

# COSMOTOPICS

SPRING 2019 ISSUE

A PUBLICATION OF COSMOPOLITAN INTERNATIONAL



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# 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.



## In Memoriam

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

- **Art Nixon**  
*Saint Albert Club, St. Albert, SK, Canada*  
- February 28, 2019
- **H. Edward Smith**  
*North Side Lancaster Club, Lancaster, PA*  
- March 10, 2019
- **Dick Cook**  
*Norfolk Club, Norfolk, VA*  
- April 4, 2019
- **Joseph James Schroeder, Jr.**  
*Columbia, MO Breakfast Club, Columbia, MO*  
- April 16, 2019





# Change Three



David House  
Executive Director



**This change deals with our direction as an organization. We generate funds through many avenues for Diabetic Research towards someday developing a cure for this dreadful disease. It has been paramount as our International Project since 1977.**

But we can also provide a tremendous service to existing diabetic individuals, some of which may join our cause down the road, and begin to provide resources and solutions to every day Diabetes issues. This is not to divert funds from our main project. But it is designed to make every Cosmopolitan Member aware of what an impact we can have on the local community by supporting our “Paws Saving Lives” campaign!

I want to introduce you to a very special lady that has been referenced in other articles in this issue!

Her name is Violette Nast. She visited the Saint Charles, MO Cosmopolitan Club (and since has expressed an interest to join the club), with her Service and Diabetic Alert Dog Eli (Eli has been trained in tasks beyond Diabetes Sugar Alerting). Both she and Eli did a phenomenal job as they captivated everyone in attendance.

Violette is in a wheel chair because of a domestic violence issue several years ago and recently lost her second husband. She would not have been able to stay in her



home if she didn't have Eli, her Service and Diabetic Alert Dog.

He has saved her life on 4 separate occasions. He does so many additional things for Violette as well. (Ladies, he even does the laundry and makes her bed!)

If her blood sugar gets high, he retrieves the insulin out of the fridge, takes it to her, and nudges her face until she wakes up. If she doesn't wake up or throws up her thumb, he has a device that allows him to call 911. When the rescue squad arrives, he even opens the door to the house to let them in.

When she is low, he retrieves a treat for her. And if they are not at home, he acts up until he gets the person closest to him to help her.

Many of us have no idea what these amazing animals can do! I was in awe as I heard this story. How many diabetic families and individuals can we help?

Today our Diabetic Alert Dog program has reached almost 20 individual families and individuals. What could we do if we could partner with an organization that has the same interests and goals that we do?

We can not only provide funds to assist in the discovery of a cure for Diabetes, but we can also help many individuals achieve a much more normal lifestyle by helping them acquire a Diabetic Alert Dog.

If your club has not yet had the opportunity to have a T1 or T2 diabetic with a service dog speak to your club, you are missing the boat! Call me and let's get someone to inform your club about our “Paws Saving Lives” program. If we cannot find a T1 or T2 diabetic with a Diabetic Alert Dog near you, I will be more than happy to schedule a visit by one of our Board Members, or myself!

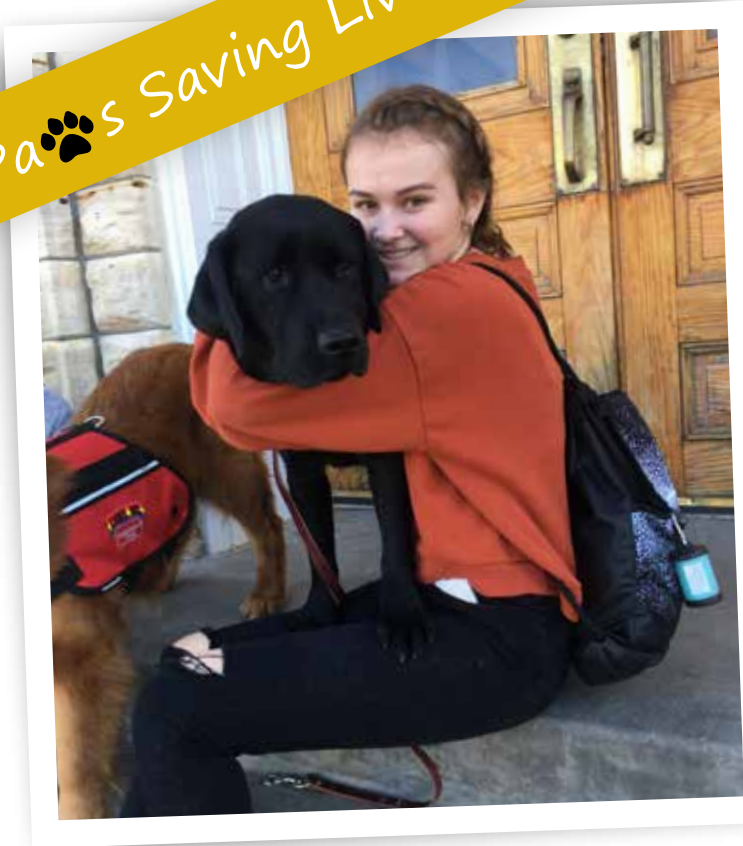
**David House**

*headquarters@cosmopolitan.org*

Violette Nast and her  
Diabetic Alert Dog, Eli



# Libby McGuire



*She began to vomit profusely as we waited in the Emergency Room for the lab results. Her complexion turned grey; her eyes sunk in.*

*"HELP! I NEED HELP... Something is terribly wrong."*

The lab results came back. The statement from the Doctor drilled into my memory forever! "Libby's blood sugar is 640; she has ketoacidosis". They had a difficult time getting an IV line in for fluids as she was severely dehydrated, but finally succeeded after multiple tries with the scalp vein catheterization. The IV is in her head, but they cannot treat the blood sugar levels at this time. It is imperative to rehydrate her properly otherwise her brain could swell, and she could die.

## *The statement from the Doctor drilled into my memory forever!*

She will be transferred via ambulance to Rockford Memorial Hospital "Pediatric Intensive Care Unit". The Emergency Staff told us: "There is blood all over: take time to compose yourself before you walk in." On March 8th, 2003, at 11 months old, my daughter Libby was diagnosed with type 1 diabetes (T1D). She was the second youngest child in the area to be diagnosed with this horrible disease. What began as a virus turned into a lifetime battle!

T1D: Type 1 Diabetes is an auto-immune disease in which your immune system mistakenly attacks and destroys the beta cells in the pancreas that create insulin. Cells in your body need sugar for energy. However, sugar cannot go into most of your cells directly. After you eat food and your blood sugar level rises, beta cells are signaled to release insulin

into your bloodstream. Insulin then attaches to and signals cells to absorb sugar from the bloodstream. This previous automatic process is now and will forever be a chemistry experiment that will affect every aspect of her life.

