

A publication of *Cosmopolitan International*

# Join Us In Our Fight

AGAINST DIABETES!



COSMOTOPICS

THE CLUB THAT FIGHTS DIABETES

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



**FROM THE EDITOR**

Sheila Anderson

Each year, Cosmopolitan International continues to advance its mission of helping fight diabetes. The challenges diabetics face today are substantially greater than those of the past. Through our programs, we have seen many lives changed for the better.

While our main focus is diabetes, our Clubs also support a broad range of other community service projects; thus enriching the lives of others through Unity, Service, and Action.

With this Special Edition of *COSMOTopics*, we are telling you our story of how our members are enriching the lives of others through Unity, Service, and Action. You will learn how we are touching the lives of thousands of people – maybe even someone you know. Our hope is that you will now make the connection between Cosmopolitan International and the work we do in your community. We need you to join us and be part of this important movement. Only by working together can we make a difference.

So, now I would like to invite you into the world of Cosmopolitan International. Explore, enjoy, and consider joining us.

**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.



**COSMOTOPICS**

**EDITOR**

Sheila Anderson  
sheila.anderson@rascompanies.com

**GRAPHIC DESIGNER**

Rockford Cosmopolitan Club Member  
Peter Brodeski, Opus Creative Studio, Inc.  
pbrodeski@opuscreativestudio.com

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Cosmopolitan International wishes to express its most sincere thanks to these groups for their monetary support in funding this publication. Your contributions directly enabled our organization to spread the word about how we are having an impact on diabetes on both a local and International level.

**Cosmopolitan International is divided into federations outlined geographically:**

- **Capital Federation**  
8 clubs - Maryland, North Carolina, Pennsylvania, and Virginia
- **Cornbelt Federation**  
12 clubs - Iowa and Nebraska
- **Mid-States Federation**  
5 clubs - Illinois
- **Mo-Kan Federation**  
13 clubs - Missouri and Kansas
- **North Central Federation**  
4 clubs - North Dakota and South Dakota
- **Southwestern Federation**  
2 clubs - Louisiana and Texas
- **Western Canada Federation**  
12 clubs - Alberta, Manitoba, and Saskatchewan
- **Clubs At-Large**  
2 clubs - Placentia-Linda, California; Boulder, Colorado

**INTERNATIONAL HEADQUARTERS**

7341 West 80th Street, PO Box 4588  
Overland Park, KS 66204-4588

P. 913.648.4330 or 800.648.4331  
F. 913.648.4630

www.cosmopolitan.org  
Email: headquarters@cosmopolitan.org

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# Introduction



**Cosmopolitan International is a service club not unlike many in the industry.** But there are a number of attributes that set Cosmo apart and make it a leader. Cosmopolitan began in the same time frame as many other service clubs. Chartered in Kansas City, Missouri, in 1918 and headquartered since 1970 in the KC suburb of Overland Park, Kansas, Cosmo didn't move far physically but has come light years in its dedication to service.



For many years, Cosmo clubs concentrated their efforts on the needs of the communities they served. Columbia, Missouri clubs have a long-standing partnership with the city recreation department and have built and maintained parks that benefit all their citizens. The Elizabeth City, NC club has amassed one of the largest collections of home health equipment in the country that is loaned to people in need throughout the area. Many other local examples of Cosmos in action abound. These are but a couple.



In the early 1970s, Cosmo formally adopted the fight against diabetes as the International focus of our members and clubs; well before this disease became the epidemic it is today. Since that time, our small group has done some amazing things in the fight against diabetes. The following articles will highlight some of those efforts. Suffice it to say, that when Cosmos get serious about an issue, we can raise awareness, raise some money and raise some hope for diabetics who suffer daily with this dreaded disease.

A review of the benchmarks of our Cosmo history would point to the fact that, other than the invention of insulin, Cosmos have had a hand in virtually every major advance in the detection, treatment and research for a cure of diabetes. We have helped build internationally recognized and renowned treatment and research centers, been at the forefront of the development of such tests as the A1C test, improved physician education on diabetes, encouraged early intervention and treatment, and even pioneered islet cell transplantation. You will learn about these and other accomplishments in the following pages.



But Cosmo is much more than the foregoing legacy. Cosmo is about family. Cosmo is about dedication. Cosmo is about banding together to accomplish goals that are much bigger than any of us individually. It is about identifying needs in our communities and providing a helping hand to meet the needs. And we typically have a lot of fun doing just that. You will see many examples on how friendships and fun can go hand in hand with helping others.

So, read on about some of our projects. We invite you to get acquainted with Cosmo. We invite you to join one of our clubs and be a part of something very special. We invite you to start a club in your area if there isn't already one near you. We invite you to be a part of our commitment to each other and our communities.



# Cosmopolitan Diabetes Center: University of Missouri-Columbia



**A significant event in the history of medicine at the University of Missouri – Columbia occurred on November 10, 1983, when the hospitals and clinics sponsored a dedication and ribbon cutting for the Cosmopolitan International Diabetes Center.** The event marked an excellent example of how a private service club and a public institution can successfully work together.

In the early 1970s, thoughts about a diabetes center began surfacing. At that time, the National Institutes of Health (NIH) was funding five diabetes research centers around the country. The University of Missouri had already established a large population of juvenile diabetes patients under the care of Dr. Robert Jackson. By 1974, several faculty members were meeting to consider the wisdom of going after NIH support for a diabetes center at the University of Missouri Medical Center. These included Dr. Robert Jackson and Dr. Thomas Burns, as well as Associate Dean of Research Herbert Goldberg, Dr. Guilio Barbero, and Dr. Ronald James.

