

COSMOTOPICS

SPRING 2020 ISSUE

A PUBLICATION OF COSMOPOLITAN INTERNATIONAL



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The Service Dog**

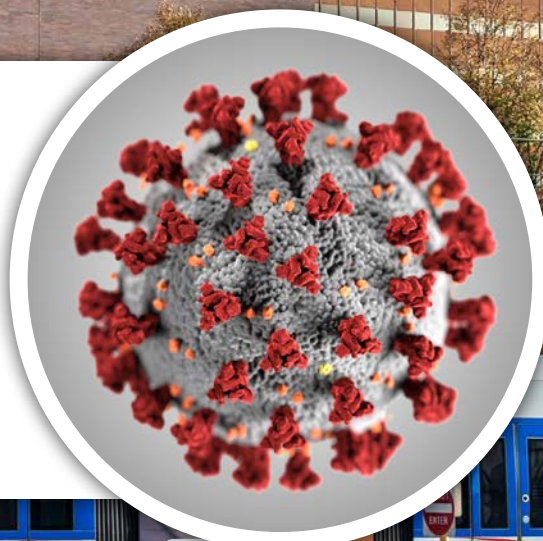
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Columbia Breakfast Club of
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Back Cover**

**INTERNATIONAL
CONVENTION**

**2020
CANCELED**



COSMOTOPICS

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MISSION STATEMENT

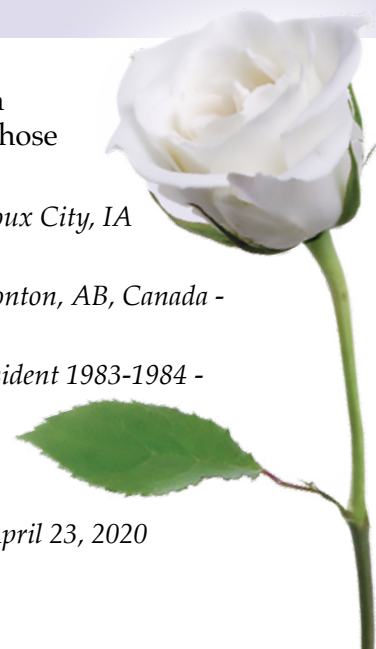
The mission of Cosmopolitan International is to contribute to community well-being through charitable donations and volunteer service, with special emphasis on supporting efforts to prevent and find a cure for diabetes.



In Memoriam

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

- **Curtis J. Stoever** - Sioux City Club, Sioux City, IA - January 15, 2020
- **Shawn Larson** - Edmonton Club, Edmonton, AB, Canada - February 10, 2020
- **Delbert M. Oberst** - International President 1983-1984 - Elgin Club, Elgin, IL - March 9, 2020
- **Richard Chatalain** - Johnson County Club, Johnson, MO - April 20, 2020
- **Roger Lenart** - Elgin Club, Elgin, IL - April 23, 2020



C-19, CV-19, COVID-19, CORONAVIRUS, PANDEMIC



David House
Executive Director



No matter what you call this thing, it has turned our population, our communities, our businesses, and our world upside down!

Our Spring edition of COSMOTopics is typically targeted at the summer International Convention, complete with registration information, tentative schedule outline, and Hotel reservation information. It was all ready to go to press when the outbreak started. Now because of the current travel restrictions both in Canada and the US, and the cancellation or rescheduling of our Federation conventions, we are forced to cancel the International Convention. We anticipated very minimal attendance because of the current status of our communities as well as the age of many of our attendees.

This brings about a first to my knowledge, a canceled International Convention. If it has happened in the past, I find nothing in any of our archives to indicate that it did. So, we can chalk this convention up to an uncontrollable event.

My grandmother always told us to look for the silver lining in the dark cloud overhead. There is always something good that comes from tragic events. People give! People help! People serve! *People shine!*

We can come away from this with stronger clubs and a vibrant organization. We are in the process of producing a long-term marketing plan that will provide all of us the tools and structure to bring new blood to our organization. And the virus situation has really

highlighted the dependencies we all have on community and service. This should be a great time to bring new people into our organization and allow them to give back to their community.

Cosmopolitan is all about Service, Unity, and Action. We serve our local communities. We have a unity in purpose with the International Diabetes project, and we have action by all clubs with fund raising events and donations. What a great time to promote our local clubs and bring into the fold those individuals who want to give something back to their communities.

I have requested that each club President write an article about what they have been doing to keep in touch with their club members, and how each club is planning to re-activate once things loosen up. We will dedicate the next issue of COSMOTopics to these articles. So be sure to work with your local club officers and get a plan in place to move forward, and document it in the next issue!

As the motto selected by our current International President says, "Together, We Can!"

David House
headquarters@cosmopolitan.org

OFFICER ARTICLE

North Central Federation Report

Governor's Article

By Jay Titus, 2019-2020 North Central Federation Governor

Greetings from the North Central Federation. We are currently waiting for a slow melt of the snow and the arrival of spring. Anything that will alleviate the potential of a flood is welcome!

The Rapid City Club keeps busy with their many ushering events – Theater, Ice Arena, Barnett Arena and Summer Nights. They have 87 members, and are currently contacting the inactive members to see if there is anything they can do to keep them involved.

