

COSMOTOPICS

WINTER 2024 ISSUE

A PUBLICATION OF COSMOPOLITAN INTERNATIONAL

2025 INTERNATIONAL CONVENTION

July 24-27, 2025 • Kansas City, MO



ISSUE HIGHLIGHTS

- Officer Articles
- Convention Schedule
- Club Happenings
- Cosmopolitan International Project Update



COSMOTOPICS

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MISSION STATEMENT

The mission of Cosmopolitan International is to contribute to community well-being through charitable donations and volunteer service, with special emphasis on supporting efforts to prevent and find a cure for diabetes.

EDITOR'S NOTE

Spring is a time to move forward and Cosmopolitans are moving forward with many activities.

Attend the extraordinary International Convention in Kansas City. You will find a schedule for this 2025 International Convention in this issue so plan now to join your many friends in conducting the business of our organization and all the fun activities they have arranged for us.

We are entering the downhill stretch of another Cosmo year with some great news from several clubs. We have had a few clubs celebrating milestone anniversaries. Federations have been holding their meetings with great turnouts. Membership is a focal point of Cosmopolitan and a must read article from the Service Leaders Conference is included.

In this issue you will find articles on Diabetes research which ties in with our International Project. See the article and pictures on sponsorship of Diabetic Alert Dogs and many more activities taking place in our Cosmo family of clubs.

Enjoy all the information included for you and to share with prospective new members.

Executive Director Report



By Melvina Newman, Executive Director



As we enter the final stretch of the year, it's the perfect moment to reflect on the goals you set last fall. Have you made progress? There's still time to take meaningful action and finish strong. Let's commit

to making this year impactful.

At Cosmopolitan, our mission remains clear: Program development, membership growth, and the pursuit of a cure for diabetes. Our purpose is rooted in serving communities—locally and globally—through initiatives that align with our core mission. Together, Cosmopolitans are driving change through volunteerism, leadership and compassion.

Volunteers make things happen! When you volunteer with Cosmopolitans, you're not only giving back—you're growing. These opportunities foster personal development and skill-building while strengthening our collective impact. Every hour invested creates ripples in your community and adds value to your own life through learning and meaningful relationships.

What does it mean to be a Cosmopolitan? It means belonging to a dedicated network of individuals who care deeply. It's about working toward a cure for diabetes, uplifting communities, nurturing business and personal

relationships, and being part of something greater—all while having fun and building lasting bonds.

Mark your calendar! The 2025 International Convention is quickly approaching! Join us from July 24-27, 2025, at Harrah's in North Kansas City. The MoKan Federation and our convention chairs have been working hard to ensure a memorable and engaging experience, filled with informative sessions, entertainment and networking opportunities.

Check out the full convention schedule in this issue and register early on the Cosmopolitan website – early registration closes June 23rd. Don't forget to book your hotel room also using the "convention" link on our site.

Your participation matters. Attending the convention is not only a celebration of our shared mission, but also a chance to grow, connect and be inspired. Make plans now to join fellow Cosmopolitans in Kansas City. We can't wait to see you there.

To all who continue to give their time and energy: thank you. Your dedication is truly appreciated. Your involvement is what makes Cosmopolitan International the organization we are.

With gratitude,

Melvina Newman
Executive Director

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OFFICER ARTICLE





Milestones!

By John Krysak, Cosmopolitan President

I am super proud to belong to that great organization and the fact that you elected me to lead it for a year. Thank-you for putting your trust in me.



I want to convey my deep appreciation to each and every member for your commitment and time given to each of your clubs, federations and Cosmopolitan International. Our

organization has come a long way since its beginning in 1918. We have never been the biggest or loudest but as history has it, we rose to international status with clubs in 3 countries and approximately 5,000 members and did hold the honor of being the club that raised the most funds for charitable purposes on a per capita basis.

We as members have raised millions of dollars that have gone to diabetes research. We have funded diabetes centers and projects such as:

- University of Missouri (\$1,000,000)
- Eastern Virginia Medical School (\$1,000,000)
- INGAP research at EVMS and McGill University (\$750,000)
- Currently committed to: DRI & DRIFCan (\$1,000,000 pledged)



We have raised and spent millions of dollars for other community projects in all our local areas.



I would like to recognize a few milestones being met this year alone:

- Saskatoon Club - 30th anniversary
- Wascana Club - 30th anniversary
- Omaha I80 Club - 50th anniversary
- Fremont 100 Club - 60th anniversary
- Sioux Falls Club - 100th anniversary

**Congratulations to you all.
Be proud of your accomplishments.**



Individuals with diabetes are living better lives now than when we started. The research funding we do has new discoveries every day. We have even funded individuals who will become the next generation of researchers.



As my slogan tag-line says More Members = More Funding. Each new member contributes to the goals of Cosmopolitan International and the Federations by paying their dues. Each new member contributes to the ability of each club to grow while providing volunteer power to help raise funds and awareness of club projects in their communities.

All we have to do is get one new member each this year! Simple task with immediate astonishing results!! Can you imagine doubling or organization in one year? It's up to you.



In summary, by working and supporting each other, we can achieve unimaginable goals.

YOURS IN COSMOPOLITAN,

John Krysak
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President-Elect Article

By Tom Grimes, *Cosmopolitan President-elect*

In November I attended the 2024 Service Club Leaders Conference in St. Louis. All clubs represented, regardless of their size, were in the same situation; declining membership numbers and struggling to find new ways of recruiting members. While not a motivational article, I think it's important to be honest with ourselves and look at some of the reasons our membership is so low. Take time to evaluate each of the below reasons, thinking what you can do at your club to overcome them.



The decline of social clubs can be attributed to several societal shifts that have affected how people socialize, spend their time, and engage with their communities. Here are some of the

key reasons for the decline:

1. Changing Social Preferences

- Shift toward individualism: There's been a cultural shift toward individualism and personal freedom, with people prioritizing personal interests over group activities. This is particularly evident in younger generations, who tend to socialize online or in more informal settings.
- Less emphasis on traditional institutions: Social clubs were once seen as essential for networking, leisure, and community bonding, but now people find alternative ways to meet those needs, such as through casual meetups, digital platforms, or specialized groups.