*In 1973, Cosmopolitan International decided to make the campaign against diabetes mellitus their principal challenge for the coming years.*

Almost at the same time, it so happened that Cosmopolitan International was entertaining dreams of their own regarding a diabetes center. In fact, at their annual convention in Harrisburg, Pennsylvania, in 1973, they decided to make the campaign against diabetes mellitus their principal challenge for the coming years. It was International President Mahlon Fairchild of Columbia who spearheaded the movement to adopt a diabetes

center. Built through the efforts of Cosmopolitans, it would be a permanent, on-going symbol of Cosmopolitan's contributions.

By March 1975, meetings were initiated between Medical Center physicians and Cosmopolitan concerning the Diabetes Center. Dean Charles Lobeck and Provost Joseph White also became involved in the meetings. Dean Lobeck, in particular, was very enthusiastic regarding the concept of a Cosmopolitan International Diabetes Center on campus. A great deal of his time and energy was directed toward the merger of the two organizations in the development of a diabetes center. By February 1976, Dean Lobeck, after conferring with Cosmopolitan, appointed Dr. Thomas W. Burns as Director

of the proposed Diabetes Center. By the end of 1977, a draft document for the preparation of a formal legal contract between Cosmopolitan and the University of Missouri was drawn up and agreed upon. In July of 1977, Dr. Burns attended the annual Cosmopolitan International Convention at Norfolk, Virginia, and presented the plans for the Diabetes Center.

An Advisory Council was appointed by the President of Cosmopolitan International, and a local Columbia group called the Diabetes Center Action Committee began meeting on a regular basis. A list of prominent local citizens involved in the planning included Mahlon Fairchild; Charles Gehrke; Doug Mehle; Bill Lemesany of Lawrence, Kansas; and John Cowley of Jefferson City; as well as Dean Barry, Nancy Steinman, Eleanor Funk, Basey Vanlandingham, Dennis Grev, Joyce Lofstrum, and many others.

By May 1982, architectural design presentations were ready for the Board of Curators. The budgeted cost to construct the Diabetes Center was \$800,000, with \$650,000 supplied by the Cosmopolitan Club, \$50,000 from Dean Lobeck funds, and University Physicians added \$100,000. On November 10, 1983, the groundbreaking and dedication ceremony was held. Construction continued on schedule and the first patient, Mrs. Eleanor Funk, was seen in the Diabetes Center on January 26, 1984. During the decade of 1983-93, the Diabetes Center was one of only twenty-seven institutions nationwide participating in the NIH-sponsored Diabetes Control and Complications Trial (DCCT), a monumental study. The Center's Diabetes Self-Management Education Program has maintained certification by the American Diabetes Association as a Recognized Center for diabetes education for more than 15 years.

*By the end of 1977, a draft document of a formal legal contract between Cosmopolitan and the University of Missouri was drawn up and agreed upon.*



The staff of the Cosmopolitan International Diabetes and Endocrinology Center, Columbia, Missouri

The Director of the Diabetes Center is named by and reports to the Dean of the School of Medicine. Dr. Thomas W. Burns served as Director of the Diabetes Center from its inception until September 1, 1992. Dr. George T. Griffing and Dr. David Goldstein served as Co-Directors from September 1992 through August 1993. In September 1993, Dr. Burns became Interim Director, followed in 1999 by Dr. David Gardner, who currently serves in that role.

Today, the Cosmopolitan International Diabetes and Endocrinology Center stands as a model for the care of a large population of diabetic patients, the education of patients and the education of health care professionals, as well as basic and clinical research. The Cosmopolitans continue to support their Diabetes Center both with contributions and frequent visits.

## Did You Know?

The Cosmopolitan International Diabetes Center is recognized nationally for excellence in patient care and multidisciplinary research programs. The Center represents a strong alliance between the MU School of Medicine and the private sector. The Center's medical team members work with referring physicians to provide the best treatment possible to patients and many have focused their expertise to treat the neurologic, ophthalmologic and cardiovascular complications of diabetes. Physicians in the Center also see patients for other endocrine disorders such as high cholesterol, thyroid function and osteoporosis. The Center provides an optimal environment for delivering comprehensive care along with excellent research.<sup>1</sup>

<sup>1</sup><http://muhealth.org/body.cfm?id=229>



# Our Second Major Diabetes Initiative

Upon the successful completion of our pledge to fund the amalgamation of the diabetes programs at the University of Missouri-Columbia, Cosmopolitan International (CI) members rejoiced at the enthusiasm generated by this accomplishment. At last they had something that every Cosmo could proudly point to as evidence of the organization's commitment to detect and defeat diabetes. Some were weary and wanted to rest, while others were searching for another opportunity to take advantage of the unity, momentum and enthusiasm that was then available.

In late 1983 in Norfolk, Virginia, a small group of businessmen met with the administrators of the Eastern Virginia Medical School (EVMS), a small, independent, community-funded institution, to discuss an expansion of the academic program. One of these businessmen, a future CI President, Tarlton "Fuzzy" Schuyler, was a member of the Cosmopolitan Club of Norfolk, Virginia.

Another was Henry Hofheimer, a major supporter of the school, who was also looking for another opportunity because the new "Hofheimer" building was nearing completion. Interestingly, one of the EVMS administrators was Dr. Bill Mayers, formerly Dean of Medicine at the University of Missouri during CI's fundraising efforts for our earlier diabetes project. His presence at EVMS was providential because he was well aware of our dedication to find a cure for diabetes.

After reviewing the medical needs of the community surrounding Hampton Roads, it was decided that diabetes would be a major thrust of the medical school and that an endowment of \$1,000,000 would be needed to fund a faculty Diabetes Chair. Henry Hofheimer offered to donate the first \$25,000 after which Fuzzy Tarlton convinced the Capital Federation of Cosmopolitan, in May 1984, to recommend this project to the delegates at CI's International Convention held in Mazatlan, Mexico in July. After some amount of debate, it was decided to postpone any further consideration of the project until a more complete presentation could be made at the 1985 convention, which was to be held in Norfolk, Virginia. Delegates to the 1985 convention adopted the proposal to raise \$1,000,000 to create the addition of a Diabetes Chair to the EVMS faculty.