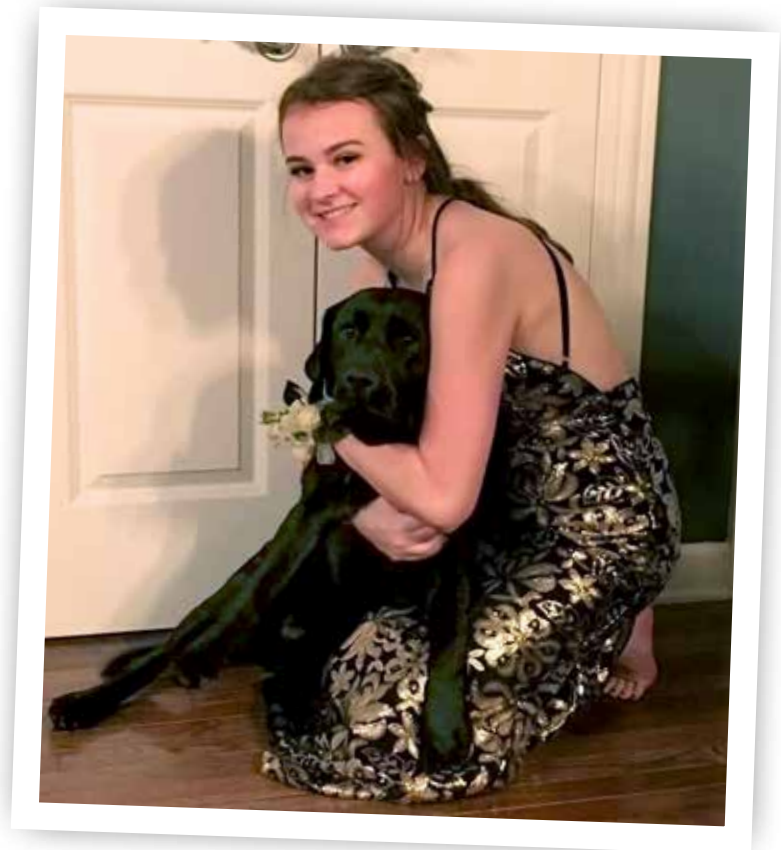
*"Oh, my Grandma has diabetes; she takes a pill and she's fine."  
"I know someone with diabetes; they don't eat sugar and take insulin shots."*

These are general responses that we hear when people learn that Libby is diabetic. However, T1D is much more than that: low blood sugar, high blood sugar, seizures, headaches, body aches, blurred vision, confusion, loss of consciousness, low sodium, dizziness, vomiting, dehydration, ketones, missing school, missing work, missing social events, anxiety, depression, loneliness, family stress, a compromised immune system, emergency room visits, hospitalizations, lab tests, finger pokes, injections, insulin pumps, continuous glucose monitors.

Type 1 Diabetes affects the entire family. Most everything encountered during the day affects Type 1 Diabetes. It's an unending chemistry experiment with your child's life. 50% of marriages fail of the parents of children with chronic illness. T1D tests your faith!

*It's an unending chemistry experiment with your child's life.*

Fortunately, our family has faith! Our family is determined to exhaust all options to give Libby the best chance at a “normal” life. Libby received her first Diabetic Alert Dog, Aspen, when she was five years old through the C.A.R.E.S. program in Concordia, KS. Libby and Aspen were an amazing team. Two years ago, Aspen passed. Following that day, Libby suffered with severe depression and anxiety. Furthermore, she struggled through various illnesses that occurred these last two years. Our faith brought us to the “Paws Saving Lives” opportunity. With the financial support received, we were able to return to the C.A.R.E.S. program. October 15th, 2018 Libby was presented Luna, a 15-month-old black lab. It was an immediate connection between the two. I could see the genuine happiness and calm within Libby. Luna alerted to Libby’s blood sugar that first evening. Luna continues to alert Libby, even waking her from a deep sleep (allowing me to sleep a bit more peaceful). Luna offers Libby further confidence, independence, and a constant friend as she has been home sick most of this year.



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**October 15th, 2018**  
**Libby was presented Luna,**  
**a 15-month-old black lab.**

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I want to express my gratitude to God for bringing my mother-in-law to a conversation with Dr. Brant Hulsebus about the program “Paws Saving Lives”, to Rick Swansbro for the guidance and direction through the process, and for the generosity of the Rockford Cosmopolitan Club and Cosmopolitan International.

Julie McGuire (Libby’s Mom)  
Poplar Grove, IL



**Paws Saving Lives**  
**Diabetic Alert Dog Program**





**Rick Swansbro**  
International President



# President's Article

**Four years ago, at the Omaha Convention, we kicked-off a program of financial assistance to individuals in the process of acquiring a diabetic alert dog. Those attending recall a hot weekend in the great city of Omaha. I can certainly remember, as I arrived in Omaha with a nasty case of poison ivy!**

What began as "Smooch a Pooch" was later revised to a more compelling and marketing friendly "Paws Saving Lives" program identity. A program which has positively impacted the lives of Alleecia 7, Ava 10, Ethan 21, Kaleigh 9, Libby 14, Lily 3, Matteo 15, Rebecca 23, RuthAnne 16, Robert 50, and Sawyer 5.

These are not all the people our organization has helped. In fact, there are more applicants who will soon qualify for matching grants. Since our time in Omaha, we have seen this exciting program evolve from concept to reality!

Today, we see clubs such as Aurora, IL, Columbia, MO, Council Bluffs, IA; Fremont, NE, Rapid City, SD, Roanoke, VA, and Rockford, IL, all working to help sponsor diabetic alert dogs. Going forward, we will continue to see more clubs become active in sponsoring.

US members of Cosmopolitan International have three options for helping individuals acquire a diabetic alert dog. Cosmopolitan International, Cosmopolitan clubs and a combination of Cosmopolitan International funds and club funds. All options first begin with a grant application which is available at our [www.cosmopolitan.org](http://www.cosmopolitan.org) website. Simply scroll down to the Paws Saving Lives logo at the lower left of the front page. Click on this logo and you have arrived!

Canadian Cosmopolitan Members will find a Canadian Version of the DAD CAP Grant available on the website (posted in late May) that will allow them to contribute funds to assist in things such as Fencing a Yard, Veterinarian Bills, Food Supplies and associated assistance, since the DAD program in Canada is outside of the Cosmopolitan arena.

At the Paws Saving Lives web page, you will find frequently asked questions, a descriptive video, a PowerPoint presentation and grant applications that can be downloaded. The PowerPoint file can be downloaded and presented on a laptop, iPad, iPhone, etc.

Most recently, we have started a GoFundMe page to raise additional funds in support of our "Paws Saving Lives" program. Let's all commit to posting this GoFundMe page on our Facebook page. The more "shares" and "likes", the more likely this page will be seen by Cosmopolitan members, families and friends. Simply go to my personal Facebook page at <https://www.facebook.com/rick.swansbro>. Scroll down to the GoFundMe insertion and click on "LIKE", then click on "SHARE" among family and friends. Thank you for your support!

Let me conclude this article with a reminder of our upcoming 2019 Cosmopolitan International Convention in Rosemont, IL. MidStates Governor Dayton Smith and his team have assembled what promises to be one of our best conventions yet! Located in the western suburbs of Chicago, Rosemont is a beautiful location with abundant dining, entertainment, shopping, and transportation options. After landing at Chicago O'Hare Airport, you are just minutes away from the Crowne Plaza hotel, which offers free airport shuttle service to and from the airport.

Registration and payment for the 2019 Cosmopolitan International Convention was posted on the [www.cosmopolitan.org](http://www.cosmopolitan.org) website Monday, May 13, 2019. As before, you will be able to participate ala carte or all-inclusive depending on your schedule. The 2019 schedule begins Thursday morning July 18th and concludes Sunday morning July 21st with the wrap-up breakfast. See you soon in Rosemont!

**Rick Swansbro**  
*president@cosmopolitan.org*



**Paws Saving Lives**  
**Diabetic Alert Dog Program**



# Cooperation Works Wonders

Fremont Tribune Article by Tammy McKeighan – News Editor

Alleecia McElroy is a sweet and active girl living in Fremont, NE, who was diagnosed with T1 diabetes at the age of 7. For nearly a year now, her family has been working to raise the \$15,000.00 needed to get her a Diabetic Alert Dog that can warn her and others if her blood sugar level is too high or too low.

When she was 6 years old, Alleecia hadn't been feeling well. "We thought it was only a cold, and then she got very lethargic and couldn't really stay awake." After rushing her to the local Methodist Fremont Health Hospital and running several tests, they informed us that her blood sugar level was over 500.