2. Digitalization of Socializing

- Online communities and social media: The rise of digital communication tools has made it easier for people to connect online rather than in person. Social media platforms and virtual gatherings replace the need for traditional, physical spaces for socializing.
- Convenience of virtual interactions: People can connect with others across the world instantly, reducing the need to be part of a local, physical group. Online spaces allow for more targeted and flexible communities based on specific interests.

3. Busy Lifestyles

- Time constraints: The modern lifestyle, with its demanding work schedules, family commitments, and other responsibilities, leaves less time for attending regular club meetings or participating in club activities.
- Hectic urban living: In densely populated areas, people often have hectic schedules and find it more convenient to attend events or activities that don't require a long-term commitment.

4. Changing Demographics

- Generational differences: Younger generations are often less interested in joining long-standing, traditional social organizations like country clubs, fraternities, or lodges. Instead, they prefer more flexible, short-term, or interest-based groups, like hobby clubs or social groups they find on social media.
- Increased diversity and inclusion: Many traditional clubs in the past had exclusive membership criteria based on factors like race, class, or gender. As these clubs become more inclusive or attempt to adapt to modern sensibilities, they may struggle to attract the same membership numbers or maintain their old appeal.

5. Financial Barriers

- High costs: Many traditional social clubs, especially country clubs or private memberships, have expensive dues or initiation fees, which can be prohibitive. Younger individuals or people from lower-income backgrounds may not see the value in paying these costs when there are other social alternatives available.



- Alternative entertainment: People have more affordable entertainment options now, such as streaming services, video games, or socializing at low-cost venues like cafes or parks.

6. Decline of Shared Hobbies

- Less uniformity in interests: In the past, many social clubs were centered around shared activities (e.g., golf, card games, or other specific hobbies). Today, people have a broader variety of interests, and those activities may not be as widely appealing as they once were.
- Rise of specialized groups: Rather than joining a general social club, people might opt for smaller, more specialized groups that align more directly with their passions (e.g., book clubs, fitness groups, or hobbyist clubs).

7. Cultural Shifts

- Socializing in different formats: People are increasingly choosing to socialize in different ways, often in smaller, informal gatherings rather than through institutionalized social clubs. These new formats, like pop-up events or casual meetups, allow more flexibility and immediacy.
- Shift from formal to informal: The formality of many social clubs, with their strict codes of conduct and dress codes, doesn't resonate with today's more informal and casual culture.

8. Local Community Changes

- Decline of small-town America: Social clubs have historically thrived in small towns where local communities were tightly knit. As rural areas and small towns experience population decline, the traditional community-based social clubs also diminish.
- Urbanization and anonymity: In cities, people are often more isolated from their neighbors and may not feel the need for a physical club setting to meet people. The anonymity of urban life, combined with a fast-paced lifestyle, means people may prefer more transient and less committed social interactions.

While Cosmopolitan International and other social clubs certainly are not gone, we all need to adapt and evolve to keep up with the changing way people interact. Some have turned to hybrid models, incorporating online elements or more flexible membership structures, while others have closed due to lack of communication combined with declining interest and participation. Have I mentioned lately that only 2 U.S. Clubs have turned in their annual report which was due months ago. We use those to assist you with ideas to grow membership. Talking about growing and putting in the work are two entirely different things. It's time to stop talking. Will you help your Club Grow, or Die?.

Tom Grimes

Cosmopolitan President-elect
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Marketing Is Everyone's Job

By Sheila Anderson, International VP for Marketing and Fundraising

Let me let you in on a little secret: You're a marketer. You might not have realized it, but you are.



If you've ever shared a post about your club, worn a Cosmos T-shirt at a community event, or told someone why you joined—guess what? You're doing the work of marketing. And when we all do a

little of it, the results can be pretty incredible.

It's easy to think marketing is someone else's job—maybe the person running the website or creating the flyers. But the truth is, **every member shapes how the world sees Cosmopolitan International.** That means each of us holds a piece of the brand. And together, we can either keep it quiet or help it shine.

It Starts with the Small Stuff

Marketing doesn't have to be flashy. It's not about billboards or polished videos. Often, it's something much simpler.

It's the moment you welcome someone at an event with a warm smile.

It's the way you talk about our mission when someone asks, "What's Cosmopolitan?"

It's a quick photo posted after a fundraiser with a caption that says, "Look at what we did today!"

These tiny moments stack up. They tell a bigger story: that we're active, passionate, and worth being part of.

Every Event Tells a Story

Think about your last club gathering—whether it was a pancake breakfast, a diabetes fundraiser, or a service project in your community. Did anyone snap a photo? Did someone share a quick thank-you post online? If not, you missed a chance to show

the heart of who we are.

People connect to stories. They want to feel something. They want to belong to something.

And that's where we come in. When we share what we're doing—not in a braggy way, but in a "look at the impact we're making" way—it draws others in. That's the kind of marketing that works. That's what builds momentum.

You Have More Influence Than You Think

You don't need a marketing background to make a difference. You just need to be willing to share what Cosmopolitan means to you.

People trust people—not ads. When you talk about why you joined, what project made you proud, or how you've built friendships through your club, it makes others curious. That curiosity leads to conversations, and conversations lead to growth.

So don't underestimate your voice. You have more influence than you think.

Here's My Challenge to You

The next time your club has an event or does something great in your community, capture it. Post about it. Tell someone about it. Invite a friend to see it for themselves.

You don't need to wait for the "marketing team." You are the team. We all are.

And if we each take one small step to share our pride, our mission, and our momentum, imagine how far we can go—together.

