Fort Saskatchewan Lions Convention         | Fort Saskatchewan | Display                                 |
| 3-Nov-09        | WP Wagner Grade 11 Science Class           | Edmonton          | Growing up Well 14-18                   |
| 4-Nov-09        | CALM Class                                 | Lamont            | Growing up Well 14-18                   |
| 5-Nov-09        | Alberta Utilities Commission Wellness Fair | Edmonton          | Display                                 |
| 5-Nov-09        | Archbishop Jordan -5 classes               | Sherwood Park     | Growing up Well 14-18                   |
| 7-Nov-09        | Lions Club Convention                      | Devon             | Display                                 |
| 12-Nov-09       | University of Alberta Diabetes Youth Event | Edmonton          | Display                                 |
| 14-Nov-09       | World Diabetes Day                         | Edmonton          | Display                                 |
| 16-Nov-09       | Lamont – Grade 8 Health Class              | Lamont            | Growing up Well 14-18                   |
| 17-Nov-09       | Capilano Mall Seniors Group                | Edmonton          | LS #2 – Living Well with Diabetes       |
| 18-Nov-09       | Kingsway Curves                            | Edmonton          | LS #2 – Living Well with Diabetes       |
| 19-Nov-09       | Castledowns Curves                         | Edmonton          | LS#1 – Diabetes: What you need to know  |
| 20-Nov-09       | King Drug and Home Healthcare Pharmacy     | Hinton            | Display, LS #1 and LS#2                 |
| 2-Dec-09        | Old Scona High School                      | Edmonton          | Growing Up Well (2 Presentations)       |
| 12/13-Jan-10    | U of A Involvement Week                    | Edmonton          | Display                                 |
| 20-Jan-10       | Disability Studies at Grant MacEwan        | Edmonton          | LS#4 – Diabetes for Healthcare Workers  |
| 23-Jan-10       | Lions Club Convention                      | Edmonton          | Display                                 |
| 23-Jan-10       | Asian Committee, “Ask the Experts”         | Edmonton          | Display and Information Session         |
| 27-Jan-10       | University of Alberta, Health Career Fair  | Edmonton          | Display                                 |
| 4-Feb-10        | CDA Staff                                  | Edmonton          | LS #1 and LS #2                         |
| 9-Feb-10        | Waterford of Summerlea                     | Edmonton          | LS #1 – Diabetes: What you need to know |
| 10-Feb-10       | ATCO Centre                                | Edmonton          | Display                                 |
| 10-Feb-10       | Congress of Aboriginal People              | Leduc             | LS #3 – About the CDA                   |
| 13-Feb-10       | Family Health Fair                         | Seba Beach        | Display                                 |
| 17-Feb-10       | Focus Corporation                          | Edmonton          | LS #1 – Diabetes: What you need to know |
| 17/18/23-Feb-10 | Sulzer Metco Canada                        | Ft.Saskatchewan   | LS #1 – Diabetes: What you need to know |
| 18-Feb-10       | John Paul II School                        | Stony Plain       | Cellbertons                             |
| 19/20-Feb-10    | Lamont High School Classes                 | Lamont            | Growing Up Well                         |
| 22-Feb-10       | Speakers Bureau Training                   | Slave Lake        | LS#1, LS#3                              |
| 23-Feb-10       | Pioneer Drop in Centre                     | Slave Lake        | LS #1 – Diabetes: What you need         |