Following this action by Cosmopolitan International, the school recruited Dr. Leon-Paul Georges to set up the new

diabetes program. The U.S. Congress had just included money for fighting diabetes in its annual budget and commissioned the National Institutes of Health to set up a grant distribution program. Upon investigation, it was discovered that under NIH regulations, only institutions offering a three-pronged program of patient care, research and diabetes education were eligible for grants.

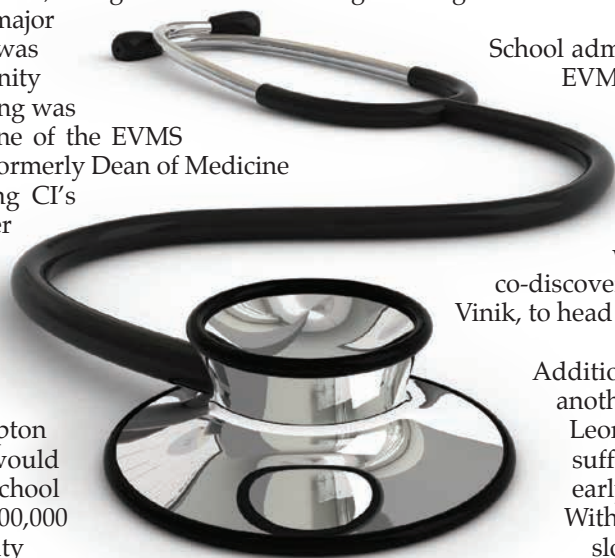
School administrators quickly decided to make EVMS eligible. The school arranged to use a twenty-bed wing at a local hospital for patient care, set up the Cosmopolitan International Diabetes Education Center in one of their buildings, and hired world renowned researcher and co-discoverer of the INGAP gene, Dr. Aaron Vinik, to head up its research program.

Additionally, the school was blessed with another local businessman and benefactor, Leonard Strelitz, whose family members suffered from diabetes, who became an early supporter of the research program. With his support, the program began to slowly expand.

Dr. Vinik brought international recognition to EVMS as a result of his research and co-discovery of the gene, INGAP (islet neogenesis associated protein), which shows great promise as a cure for diabetes. Cosmopolitan International, at its convention in Saskatoon, Saskatchewan, Canada, in 1999, approved yet one more international diabetes project to support INGAP research at both

McGill University in Montreal, Quebec, Canada and EVMS. The organization raised \$765,000 to support this research and continues to follow this important effort.

In 2008, EVMS made a major decision to strengthen its diabetes research program with the hiring of Dr. Jerry Nadler as



*EVMS has become one of, if not the premier place in the Mid-Atlantic States which provides a multiplicity of treatment options for both Type 1 and Type 2 diabetes.*



Professor & Chair of the Department of Internal Medicine, the Harry H. Mansbach Endowed Chair in Internal Medicine and Director of the EVMS Strelitz Diabetes Center. Previously, Dr. Nadler was Chairman of the Endocrinology and Metabolism Department at the University of Virginia. Based in part on his work, the University was ranked eighth in the nation in diabetes research by *U.S. News & World Report* in 2007.

As a result of an effort begun by a local club in 1983, the Eastern Virginia Medical School Strelitz Diabetes Center has become one of, if not the premier place in the Mid-Atlantic States that provides a multiplicity of treatment options for both Type 1 and Type 2 diabetes, including the most up-to-date treatment of all of the related complications of diabetes, in one location.

Under the leadership of Dr. Nadler and that of Dr. Vinik, the EVMS Strelitz Diabetes Center has expanded its research program significantly since 2008 and Cosmopolitan can be proud of its contributions to this research.

In addition to local support, the Center has, and continues to receive, funding from numerous agencies including the National Institutes of Health, Juvenile Diabetes Research Foundation (JDRF), American Diabetes Association (ADA), the Department of Defense (DoD) and the National Heart Lung and Blood Institute.

Ongoing research initiatives at the Diabetes Center are many and cover both the treatment and cure of diabetes, as well as treating its many complications. INGAP remains a primary focus at EVMS, and now, with Dr. Nadler's research program geared to stop autoimmune damage and inflammation of cells, it appears that a combination of INGAP and Lysofilline, a drug pioneered by Dr. Nadler, offers great promise of achieving a functional cure for Type 1 diabetes.

Regarding Type 2 diabetes, much is on-going at EVMS. Key research is addressing cardiovascular disease (CVD) caused by diabetes. Additionally, the Center, supported by NIH, is pursuing studies that target inflammation that triggers diabetes in obese individuals.

Dr. Vinik is internationally renowned in basic and clinical neuropathy and his research is investigating the complexity of neuropathy and its many causal factors.

The EVMS Strelitz Diabetes Center today offers complete clinical care, an extensive program in diabetes education and the supporting research to make it the Center of choice in the Mid-Atlantic States when addressing the complications of diabetes.

Cosmopolitan International is proud to be called a "loyal friend of EVMS in its fight against diabetes."



Left to Right, Drs. Aaron Vinik, the late Gary Pittenger, Jerry Nadler, David Taylor-Fishwick

# Cornbelt Diabetes Connection



**The Cornbelt Diabetes Connection, Inc. (CDC) is a 501(c)3 charitable not-for-profit corporation chartered in the state of Nebraska.** CDC began in 1993 "To provide

health care and education about diabetes and related complications to communities and individuals that may not have adequate access to such care or information." CDC has been very successful in achieving this goal in Nebraska and western Iowa. In order to achieve this success, CDC has three projects focused on specific areas of the diabetic epidemic.