Sheila Anderson

International VP for Marketing and Fundraising
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BREAKING
NEWS

* Breaking News *

SPECIAL
EDITION

VOL. 10, NO. 4

2025 COSMOPOLITAN INTERNATIONAL

SPECIAL EDITION

Cosmopolitan International 2025 Convention COMING SOON



Barley Bus Tours



B

Born & Brewed in Kansas City... Founded in 1989, Boulevard Brewing Company has grown to become the largest specialty brewer in the Midwest. Their mission is simple: to produce fresh, flavorful beers using the finest ingredients and the best of both old and new brewing techniques. The Muehlebach Suite, named after a historic local brewery, is a top-tier event venue in Kansas City. Picturesque views of downtown Kansas City are included at no extra charge! This is why we are thrilled to share the exciting news of the 2025 Cosmopolitan Welcome Party held in the evening of Thursday, July 24th. One of Kansas City's famous faces will be there to greet all and do photo ops with everyone. Don't miss out!!

B

As optional free time activities, we have couple of different tour options.

Experience an extraordinary evening on the Ghost and Gangster Tour in Kansas City.

During this tour, participants will have the opportunity to explore haunted buildings and meet historical figures from the city's past, including gangsters, bootleggers, and celebrities. Discover Kansas City's intriguing connections to Prohibition and its illustrious era as the City of Dreams during the 1920s and '30s. Additionally, visit some of the city's most haunted locations and hear compelling tales of the notorious gangsters who once dominated the streets. Do not miss this immersive journey into Kansas City's haunted history.

Join our Kansas City Instagram Tour to explore the city's most iconic landmarks, hidden gems, and picturesque parks. An expert guide will provide historical and cultural insights, along with advice for capturing exceptional photographs. From renowned murals to charming neighborhoods, this tour offers a perfect combination of sightseeing and photography opportunities. Prepare to capture truly Instagram-worthy moments.



F

The Stolen Winnebagos, a Kansas City trio with 20 years of experience, perform at various venues from dive bars to amphitheaters. They offer an upbeat and fun cover band experience with an unconventional song selection spanning from the 1950s to today. You never really know what to expect with this band... except that you will have a great time!



Big Chee-Z is a versatile local singer-songwriter and cover artist, known for delivering engaging performances that blend original compositions with fresh interpretations of beloved classics. Their dynamic style and heartfelt delivery captivate audiences at every show.

COMING SOON

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JULY 24 - 27, 2025

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COMING SOON

2025 COSMOPOLITAN INTERNATIONAL CONVENTION

Harrah's KC Convention Schedule

Thursday, July 24, 2025		
11:30 a.m.	1:30 p.m.	PIP Luncheon - Brew Brothers Restaurant Onsite at Harrah's
1:30 p.m.	2:30 p.m.	Registration Set One
2:00 p.m.	3:30 p.m.	1st CI Board Meeting
3:45 p.m.	4:45 p.m.	First Timer Orientation Session
4:00 p.m.	5:00 p.m.	Registration Set Two
4:00 p.m.	5:00 p.m.	Check into Hotel
4:45 p.m.	5:00 p.m.	Meet Lobby to Board Bus to Downtown Venue
5:00 p.m.	5:30 p.m.	Transport to Welcome Party
8:00 p.m.	8:30 p.m.	Bus Departs Welcome Party Return to Harrah's
8:30 p.m.	11:00 p.m.	Hospitality
Friday, July 25, 2025		
8:00 a.m.	9:00 a.m.	Breakfast
8:00 a.m.	9:00 a.m.	Registration Set Three
9:00 a.m.	10:00 a.m.	Education Session: Challenges of Treating and Managing Diabetes in a "Street Medicine" World • <i>Speaker: KK Assmann, Founder and CEO of Care Beyond the Boulevard</i>
10:00 a.m.	10:15 a.m.	Coffee Break
10:15 a.m.	11:00 a.m.	Education Session
11:00 a.m.	11:45 a.m.	Education Session
12:00 p.m.	1:30 p.m.	CDF/CDC Luncheon with Speaker from DRIF Miami
1:30 p.m.	2:15 p.m.	Education Session
2:15 p.m.	3:00 p.m.	Education Session
3:30 p.m.	5:30 p.m.	Free Time or Optional Pay to Play Tours • <i>Tour #1: Instagram Tour bus departs 3:30 p.m. returns 5:00 p.m.</i> • <i>Tour #2: Mob Tour bus departs 3:30 p.m. returns 5:00 p.m.</i>
6:00 p.m.	7:00 p.m.	Dinner Hotel in the Cromwell Room
7:00 p.m.	11:00 p.m.	Social/Hospitality/Casino
Saturday, July 26, 2025		
8:00 a.m.	9:00 a.m.	Breakfast/Session: Advocating for Diabetes - Adding Your Voice To The Cause • <i>Speaker: Don Feltham</i>
8:30 a.m.	9:30 a.m.	Awards Judging
9:15 a.m.	11:45 a.m.	Delegates Meeting
12:00 p.m.	1:30 p.m.	Installation Luncheon
2:00 p.m.	5:00 p.m.	Hospitality Open
1:30 p.m.	2:30 p.m.	New CI Board Meeting
2:45 p.m.	4:00 p.m.	CDF/CFC Board Meeting
5:30 p.m.	11:00 p.m.	President Banquet + Entertainment by The Stolen Winnebago's band
Sunday, July 27, 2025		
8:00 a.m.	10:00 a.m.	Convention Wrap-up Breakfast



© Visti KC



Omaha I-80 Cosmopolitan Club 50th Anniversary

By Omaha I-80 Cosmopolitan Club

The Omaha I-80 Cosmopolitan Club held their 50th Anniversary Celebration on April 12, 2025, with a great attendance. It was a great evening with good food and fellowship. During the evening, awards were presented for Rookie of the Year and Cosmo of the Year, Members shared the chartering of the club and work during the years that they have been a part of. Congratulations to all involved in reaching this milestone. Also in attendance were 3 charter members, Jim Barrett, Ron Schuller and Gene Svenson. They were each given a 50 year member service pin.



Opportunity for All Cosmopolitans to get involved!



A new and exciting fundraising and Cosmopolitan community building opportunity is coming to Cosmopolitans in the Western Canada Federation on May 30, 31 and June 1, 2025.

Cosmopolitans in Western Canada are partnering with the Humboldt & Area Team T1D in their efforts to raise funds for DRIFCan and Dr. Shapiro, either through participating in the T1D 4x4x48 Ultramarathon, or through volunteering at the event. The event was started four years ago by families of Type 1 diabetics (T1D), searching for a cure. The Humboldt organizers have also provided an opportunity for Cosmopolitan to spread their message at the event during a Community Walk on Sunday June 1, 2025.