**Lions Cavalcade for Diabetes Awareness  
District 37-O Cabinet Meeting – Calgary – Nov 14, 2010**

|                 |  |               |   |
|-----------------|--|---------------|---|
|                 |  |               | to know   |
| 6-Mar-10        | Pharmacy Association                   | Edmonton      | Display   |
| 6/7-Mar-10      | Health and Wellness Show               | Edmonton      | Display   |
| 18-Mar-10       | Queen Alexandra School                 | Edmonton      | Cellbertons   |
| 18-Mar-10       | Employabilities                        | Edmonton      | LS #1 – Diabetes: What you need to know                   |
| 19-Mar-10       | Calder Center                          | Edmonton      | LS#2 – Living well with Diabetes                          |
| 24-Mar-10       | Gibbons TOPS Group                     | Gibbons       | LS #1 – Diabetes: What you need to know                   |
| 24-Mar-10       | Landing Trail Elementary               | Gibbons       | Cellbertons   |
| 31-Mar-10       | Take a Break Program                   | Camrose       | LS #1 – Diabetes: What you need to know                   |
| 31-Mar-10       | University of Alberta Youth Event      | Edmonton      | Display   |
| 14/21/23-Apr-10 | PTI Noble                              | Edmonton      | LS #1 – Diabetes: What you need to know (5 presentations) |
| 16-Apr-10       | Kpnes Center for Veterans              | Edmonton      | LS #1 – Diabetes: What you need to know                   |
| 17-Apr-10       | Edmonton Womens Show                   | Edmonton      | Display   |
| 23-Apr-10       | Barrhead Health Fair                   | Barrhead      | Display   |
| 28-Apr-10       | Notre Dame Elementary                  | Morinville    | Growing Up Well   |
| 28-Apr-10       | Native Counselling Services of Alberta | Edmonton      | LS #1 – Diabetes: What you need to know                   |
| 29-Apr-10       | Henwood Treatment Centre               | Edmonton      | LS #4 – Diabetes for Health Care Workers                  |
| 5-May-10        | Old Scona School                       | Edmonton      | 3 Presentations   |
| 5-May-10        | City of Edmonton Employee Health Fair  | Edmonton      | Display   |
| 6-May-10        | Ryley Community Farmers Market         | Ryley         | Display   |
| 11-May-10       | Fort McMurray Syncrude                 | Fort McMurray | LS #1 – Diabetes: What you need to know                   |
| 12-May-10       | Active Anytime Anywhere – Millwoods    | Edmonton      | LS #1 – Diabetes: What you need to know                   |
| 12-May-10       | It's a Childs World                    | Edmonton      | LS #1 – Diabetes: What you need to know                   |
| 13-May-10       | Active Anytime Anywhere – Cenora       | Edmonton      | LS #1 – Diabetes: What you need to know                   |
| 15-May-10       | Chai with the Experts                  | Edmonton      | Display   |
| 19-May-10       | Enbridge                               | Edmonton      | LS #1 – Diabetes: What you need to know                   |
| 25-May-10       | Edmonton Institution for Women         | Edmonton      | Display   |
| 27-May-10       | Enerflex                               | Nisku         | LS #1 – Diabetes: What you need to know                   |
| 6-Jun-10        | Don Wheaton Kids Camp                  | Edmonton      | Display   |
| 6-Jun-10        | Old Navy South Common                  | Edmonton      | Display   |
| 7-Jun-10        | Cottage Computers                      | Nisku         | LS #1 – Diabetes: What you need to know                   |
| 8-Jun-10        | Patient Education Day                  | Edmonton      | LS #1 – Diabetes: What you need to know                   |
| 22-Jun-10       | YMCA Daycamp Training                  | Edmonton      | LS #1 – Diabetes: What you need to know                   |
| 29-Jun-10       | Enbridge #2                            | Edmonton      | LS #1 – Diabetes: What you need to know                   |
| 7-Jul-10        | Wild Rose Seniors centre               | Edmonton      | LS #2 – Living Well with Diabetes                         |

## Lions Cavalcade for Diabetes Awareness District 37-O Cabinet Meeting – Calgary – Nov 14, 2010

|           |                             |          |   |
|-----------|-----------------------------|----------|---|
| 28-Jul-10 | Native Counselling Services | Edmonton | LS #1 – Diabetes: What you need to know |
| 6-Aug-10  | Employabilities             | Edmonton | LS #1 – Diabetes: What you need to know |

### Diabetes Awareness Report

## Taking Care of Your Diabetes at Special Times

Diabetes is part of your life. You can learn how to take care of yourself and your diabetes when you're sick, when you're at work or school, when you travel, when you're thinking about having a baby or are pregnant, or when there's an emergency or natural disaster

### When You're Sick

Having a cold, the flu, or an infection can raise your blood glucose levels. You can have serious health problems leading to a coma if your blood glucose levels are very high.