Alleecia was taken by ambulance to Children's Hospital in Omaha where she was placed on insulin and IV Fluids while medical professionals worked to regulate her blood sugar and ketones. After 5 days, she returned home where she now gets 5 insulin shots a day. Her blood sugar levels are very erratic and sometimes very low, increasing the risk of her falling into a diabetic coma. There were occasions where, at night, the sensor that she wears had indicated that her sugar level was normal, when it was not!

When a coach at her school told her family about another child who was being helped by a Diabetic Alert Dog and its ability to sniff out high or low blood glucose and alert the owners, the McElroys began the process to obtain one

for Alleecia. This involved completing a questionnaire about her activities, personality, likes and dislikes. Those answers would help determine which type of dog would have the right temperament and energy level for Alleecia.

Now it was time to begin raising the necessary dollars needed to purchase a trained dog to be Alleecia's companion. A fundraiser was held at the Tin Lizzie Tavern in Fremont where a substantial amount of money was raised, along with Individual donations. Then the McElroys heard about the grant program that was available through the Cosmopolitan International organization, and almost immediately two Cornbelt Federation Cosmopolitan Clubs stepped up to the plate. The Council Bluffs and Fremont Clubs contributed a generous amount to the effort. A Fremont club member guided the family through the grant application process and also raised the final amount of money need by the McElroys to qualify for the Cosmopolitan International \$2,000.00 CAP Grant which would be the final payment for the trained dog.

The grant has been approved, and the dog is in training. Alleecia and her family eagerly await the longed-for addition to their family, one that will be a loving companion who will constantly be on the alert for Alleecia's health and well-being. *IT'S GREAT TO BE A COSMOPOLITAN!*

Submitted by Ray Meister from the Fremont 100 Club

## Cosmopolitan Foundation of Canada Inc.

By Kay. C. Fey, CFC President, 2018 – 2019

When I accepted the position of vice-president of the Foundation in May of 2017, little did I realize the complexity of the organization nor the challenge of the learning curve I had accepted. I soon discovered that much of the operational information was to be found in the collective memories of past members of the Foundation. As a rather concrete thinker I am always more comfortable having guidelines as a framework from which to function. For this reason, the Board established various committees at the 2018 Fall meeting with the goal of presenting these reports, with recommendations, at the Foundation's Annual meeting in May 2019. The Committee is made up of both Foundation Board Members and Cosmopolitans whose knowledge, skills and expertise will be indispensable in moving forward.

Following last year's audit, Ms. Lorelei Johns notified the Foundation that she was retiring from active practice. A request was sent out by the treasurer, Terry Down, for quotes to provide auditing services to the Foundation. The Executive have selected Mrs. Rosemarie Pagaspas of Dudley & Company LLP to perform auditing services for the Foundation.

The Foundation continues to support the Albert Diabetic Foundation (ADF) with \$25,000 annually. We encourage

members to become part of our Beacon Program with a minimum contribution of \$100.00 a year. Our total contributions to date for 2018-2019 are \$67,366.00. Approximately 20% of this amount has been received as Memorial Donations and an Insurance Policy. The Foundation is grateful to those members and their families for directing funds to support the work of the Foundation.

The Saskatoon Club will feel the loss of Shirley Collins and Desmond (Des) Fey, while the Prince Albert Club remembers Deb Brassard, the wife of their member Art.

I believe that Regina Cosmopolitan Bill Pollon was the first member in Canada to purchase a Life Insurance policy naming the Foundation the Beneficiary.

I look forward to the Annual Meeting in Edmonton on May 25, 2019, when the various Committees present their reports and recommendations.

*Kay C. Fey, President*  
Cosmopolitan Foundation  
Canada, Inc.



Promoting The Living Gift Through Medical Research Since 1984



# OUR FINANCIAL CONDITION

When I volunteered to serve as Interim Executive Director, I discovered that we had approximately \$250,000.00 sitting in a money-market account in Lancaster, PA that was only returning about ¾% interest annually (horrible by today's standards.)

When I attempted to move this account to Omaha, along with the International Checking Account, we discovered that when Bank of America transferred the funds from Lenexa, KS (when the CI Headquarters building was sold and we had a change of leadership) they failed to transfer any of the signature information on the account. I don't believe it was intentional, as the transition of officers would require new signature information at the new bank. But First National Bank of PA failed to set up signatures on the account, and it immediately became frozen. Then Tracy left, and the problems got worse.

We were unable to transfer money from the money-market account to our checking account. We had a resolution passed in Regina, SK, Canada at the 2017 International Convention to move \$20,000.00 into a Diabetic Alert Dog account and begin to help T1 and T2 diabetics with \$2,000.00 CAP Grants. When I discovered that the \$20,000.00 had never been transferred, I immediately tried to do so. No such luck! There were no options presented on the Bank Website to transfer money between the Money-Market and Checking account. When I called the bank, they acted like they knew nothing. It was like pulling teeth.

They then requested a copy of our Articles of Incorporation that would list me as an officer. I wasn't born when CI was incorporated! What a fiasco! We finally got the signature cards correctly attached to the account thanks to our Judge Advocate Larry Heim. He can tell you a great story about this whole process, just ask him!

The funds have been transferred, and after moving the \$20,000.00 to the Diabetic Alert Dog account, and reserving \$5,000.00 for our Convention Reserve account, we recently placed \$232,000.00 into a special investment account that is based on Dividend Stocks. We will receive approximately 5.00% Dividends over the course of the next 12 months, and will also get any gain/loss on the selected stocks. All stocks in the portfolio are blue chip stocks that have paid dividends for the past 60 quarters. It is sort of a badge of honor to be listed in this portfolio. We should see somewhere around \$18,000.00 to \$22,000.00 total gain (Dividends and stock values combined). My father has been president of the Masonic Eastern Star Home for Children in Fremont, NE, and has been using this same portfolio structure for the past 27 years. They have grown their portfolio from around \$350,000.00 to over \$37,000,000.00 today!

You can see more about this by downloading our proposed budget for 2019-2020, which is posted on the financials page on the Cosmopolitan International website.

**David House, Executive Director**

## Cosmopolitan Club of Saskatoon: 25 Years Old!

The Cosmopolitan Club of Saskatoon, formerly known as the Cosmopolitan Couples Club of Saskatoon, was chartered on March 14, 1994 with 26 members under the sponsorship of the Saskatoon Hub City Club, with leadership from Roger Pilon. Cosmopolitan President-Elect Tom Stone conducted the investiture with Western Canada Governor Jim Smith and two Western Canada Lt. Governors, Roger Pilon and Richard Shindelka present. The emphasis of the new club was on volunteerism rather than fund raising.

Gradually, as the club became more established, fundraising played a more important role. Our club presently has 31 registered members. Due to the recent closure of two clubs in Saskatoon, we have had transfers into our club, resulting in the need to change our Club name.

Volunteer projects included building a gazebo and a butterfly garden for two long-term care facilities. In June of 2003, we built a shed for a sanctuary in Northern Saskatchewan, returning in October to shingle and paint it. Wreath laying for Remembrance Day Services, packing school Christmas gift boxes, working pancake breakfasts for a long-term care facility, building fences at group homes, cutting wood for a youth camp, repairs and maintenance for a Girl Guide Camp, and a clean-up of a historic fur-trading site were undertaken and completed this year.

Our annual clean-up of Cosmopolitan Park Saskatoon and ringing Christmas bells for the Salvation Army are ongoing projects.

Fund raising projects included: raffling off playhouses built by our club, coat checks, bingos, parking cars at events, working at game nights for corporate events, garage sales, football pool tickets, 50/50 raffle tickets and selling food at barbecues. Recipients of our donations have included a Children's choir, Jubilee Residences and Elmwood Lodge, Cosmopolitan Industries, the Salvation Army, Canadian Deaf Blind Group Homes, and Cosmopolitan Foundation Canada, Inc.