The Sioux Falls Noon Club is holding a membership drive with cash prizes for the top recruiters. They have added

4 new members as of February 3. They are also getting ready for the Sioux Empire Sportsmen's Show.

The Sioux Falls Evening Club is a smaller club and they assist the Noon Club with their fundraising activities.

The Fargo-Moorhead Club is also a small club. They held their annual Christmas Party at a care facility so their President, Jane Wiedewitsch, could attend as she was recovering from an injury. The club is now working on the NCF Convention to be held on April 17th and 18th.



Judy Weitkemper
International President



Vision Force Marketing

By now everyone has heard of our VFM proposal, but some of you are asking, why do we need it, can we afford it, and how can it help us? Our organization started in 1918 and, after WWII, membership grew tremendously as did other nonprofits. Today, organizations such as ours are facing significant challenges to survive. Let's take a brief look at history to see how we got to where we are today.

In the 1900s, we entered the Progressive Era, a time of increased social activism. This was a decade of prosperity and success for many towards the turn of the century. With the increase in wealth came an increase in giving back, and it promoted the idea of owing a duty to society and encouraged donating to causes.

In the 1940s, with WWII, people came together for the first time in history to fundraise on a global scale. Service organizations came together and raised millions of dollars to recruit over 100,000 nurses, and the American Red Cross started the first ever war-related blood donation program. *The 1940s showed us how nonprofit organizations can work with other entities to better a cause.*

In the 1970s, organizations found that they could legally have status as a charitable organization and offer tax exemptions to their donors. In the 1970s, we learned to work with the government and to treat it like a business and look at fundraising the same way a business looks at sales. *By 1980, the nonprofit sector was being referred to as the "third sector," and it was influencing the business world.*

In the 2000s, right before the world transitioned into a new millennium, the Internet happened. In 1991, the *World Wide Web* became available for public use. This forever changed the world and forced organizations to adapt to technology they had never thought about before. For the nonprofit world, it became yet another avenue to utilize; those that did not started failing.

Today, the millennials, those born between 1980 and 2000, *are the future of organizations*. They are brand loyal and cause driven, interested in a hands-on experience. Millennials are skeptical, *their trust must be earned*, and they need to see the impact of our work. Our *story must have substance and inspire them*. Millennials are impulsive to what inspires them, and the internet is how they prefer to connect. Therefore, *organizations must create a strong, up-to-date online presence* to attract and keep them active. Many clubs have been successful in recruiting millennials, however, only a few have been able to keep them interested. Adapting strategies to align with their traits is one of the best ways to start growing an organization.

So, why do we need outside Marketing/Public Relations help? Our numbers show the necessity of investing in our organization. We have great boards and members, but we are volunteers, most with jobs, families and other

responsibilities; don't we always tell them, God and family first? Also, our volunteers spend their time working *within the organization*, with current members, fundraisers, etc. A professional Marketing and Public Relations (PR) Director looks *externally* to bring in external revenue sources and building an overall positive reputation for our organization, making our brand well known outside our membership base. Clubs that are part of an international organization that are surviving today, have professional Marketing and Public Relations Directors on staff. We did not have the revenue to implement Plan A, (hiring an in-house professional Marketing/Public Relations Director), but we did have the funds for Plan B, (hiring a professional firm to come up with a plan that will put us on the right path). *Hiring Leah, Vision Force Marketing (VFM), is an investment in our organization that is necessary to get us off our current path and onto a path of future growth.* Leah is well known in her field and has been recognized for the work she has done with other organizations such as ours. However, she won't do all the work for us, but she will check in and hold us accountable. So, look at this as a necessary investment in our organization, not as an expense. Now, we must be 100% committed to following her plan, putting it into action, and making it work!

Our leaders and members must be genuinely committed to our mission and our growth. We need accountability in our boards, our federations, our clubs, and our members. We **must** work together. I would like to see the VPs on the CI Board each have an active committee of 6, one person from each federation. Meeting on a regular basis and reporting back to the full Board, and the governors passing it on to the club officers. Club members should hold their board accountable for keeping them informed and for keeping their club viable.

Our organization has survived over 100 years and has donated millions of dollars to communities and diabetes. We are worth saving and saving us is our responsibility! So, let's be 100% committed to following the plan that will put us on a path to keeping our Organization and our services viable for the next 100 years. I believe that *Together We Can* and have faith that *Together We Will!!*

Judy Weitkemper
president@cosmopolitan.org

COSMO

THE SERVICE DOG

By Judith Dianne Henderson MacTaggart



I am a Canadian military veteran diagnosed with PTSD. PTSD is different for everyone and it is hard to understand or explain. Sure, there is the clinical explanation but to live with it is not as black and white. For myself, it took away my self confidence and causes anxiety. The first time I knew something was wrong was when I got geared up to go ride my motorcycle. The minute I started the bike I started to shake, tremble uncontrollably. I had no idea what was wrong. I never got on my bike again and that was in 2013. When I walked into my doctor's office the next day she told me she didn't recognize me. I was not the same person she saw 6 months ago. When she asked me what was wrong, I just sat there and cried. She asked me questions about my present civilian job of working security and I told her I had arrested a man 3 days prior and he was a violent offender who had attacked and hurt me while in custody. I chalked it up to just another day at work. She called it a PTSD trigger. A trigger is a feeling or emotion that resembles a feeling or emotion that one experienced during a traumatic event. That one event triggered a long buried event from my military days. The cause of my PTSD stems from a military plane crash and the after effects. That is all I am able to say and it took me 4 years of therapy to enable me to say that out loud.