Funds, of which 100% will be donated to DRIFCan, will be raised by individuals participating in the event, or by donating to Cosmopolitan, and marking the donation for the 4x4x48. Last year Humboldt alone raised \$100,000 for DRIFCan. The Humboldt organizers are aware of the many, many thousands of dollars Cosmopolitans have raised in the past for diabetic research and the hope is that through partnering we can increase that total donation. Cosmopolitans also hope to raise awareness of our organization in a community that does not have a Cosmo Club.

At this time, we are reaching out to Cosmopolitans everywhere to donate to this exciting new venture. If every Cosmo in the US and Canada donated just \$5, \$5000 would be raised for Dr. Shapiro's research. CanadaHelps does provide tax receipts for donations for eligible individuals. While our US friends are likely not eligible for the receipt, a donation is for a great cause, one which you already support. And with a Canadian International President, what a great way to support international friendship! President John Krysak would be more than willing to take donations if that is easier.

For more information about the event, go to www.t1d4x4x48.com or to CanadaHelps to donate.





Despite Small Membership, Aurora Cosmopolitan Club Continues to Make Big Impact

The best way to describe Aurora's Cosmopolitan Club: Small but mighty.

The local chapter of this international organization, founded in 1918 and started here in Aurora nine years later, only has a handful of registered members these days, along with another half-dozen "friends" of the club.

But what they manage to accomplish is more than impressive. It's a testament to the sheer determination and generous spirit of this group that, since 1973, made their mission a fight against diabetes.

Although the Cosmo Club is now too small to hold fundraisers, they still manage to defy expectations by donating to dozens of causes. Last year, for example, they organized a diabetic screening with Rush Copley nurses that tested 223 people, including one who turned out to be in an emergency situation.

The local organization also gives to other nonprofits, including National Night Out, Kendall County Back to School Fair, World Relief, Three Fires Boy Scout Council and Aurora Historical Society. They have donated toys, books, blankets and other such items to Fox Valley United Way, CASA, Markland and Association for Individual Development, and have provided 500 gift cards for Hesed House Easter baskets, as well as personal care baskets for Mutual Ground.

The group works closely with Rush Copley Medical Center in Aurora. Club President Donna Carter is program coordinator for the hospital's Diabetes Center, and this service organization has for years taken part in Rush Copley's "Rock the Heart" fundraiser. Most recently, a dinner was held at Fireside Inn in Sugar Grove where the club handed a \$2,000 check to the Aurora medical center's Diabetic Education Program that provides help for the uninsured and under-insured.

But that gathering before the Thanksgiving holiday was special for another reason.



▲ Aurora Cosmopolitan Club Secretary/Treasurer LaVonne Hawking, left, talks to 3-year-old Aca Seljakov as he stands next to his mother Marina Kalic. Looking on are second-graders Mia Young and Olive Schwerha, and Luka Seljakov, Aca's 12-year-old brother. The Cosmopolitan Club, which is helping to purchase alert dogs for these children who have Type 1 diabetes, met the families at a recent dinner at Fireside Inn in Sugar Grove. (Denise Crosby / The Beacon-News)

Among the guests were the families of three children with Type 1 diabetes who, with financial help from the Cosmopolitan Club, will soon be getting service dogs that are specially-trained to detect high or low levels of blood sugar and alert with a paw or a nudge before it becomes a medical emergency.

Olive Schwerha, a Downers Grove second-grader, will meet Rez, a yellow lab finishing his training in Arizona next year; Luka Seljakov, 12, and little brother Aca, 3, from Brookfield, will receive their alert dog Lina this spring; and second-grader Mia Young of Oswego will be greeting her dog Max in January.

These dogs, which go through a two-year training and cost anywhere between \$15,000 and \$20,000, are made possible because of the Ron and Vicki Santo Diabetic Alert Dog Foundation, with the Aurora club picking up a portion of that cost – somewhere between



\$1,200 and \$3,000 per animal, said LaVonne Hawking, club secretary/treasurer and retired mid-states governor.

"Each case is different. It really depends on the family situation and the animal's training," she continued, adding that these dogs have been "life- changing" for the two families who received them with the club's help in previous years.

Also attending the dinner was Conner Limberg, whose dog Rizzo has accompanied him everywhere for the last seven years, including classes at Yorkville High School, where he is a senior.

The local Cosmopolitan Club did not help pay for his black goldendoodle, but members are especially fond of this pair because it was at an event they were hosting about five years ago when Rizzo alerted to a guest who was an undiagnosed diabetic. As it turned out, the man was hospitalized with an insulin count so dangerous the dog quite possibly saved his life, said Hawking.

While no dog can be 100% reliable, Conner's mother Jessica can certainly attest to the "peace of mind" that comes with having Rizzo as part of the family. Because glucose monitors can fail, the service animal adds another valuable layer of protection that helps her sleep at night, she told me.

The hope of these parents and the Cosmo Club is that some day Rizzo, Linda, Max and Rez will only have to be family pets.

According to dinner guest Thomas Grimes, a member of the far-larger Rockford chapter and president-elect of Cosmopolitan Club International, a "breakthrough" treatment using islet cells "points to hope" for the 1.25 million American children and adults who have this chronic disease caused by the body's inability to make insulin.

While the treatment, he told the group, is still considered experimental in the U.S., Grimes is confident the strong collaboration between research programs in Florida and Canada could make a cure possible in five years.

Until then, parents like Marina Kalic (mother to Luka and Aca), Dani and Matt Schwerha and Kristen and Kevin Young must go to extraordinary lengths to keep their children healthy. It's a topic that resulted in plenty of table-talk as these families met for the first time, thanks to the generosity of this handful of dedicated Aurora Cosmo members that also includes Dean Bisconti, Gary Christensen, Kelly Quinn and Vic and Rita Smith.

Raising a child with diabetes requires a special level of commitment to help these youngsters not only enjoy a normal, active childhood, but teach them how to someday manage this condition on their own. Having alert dogs as part of that family, the parents tell me, truly is a gift.