Our club has supported the Western Canada Federation and Cosmopolitan International with active members on both boards. Two club members have been International Presidents, and five members have been Federation Governors. We have also hosted Federation Conventions and Mid-Term Meetings. We are active in the Cosmopolitan Foundation Canada, Inc. Club members have served in all executive positions within this organization.

We currently have 22 members who are Beacons, with proceeds going to the Edmonton Protocol for Diabetes Research.

**Committee Members: Pat Wanhella, Pam Smith and Ada Wilson**



# President-Elect Article



Judy Weitkemper  
International President-Elect



**For people living with diabetes, the risk of losing consciousness from low blood sugar is a constant fear.**

Research is showing that Diabetic Alert Dogs can be an extremely important part of someone's life who is living with diabetes. How can dogs be trained to do this? Dogs don't see the world like we do, they smell it. When you or I smell a chocolate cake baking, a dog smells chocolate, flour, sugar, shortening & the other ingredients in the cake as well as their proportion to the overall aroma. A human's body odor is also made up of specific individual ingredients, and the Diabetic Alert Dog is trained to monitor these smells for specific scents on the owner's breath relating to changes in the blood sugar levels.

Members of the St. Charles County Cosmo Club learned about this at their February 12th meeting from our Guest speaker Violette and her service dog Eli. Violette and Eli captivated the members as she talked about her life and what a difference Eli, both a Service and Diabetic Alert Dog, has made in her life.

Violette is not only a diabetic, but is also a survivor of a domestic violence attack which left her with a spinal cord injury, a closed head injury, and without her left leg. After several years of hard work in rehab and training, (she couldn't return to work as a nurse, so trained to be a Social Worker) she was able to get somewhat back to normal and return to work. She eventually remarried and she and her husband adopted and raised two children out of Foster Care. Most everything was working out for her except for the lows & highs she experienced from diabetes, which caused numerous trips to the ER (some of those trips resulted in hospitalization and near death).

Violette's world was again shattered in 2010 when she lost her husband due to a massive heart attack in his sleep. Her life once again looked pretty dim. She didn't think she could survive alone in her home, and she might have to give up the life she had worked so hard years earlier to gain back. But Violette is a fighter and does not give up easily! She was able to get help to come in, and also received help from her service dog, (she had two over the years, Butch & Petey). After Petey passed, she looked for help in obtaining a dog with both Service and Diabetic Alert training, to detect her diabetic sugar fluctuations.

It took two years to get him, and during those two years, she was again hospitalized many times. She and Eli have been together for three years now, and during this time he has saved her life five times and has also kept her out of the ER. He has allowed her to again live independently in her own home without fear of dying in her sleep. When her sugar level is high, Eli gets the insulin out of the fridge, takes it to her, and taps her face until she wakes up. If she doesn't wake up or throws up her thumb, he has a mechanism to call 911, and then goes to the door and lets them in the house. When she is low, he gets a treat for her, and if they are not at home, he gets the person closest to him to help her. Eli even helps Violette do the laundry and make her bed. It was obvious, watching the two of them interact during the presentation, that Violette and Eli truly love and depend on each other.

Although our mission 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", we also look for ways to help make the lives of those with Diabetes better. A few years ago we decided to make it our International Project to raise funds to help people obtain a Diabetic Alert Dog in an effort to help them avoid loss of consciousness and the subsequent life-threatening effects of diabetes. These Diabetic Alert Dogs are saving lives and they are beneficial to all, especially for children who cannot communicate their feelings. Placing a dog with a child cannot only save the child's life, but also allows parents the freedom to sleep at night, knowing they will be alerted if their child's blood sugar levels change. Also, when a parent sends a diabetic child off on their own, they all feel more secure about the transition knowing their Diabetic Alert Dog will be going along.

**Judy Weitkemper, Int'l President-Elect**  
*president-elect@cosmopolitan.org*





# A Diabetic Alert Dog for Ava

By Stephanie Schuster

November 21, 2017 will be a day forever etched in my mind and that of my family's. This was a day that life as we knew it had been changed, as our ten-year-old daughter, Ava, was diagnosed with Type one Diabetes.

Going back to this dreaded day, we were in utter disbelief as what was supposed to be a routine check-up for what we believed to be a urinary tract infection turned into so much more as the doctor called us back right away and told us to go to the hospital as fast as we can. "Don't even stop to grab a hospital bag because she's in pretty bad shape," he informed us. I remember Ava sitting on the table in the doctor's office as she burst into tears from hearing his words. She looked so little sitting there having to take in this news that no child should ever have to hear. "We believe she has Diabetes."

**She looked so little sitting there having to take in this news that no child should ever have to hear. "We believe she has Diabetes."**

I remember being frozen in place, not able to get over to comfort her fast enough. What if she saw the grief, panic, and fear in my eyes, along with the tears streaming down my face? In that moment, I wanted her to see me being strong for her, but strength was something I just couldn't hang on to. The tears flowed, the panic set in, and the fear was overwhelming. As I held her tight, the questions started. How did she get this? Was it something we did, and why her? Why her, God? She is your child, why her, God? Just seven days prior she was a normal, healthy kid celebrating her tenth birthday, and now her life had been completely turned upside down.

**If this was going to be our new way of life, we were going to embrace it and dive right in to learn everything we could in order to keep our daughter alive.**

The days that Ava spent in the hospital went by as a blur. So many pokes and tests and math calculations, as well as books upon books packed with all you would ever need to know about Diabetes. If this was going to be our new way of life, we were going to embrace it and dive right in to learn everything we could in order to keep our daughter alive.

In doing our research, we stumbled across a Diabetic Alert dog. These dogs are truly amazing in their abilities to detect the change in a diabetic's blood sugar, and effectively alert them before they get dangerously low or high. As soon as I heard about what these alert dogs could do, I knew Ava would benefit immensely, and at this point, I was willing to have anything in Ava's life that could save her life.

After the Lord lead us to an amazing man named Larry Taylor of the Cosmopolitan Club, he introduced us to a whole world of support for diabetics with this club. We will be forever indebted and thankful for the love and support they have shown our family, as well as our family and friends who helped us have a successful fundraiser in order to bring our alert dog home for Ava.



After the Lord lead us to an amazing man named Larry Taylor of the Cosmopolitan Club, he introduced us to a whole world of support for diabetics with this club.

The company that trained our dog is Heads Up Hounds, and they have done a spectacular job of training our dog named Nubbs. Nubbs has proven to us repeatedly just what a life saver he is! He was trained to alert the second he senses Ava's blood sugar changing, whether it's going up or down. He was trained to alert when blood sugar is changing at a 20% increase or decrease, and his alerts are 30 minutes faster than any glucose monitor!

In the few short months that we have had Nubbs, he has done numerous Alerts on Ava and has formed an unbreakable bond with her. He has become a huge part of our family!

One day, Ava was outside swimming and having a great time with her friends, while Nubbs was inside with my husband and me. Suddenly, he gets up and starts acting very unsettled while nudging our hands. We couldn't figure out who he was alerting since Ava was outside. We finally had her come in because Nubbs was not calming down, and sure enough when she came in, Nubbs bolted to her while she was telling us that she didn't feel good. Her blood sugar had dropped to 55! At that point, we were able to treat her and bring her blood sugar up and Nubbs had calmed down.

Another day, we had parked in the parking lot of Ava's dance studio and Nubbs got up quickly to come to me and start nudging my hand, alerting me to help Ava. I could tell by the intensity of his alert that her blood sugar was changing fast, and once again, Nubbs knew exactly what was going on. Her blood sugar had gone from 120 down to 66 in 7 minutes!

Another time, my husband and I had tucked Ava into bed, and as we started to walk out, Nubbs started having a very alarming bark. He didn't want us to leave Ava's side because she was dropping quickly. That night her blood sugar had dropped from 388 down to 163!