I had buried the event that was so traumatizing to me for over 20 years and this one violent act had put me right back to the initial feeling of loss, helplessness and fear. At the time of the initial event, we as soldiers were ordered to suck it up and move on. Everyone hid or buried their true feelings and some of us are now paying for that.

I have since learned what a 'trigger' is and what it can do to me. I have learned how to avoid some of these triggers, however, the ones caused by smells or sound are the hardest because I can't see those coming. Example, an ambulance went by with lights and sirens and I crumbled into a crying mess.

This is where 3 organizations from Canada and 2 American groups changed my life. Paws Fur Thought, Wounded Warriors of Canada, the Canadian Legion, C.A.R.E.S and Cosmopolitan.org. I applied for a service dog through P.F.T. and my expenses were paid for by the Legion and Wounded Warriors. C.A.R.E.S of Concordia Kansas supplied and trained the dog who was sponsored by Cosmopolitan.org.

Without Cosmopolitan.org, I would not have my Golden Retriever "Cosmo". Whenever I am triggered, Cosmo will nudge me, causing me to pet him. which distracts me and eventually calms me down.

My world is still small and sometimes dark, but I am no longer there alone. I have Cosmo to bring me back towards the light.

Thank you for caring enough to sponsor a service dog. I am forever grateful to all who brought Cosmo into my life.



Paw's Saving Lives

Diabetic Alert Dog Program

What is a DAD worth?

By David House, Executive Director

The Beginning

I have a wonderful story to tell you. It begins in a small Midwest town and a family, let's call them Jim and Becky Jones. They have three kids, ages 7, 4 and 21 months. Jim works in construction and work is sometimes sporadic. Becky is training to be an EMT (Emergency Medical Technician).

One night, they find their youngest child (Kim) unconscious, and rush her to the local hospital. She is diagnosed as hypoglycemic and has type 1 diabetes.

The next 2½ years are very scary. Kim is taken to Children's Hospital in a nearby city 42 times, with extremely uncontrolled blood sugar levels. She is admitted so many times that the hospital staff keeps stuffed animals and special blankets on hand to put into her room, when they receive the radio call that she is being transferred by ambulance.

The medical bills pile up so fast that Jim finally packs up one night and leaves. Becky and the kids are left alone! Over the next several years, Becky loses three jobs because she's had to leave at a moment's notice to attend to Kim.

Medication bills run over \$1,000 a month. Becky finally moves into the basement of a friend's home because she was evicted from her apartment for non-payment of rent.

Becky's sister in California suggests creating a donation website to raise money for a Diabetic Alert Dog. With her sister's help, they set one up, but are unable to raise enough money in 3 years to purchase a dog.

Most of us have never experienced the life-changing effect of a child with type 1 diabetes; the ups and downs of sugar levels as well as the affects it has on the health of the child. How would you cope if God had planted this situation in your lap? What if Kim were your child, or your grandchild?

Kim Gets Lucky

One evening, Becky is invited to speak to a small group of about 10 people in the living room of someone's home. She tells Kim's story in far greater detail than I have summarized it here. The group of people present just happened to represent three different Cosmopolitan Clubs from the area. Before the evening was over, members from the local club voted to provide the balance of the funding required, to complete the purchase of a Diabetic Alert Dog for Kim.

The other two clubs committed additional funds to handle the care and feeding of this dog, additional expenses required for delivering the dog, and training of the family members.

Today, Kim has her DAD and Becky can finally sleep at night! Stability and peace of mind returned to their household, and Becky was finally able to complete her EMT training. Today, Becky is happily employed with a local Ambulance Company.

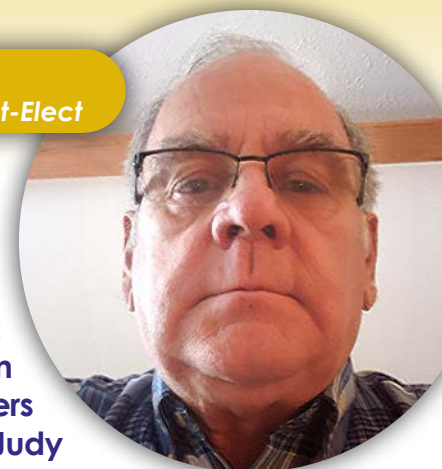
Cosmopolitan's fight against diabetes became very personal to me on that evening. Becky and Kim's story touched my life in a way nothing previously had. It has provided me with a special reason to contribute my time and efforts to our organization and to continue fighting diabetes.

Here is hoping that all Cosmopolitan members can find a story, cause, situation, or need from their local community or a personal contact that will provide them a special reason to continue to work within the Cosmopolitan organization and our local clubs to provide assistance to those who need our help.

President-Elect Article



Arthur Brassard
International President-Elect



In the last COSMOTopics, it mentions that a convention committee was set up to look at the future Cosmos' convention. This committee made up of five (5) Cosmos; CI Vice-President of Marketing/Fundraising Darin Hartman; Governors Tim Dollens from Mo-Kan federation and Christine Shepherd from Western Canada Federation; Cosmo Ed Ficene from Omaha Cornhuskers club and me, as chairperson. We also have our International President Judy Weitkemper and E.D. David House as adviser on this committee. There were two main areas that this committee were to look at to try in improve these conventions attendance: 1. The scheduling of these conventions; 2. The cost of the conventions.