"We are known as the best-kept secret service organization in Aurora," said Hawking, adding that it "is an honor" to be so trusted. As small as they are, she noted, "our club is very important to the community."



COSMOPOLITAN INTERNATIONAL Project Update

As an organization, via your Club delegates, at the International convention, approved supporting the International Project of funding diabetes research by attempting to raise \$1M over five years. The research is so promising that even the professionals admit they believe the end is near. **Information on more research follows:**

Promising Step Forward for Type 1 Diabetes and Islet Transplantation Patients

Inside Our Labs

Peter Buchwald, Ph.D.

Associate Professor in the Department of Molecular and Cellular Pharmacology and the Director of the Drug Discovery Program at the Diabetes Research Institute



Miami, FL – The Diabetes Research Institute Foundation (DRIF) is pleased to announce significant findings that could impact the future of type 1 diabetes (T1D) and beta cell replacement therapies.

A recent study by scientists at the DRI led by Dr. Peter Buchwald has shown that two new small-molecule drugs (DRI-C21041 and DRI-C21095) designed, synthesized, and tested by them may help protect transplanted insulin-producing cells and prevent the onset of type 1 diabetes. These molecules work by targeting a specific immune checkpoint interaction in the immune system that is known to play a critical role in initiating the rejection of transplanted cells and the onset of autoimmune attacks on the body's own cells.

What This Means for Type 1 Diabetes and Transplant Patients

For individuals with T1D, the immune system mistakenly destroys the insulin-producing cells in the pancreas. This study suggests that by blocking the CD40–CD40L interaction (a pathway involved in the activation of immune attacks), these molecules could prevent T1D from developing in individuals at high risk. In a pre-clinical small model, one of the molecules reduced diabetes cases from 80% to 25%, showing a significant impact on disease prevention.

For transplantation, these molecules could offer a new way to protect transplanted cells, such as insulin-producing cells used in T1D treatment. Unlike traditional therapies, these small molecules

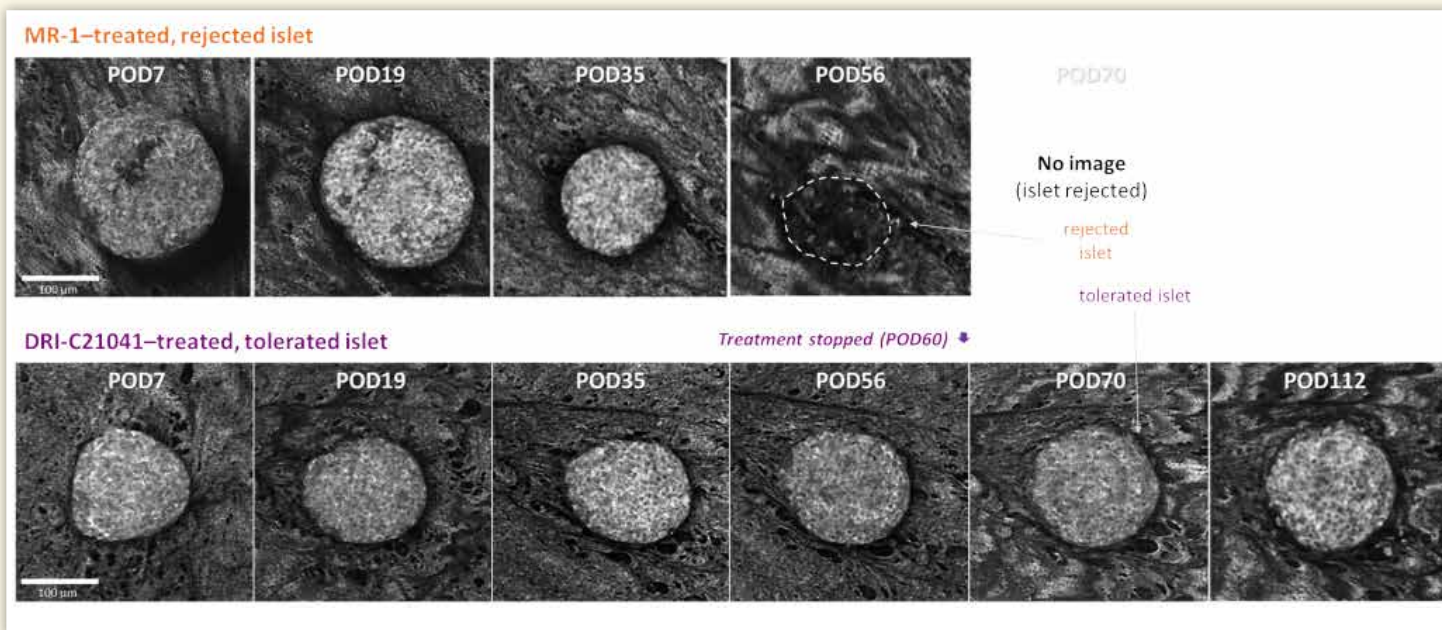
are potentially safer and less immunogenic (less likely to trigger an unwanted immune response), and they could be more easily administered as pills rather than injections. This is especially important for people with T1D who may need to take immune-suppressing medications for long periods to protect transplanted cells.

The Future of Diabetes Research and Patient Care

This encouraging research, supported by the DRIF, suggests a new path for therapies that are safer, easier, and potentially more effective than existing ones for individuals with T1D and transplant recipients. These findings open doors for future studies and could ultimately lead to the development of treatments that prevent diabetes and protect transplants long term by inducing operational immune tolerance without the risks associated with current immunosuppressive drugs.

As we move forward, the DRI continues to seek innovative solutions to prevent and cure diabetes, and we remain dedicated to improving the lives of those affected by this condition.

For more information on this study and to learn how you can support diabetes research, visit <https://diabetesresearch.org>.



Longitudinal images showing a rejected islet (top row) and an islet treated with the small molecule DRI-C21041, which maintained integrity without rejection even after treatment stopped on post-operative day 60 (POD60) (bottom row).



How Do Research Discoveries Translate into Clinical Cures?