These are just three of the many alerts that we have witnessed. Nubbs continues to show us what a life saver a Diabetic Alert dog can be. It's a huge piece of mind to know how powerful his senses are and that he is right by her side all night long, to alert us to any dangerous drops or rises that we may have otherwise missed.

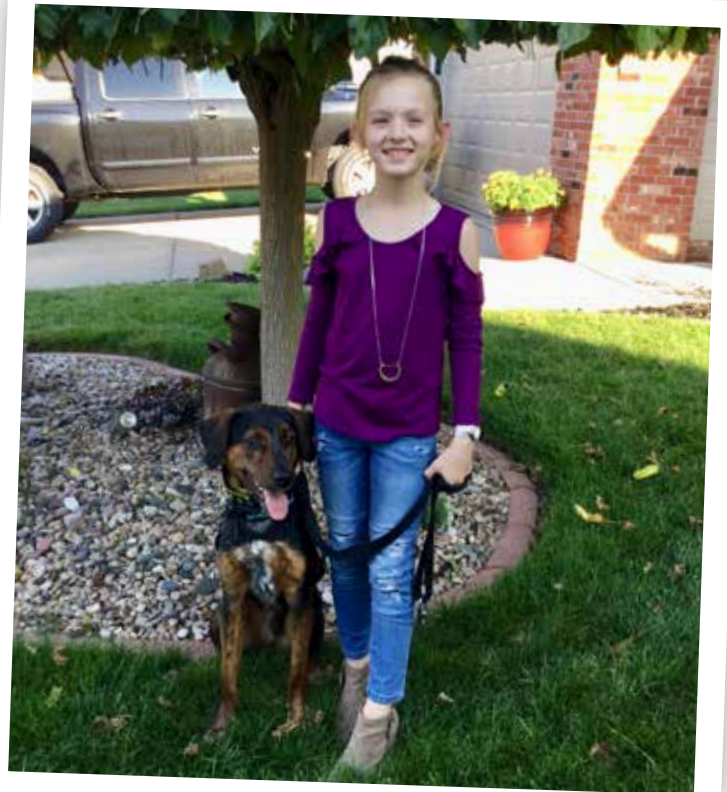
Nubbs continues to show us what a life saver a Diabetic Alert dog can be.

For the people who may not understand having an alert dog, if you were given options of medical devices that could save your child's life, wouldn't you do everything in your power to make sure you had them?

Nubbs has saved Ava's life on numerous occasions and we are forever grateful to God and the wonderful people around us who helped make this happen.

Nubbs has saved Ava's life on numerous occasions and we are forever grateful to God and the wonderful people around us who helped make this happen.

As we approach Ava's one-year date from being diagnosed, I can't help but look at her in wonder. She has handled this disease with grace, never once feeling sorry for herself or letting diabetes get the best of her. Diabetes will never define who Ava is. She is a daughter, a dancer, a sister, a granddaughter, a niece, a cousin, a straight A student and a friend. She is a warrior in every sense of the word, having to give herself four shots a day as well as ten to twelve finger pricks. Ava continues to go on with her everyday life, while teaching us all life lessons along the way. She has given me a strength I never knew I had as her mother and I thank God every day for blessing me with such a strong and courageous little girl. God has big plans for her one day!





Darin Hartman  
Acting International VP  
Marketing/Fundraising



# VP Marketing/ Fundraising Article

**Speaking from a Marketing and Fundraising point of view, the Diabetic Alert Dog program gives us a great opportunity. The opportunity to appeal to our key demographic (T1Ds) and leveraging corporate sponsorships with 2 key components. Marketing research has shown that people respond favorably to children and dogs.**

Think about your favorite commercial for just a second. Think about what elicits the greatest emotional response for you. What do they all have in common? Most likely you answered animals and children. Not the commercials that implore you to talk to your doctor about the next big epidemic of below average eye lashes!

Working with corporate sponsors that realize our mission can be beneficial for all parties involved. "Heads Up Hounds" based out of Louisville, NE, utilizes their relationship with several kennels to rescue dogs that might be suitable for Diabetic Alert Dogs. This cuts down on the cost that would eventually be passed on to a Diabetic Alert Dog's family. In Canada, the Lion's Club has a similar mission of "Paws Saving Lives" here in the United States. And the Canadian Cosmopolitan Clubs can approach companies to help with the ongoing costs such as Vet bills, food, fencing, and even follow-up training.

As a Cosmo, I have heard numerous times from the people we help that we are the best kept secret for the Diabetic Community. Personally, I find this incredibly frustrating and disheartening. It was by mere chance and fortune that I became aware of what Cosmopolitan was. I have been a Type 1 Diabetic for 35 years. Childhood with Diabetes is very different than what other children get to experience. While most children are excited about participating in sports and activities, T1Ds have to be vigilant about checking their sugars to prevent episodes of high/low blood sugar. I remember a time as a child playing baseball. My mom was at every single one of my baseball games because she wasn't sure if anyone would be able to help me if I couldn't help myself with Diabetes. She could tell that something wasn't quite right by how I was acting in the field. She knew how focused and attentive that I normally was, but today I was not. She came over to the fence and yelled "Darin, are you high?" My teammates obviously knew what she was talking about because they had grown up with me as a

Diabetic. The fans and players from the other team were not privy to this knowledge. Everyone laughed, but my blood sugar was too high. If gone untreated, I could have been in real trouble.

Just think about the difference a Diabetic Alert Dog can make. Not just for the person with Diabetes, but also to their entire family. Finally, a pleasant night's sleep for the parents, some piece of mind when their child is at a sleepover at a friend's house, or even just being able to stop and catch your breath and not be in a constant state of worry. Diabetic Alert Dogs are "Paws Saving Lives", but they are also "Paws Saving Families". Everyone in the family of a Type 1 Diabetic is affected. Parents are in a state of constant worry, siblings may get less attention than they would otherwise receive, and the Diabetic child never really gets to gain freedom and be just be a kid. A Diabetic Alert dog can help alleviate all of these issues!

*Just think about the difference a Diabetic Alert Dog can make. Not just for the person with Diabetes, but also to their entire family.*

I look forward to the possibility of being your VP of Marketing/Fundraising for the upcoming year. I have a lot of ideas about how to increase our footprint in the U.S. and Canada, and grow the corporate sponsorships to help fund our goals. I have many stories about my involvement with Diabetes. From coping myself to counseling a newly diagnosed Diabetic at the pharmacy. Let's work together to get our message out there, and make a difference in the Diabetic community,

Thanks,

**Darin Hartman**  
vp-marketing@cosmopolitan.org





# 67 Years of Pancakes, Sausage, and Working Together to Support our Community

On January 26, 2019, the Columbia Luncheon Club, with assistance from the Columbia Breakfast Club, hosted the 67th annual Cosmo Pancake & Sausage Day in Columbia, MO.

The event has been a staple in the Columbia community for a very long time, and the funds raised from the event have allowed the Columbia Luncheon Club to impact multiple organizations and individuals throughout our community.

Most people would say that doing anything for 67 years in a row takes commitment, perseverance, and a passion for the activity. Our Club members have stepped up to this challenge every year!

Our 2019 event takes place in January, and we served pancakes and sausage to over 1,000 community members, resulting in over \$10,000 raised from the event! We sell tickets online, and face to face, and offer deliveries for large groups as well. Throughout the years, we have made donations to multiple local organizations and individuals including the Columbia Parks and Recreation Department, Camp Hickory Hill, JobPoint, Columbia STEM Alliance, and the Cosmopolitan International Diabetes and Endocrinology Center.