So, let look at scheduling these conventions. Scheduling for conventions should be years in advance and by which Federation hosting them. The convention should also have a set dates, so we pick the fourth Friday of July. In Western Canada Federation, we have two convention a year and they are set for the next 10 years. We know which location, club and the dates of the convection. So, based on this planning, here is what it would look like for our International Conventions over the next 10 years. (Back dated; Blue color=done; Red color=booked)

- 2017 Western Canada
- 2018 Mo-Kan
- 2019 Mid-State
- 2020 North Central - Minneapolis, MN; July 23-25
- 2021 North Central - Sioux Falls, SD; July 22-24
- 2022 Corn belt- July 22-23
- 2023 Capital – July 28-29
- 2024 Western Canada – July 26-27
- 2025 Mo-Kan – July 25-26
- 2026 Mid-State – July 24-25
- 2027 North Central – July 23-24
- 2028 Cornbelt- July 28-29
- 2029 Capital- July 27-28

Also, all future Cosmopolitan International conventions should be held in a Federation's city that has a cosmopolitan club in it. It maybe hosted at an outside city, if the federation chose to do so. The Federation

Governor that is holding the office three years before the convention that is schedule for their federation, start requesting their clubs to host the convention. Example: Western Canada is scheduled to host CI convention in 2024; so, the 2021 governor would be asking his/her clubs to host the convention in 2024, at their Annual Federation Convention. The city that they pick should be into Cosmopolitan Convention committee ASAP. With the schedule already set, Federations may work on their convention long before the three-year outline.

Now to the cost of these conventions. In order to attract members to these conventions we must make it financially as possible. One way we can do this is in the scheduling. Make this a two (2) day convention instead of three (3) days. This, along with knowing where and when they are happening, people can plan their trips to the convention. They can try and make a vacation around it, or just plan to attend it depending on their work schedule and/or vacation time. It also reduces the hotel and travel cost associated with these conventions. The two-day convention would also reduce the registration fees that we charge the members to attend. As there would be less meals and conference rooms to be booked.

I hope with these changes in these two areas will help us increase our convention numbers and make it so Cosmos will want to keep coming back again and again.

Thank you.

Arthur Brassard
president-elect@cosmopolitan.org





LaVonne Hawking
International VP
Membership and New Clubs



Obtaining New Members

My news for this issue of COSMOTopics is contributed by our Federations. I asked the Governors to reach out to their Presidents and/or membership committees, to see what is going on in the clubs as far as membership drives and/or obtaining new members. This is the feedback I received:

MID-STATES

Aurora - Each monthly business meeting and any social event is considered a membership night. The goal for 2019 and 2020 is to have 10 new members.

Rockford - Similar to Aurora, Rockford hosts events to recruit new members with their Steak Fry - Chili Shootout and the Final Four party, as well as their weekly meetings.

CORNBELT

Council Bluffs - Potential members are invited to business meetings, social events and to help with fundraisers. Guest speakers are invited to stay after the meetings to mix and mingle, and they are encouraged to join the club. Relatives and friends are always asked to join.

Fremont 100 - They have developed a plan to promote a positive gain in membership. This plan is to sell corporate memberships in hopes of bringing in new and younger members.

Omaha Cornhusker Club - A gathering or party will be held in May where food and fun activities are planned.

Omaha I-88 Cosmopolitan Club - They use referrals to encourage people to join the club.

Platte River/Grand Island Cosmo Club - The club visits other groups and gives presentations to explain the work of the Cosmo Club. They help support the CHI St. Francis Hospital with diabetic information. A steak fry is held. They do public service announcements, and they advertise the club meeting schedules in the local newspaper. March is designated as their "membership month."

Sioux City - The club now has a chairperson for their membership drive. Letters are sent to the members, teams are created teams for a recruitment competition, and they speak about membership at every meeting. They also put up a "significant financial incentive" for the winning team! The recruitment competition has been extended until March 31st, at which time there will be a social event to award the winners. Each week, their newsletter has a blurb about recruitment. Members are encouraged to invite guests to meetings and social events, which they have had 4 since the fall. They always recognize a local person at the annual DSA event, who has contributed service to the community, and again they mention the opportunities to join their club. Many community members and city officials attend this event.

NORTH CENTRAL

Sioux Falls Evening - Nothing specific, but an event at "Rudy's" will be coming up! The owner donates 10% of the sales to the club.

Some additional ideas to consider: Create a brochure to place in a doctor's office, hospitals, cafeterias, libraries, etc. Carry them with you to hand out to whoever you happen to meet or are speaking with. Invite a potential member to attend a meeting with you. Participate in community events. Hey, why not wear your "Cosmo" shirts? Remember to speak proudly of your club and/or organization. Use M&M's - MORE MEMBERS!

You should have received the February Newsletter from our IP, Judy Weitkemper, this past week. In the newsletter she stated, "We have 1389 members and 45 clubs. 17 of our clubs are below charter (20 members), 791 of the members are above the age of 60! There are 371 members between 40-50 years of age, and 31 are below the age of 30." SCARY numbers! So, WHAT do we need to do? That's pretty obvious - we need members! Ever since I've been in the club, this has been a "major concern." Numbers have gone up and numbers have gone down. Last fiscal year (2019), we had 1439 members ... that is 100 members less than the year before!"