Scientific research drives discovery into novel biological pathways that regulate normal bodily functions and can indicate alterations that may play a role in autoimmunity, cancer and other diseases. Understanding of the cells, molecules and genes involved in these pathways can lead to the development of drugs, cell therapies, devices and other technologies that might enable prevention, modification, or reversal of disease. But how do scientists take laboratory findings and translate them into people?

Central to the DRI is having the infrastructure and scientists to take research from the test tube to animal models to clinical trials. Over the years,

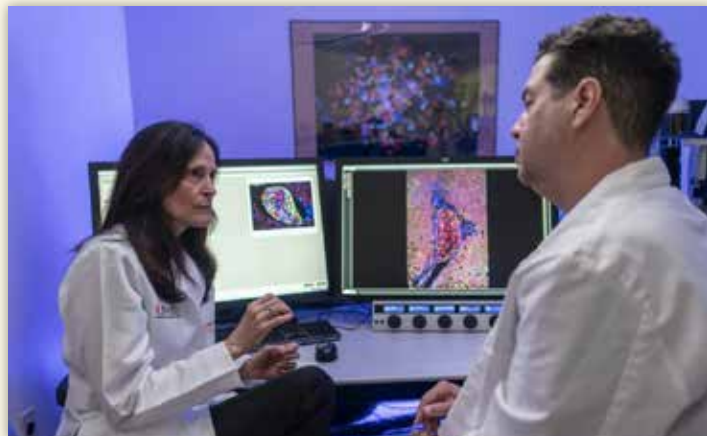
many discoveries have been made that have advanced the field of biological replacement therapies. When I undertook my second post-doctoral fellowship at the DRI, islet cell transplantation led to 10% insulin independence at one-year post-transplant. Today, under the direction of Dr. Camillo Ricordi and collaborators around the world, one year insulin independence is greater than 90% and long-term transplant survival of many years has been achieved. Two areas remain pivotal to finding a biological cure: a widely available source of insulin producing cells and safer, more effective immune intervention agents that prevent rejection of transplanted cells.

One way that research findings are translated is through early-stage clinical trials, which are often undertaken at universities. The DRI is very active in clinical trials focused on a biological cure, intervention at the onset or in the prevention of type 1 diabetes (T1D). The Diabetes Prevention Trial (DPT), led by Dr. Jay Skyler, was groundbreaking in determining methods for predicting those at risk for T1D and in the launch of clinical trials to intervene at onset of T1D. DPT was followed by Type 1 Diabetes TrialNet, initially led by Dr. Skyler, and trials continue at the DRI today. DRI's Carlos Blaschke kindly spent time with me detailing the ongoing studies in this area, many of which are supported by the NIH funded TrialNet consortium. In one study, patients with recent onset T1D were treated with an antibody that targets the T cells that attack and destroy beta cells. This resulted in the first demonstration that T1D progression can be delayed for a median of two years and follow up of those patients continues. In a separate trial, aimed at prevention of T1D, an agent that blocks a key signaling pathway in T cell activation was targeted; enrollment for this study is complete and patients continue to be observed to determine if T1D will be delayed.

In the area of a biological cure for T1D, the DRI has led the way in clinical trials, and the NIH funded Clinical Islet Transplant Consortium, led by Dr. Ricordi, demonstrated that islet cell transplantation can lead to long-term insulin independence, improvement of the complications of diabetes and a reduction in severe hypoglycemia requiring assistance. Broad based application of a biological cure remains dependent on 1) identification of alternative insulin producing cell sources (as are only 2-3 thousand pancreas donors in the US – not enough insulin producing cells to treat all T1D patients) and 2) safer, more effective immune intervention agents. The DRI has been actively engaged in a clinical study involving transplantation of stem cell derived insulin producing cells, utilizing currently accepted immune intervention for islet transplantation. Dr. Ricordi recently presented the findings at the EASD meeting in Europe, including data on a DRI patient transplanted in a phase 1 (safety) / 2 (efficacy) trial with Vertex's VX-880 (stem cell derived insulin producing cells), and the results are compelling. Utilizing the current standard immune intervention for islet transplantation it was reported that the patient who received the Vertex cells was off insulin at 270 days, with an A1c of 5.2, no hypoglycemia

and 99.9% time in range for glucose levels. This data establishes proof-of-concept and supports further development of VX-880.

Many collaborations with industry also occur in preclinical models, including in the labs of Drs. Kenyon and Berman. The team has demonstrated that a new antibody aimed at blocking a key immune pathway (anti-CD40L, Eledon Pharmaceuticals) is safe and effective; the antibody is now being tested in clinical studies. The team is also testing genetically modified pig islets as an alternative source of insulin producing cells (eGenesis). The conformal coating technology of Dr. Alice Tomei was licensed to Sernova, which is supporting collaborative work with Dr. Tomei to further develop the approach for clinical application. Several other collaborations between the DRI and industry are ongoing to test novel technologies in preclinical models.

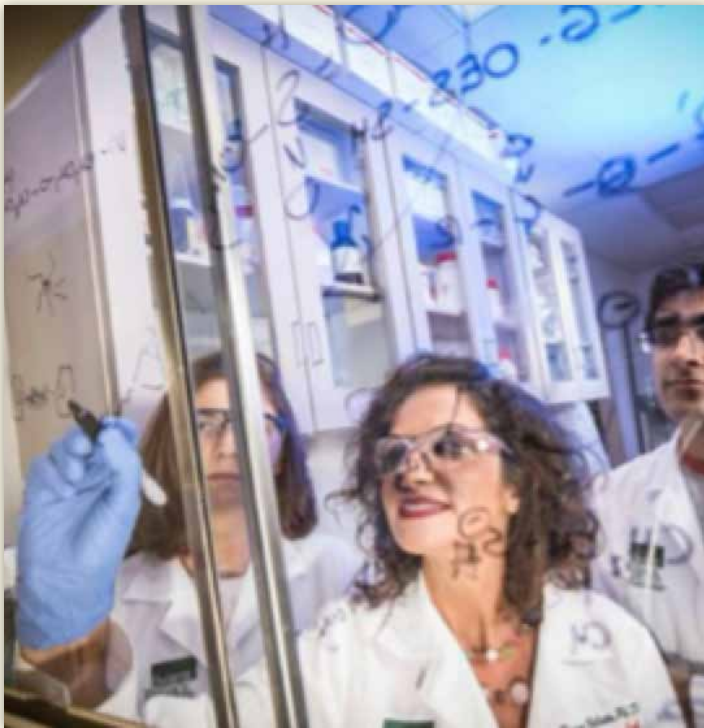


Our relationship with companies that support the large-scale production of cells and immune intervention agents that can lead to a safe and effective biological cure is critically important. Whether we engage with startups pursuing novel agents for immune intervention or companies focused on devices that can deliver local immune intervention and protect islets, our engagement with companies is essential for taking groundbreaking research from the test tube to those patients who need it.