Our plan for setup, cooking supplies, and the daily activity of serving pancakes has been the same for many years. However, we have started to implement new ideas, utilize technology, and change our use of media outlets for the event. In 2019, we took the following steps to improve our attendance:

- We changed our focus relating to the use of different media outlets. For many years, we paid for advertisements in local newspapers and purchased television and radio advertisements. In 2019, we turned to the web and social media-based advertising as our main outlet for paid advertisement, and got great feedback and data from this

switch. We paid for two Facebook post boosts, totaling \$100, which resulted 5,003 people reached, produced 129 reactions, comments, and shares, and 320 post clicks. We also paid for a webpage takeover of one of our local news outlets, which allowed our event to be advertised as a border around the main webpage for 24 hours. The webpage takeover had 12,514 impressions and 92 direct clicks for more information.

- We also took advantage of “free” media outlets in our community. Club members spoke on three separate morning radio talk shows, and we added our event to the television and newspaper community calendars. These options for advertising kept our costs low, provided us with additional potential customer reach, and put the Cosmo name out there to even more citizens in our community.
- We started a staycation raffle at our 2018 Cosmo Pancake & Sausage Day as an additional tool to attract individuals to the event. As part of the raffle, we asked for the attendee name, phone number and email address on each raffle ticket. We sent two email reminders to our previous 2018 attendees about our 2019 event, and will continue to utilize this as an inexpensive way to market the event.

While these types of changes have assisted with the success of our event, it still takes a tremendous amount of individual effort from each member of our club to host a successful day. From selling tickets to flipping pancakes, the dedication of our club members has made the event successful for the past 67 years!



# Convention 2019 Summary

Well, here we are again, just 3 months away from our Annual Convention. The dates for this year were adjusted because of availability of the venue hotel. It is one week earlier than previous years.

Included in this issue is a summary of the various *day trips* and *local attractions* close to the Hotel. As you can see, this location provides a wealth of activities within walking distance from the Hotel. And the various *day trips* offered will provide a great afternoon excursion on Friday. This venue was selected to encourage attendance from members that have not previously attended an International Convention.

**Driving** in Chicago is a real PAIN! The local community utilizes a train system to avoid lots of backup on interstates and 4 lane highways! And the "L" (Chicago Train) station is only 5 blocks to the North of the Hotel. It provides easy access to downtown Chicago without traffic issues. We have included a map of the "L" lines in this issue. Route and transfer instructions will be provided at the Hotel at Convention for the various day trips, or if you just want to explore Downtown Chicago on you own.

**Parking** in Chicago is a challenge. Our suggestion is not to rent a car if you fly in. Instead, there is a free shuttle from O'Hare airport to the Hotel that runs every 30 minutes. If you drive into Chicago, Parking at the Hotel will run \$17.00/day (Discounted from \$25.00/day normal rate). But there are other options as well. O'Hare has parking lots that range from \$6.00 to \$15.00/day. Most lots have shuttle service to the ticket counters, where you could then pick up the Hotel shuttle. You can search online at SpotHERO, or just enter O'Hare Parking in Google.

This convention features **Online Registration Only**. For those members who may not have a computer, or they have no experience with online registration, we are sure that someone in their local club could assist them. For those rare instances where a Member, Club, or Federation needs to issue a check to pay for registration, or an individual does not have the ability to register online, contact ED David House at (717) 295-7142 to get assistance. I will gladly assist in the registration for the convention.

Finally, the layout and schedule of this International Convention has been modified because of several schedule items. The Cubs Game and some of the day trips into Downtown Chicago (which we anticipate will sell out quickly) will fill up fast. Be sure to get registered and select one of the day trips per member that you wish to participate in!

*I am looking forward to seeing all of you in Rosemont, IL this summer! Be sure to grab my arm and say Hello!*

**David House, Executive Director**

## WEDNESDAY, JULY 17, 2019

3:00 pm - 6:00 pm	Registration
6:00 pm - 8:00 pm	Dinner on Your Own
6:00 pm - 10:00 pm	Hospitality Suite Open

## THURSDAY, JULY 18, 2019

7:30 am - 11:30 am	Registration
7:30 am - 8:00 am	Yoga Class w/ Larry Heim
8:00 am - 9:00 am	First Timer Orientation Session
9:00 am - 11:00 am	Educational Forum
11:00 am - 1:00 pm	CDF/CFC/Opening Ceremony Luncheon
1:30 pm - 3:00 pm	CDF Board Meeting
3:30 pm - 5:30 pm	CI Board Meeting
6:00 pm - 8:00 pm	Bands in the Park w/ Dinner Voucher
6:00 pm - 8:00 pm	PIP Dinner
8:00 pm - 11:00 pm	Hospitality Suite Open

## FRIDAY, JULY 19, 2019

7:00 am - 8:00 am	Registration
7:30 am - 8:00 am	Yoga Class w/ Larry Heim
7:15 am - 8:00 am	Continental Breakfast for Delegates Meeting
8:00 am - 10:30 am	Delegates Meeting
11:00 am - 7:00 pm	Various Chicago Outings: <ul style="list-style-type: none"> <li>• Cubs Game at Wrigley Field</li> <li>• Art Institute &amp; Millennium Park</li> <li>• Architectural River Cruise</li> <li>• Field Museum/Shedd Aquarium</li> <li>• Fashion Outlet Mall</li> </ul>
7:00 pm - 9:00 pm	Dinner on your own
7:00 pm - 11:00 pm	Hospitality Suite Open

## SATURDAY, JULY 20, 2019

7:30 am - 8:30 am	Registration
7:30 am - 8:00 am	Yoga Class w/ Larry Heim
9:00 am - 11:00 am	Awards Judging
11:00 am - 1:00 pm	Installation Luncheon
1:30 pm - 3:30 pm	CI Board Meeting
3:30 pm - 5:00 pm	CDF Board Meeting
6:00 pm - 7:00 pm	President's Reception
7:00 pm - 9:00 pm	President's Awards Banquet
9:00 pm - 11:00 pm	Hospitality Suite Open

## SUNDAY, JULY 21, 2019

8:00 am - 10:00 am	Wrap-Up Breakfast
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# Rail ("L") System Map