CDC has partnered with the Nebraska Methodist College of Nursing to provide a no-charge diabetes screening program. Nebraska Methodist provides nurses and nursing students to staff the Mobile Diabetes Clinic. CDC provides the mobile clinic, driver, fuel, supplies, maintenance and storage for it. The mobile clinic is a 36-foot motorhome retrofitted especially for diabetic screening, complete with examining table, computer, video equipment and foot examination area. Notably, some recent screenings have been done among the native American population, which is at greater risk of having diabetes. Foot care examinations are being conducted, along with blood glucose screenings, using the new Afinion ha1c instrument that allows hemoglobin A1C screenings to replace the fasting glucose procedure.

In addition, CDC is affiliated with the Diabetes Education of the Midlands (DECM) to provide diabetes classes in locations where those who would not have otherwise had access to such classes. These classes have shown good results with

corresponding reductions in patient weight and A1C blood glucose levels.

The third leg of the CDC's diabetes efforts is the crisis intervention program, which is also conducted in affiliation with DECM. This program offers emergency diabetic medications to desperate applicants for a limited period of time. A CDC volunteer assists with the interview of applicants to ensure that they demonstrate appropriate financial need. It has been gratifying to hear the appreciation that many of these needy people have for the emergency assistance they received.

CDC is supported in large part by the Cornbelt Cosmopolitan clubs, which account for 56% of past revenues. Memorials, gifts and grants make up the remainder of the funding. Notably, the Cosmopolitan Diabetes Foundation has granted a significant amount to CDC over the past nineteen years. The CDC grant committee has been actively seeking additional grants for the three primary projects and the anticipated replacement of the mobile clinic from other foundations with some success.



The Mobile Diabetes Clinic



# Rapid City Regional Medical Clinic Endo & Diabetes Education



## Endocrinology and Diabetes Education in the Black Hills

Regional Medical Clinic-Endocrinology and Diabetes Education in Rapid City, South Dakota, offers services for the prevention, diagnosis, treatment, and management of diabetes. The clinic includes a staff of board-certified endocrinologists, physician assistants, diabetes educators, registered dietitians, and multiple nurses who work together to care for and educate the residents of western South Dakota and the surrounding states. The implementation of a personalized and individualized plan of care for new and established patients is important to the team.

**E**ndocrinology specializes in the study of the medical aspects of hormones, including diseases and conditions associated with hormonal imbalance, damage to the glands that make hormones, or the use of synthetic or natural hormonal drugs. Regional Medical Clinic provides adult endocrine care through the practices of Sonalika Khachikian, M.D.; John Palmer, D.O.; and Tom Repas, M.D. Pediatric endocrine care is provided by Rachel Edelen, M.D., a board certified pediatric endocrinologist.

The Diabetes Education program promotes patient independence of their care. This education helps patients to implement their diabetes care needs and incorporate them into his or her daily life. The program emphasizes the importance of knowing how to manage the day-to-day routine with monitoring, diet, meal planning, exercise, medication management, and prevention of long term complications. A key task of education is to promote the patient's awareness of community resources and support available to them in caring for their disease. The focus is on

being proactive in the management of diabetes and prevention of potential long term complications.

Educational and supportive reading and video materials are provided to the patient and families through the use of Cosmopolitan funds. Funds are also used to cover the costs of medications such as insulin, glucose testing strips, ketone test strips and other supplies until a plan for independent coverage can be put into place for patients with no or limited health care benefits.

*"Without the support of the Cosmo funds, we wouldn't be able to provide the encouragement and diabetic care tools our youngest patients need to understand and continuously manage their diabetes," said Dr. Edelen.*

Living and dealing with diabetes on a daily basis can be challenging, but providing patients with working tools, such as binders to track monitoring results and insulin doses, helps them keep on track of their day-to-day care needs. The clinic continues to offer a reward program that provides positive

reinforcement for kids and teenagers for diabetes care "well done." The program has been especially popular with those who have a hard time understanding their need for continuous diabetes care. Cosmo funds are used to purchase discounted movie tickets, water park passes, and treasure box rewards.

## Did You Know?

The American Diabetes Association recognizes Regional Health's outpatient educational service as meeting the National Standards for Diabetes Self-Management Education. The Diabetes Education staff will provide its patients with the tools they will need to self-manage their diabetes. A physician's referral is needed to register in the program.

Diabetes Education utilizes a multi-disciplinary team which includes RN's and dietitians experienced in diabetes management. They will assess the patient's current needs and goals. Their staff will help develop an individualized treatment plan that will help their patients succeed in self-management of their diabetes.<sup>2</sup>

<sup>2</sup><http://www.regionalhealth.com/Our-Locations/Regional-Hospitals/Rapid-City-Regional-Hospital/Health-Services/Diabetes.aspx>

# Crusader Clinic Community Health - Rockford, Illinois



**In recent years, the diabetes health care collaboration between Crusader Clinic and the Cosmopolitan Club of Rockford has drawn considerable attention, both locally and nationally.** Perhaps you would like to know how this all came about. The Rockford Cosmopolitan Service Club was chartered in 1949. Since its formation, the club has distributed tens of thousands of dollars to many worthwhile causes in the Rockford Area. For several years, it sponsored nursing scholarships to the three Rockford Hospitals.

Since its beginning in 1972, Crusader Clinic has become an institution and the only community health care center in northwest Illinois. Its mission is to provide quality primary health care to those individuals who find it difficult to pay for such services. Enabled by the ongoing support of the Cosmopolitans, the program has grown to serve more than 2,700 diabetic patients annually. The program has evolved into a “center of excellence for diabetic care.”