WHAT CAN WE DO?

We have a winter board meeting coming up March 6th and 7th in Omaha. At this meeting, we will be brainstorming and discussing all the possibilities of increasing our membership ... hire someone, spend \$\$\$. Ultimately, what the board needs in the end, is your support of our decisions, and we will ask you to support our decisions. What is especially important for you to do, is share your thoughts to the delegates for the purpose of voting at the annual meeting in July.

LaVonne Hawking
vp-membership@cosmopolitan.org

Edmonton COSMOS Celebrate Diabetes Awareness Day

By Cheryl MacKenzie, Edmonton Cosmos

On November 14 2019, Edmonton COSMOS and DRIFCan hosted a small gathering of members with Jeff Laybolt as he travels through Edmonton on his "The Great Walk About." Jeff is an Edmonton resident who decided to walk across Canada to raise awareness about Diabetes Research.

It was just over five years ago that Jeff's mother was diagnosed as T2D. It was at that time that Jeff started doing research to understand the disease and what he would be able to do to help his mom. He was surprised by the limited spending on research for a cure itself and what he felt was a lack of understanding on the impact the disease has on its victims.

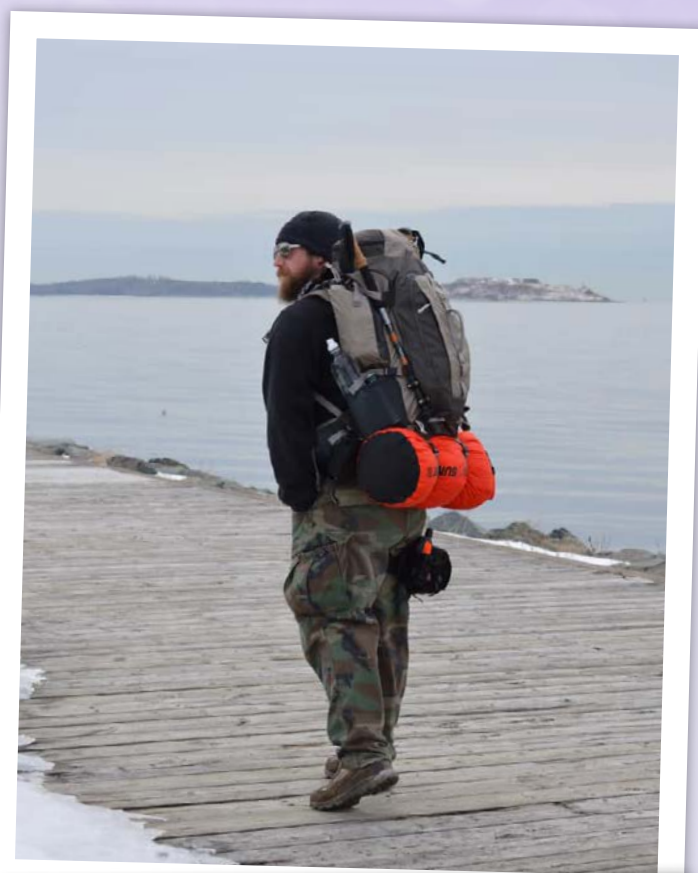
Fast forward five years, Jeff had a personal goal to walk across Canada at some time in his life, he saw this as the opportune time to check that off his bucket list and do it with a purpose that was close to home. You can find more information about his walk on Facebook by searching "The Great Walk About."

In celebration of International Diabetes Awareness Day, we thought Jeff would be interested in a visit to the ADI and, thanks to our friends at DRIFCan, we had an audience with Dr. Shapiro. Ironically, little did we know, Jeff had learned about Dr. Shapiro throughout his walk and was incredibly excited to have the opportunity to both meet Dr. Shapiro and get a tour of the laboratory at the Alberta Diabetes Institute. A side note, it was evident that Dr. Shapiro seemed to be just as excited to meet a man that is walking across the country, ALONE!

We took the opportunity to recognize International Diabetes Awareness Day AND Jeff Laybolt's "The Great Walk About" with a \$500 donation on behalf of Jeff's walk to DRIFCan. Additionally, the Club made a \$100 donation directly to Jeff to assist in the logistics costs of completing his journey.

Jeff expects to complete his trek on Vancouver Island in early January. Dr. Shapiro was so excited, he is even considering meeting Jeff on the Island at the end of his walk.

It was a great way for the club to recognize this day and to celebrate the work of the ADI. PS, we even got to look at embryonic cells in a petri dish!



Lawrence River City Cosmo Club in the Community

By Gary Bartlett

The River City club partnered with the Lawrence Community Homeless Shelter to supply their diabetic clients with supplies to help them as they reside in the shelter. The club purchased bags with the Cosmo logo and club name, to which we then added a meter, test strips, lancets, measuring cup, alcohol wipes, a pair of socks, and a winter stocking cap. Five bags were delivered to the Shelter to be distributed. As the need arises, more supplies will be given to the Shelter.

The Shelter was also in need of a water cooler for its clients. Robin Donahey ordered the unit and he and Gary and Susie Bartlett delivered it and installed it for their usage. This will allow residents to fill up water bottles and/or have hot water available for hot drinks.