For Travel Information Call:  
1-312-836-7000

For Customer Assistance Call:  
1-888-YOUR-CTA

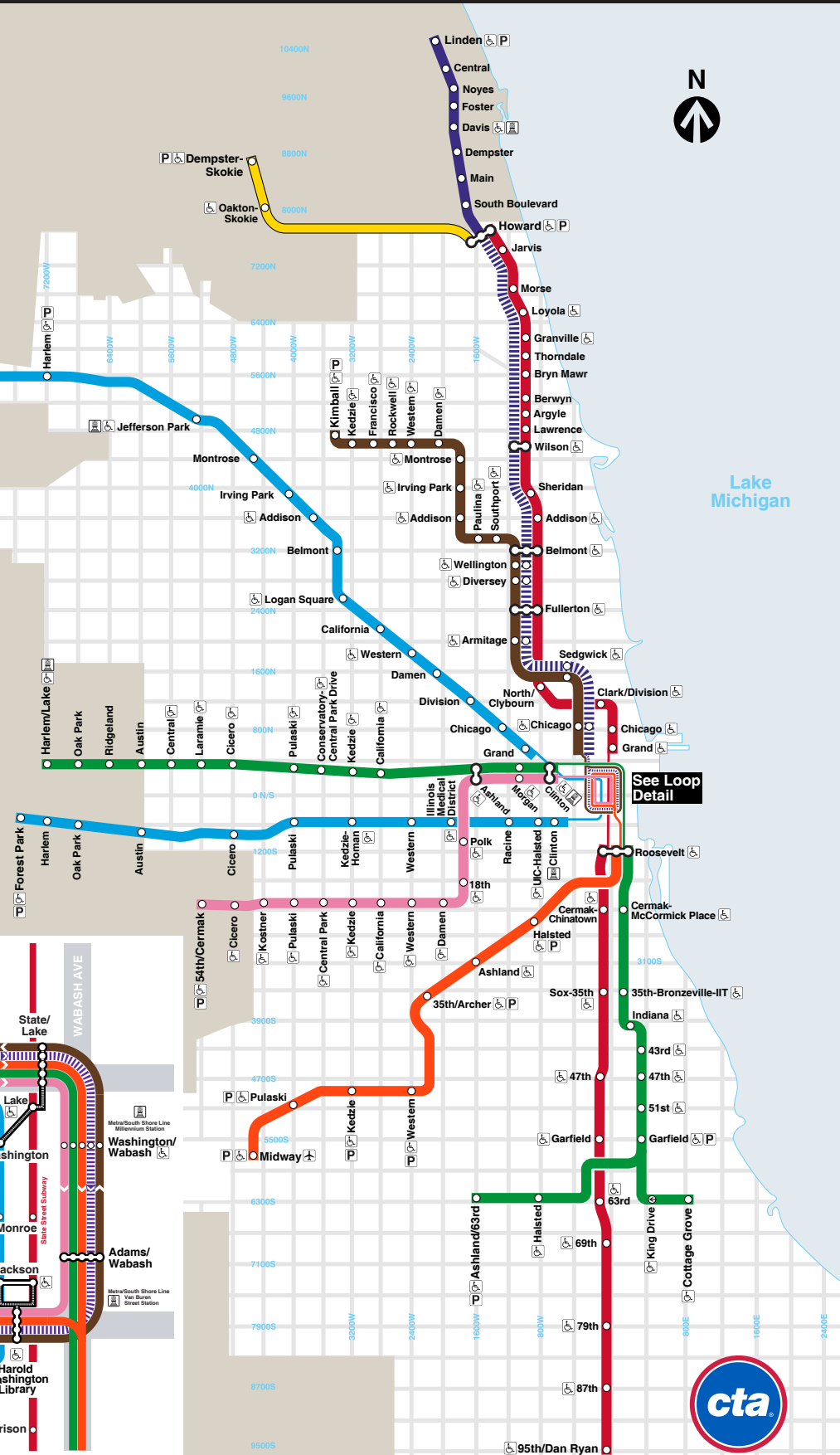
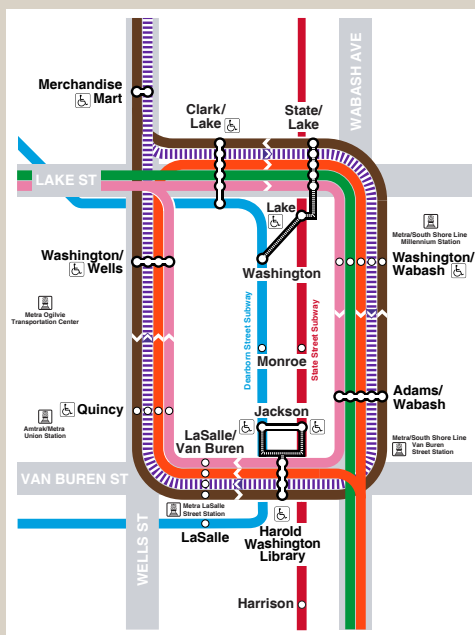
Hearing Impaired:  
1-888-CTA-TTY1

Online:  
transitchicago.com



- Station
- Rush period service only
- Direction of travel
- Boarding at station in direction shown only
- Commuter rail
- Park & Ride
- Accessible station
- Airport
- Transfer station
- Transfer station: Use farecard to transfer between lines

## Loop



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# International Convention: Friday Day-Trip Options

These day trips will feature one to two Local Cosmo Guides each. These guides will assist the group in getting to the relevant destination, touring the attraction with the group, and enjoying dinner and other activities prior to your return to the convention center. You may choose to return to the convention center at your convenience via train, Uber, taxi or remain with the guides to have dinner on your own downtown and meet at designated areas for the return trip after dinner. Most of these Chicago trips will allow you to spend 1 to 3 hours at the attraction of your choice, spend some time exploring Chicago, and have dinner downtown prior to returning to the convention center.

## 1 Lake & River Architecture Tour - \$40 (limited to first 40)

<https://www.wendellaboats.com/Boat-Tours/>

This unique excursion tells the story of more than 200 years of fascinating social, cultural and political history, and explores more than a century of groundbreaking architecture. The journey begins with an up-close perspective of Chicago's internationally-known architecture as seen from the Chicago River. Then venture through the Chicago Lock on to the calm, cool waters of Lake Michigan for expansive views of Chicago's extraordinary 26-mile skyline. Take the selfie of a lifetime on this inspirational experience!



## 3 Take me out to the Ballgame - \$90 (limited to first 40)

<https://www.mlb.com/cubs/ballpark>

Spend the day with the Chicago Cubs, hopping bars in Wrigleyville, and watch Bryant, Rizzo, Baez and the rest of the Cubs as they raise the 'W' Flag versus the San Diego Padres, First pitch at 1:20. The flag has been flown at the conclusion of Cubs Wins beginning in 1937 to tell passengers commuting home on the elevated train (the L) whether their Beloved Cubs had won or not. After the game, one could easily take the redline downtown to explore the city for the evening.



## 2 Art Institute of Chicago - \$35

<https://www.artic.edu/>

The Art Institute of Chicago was founded as both a museum and school for the fine arts in 1879, a critical era in the history of Chicago as civic energies were devoted to rebuilding the metropolis that had been destroyed by the Great Fire of 1871. The Art Institute found its permanent home in 1893, when it moved into a building constructed on what is recognized today as the traditional homelands of the Council of Three Fires—the Ojibwe, Odawa, and Potawatomi peoples. Built jointly with the city of Chicago for the World's Columbian Exposition at the intersection of Michigan Avenue and Adams Street, that building—its entry flanked by the two famous bronze lions—remains the “front door” of the museum even today.



## 4 Shedd Aquarium - \$40

<https://www.sheddaquarium.org/>

Every year Shedd Aquarium welcomes two million guests for unforgettable encounters with dolphins, belugas and bluegills, stingrays and sturgeons, sea otters and a sea turtle—and so many more animals from aquatic environments around the world.



By James Willamor from Raleigh, NC, USA - Chicago, CC BY-SA 2.0, <https://commons.wikimedia.org/w/index.php?curid=54544166>

Located on the same campus as the Field Museum and on the edge of Grant Park, these two groups will travel together. An option would be to explore one of these two museums prior to taking a water taxi to Navy Pier spending the early evening at Navy Pier. You can see a significant number of the attractions and a dolphin show in about 3-4 hours.



**5 Field Museum of Chicago - \$50**  
<https://www.fieldmuseum.org>

Since opening the Museum in 1894, our collection has grown to nearly 40 million artifacts and specimens including ‘Sue’ one of the largest and most extensively preserved Tyrannosaurus Rex. The breadth of our mission has expanded, too. We continue to research the objects in our collections, as well as document previously unknown species, conserve ecosystems in our backyard and across the globe, educate budding scientists, invite cross-cultural conversation, and more—all to ensure that our planet thrives for generations to come.



Located on the same campus as the Shedd Aquarium and on the edge of Grant Park, these two groups will travel together. An option would be to explore one of these two museums prior to taking a water taxi to Navy Pier spending the early evening at Navy Pier. You will have to choose the exhibits and shows you wish to partake in to make it out of here in 4-5 hours, there is just that much here.

**6 Grant Park/Michigan Avenue/ Navy Pier/Downtown Chicago - \$10**  
[https://www.tripadvisor.com/Attractions-g35805-Activities-Chicago\\_Illinois.html](https://www.tripadvisor.com/Attractions-g35805-Activities-Chicago_Illinois.html)

You will travel downtown with one of the other groups to Explore America’s Second City on your own.



Traveling downtown with the Art Museum tour will bring you to the entrance of Grant Park, Millennium Park, Buckingham Fountain, the lake front, and the famous Bean. Traveling downtown with the Architectural Tour will bring you to the River at the start of the famous Magnificent Mile a short distance from Millennium Park and Navy Pier.