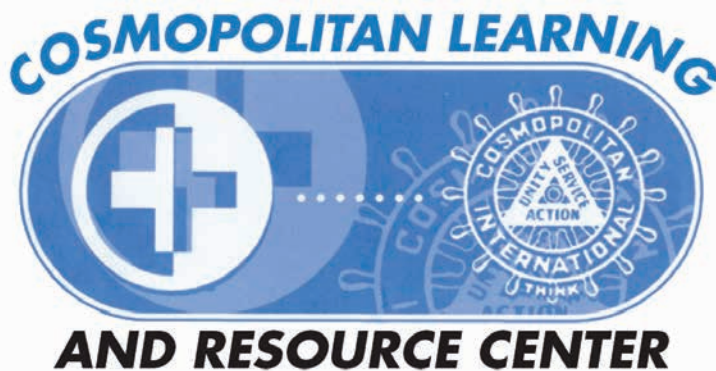
In 1994, the Rockford Club members decided to step a bit out on their own and made contact with the Crusader Clinic, discussing their diabetic needs. At the time, Crusader Clinic did not have a developed diabetes program. During the first year, the club extended a grant of \$5,000 to fund glucose monitoring devices and strips. With the success of that initial year, the club decided to make Crusader one of its major fundraising recipients. Each year, the Club continued to fund the Crusader program and invited other clubs and the Cosmopolitan Diabetes Foundation to participate. Due to several successful years of collaboration, the project became known as Crusader Clinic Cosmopolitan Diabetes Program and adopted the label “UNTIL THERE IS A CURE.” In 2007, Cosmopolitan International recognized Crusader Clinic as one of its five Major Cosmopolitan Diabetes Center/Programs.

The club and the clinic became interested in developing an outreach program. The Rockford Club purchased a van in which clinic staff could travel to many locations for testing of individuals. Thousands of folks were tested with many diabetics being identified, referred or treated at Crusader. When Crusader Clinic announced its capital improvements program, the Rockford Club raised, through cash and pledges, \$75,000 to fund a training center for diabetics at the West State facility. The clinic currently serves approximately 3,000 diabetic patients. The Rockford Cosmopolitan Club, along with other club partners and the

Cosmopolitan Diabetes Foundation, have contributed \$430,000 to the program.

Steadfast in its commitment to improve the lives of persons with diabetes, in 2007, the Cosmopolitan Club stepped up its support to raise funds for the “Cosmopolitan Patient Learning Center” at the Crusader Clinic on West State Street. This center, opened in November 2008, was part of the clinic’s capital campaign. This center gave Crusader Clinic patients a new way to take charge of their own health.

Gordon Eggers, President and CEO, Crusader Clinic, stated, “The Cosmopolitan Patient Learning Center will allow us to provide additional services and assist us in eliminating barriers i.e. literacy, language, for our patients. It will provide a common-ground meeting place that will offer unique/individualized ways to learn, such as touch screen health education monitors and one-on-one sessions. We are honored to have the support of the Cosmopolitans for this special opportunity to better serve our patients/community and make a difference in the lives of our diabetic patients—until there is a cure!”





**The Valerie Millar Cosmopolitan Fund for Children was established in memory of a 15-year-old girl—Valerie Millar of Freeman, South Dakota—who died of diabetes complications in 1990.** The Fund's creation was born out of the profound realization that deaths such as hers can and should be prevented through better quality diabetes education and intervention.

**F**ormal incorporation and 501(c)3 status of the fund was obtained in 1995 through the leadership of the Sioux Falls Noon Cosmopolitan Club. In 1997, grant monies from the Cosmopolitan Diabetes Foundation and \$116,000 in contributions from clubs across Cosmopolitan International provided the seed money for the endowment fund.

The Fund is now called the Cosmopolitan Fund for Children (CFC) and has been a recognized project of the Cosmopolitan Diabetes Foundation and Cosmopolitan International since 1997. Governance of the CFC has



positioned it as a project of the North Central Federation. Each club in the North Central Federation is represented on the CFC Board, and the service area the Fund serves (and thus entertains grant requests from) represents geographically the area of the North Central Federation (North and South Dakota). Over the life of the Fund, 40 grants totaling over \$90,000 have been distributed.

The Fund now holds approximately \$212,000 in assets and considers grant requests at its annual meeting held in conjunction with the North Central Federation Convention in the spring of each year.

#### The purpose of the Fund is to provide grants that support:

1. Diabetes education and outreach programs
2. Programs to increase diabetes awareness
3. Programs targeted to improve the quality of diabetes care in the upper Midwest
4. On-going support in diabetes care in rural settings

#### The majority of those grants have been to support:

1. The Cosmopolitan Pediatrics Diabetes Center at Sanford Hospital
2. Diabetes camp grants for camps in both South and North Dakota
3. Indigent care stipends to clinics based in regional health systems in the area.



# Health Care Access Clinic - Lawrence, Kansas



## The Club and the Clinic - A Love Story

by Nikki King, Executive Director of Health Care Access Clinic

The River City Cosmopolitan Club may look like a bunch of fun-loving rowdies, but they mean business. In 1998, when a new Executive Director of Health Care Access Clinic was hired, they leaned in closely with an eyebrow raised. The Club had been supporting the Clinic's diabetes program through the purchase of glucose test strips for several years at that point, so they had a vested interest in who was leading the Clinic. After passing the microscope test several meetings later, a true partnership began to blossom between the Club and the Clinic at a critical time when the number of diabetes diagnoses were skyrocketing.