We are at a transformational crossroads in this regard, with many companies engaging in the development of stem cell derived insulin producing cells and novel immune intervention agents that have shown significant promise. It will still take time, but advancements that we only dreamed of 10 years ago are turning into reality. As a parent and a scientist, I am energized by the current studies and the future potential.

Nanotechnology and Combined Strategies to Enhance Local Immunomodulation for Treatment of Type 1 Diabetes

In the quest to enhance the lives of those suffering from T1D, Dr. Diana Velluto, Research Assistant Professor in the Department of Surgery at the Diabetes Research Institute, University of Miami School of Medicine, is making incredible advances. Her work centers on the use of innovative nanotechnology to transform how we approach diabetes treatment.



The Challenge in T1D Treatment

For patients with T1D, transplanting healthy pancreatic cells can be a game-changer, offering better blood sugar control and protection against severe hypoglycemia. However, these transplants require powerful immunosuppressive drugs to prevent rejection, leading to serious side effects like kidney damage, increased risk of infection, and harm to the transplanted cells themselves.

Dr. Velluto's Solution: Nanotechnology

Dr. Velluto's lab is at the forefront of developing nanotechnologies for targeted immunotherapies. These therapies aim to shield the transplanted cells from the host immune response, enhancing their survival without the need for systemic immunosuppression.

How Does It Work?

Nanotechnology uses tiny particles, no larger than a virus, to deliver drugs directly to the target area. These nanoparticles, named Drug-Integrating Amphiphilic Nano-Assemblies (DIANAs), are specially designed to carry drugs in a controlled and safe manner. By adjusting their chemical properties, Dr. Velluto's team can fine-tune how these nanoparticles release medication, enhancing efficacy and reducing toxicity.

Successful Applications and Future Horizons

Dr. Velluto has already achieved remarkable success with these nanoparticles. For example, using DIANAs to deliver Cyclosporine A, an immunosuppressant, led to a significant increase in drug solubility and a reduction in the dose and frequency needed. Another application involves Dexamethasone, an anti-inflammatory drug, which showed enhanced stability and targeted delivery to inflammation sites.

Particularly innovative is her idea to explore DIANA nanoparticles in combination with (i) stem cell therapy or (ii) graphene derivatized materials, to **maximize local immunomodulation**.

Currently, Dr. Velluto is exploring the use of DIANAs in combination with stem cell therapy and graphene oxide-derivatized materials (GO-

DIANA) to maximize local immune modulation. These innovative approaches could revolutionize the treatment of T1D, offering a more effective, safer alternative to current methods.

The Impact

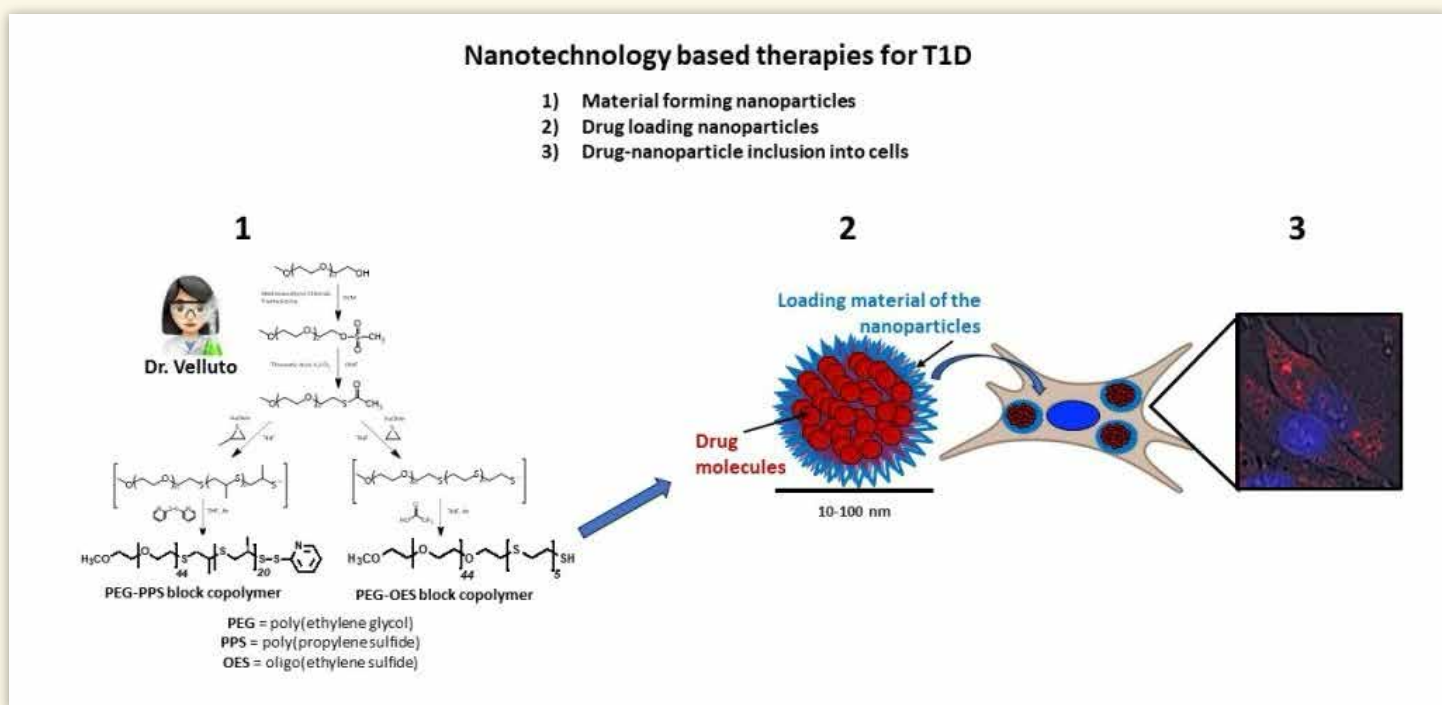
Dr. Velluto's work signifies a major leap forward in diabetes care. By focusing on local treatment, her nanotechnology strategies aim to minimize the adverse effects associated with traditional systemic immunosuppression. This technology has the potential to make cell transplantation a more viable and safer option for T1D patients, bringing us closer to a future where diabetes can be managed more effectively and with fewer complications.