This option does not include entry into any of the other tours/museums. The other tours will also permit time to explore some of these other options on your own.



**7 Fashion Outlets of Chicago - Free Option**  
<https://www.fashionoutletsofchicago.com>

Located adjacent to the hotel; the Fashion Outlets of Chicago features over 130 stores, 530,000 square feet of shopping and a variety of services for traveling shoppers. This is a self-guided option and given the proximity to the hotel it is available throughout the convention for short excursions.



*Please Note, the schedule was released for bands in the Park and we sort of lucked out avoiding anything too heavy or hard. Bob Seger music will be a nice mix that can be enjoyed across three generations.*



The park/entertainment district behind the hotel hosts bands in the park on Thursdays in an outdoor venue surrounded by restaurants, bars, and comedy clubs. A stipend will be issued to use at one of the many area restaurants.

Thursday, July 18: Silver Bullet STL – Silver Bullet STL offers a show-stopping 10-piece tribute to the music of Bob Seger. Fronted by lead singer Steve Tinnon, the history of blue-collar America from the 1960s to present day is written through Silver Bullet’s performances.

Enjoy ‘Old Time Rock and Roll, Turn the Page, Night Moves, Against the Wind, Like a Rock, Hollywood Nights, Still the Same, Katmandu’ and many others...



# 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](http://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**

One Hospital Drive  
Columbia, MO 65212  
B 573.882.2273  
Jeff Robbins, Administrator

#### **THE COSMOPOLITAN FUND FOR CHILDREN VALERIE MILLAR ENDOWMENT FUND**

PO Box 394  
Sioux Falls, SD 57101-0394  
B 605.333.7315  
Dr. Laura Davis-Keppen, M.D.

#### **EDMONTON ALBERTA DIABETES INSTITUTE**

University of Edmonton  
Edmonton, AB, Canada  
Melanie Hibbard-Executive Director  
[helanie.hibbard@drifcan.ca](mailto:helanie.hibbard@drifcan.ca)

#### **CRUSADER CLINIC/COSMOPOLITAN DIABETES PROGRAM**

1200 West State Street  
Rockford, IL 61102-2112  
B 815.490.1600  
Gordon Eggers, Jr.,  
President and CEO

#### **CORNBELT DIABETES CONNECTION, INC.**

9905 South 173rd Circle  
Omaha, NE 68136  
H 402.895.6732, C 402.290.3471  
Terry Sanford, Chair  
[tsanford77@cox.net](mailto:tsanford77@cox.net)

#### **HEARTLAND COMMUNITY HEALTH CENTER**

346 Maine Street  
Suite 150  
Lawrence, KS 66044  
B 785.841.7297, ext. 208  
Allie Nicholson  
Executive Director  
[anicholson@heartlandhealth.org](mailto:anicholson@heartlandhealth.org)

#### **DIABETES INCORPORATED**

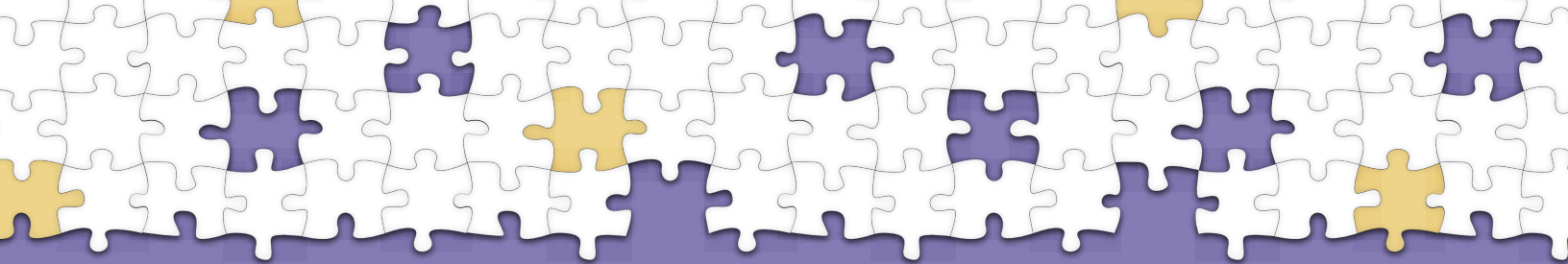
12955 Bogus Jim Road  
Rapid City, SD 57702  
B 605.341.1273  
Deanna Smith, Executive Director

#### **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

### **COSMOPOLITAN INDUSTRIES, LTD.**

28 34th Street E, Saskatoon, SK S7K 1R5 CANADA

Charlene Duquette, Director

B 306.664.3158

### **SPECIAL LEARNING CENTER**

1115 Fairgrounds Rd. Jefferson City, MO 65109

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

### **ELGIN COSMOPOLITAN CLUB DIABETES**

#### **EMERGENCY RESCUE FUND**

Social Service Department, Sherman Hospital

934 Center Street, Elgin, IL 60120

B 847.742.9800

### **UNIVERSITY OF CHICAGO MEDICINE**

Kovler Diabetes Center

900 East 57th Street, Chicago, IL 60637

Peggy Hasenauer, MS, RN, Executive Director

B 773.702.2371, Direct 773.834.4789, C 773.412.4171

[kovlerdiabetescenter.org](http://kovlerdiabetescenter.org)

[www.facebook.com/kovler.diabetes.center](https://www.facebook.com/kovler.diabetes.center)

### **SETBAID SERVICES' DIABETES CAMPS**

#### **FOR CHILDREN & TEENS WITH DIABETES**

PO Box 196, Winfield, PA 17889-0196

B 570.524.9090 or 866.SETBAID

Mark Moyer, MBA, MHA, Executive Director

[www.setbaidservices.org](http://www.setbaidservices.org)

[info@setbaidservices.org](mailto:info@setbaidservices.org)

### **RAPID CITY REGIONAL MEDICAL CLINIC- ENDOCRINOLOGY AND DIABETES EDUCATION**

640 Flormann Street

Rapid City SD 57701

Dr. Thomas Repas

B 605.718.3300



COSMOTOPICS  
PO Box 7351  
Lancaster, PA 17604



LaVonne Hawking  
International VP  
Membership and New Clubs



## Maintaining Membership

**We are in the fourth quarter of our fiscal year! Where did the time go?**

Hoping this finds your club with either the same members or an increase. It is also sad when we have members leave the club. Some members we lose because of health or sadly death....other's leave because they feel the club doesn't fulfill their needs.

Once again I ask – what are you/we doing to maintain membership in our clubs? Are we engaging members in events? Do you have committees they can get on? Better yet, maybe they are a good fit to chair a committee? We need to make all members feel wanted and needed. Otherwise, they will feel “why am I here?”

We have many resources to obtain new members. The form: “Great People Who Should be Cosmopolitans”, is a great way to look for members. Keep it as a reference. All members should have a copy of this form. You can find it on the Cosmo Website – under resources. Think of people you know who are in these categories. I am positive there are many names you could enter. How about a goal of 10 names to contact. Next time you see them, talk to them about the Club – invite them to your next meeting. Good chance they may decide to join you and your friends in your club!

Another way to talk to prospective members is to invite them to your next Cosmo event. When they are around a happy event and a happy group of people – it's a good chance that one (or maybe more) of these guests would like to see/hear what we are all about. After all, 100+ years is a pretty good foundation for a service organization, so we must be doing something right! Like other service organizations, we have attrition and we must continue to add members. Yes, it is tough, but we are a tough group – let's end the 4th Quarter with a BIG Increase in membership for both our Clubs and our Federations!



LaVonne Hawking  
[vp-membership@cosmopolitan.org](mailto:vp-membership@cosmopolitan.org)