The Clinic, formed in 1988, has stayed true to its mission of providing medical care to the low-income uninsured and never denying someone care due to inability to contribute to their requested \$10 fee. With a target market of 14,000 uninsured individuals in the county, and a staff of only seven, the Clinic knew it needed friends. The Cosmos' involvement grew from buying test strips, to helping with landscaping projects. They even volunteered two married guys in the Clinic's Bachelor Auction fundraiser...to work as handymen for an afternoon for the highest bidder. As the Cosmopolitan Diabetes Golf Classic grew more substantial, the Clinic offered to share its valuable partnership with the local radio station, KLWN, to promote the event in order to grow proceeds and grow new members of the club. Several hundred dollars per year in test strips now has grown to \$30,000 worth of support for the Health Care Access Clinic's diabetes program, helping more people in need than ever!

The Clinic also received special help in 2009-2010 with the Clinic's move to a larger, more visible location. Members from the Breakfast Cosmopolitan Club and the River City Cosmopolitan Club joined arms and rolled up their sleeves to help save over \$40,000 in building renovation costs.

This demonstration of collaboration brought substantial recognition to Cosmopolitan International during the Clinic's ribbon cuttings and open house receptions.

Diabetes continues to be one of the top two diagnosis of Clinic patients, not to mention in the general population. Awareness of the disease and how to manage and prevent it are all driving factors for the staff of Health Care Access. A new wellness initiative was born in 2009 to help patients navigate to resources in the community for fitness, education, and support. Health Education interns from the University of Kansas lead this program and offer individualized plans for each patient's personal health reform.

With the disease gaining ground in our families and circles of friends, Cosmopolitan clubs are even more important today. What better way to spend time with those friends than working toward a better quality of life for those living with the disease and fighting for a cure. Joining a club or starting a new one is just the prescription for fighting diabetes - contact Cosmopolitan International today!



## Did You Know?

Health Care Access Clinic's mission is to help facilitate access to health services for Douglas County residents with limited financial means who are not covered by private or governmental insurance programs. Throughout two decades of service to Douglas County, we have provided primary care services, referrals to specialists, prescription medication, and health education to over 14,000 of our friends and neighbors, without incurring debt and without federal funding.<sup>3</sup>

<sup>3</sup>[http://healthcareaccess.org/?page\\_id=35](http://healthcareaccess.org/?page_id=35)

# The Elgin Cosmopolitan Club Diabetes Emergency Rescue Fund - Elgin, Illinois



The Elgin Cosmopolitan Club Diabetes Emergency Rescue Fund (ECCDER) was started in response to a need by Sherman Hospital to provide medications for people with diabetes who are in the hospital or the emergency room but cannot be discharged because they are unable to afford purchasing the medications needed to care for diabetes. Until the fund began, Sherman Hospital assumed the cost of providing these necessary medications.

Thanks to the Elgin Cosmopolitan Club, monies have been set aside for emergency aid for those who find themselves in this situation. When a patient need is identified by the social worker, they can fill out a form request for assistance from the fund. They then give it to the patient, along with the prescriptions for diabetes medications and testing supplies. A relationship was

established with a local Walgreens Drugstore to accept these requests and the fund is billed for the prescriptions. Since this is a one-time gift, the social worker also provides the needy persons with information on how to apply for drug company prescription assistance programs and are linked up with free clinics in the area.

The ECCDER Fund is managed by the Sherman Health Foundation which is a 501(c)3 charitable organization and distributed through Sherman Hospital, which is a not-for-profit entity. All gifts and donations to the fund are tax deductible.

Since the fund began 5 years ago, it has helped over 65 diabetics in need.

# Setebaid Services Diabetes Camps - Winfield, Pennsylvania



Healthcare teams have found, and it has been proven, that diabetes camp is one of the best places for youth with Type 1 diabetes to receive training on caring for their disease. In fact, three independent studies have shown the same results, children who attend diabetes camp are better able to manage their diabetes compared to children from the same clinics who do not attend diabetes camp.

The name SETEBAID comes from spelling DIABETES backwards. The organization was named by one of the campers, who said, "this camp turned my diabetes around... let's call it diabetes backward!" Setebaid Services is a not-for-profit organization that works with healthcare teams to develop unique and innovative diabetes education camping programs for people with diabetes. They train people how to manage their condition, train future healthcare professionals how to work with diabetic patients, and disseminate information on current research related to diabetes.

Setebaid Services' primary role is to act as a liaison with funding partners, like Cosmopolitan Clubs and foundations, and do administrative work. The Cosmopolitan Club of the Capital Region began working with Setebaid Services several years ago to help fund the expenses associated with the camp. The Cosmopolitan Club, in partnership with the Cosmopolitan Diabetes Foundation, provided over \$4,000 in matching funds for scholarships for local children to attend diabetes camp in 2010. Fundraising activities raised the monies for the scholarships that were given out.

"Setebaid Services is very appreciative to the Cosmopolitan Club of the Capital Region for their support," said Mark Moyer, Executive Director of Setebaid Services. "Without their support, many children from their service area would not have been able to attend diabetes camp."



*We turn diabetes around!*

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

# Provena Mercy Medical Center - Center for Diabetic Wellness



## What is the Center for Diabetic Wellness?

The Center for Diabetic Wellness (CDW) at Provena Mercy Medical Center in Aurora, Illinois, was developed in response to a community need. Aurora is a community of over 34,000 underserved individuals residing in 8 Medically Underserved Area (MUA) Census Tracts. Within the 34,000 individuals, 68% are Hispanic. The number of underserved, coupled with the growing rate of diabetes, challenged both community and health care professionals to address the problem in an effort to remove barriers to care. In 2004, with funding received from the office of Speaker of the House, J. Dennis Hastert, Provena Mercy Medical Center was able to open the Center for Diabetic Wellness. The Center is open to all type 1, type 2 and gestational diabetics, regardless of ability to pay.

### Vision Statement:

The Center for Diabetic Wellness strives to eliminate diabetes-related health disparities through the development and implementation of a holistic, culturally sensitive community-based health center that offers outreach education, screenings and referrals, and wrap-around services to underserved populations.