Current Research

Dr. Velluto is currently working on different projects and several collaborations on the use of *Drug-Integrating Amphiphilic Nano-Assemblies* (DIANAs) and strategies to enhance local immunomodulation: *"Passive Targeted and Sustained Delivery of Dexamethasone and its soft-drug derivatives using nanomicelles"*, *"Nanomaterial Engineered Stem Cells For Enhanced Immune Therapies In Pancreatic Islet Transplantation"* and *"Graphene Oxide Functionalized Drug-Integrating Amphiphilic Nano-Assemblies (GO-DIANA) with High Potential Application in the Diabetes Treatment"*.

Nanotechnology-Based Therapies for Type 1 Diabetes (T1D)

1. **Material Forming Nanoparticles:** Depiction of the initial assembly of nanomaterials, showcasing the self-organization of polymers into nanoparticles. This stage involves the synthesis of biocompatible and biodegradable nanoparticles, which are engineered for optimal size and shape to facilitate drug loading and targeted delivery.
2. **Drug Loading Nanoparticles:** Illustration of therapeutic agents, such as immunomodulators, being encapsulated within the nanoparticles. This encapsulation is designed to protect the drug from degradation, enhance its solubility, and allow for precise control over its release profile.
3. **Drug-Nanoparticle Inclusion into Cells:** Demonstration of the final stage where drug-loaded nanoparticles are taken up by target cells. The nanoparticles are designed to preferentially accumulate at sites of inflammation (like the transplanted pancreatic islets) and release their therapeutic payload intracellularly to exert the desired immunomodulatory effects.



CATEGORIES OF RECOGNIZED PROGRAMS

Changing the World One Person and One Community at a Time

The mission of Cosmopolitan International is to change the world one person and one community at a time. That's why Cosmopolitan International service projects—however large or small—aim to serve both individuals and communities. Our Clubs across the US and Canada raise funds to assist in diabetes research, as well as help their local communities by sponsoring projects that are used by many people throughout their community.

An application has been prepared to facilitate listing these programs. Applications can be submitted by individual clubs or federations. Once an application is reviewed and accepted as complete, the proposed center / program will be appropriately listed. Applications are available from CI headquarters and are downloadable from www.cosmopolitan.org under Resources, Club and Federation Info.

Major Cosmopolitan Diabetes Center/Program

- Primary focus must be diabetes related
- A minimum of \$25,000 over two (2) years or \$50,000 over five (5) years to a single diabetes oriented entity
- Source of funds must be Cosmopolitan members, clubs, or federations
- Application (or letter) to be submitted to CI Board for consideration
- Must provide specific information to CI Board to show how criteria have been satisfied

EASTERN VIRGINIA MEDICAL SCHOOL, STRELITZ DIABETES CENTER

855 Brambleton Avenue
Norfolk, VA 23510
B 757.446.5909
Jerry L. Nadler, M.D., FACP, Director

COSMOPOLITAN DIABETES CENTER UNIVERSITY OF MISSOURI-COLUMBIA

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B 573.882.2273
Todd Bocklage, Administrator

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B 605.333.7315
Dr. Laura Davis-Keppen, M.D.

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Rapid City, SD 57709
661.809.0556
Erin Bachi, Executive Director

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Rockford, IL 61102-2112
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785.841.7297
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Terry Sanford, Chair
tsanford77@cox.net

THE CENTRAL MISSOURI DIABETIC CHILDREN'S CAMP, INC.

PO Box 1942
Columbia, MO 65205-1942
P 573.474.4326
David Bernhardt,
CPA, Executive Director





Major Cosmopolitan Community Center/Program

- Primary focus is non-diabetes related
- A minimum of \$25,000 over two (2) years or \$50,000 over five (5) years to a single non-diabetes oriented entity
- Source of funds must be Cosmopolitan members, clubs, or federations
- Application (or letter) to be submitted to CI Board for consideration
- Must provide specific information to CI Board to show how criteria have been satisfied

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Sharlene Duquette, Executive Director

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SPECIAL LEARNING CENTER

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B 573.634.3070

Debbie Hamler, Executive Director

dhamler@speciallearningcenter.com

Cosmopolitan Supported Diabetes Program

(Not to be confused with the Major Cosmopolitan Supported).

- Primary focus must be diabetes related
- A minimum of \$5,000 over two (2) years or \$10,000 over five (5) years to a single diabetes oriented entity
- Source of funds must be Cosmopolitan members, clubs, or federations
- Application (or letter) to be submitted to CI Board for consideration
- Must provide specific information to CI Board to show how criteria have been satisfied

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SAVE THE DATE

2025 International Convention



JULY 24-27, 2025
KANSAS CITY, MO

For more convention information visit
<https://www.cosmopolitan.org/page/convention>

In Memoriam

The entire Cosmopolitan family joins
in extending sympathy to the families
of those Cosmos recently lost:

Frank L. Newby
Heartland Santa Fe Trail Club
Overland Park, KS
February 2, 2025

John D. Schissel
Rockford Club
Rockford, IL
April 27, 2025



COSMOTOPICS
2500 W. 49th Street, Ste. 223
Sioux Falls, SD 57105-6508