With the Covid19 virus restrictions, the Shelter has been trying to place as many people in their own homes to keep the virus from sweeping through the Shelter and its residents. Once restrictions are lifted, we hope to get back with the Shelter for any other opportunities to assist those residing there.



Diana putting diabetic supplies in bag



Robin, Greg, Vivian & Diana stuffing bags



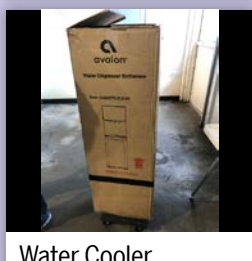
Susie & Nancy putting in diabetic supplies



River City Club members deliver diabetic supplies



Members with Shelter Director Renee and a few of the diabetic supply bags



Water Cooler supplied by River City Cosmo Club to the Community Shelter



Shelter employee Kyle helping River City member Robin



You have to flush the filters, so this was Susie's job



Kyle cleans the wall while Robin and Susie read the instructions

Western Canada Governor's Report

By Christine Shepherd, Governor WCF

It has been an honor to serve as Western Canada's Governor for these past six months. To begin my term, I sat as a representative for Western Canada on the International Public Relations Committee. Lots was discussed, and in the end it was found that, in the long term, the position was not feasible.

Western Canada had its annual Mid-Term Convention in October where much was discussed at the Federation meeting and the Canadian Foundation Meeting. Of course, there was also lots of fun and laughter shared by all.

I have been able to visit half of the Canadian clubs so far. I'm looking forward to meeting with the rest in the Spring. Following the Mid-term Convention, I visited St. Albert's regular club meeting where I had the privilege to induct my first new member and find out all the interesting work they do for Cosmopolitan and their community. Right after their meeting I went to Edmonton's annual event, Oktoberfest where traditional German food and beverages were served, and they had two speakers come out to share the work they do for Diabetes and/or Diabetics. These two clubs work together annually on a Fundraiser called Rockin' August, which is a four-day long car show. This year they surpassed their goal to donate \$1,000,000.00 in total, to date, to the Alberta Diabetes Institute. Then in December the three Regina clubs held a Tri-Club meeting where I enjoyed a wonderful meal and each club shared what they accomplished so far this term. It was an honor for me to hand out the Regina Capital Clubs years of service pins where they had two members receive their 50-year pins.

The Western Canada Board is currently working on compiling a list of Fundraising events and what they do to inspire new members to join. Once complete this list will be distributed to all members in the hopes that it may inspire new ideas for clubs to use. Clubs I have heard from so far found that inviting potential new members out to their Fundraising events or events where they have speakers worked well. Another suggestion that a club found successful was that they have two meetings. One is a regular meeting where the business would be done and then another would be a social meeting where it's purely fun and socialization.

I look forward to continuing my term as Governor and seeing all of what Western Canada does for the good of Cosmopolitan, Diabetes and our communities.

VP Marketing/ Fundraising Article



Darin Hartman
Acting International VP
Marketing/Fundraising



In the Diabetic Community there is some debate on which is better, a Diabetic Alert Dog (DAD) or a Continuous Glucose Monitor (CGM). The short answer is both, but we will discuss this topic further in this article. Both the DAD and the CGM work very well together. Try to think of it this way. Which is more productive, 2 people working together to build a house or one person doing it all by himself. The same holds true with the management and treatment of diabetes.

The CGM is an amazing piece of technology! I have had mine for almost a year now, and it has made a world of improvement for me. Diabetes without a CGM is something you can't imagine. Most days I checked my blood about 8 times. If that was not maddening enough, I never really knew what my blood sugars were doing between tests. A normal glucometer reading is just a snapshot of where your blood sugar is right now. There are no indicators of where it is heading or how fast it is dropping or rising. With a CGM device your blood sugar is measured every 5 minutes all day and all night long. That can be an issue if there is some lag time between readings. The CGM has alarms when you are approaching certain parameters of being too high or too low, but it is at a disadvantage when it comes to detecting changes in blood sugar. With the CGM, it only registers as an issue if you are dropping faster than a certain rate. Although the CGM is covered by most insurances, there is still a large financial burden on the individual. The Continuous Glucose Monitor has its benefits and disadvantages, but my life is much better with it.

There are many times when I talk about the Diabetic Alert Dog program, I am asked "why". Why have a Diabetic Alert Dog? Doesn't a CGM cover me for all Diabetic situations that come up? Diabetic Alert Dogs are intensely devoted caregivers. They are much more than just pets. DADs are finely tuned pieces of medical equipment for their diabetic person. To hear the stories from the parents of young diabetics and how their dog has saved their diabetic child's lifetime and time again, will simply melt your heart. These dogs are trained to notice a 20% percent change in blood sugar, both up and down. Often times Diabetic Alert Dogs can pick out their specific diabetic companion in a room, even if there are

other diabetics present. Secondly, these dogs often times become emotional support animals. They give their diabetic companion, and the family some peace of mind that they are constantly watching out for them. Diabetic children often live different lives than the other children their age. Sleep overs, field trips, and sports are often difficult if not impossible for a diabetic child to enjoy. The parents of diabetic children are in a constant state of worry about their child.