### Services Provided:

The Center provides the following services to the community:

- **An American Diabetes Association (ADA) Recognized Diabetes Self-Management Education Program** - Individual and Group Classes Offered in English and Spanish
- **Medical Nutrition Therapy** - Individual instruction provided by Registered Dietician and Certified Diabetes Educator
- **Diabetes Support Groups** - Offered in English and Spanish
- **Case Management Services for the Underserved Medication Assistance** - Assistance with Blood Sugar Monitoring Supplies, Referrals to local Health Care and Social Services Agencies
- **Volunteer Subspecialty Clinics for the Underserved:** Ophthalmology, Optometry, Endocrinology

### Where is the CDW located?

The Center for Diabetic Wellness is located in Aurora, Illinois on the main floor of Provena Mercy Medical Center just inside the front lobby entrance. The Center consists of a reception area and waiting room, staff office, two examination/individual assessment rooms, an Ophthalmology exam room, group education/meeting room and supply area.

### When did the relationship between Cosmopolitan and the Center for Diabetic Wellness Begin?

This relationship began right from the opening of the Center, in March 2005. Then Club President Frank Weiland was presented with a plaque in appreciation for the initial support from the Aurora Cosmopolitan Club at the opening ceremonies. The Club provided the Center with \$3,500 to purchase a computer data system to track patients' progress through the program. They

also provided the office furniture for the Center's clinical staff and a copier machine. The Aurora Club, with assistance from the Cosmopolitan Diabetes Foundation, has given over \$25,000 in funding to the Center. A large portion of this money was donated in honor of Mr. John Bonie, a long time member of the Aurora Cosmopolitan Club. In 2011, the Aurora Club donated their annual fundraising profit from a barbecue held on the Provena Mercy Medical Center campus to purchase a 52-inch flat screen TV to be used for the education room. Most recently, grant monies were obtained from the Cosmopolitan Diabetes Foundation for the purpose of establishing The Cosmopolitan Club Emergency Patient Assistance Fund. This fund is used primarily to assist patients who are unable to afford their medication and or testing supplies. The club hopes to be able to continue supporting this fund and the Center for Diabetic Wellness for many more years to come.

### Comments from Center for Diabetic Wellness Manager, Maria Aurora Diaz:

"Our partnership with the Aurora Cosmopolitan Club is a partnership that we at Provena Mercy value. The Cosmopolitan Club is a leader in addressing the needs of individuals with diabetes. Our partnership demonstrates to the community and our patients that together we are committed to supporting and delivering those needs." said Maria Aurora Diaz, Provena Mercy Medical Center Clinical Manager for the Center for Diabetic Wellness. "Since the inception of our program in 2005, Cosmopolitan Club has supported us by donating office equipment, increasing community awareness of our program services, establishing an endowment fund, hosting annual fundraisers and awarding grants for program needs. We look forward to continued partnership so that together we can live our mission out in the community."



Education Room

# Diabetes Incorporated - Rapid City, South Dakota



**Diabetes Incorporated provides a diabetes camp for families of children with diabetes, support groups, case management, scholarships and other diabetes-related services.** The diabetes family camp is held annually at Outlaw Ranch in the beautiful southern Black Hills over a four-day period.

**O**ur 2012 camp theme was "It's Out of This World," inspired by Rapid City Cosmopolitan Club sponsorship towards camp. Those living with Type 1 diabetes know how difficult it is to create a balance in everyday life; a perfect harmony between carbohydrates eaten, insulin injected, physical activity, stress, hormones, etc. The campers participate in educational sessions and outdoor recreational activities such as hiking and geo-caching. Several medical professionals volunteer their assistance and consultation for the camp duration. Camp is an excellent opportunity for fun activities, family learning about diabetes and networking with health professionals and other families.

Due to the generosity of the Rapid City Cosmopolitan Club and some assistance from the Cosmo Fund for Children and the Cosmopolitan Diabetes Foundation, we are able to offer camp FREE to every diabetic child attendee and one accompanying parent. Other family members pay at much reduced fees.

New in 2013 will be a Snowboarding Camp, which will again be heavily sponsored by the Rapid City Cosmopolitan Club and will inspire diabetic children to greater heights.

The Cosmopolitan Club has been instrumental in the growth of Kamp for Kids, helping to fund the ever-increasing number of attendees at camp and providing monetary support of the expansion of activities for the diabetic community.



# Canadian Program - University of Alberta



**T**wenty years ago, a handful of brilliant researchers eager to practice their innovative diabetes research methods, found themselves thoroughly discouraged due to the lack of available funding from existing organizations. Inspired by the motivation and dedication of these individuals, a few volunteers came together to raise sufficient capital and fund these pilot projects. Their mission was simple; raise money to fund world-leading research in search of a cure for the diabetes epidemic. The simplistic approach to fundraising was fueled by the passion of the altruistic team consisting of professionals, volunteers, and scientists, all determined to end the suffering of the 256 million people world wide inflicted with this disease.



Eventually, this effective collaboration of people evolved to what is now known as the Alberta Diabetes Foundation (ADF), a not-for-profit,

charitable organization dedicated to discovering a cure. Within twelve years of operation, the fruitful labours of the ADF have already seemed to have paid off.

In July of 2000, the procedure dubbed the Edmonton Protocol was hailed the most significant breakthrough in diabetes research since the discovery of insulin. Successfully performing several islet cell transplants has given substantial hope to not only diabetics in our city or province, but across the world.

In addition to perfecting the islet extraction methods, the Immunology teams are constantly monitoring the transplant recipients and striving to determine the discrepancies between experimental transplants. Their dedication and commitment to the longevity of their procedures is what will one day bring us towards a cure. The altruistic support of organizations, such as the Cosmopolitan Club, has aided in providing these talented researchers with the tools they need to succeed.



