

## A Mission to Care, Support and Help Our North Carolina Citizens

North Carolina Lions, Inc. is a 501(c)3 nonprofit organization established in 1934. As the official charitable organization for the Lions of North Carolina and working closely with community based North Carolina Lions Clubs, we collectively enrich the lives of those blind and visually impaired, offer needed services for those less fortunate in each community and a hallmark of continuous support of research for health related issues concerning vision and overall wellness of all our citizens.



## this issue

A North Carolina Lions Tradition  
Recycling Eyeglasses  
Diabetes In North Carolina  
Creating Conversations  
for Club Growth

## Recycled Eyeglasses! What Happens to Them Here in North Carolina?

*Carlton Metts, NC Lions Inc. Executive Director*

Lots and lots of old eyeglasses come to Camp Dogwood. In 2022, there were 28 pallets of eye glasses sorted by our North Carolina Lions volunteers. Hey, that's 28 pallets, 900 pounds each, estimated at 300,000 pairs that have been shipped to the Indiana Lions Eyeglass Recycling Center!

There is an estimate of 28-30 pallets left in the warehouse now to be sorted beginning in 2023.

Glasses are collected by Lions Clubs all across North Carolina and shipped to Camp Dogwood every week of the year. Some are picked up at Lions events, conventions, board meetings, delivered to Camp Dogwood by Lions, shipped by UPS, FedEx, USPS and many other ways. *I see them in my sleep! Wow! Thank you for your ongoing support!*

Remember, when shipping your collection, please ship them by carrier to 7062 Camp Dogwood Sherrills Ford, NC 28673 (Please do not use the Camp Dogwood P.O. Box number).

**What happens to them now after we receive your delivery?** They are sorted by

metal, plastic, sun shades, and precious metal frames. Then sorted eyeglasses are packed in boxes ready to be shipped by 18 wheeler trucks to Indiana and other Lions Eyeglass Recycle Centers.

When the eyeglasses arrive at the recycle centers, trained volunteers re-sort the glasses, clean them and determine the eyeglasses prescription strengths. They check for scratches, broken lens, repair with new nose pads, adjust, and placed in individual plastic bags, labeled and ready for mission trips throughout the world.



Lions Clubs International operates a network of collection boxes and Lions Eye Glass Recycling Centers.

North Carolina Lions Clubs can get the recycle drop-off boxes *free of charge*, by calling our offices, NC Lions Inc. at 1-800-662-7401, extension 221.

(Continued next page)



## Remember, We Not Only Collect Eyeglasses for Recycling but Accept Low Vision Aids and Hearing Aids.

Please visit our Website, [nclionsinc.org](http://nclionsinc.org) and pull down the Services tab.

### Magnifiers and Low Vision Aids

In partnership with the NC Assistive Technology Program the Lions are promoting the donation of used magnification devices. These items will be loaned for as long as needed, free of charge, to any individual who could benefit from such devices due to low vision.

### Hearing Aids

Lions accept donations of old hearing aids. Any make or model, regardless of age, can be donated. The donated hearing aids are sold for salvage value and the proceeds are used to support the deaf blind retreat held at Camp Dogwood each year.



---

## Creating New Conversations for Club Growth... Why Volunteer and Join?

*Do you need to create a new conversation that focuses on why joining your club is a worthwhile experience? Note these expert volunteering tips from HelpGuide, a mental and wellness non-profit.*

Volunteering helps counteract the effects of stress, anger, and anxiety. The social contact aspect of helping and working with others can have a profound effect on your overall psychological well-being. Nothing relieves stress better than a meaningful connection to another person.

Volunteering makes you happy. By measuring hormones and brain activity, researchers have discovered that being helpful to others delivers immense pleasure. Human beings are hard-wired to give to others. The more we give, the happier we feel.

Volunteering increases self-confidence. You are doing good for others and the community, which provides a natural sense of accomplishment. Your role as a volunteer can also give you a sense of pride and identity. And the better you feel about yourself, the more likely you are to have a positive view of your life and future goals.

Volunteering provides a sense of purpose. Older adults, especially those who have retired or lost a spouse, can find new meaning and direction in their lives by helping others. Whatever your age or life situation, volunteering can help take your mind off your own worries, keep you mentally stimulated, and add more zest to your life.

Volunteering helps you stay physically healthy. Studies have found that those who volunteer have a lower mortality rate than those who do not. Older volunteers tend to walk more, find it easier to cope with everyday tasks, are less likely to develop high blood pressure, and have better thinking skills. Volunteering can also lessen symptoms of chronic pain and reduce the risk of heart disease.

## Why the Lions' Diabetes Awareness Program is so Needed in North Carolina

Diabetes is a major health concern in North Carolina for several reasons:

**Obesity:** North Carolina has a high rate of obesity, which is a major risk factor for developing type 2 diabetes.

**Lack of physical activity:** Many people in North Carolina have sedentary lifestyles, which can lead to weight gain and increase the risk of developing diabetes.