There are areas where CGMs can work better with the addition of a Diabetic Alert Dog. Whenever a child is sleeping and has a low episode, the alarms may not be positioned where the parents or child can hear them. Sometimes, there is an issue with the sensor or the other equipment not working properly. It could be something as simple as the monitor running out of a charge. Diabetic Alert Dogs are always working, and they can wake up the individual or the parents. These dogs will not stop until they get someone's attention. Frequently, the Diabetic Alert Dog will catch a low before the CGM does. With diabetes, every minute counts, so the quicker the better!

The life of diabetics can be greatly improved by such innovations as Diabetic Alert Dogs and the Continuous Glucose Monitor. My control and quality of life has greatly improved with my CGM. I would encourage every person with diabetes to explore their options, to determine if either of these options is right for you. Contact your local Cosmopolitan Club for more details and to find a trainer that suits your needs. Diabetic Alert Dogs are truly Paw Saving Lives!

Darin Hartman
vp-marketing@cosmopolitan.org





Keith Shepherd
International VP Finance



VP Finance Article

Well, my fellow Cosmos, I hope you all had an enjoyable holiday season and are set to ease into spring and our upcoming Cosmopolitan activities. Thank you for allowing me my second term as International Vice-President of Finance. So far this year, there has been a few unexpected things come up, but the international board is continuing to move forward in addressing these challenges.

I have attended all board meetings this year, along with being tasked with attending the Western Canada Federation Midterm Convention in Regina, Saskatchewan, an easy trip across town for curling fun and socializing! I also traveled with family to Edmonton, along with Governor Christine Shepherd, for her official Governor visit to the clubs there in October (Octoberfest). A fantastic time was had by all, which should not be surprising as we are Cosmopolitans! At the Midterm Convention, between donations and beacon pledges, and the ruthless sergeant-at-arms, contributions to the tune of \$11,800 were made to the Cosmopolitan Foundation Canada Inc. There were also direct donations to diabetes research of \$35,000 by the Alberta clubs.

Operating results within the Cosmopolitan budget look promising to date. The latest income statement indicates a surplus of \$8,446, compared to a budgeted surplus of \$4,879. We say this cautiously, as there may remain expenditures and adjustments subsequent to the cut-off of this report. I will monitor reports posted on the website for all of you to review. I continue to work closely with

Executive Director David House on finances and financial reporting. He has truly been an effective and dedicated asset to Cosmopolitan. Since investing funds from the restricted reserve funds, there has been \$22,063 earned on the account from June 30, 2019 to January 31, 2020. The funds are in a non-aggressive structured account and have been doing well for us.

A draft budget is being prepared for next year 2020/2021, to be reviewed at the winter board and presented at the International Convention in Minneapolis. Membership continues to be an issue; to date we are down about 75 members and each loss impacts our operating budget for the future, and new proposals discussed will impact our financials even more. I look forward to hearing from you at the Convention and address any questions or concerns. Please be sure to read President Judy Weitkemper's January 1, 2020 newsletter again, and remember "Together we can."

Keith Shepherd
vp-finance@cosmopolitan.org

OFFICER ARTICLE

St. Charles County Cosmos of Missouri

Respectfully Submitted by Judy Weitkemper

St. Charles County is a small Club but beginning to grow and find its niche in the market. We had a great turnout and did very well, on our first official Fundraiser this Fall. We had a Bowling Tournament with a theme of Cosmo Strikes Back Against Diabetes.

This past winter, after some discussion with the members, we changed our meetings as follows:

We meet on the 2nd Tuesday of each month. On the First meeting of the quarter is our Board/Business Meeting. The second meeting of the quarter is a social gathering where we bring friends. We plan an activity beforehand to get to know each other better or learn something new about Cosmo. (examples: saying something about yourself that

other members may not know or have a Cosmo Quiz, things like that). It is basically a meeting to have fun while getting to know each other better, learn more about Cosmo and introduce others to Cosmo. The third meeting of the quarter is a Fundraiser, training session and/or having a speaker.

This new model has been going over very well, attendance is practically 100% and we have brought in two new members. However, due to the Coronavirus, we have had to discontinue meetings for a while and have canceled our Spring Fundraiser. We keep up to date and stay in contact through emails and Facebook, however we are anxious for things to get back to normal and on to building our Club and making our presence known throughout St. Charles County.

Cornbelt Federation Happenings

By Steve Wymore, Cornbelt Federation Governor

Hello fellow Cosmos,

Our federation is made up of seven clubs from Iowa and Nebraska. I have visited six of the seven clubs, and the visits have been a great deal of fun to do as Governor. Club members, leadership, city population, and geography make each club different and unique. I really like talking with the presidents of each club in person, or on the phone. I enjoy listening to their ideas and concerns, and I like to share what I know, and give some ideas that I have learned.

The Cornbelt Federation Convention will be held at the Holiday Inn & Suites at Ameristar in Council Bluffs, Iowa, on Friday, April 24th through Saturday, April 25th. Registration will begin at 5 pm with hors d'oeuvres and activities including a hospitality room. On Saturday morning, there will be a light breakfast and registration for the members and guests. The business meeting will run from 9 am until approximately 12:00 noon. The luncheon will begin at 12:30 pm with a speaker and awards.

Listed below are some of our club's fundraising and membership ideas.