Be prepared for illness. Make a plan ahead of time for sick days. Ask your health care team

- how often to check your blood glucose levels
- whether you should check for ketones in your blood or urine
- whether you should change your usual dose of your diabetes medicines
- what to eat and drink
- when to call your health care provider

### Action Steps If You Use Insulin

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- Take your insulin, even if you are sick and have been throwing up. Ask your doctor about how to adjust your insulin dose based on your blood glucose test results.

Your health care team may recommend the following:

- Check your blood glucose level at least four times a day and write down the results in your record book. Keep your results handy so you can report results to your health care team.
- Keep taking your diabetes medicines, even if you're not able to eat.
- Drink at least 1 cup, or 8 ounces, of water or other calorie-free, caffeine-free liquid every hour while you're awake.
- If you can't eat your usual food, try eating or drinking any of the following:
  - juice
  - saltine crackers
  - dry toast
  - soup
  - broth or bouillon
  - popsicles or sherbet
  - regular—not sugar-free—gelatin
  - milk
  - yogurt
  - regular—not sugar-free—soda

### Action Steps If You Don't Use Insulin

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- Take your diabetes medicines, even if you are sick and have been throwing up.

## **Lions Cavalcade for Diabetes Awareness District 37-O Cabinet Meeting – Calgary – Nov 14, 2010**

Your health care provider may say you should call right away if

- your blood glucose levels are above 240 even though you've taken your diabetes medicines
- your urine or blood ketone levels are above normal
- you vomit more than once
- you have diarrhea for more than 6 hours
- you have trouble breathing
- you have a high fever
- you can't think clearly or you feel sleepier than usual

You should call your health care provider if you have questions about taking care of yourself.

### **When You're at School or Work**

Take care of your diabetes when you're at school or at work:

- Follow your meal plan.
- Take your medicines and check your blood glucose as usual.
- Tell your teachers, friends, or close co-workers about the signs of low blood glucose. You may need their help if your blood glucose drops too low.
- Keep snacks nearby and carry some with you at all times to treat low blood glucose.
- Tell your company nurse or school nurse that you have diabetes.

### **When You're Away From Home**

These tips can help you take care of yourself when you're away from home:

- Follow your meal plan as much as possible when you eat out. Always carry a snack with you in case you have to wait to be served.
- Limit your drinking of beer, wine, or other alcoholic beverages. Ask your diabetes educator how much alcohol you can safely drink. Eat something when you drink to prevent low blood glucose.
- If you're taking a long trip by car, check your blood glucose before driving. Stop and check your blood glucose every 2 hours. Always carry snacks like fruit, crackers, juice, or soft drinks in the car in case your blood glucose drops too low.
- Bring food for meals and snacks with you if you're traveling by plane.
- Carry your diabetes medicines and your blood testing supplies with you. Never put them in your checked baggage.
- Ask your health care team how to adjust your medicines, especially your insulin, if you're traveling across time zones.
- Take comfortable, well-fitting shoes on vacation. You'll probably be walking more than usual, so you should take good care of your feet.
- If you're going to be away for a long time, ask your doctor for a written prescription for your diabetes medicines and the name of a doctor in the place you're going to visit.
- Don't count on buying extra supplies when you're traveling, especially if you're going to another country. Different countries use different kinds of diabetes medicines.

### **Action Steps If You Use Insulin**

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When you travel,

- take a special insulated bag to carry your insulin to keep it from freezing or getting too hot
- bring extra supplies for taking insulin and testing your blood glucose in case of loss or breakage
- ask your doctor for a letter saying that you have diabetes and need to carry supplies for taking insulin and testing blood glucose

Yours in Lionism,

Lion Dennis Stevenson, Lions Cavalcade for Diabetes Awareness Chairperson