**Aging population:** The aging population in North Carolina is also contributing to the increase in diabetes cases. As people get older, their risk of developing diabetes increases.

**Unhealthy eating habits:** North Carolina is known for its traditional southern cuisine, which is often high in calories, fat, and sugar, and can contribute to the development of diabetes.



**Genetics:** Diabetes can also be influenced by genetics, and some populations in North Carolina may have a higher genetic predisposition to the disease.

These factors, combined with a lack of access to adequate healthcare in some areas, have contributed to the high incidence of diabetes in North Carolina.

North Carolina ranks relatively high among states in terms of the prevalence of diabetes. According to the Centers for Disease Control and Prevention (CDC), North Carolina has one of the highest rates of diabetes in the United States, with an estimated 14% of the adult population living with the disease. This puts North Carolina in the top 20 states for diabetes prevalence.

Additionally, North Carolina has a high rate of childhood obesity, which increases the risk of developing type 2 diabetes in adulthood. The state also has a significant rural population, who may face barriers to accessing healthcare and diabetes education and management resources. These factors contribute to the high incidence of diabetes in North Carolina.

**Editor's Note:** This article was written with the assistance of ChatGPT (AI). I also asked, would a weekend Family Diabetes Retreat program be beneficial to citizens in our state at our Camp Dogwood. *Paul R. Bledsoe*

As an AI language model, I do not have personal opinions or thoughts. However, I can say that creating a diabetes family retreat for educating families living with diabetes could be a positive step in addressing the high prevalence of diabetes in North Carolina and improving diabetes education and management for those affected by the disease.

Such a retreat could provide families with the opportunity to learn about diabetes management and care, connect with others facing similar challenges, and build a supportive network. Family members could learn about healthy lifestyle changes, proper diabetes self-care, and receive support and encouragement in managing their condition. This could lead to improved diabetes outcomes, better quality of life, and reduced health costs for those affected by the disease. Overall, a diabetes family retreat could be a valuable resource for families living with diabetes in North Carolina, providing education, support, and resources for managing the disease.

*A weekend Family Diabetes Retreat has been developed by PDG Paul Bledsoe, PP NCLI, and Lion Tammy Thomas, Director of Camp Dogwood and Retreat Administrator. Information and registration forms are available.*



## 2023 NC Lions Camp Dogwood and Dogwood on the Lake Event Calendar

### **February:**

1: Catawbans  
3-5: VDG  
7-9: NC Chapter of the Wildlife Society  
18: District I Cabinet  
24-26: LEOS

### **March:**

1: Catawbans  
3-5: Charlotte Dog Training  
11-13: Steve Sheperd  
16-17: Lee Institute  
23-26: RLLI  
29-31: Round UP  
30: Volunteer Week

### **April:**

1: Budget Hearing  
1-2: Round Up  
1-3: Volunteer week  
5: Catawbans  
13-14: Nc Chaplain  
14-15: Town of Sedilia  
16: Baby Shower  
20-22: Harvest Community Church  
21-22: Weddington Methodist Church  
27-30: Scrapbook Studio  
28-30: West Acres Baptist  
28: Breckenridge Baptist  
29: Boy Scouts

### **May:**

3: Catawbans  
4: Lifeline screening  
5-7: General Membership and Board Meeting  
10-13: Pin Traders  
**14-31: Summer Camp**  
18-21: Daughters of Zion United International

### **June:**

**All Dates Summer Camp**  
7: Catawbans  
18-24: Carolina Cross Connection

### **July:**

**All Dates Summer Camp**  
7: Catawbans  
16-22: Carolina Cross Connection

### **August:**

**1-5: Summer Camp**  
2: Catawbans  
11-13: Board and Council  
16-20: Gwen Family Reunion  
19: DoTerra  
25-27: Heart of Compassion Ministries

### **September:**

6: Catawbans  
15-17: IAJ Ministries  
22: Catawbans Pig Pickin  
28-30: Scrapbook Studio

### **October:**

1: Scrapbook Studio  
4: Catawbans  
4-8: Candle In The Window  
13-15: Summerville Baptist  
20-22: Weddington Methodist Church

### **November:**

1: Catawbans  
2-5: SCBWI  
10-12: Board and Council  
17-19: District L

### **December:**

1-3: VDG/ Joni & Friends North Carolina  
6: Catawbans  
8: Catawbans Christmas Party  
9: Trilogy United Christmas Party

**YOU ARE THE MOST IMPORTANT  
REASON FOR OUR FOUNDATION'S  
CONTINUED SUCCESS.**

**YOU ARE  
APPRECIATED.**

**NORTH CAROLINA**  
 **Lions, Inc.**