BLAIR

Fundraiser: Wild Game Feed night on February 21, 2020

Membership: no information available

COUNCIL BLUFFS

Fundraising: Pizza Ranch, where we received a percentage of sales and tips for bussing tables. Pancake Feed. Southwest Home Show concessions. Westfair County concessions. Private donations and grants for Diabetic Alert Dogs.

Membership: We invite potential members to business meetings, social events, and to help with fundraisers. We talk with our guest speakers after our meetings and answer questions and encourage them to join. Relatives and friends are always asked to join our club.

FREMONT 100

Fundraising: Pancake Feed, Big Red Raffle, Polka Dance concessions.

Membership: Plan has been developed to promote a positive gain with corporate memberships.

OMAHA CORNHUSKERS

Fundraising: BBQ Rib Feed, Super Bowl pool, Iowa-Nebraska football pool

Membership: Party in May to include food and activities, with interaction with potential members

OMAHA I-80

Fundraising: Combined federal campaign to work with federal agencies to gain members.

Membership: General referrals to encourage people to join.

PLATTE RIVER/GRAND ISLAND

Fundraising: Fireworks Stand, Artist in the Park Festival, Veteran's Appreciation Picnic, Harvest of Harmony Parade, Grand Island Downtown Christmas Festival.

Membership: Visits to other local clubs, supports CHI St Francis Hospital with diabetic information, annual steak feed, public announcements for local media, advertise club meeting in local newspaper.

SIOUX CITY

Fundraising: Steins and Vines selling pretzel necklaces and a percentage of wine tasting party, Art Splash helping with crowd control and parking, Awesome Biker Night where they help with directions and selling tickets, Train Show taking tickets with a percentage of the gate.

Membership: Talk with guest speakers after the meeting and invite them to join, parties to invite potential new members.

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

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

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

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

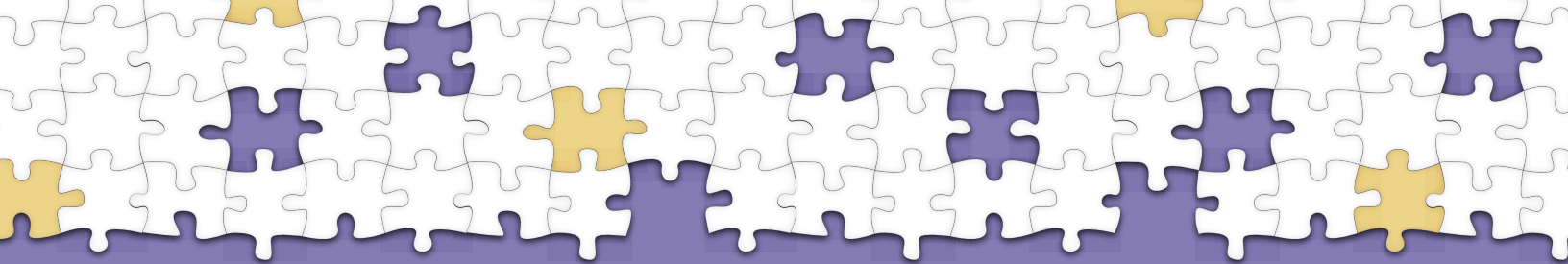
DIABETES INCORPORATED

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

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

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



Cosmopolitan International Columbia Breakfast Club of Columbia Missouri

Respectfully Submitted by Judy Weitkemper

The Breakfast Club is having a great year. On July 1, 2019, we started the fiscal year with 24 members. Our goal was to increase this to 27 by June 30, 2020 and to date we have increased it to 28, our goal plus one.

We participated in a 3-Club Fall social in August at the Cosmo Corner of Nifong Park with a great attendance and speakers. We picked up one new member from this Social.

In January, we participated in a successful Pancake and Sausage Fundraiser with the Columbia Luncheon Club. Other income this year has been from Bingo, Bingo concessions, and fines.

In March came the unforeseen Pandemic that changed things for everyone. We had to cancel not only our meetings in person, but Bingo, which brings in most of our income, plus the Spring Ready for Spaghetti fundraiser with Columbia Show-Me Club. However, we have managed to use this time wisely and to our advantage.

We only missed one meeting in March then proceeded to have all our regular meetings via telephone conference. This has absolutely been great and with excellent attendance. We have not only completed our regular business but have been working out new ideas for our club.

We came up with a new look for our Club identity, the coffee cup being used in our Newsletter now contains the Cosmo Logo, we have created a Breakfast Club Facebook page and are working on a website for the Club. Our 4 new members are young and have brought much needed ideas and talents into our Club, including skills in technology and various ideas on different ways to improve community awareness and new Fundraising ideas.



We have provided money this year to various non-profit organizations within our community, funds for the APO Students to attend their workshop training sessions and we are giving \$4,000 in scholarships to Columbia high school seniors.

Our Inauguration is scheduled for Friday, June 26, 2020, in the meeting room at HyVee on Nifong. If the social distancing does not allow us to have this in person, we will have a virtual Inauguration on the same date and time.

Some of the Clubs in Columbia are returning to regular meetings in person this month, but because our Club has many members with diabetes and in the age range considered a high-risk for this virus, we are going to continue with the teleconference meetings for a while longer. We do want to get back to regular meetings in person, but we need to be sure the time is right for the safety of our members. We are looking forward to good things to come. This Pandemic will not defeat us: We are Cosmos and Together We Can!