In addition to the equipment, studentships, and research projects, the Cosmopolitan Club was also able to directly contribute to the conception of the Alberta Diabetes Institute, with fundraising efforts such as Rock 'N August. The ADI

opened its doors in November of 2007 and became home to scientists, researchers and professionals, originating from six different faculties on campus, including Medicine and Dentistry, as well as Nutrition and Physical Education. This multi-disciplinary facility is what sets it apart from any other research institution, making it not only the preeminent diabetes research facility in Western Canada, but quite possible North America.

However, despite the vast potential of the building, it is the individuals who reside within the building that will bring us closer to a cure. Dr. Ray Rajotte is the man that has been working on this research for more than 35 years, initially working out of a bathroom, which served as his research station. It was his vision and perseverance that brought this cohesive group of individuals together under one roof.

***"Having everybody work together, especially the graduate students, rubbing elbows, and having coffee together, it is much easier for the exchange of ideas," said Rajotte. "Even though the nutritional group is just over there, having everyone working under one roof is very synergistic and very conducive for collaboration."***



As the former scientific director of the ADI, Dr. Rajotte is continuing his research on islet transplantation. The major focus of Dr. Rajotte's research is now trying to develop an unlimited source of islet tissue (using neonatal pig islets) and then to transplant these islets without continuous immunosuppression or possibly without anti-rejection drugs.

To ensure the success of the ADI in future years, it is critical to have students involved in the process by rewarding them with research grants and studentships. Despite being the leading diabetes research facility in all of Canada, the ADI serves as an invaluable opportunity to educate the next generation of the building's inhabitants.

The Cosmopolitan Club has aided with funding these young, bright individuals and ensuring the longevity of the organization. The altruistic and generous donations have paid for the state-of-the-art technology vital to these experimental procedures and the funding allows them to take place. The Cosmo Club has allowed the ADI to make the ambitious vision a reality, and without their ongoing support, the Alberta Diabetes Institute would not be in the position it is today. Their progress and forward-thinking organizational structure will continue to differentiate them from generic research facilities around the world and aid in projecting them into the national limelight.



**For more information - [www.afdr.ab.ca](http://www.afdr.ab.ca)**



# Cosmopolitan Industries LTD - Saskatoon, Saskatchewan, Canada

**C**osmopolitan Industries Ltd. was established in 1971 through the tireless work of the Saskatoon Cosmopolitan Clubs. Cosmo, as it is now called, grew out of a program aimed at providing local care for individuals with intellectual disabilities. The Cosmopolitan Clubs of Saskatoon have provided over \$400,000 over the years and continue to support this great community service.

Respecting the dignity and needs of each individual, Cosmo creates opportunities, provides support and challenges participants with intellectual disabilities to reach their full potential, enhancing their quality of life.

There is a lot of work being performed by our workforce. We have assembled golf clubs, which have been sold throughout North

America. Our workers also assemble packaging for a variety of businesses in Saskatoon.

Saskatoon's citizens know us for the paper recycling which we have done since 1975. We currently fill over 600 semi trailers with recycled paper and cardboard each year; approximately half of this is exported to the United States and the Orient. The participants see recycling as one of their contributions to the greater community.

What Cosmopolitans started, continues to flourish and provide needed care for our citizens with disabilities. Through the support of Cosmopolitans, our participants are productive members of society.



A community collection center with our bins for recycling paper



At a Saskatchewan Roughriders game



A study group in Life Skills Training



Taking pride in one's work

## Special Learning Center - Jefferson City, Missouri



**W**hether helping a child with cerebral palsy learn to walk, or giving a child who is deaf the gift of sign language, the Special Learning Center in Jefferson City, Missouri, is there to help expand the abilities of every child.

To meet the needs of the children in the program, the Special Learning Center provides comprehensive, early intervention services for children with developmental delays and disabilities. Children served in the Special Learning Center program have delays ranging from mild to severe. Children without delays also attend the Special Learning Center and serve as friends and role models to their peers.

In 2001, the Special Learning Center built a therapy wing and Kindergarten classroom with the monies donated from the Cosmopolitan Club's local Cosmo/Tom Henke Charity

Golf Classic. Over 17 years, the Cosmopolitan Club has donated over \$700,000. The monies are used to supplement general operations in order to provide services to the children of mid-Missouri.



# Cosmopolitan Diabetes Foundation

## “The Charitable Arm of Cosmopolitan International”

For many years, Cosmopolitan International (CI) recognized the need for a vehicle which would allow U.S. members to make tax deductible contributions to fund the charitable efforts of their clubs, their Federations and the International organization. Because CI was and still is recognized by the U.S. Internal Revenue Service as a 501(c)(4) organization, direct contributions to it do not qualify as tax deductions.

To provide a vehicle for tax deductible U.S. contributions, the foundation was incorporated on December 6, 1976 in Maryland, as the Cosmopolitan International Foundation, Inc. First contributions to the foundation were accepted at the CI International Convention in Norfolk, Virginia in July 1977. A permanent exempt status was granted in December 1979, and in April 1980, in order to emphasize CI's efforts to find a cure for diabetes, the name was changed to the Cosmopolitan Diabetes Foundation, Inc.

The Foundation today is managed by an independent Board of seven Cosmopolitan members, one elected by each of the six U.S. Federations and one by the CI Board.

Recognizing the benefits of an endowment fund, the Foundation adopted the concept of a Beacons Fund at the CI International Convention in 1979 held in San Antonio, Texas. The Beacons Fund was created to establish a permanent endowment intended to ensure the perpetuity of Cosmopolitan International. Income generated from Beacons Fund investments, not required for CDF operating expenses and the support of Cosmopolitan



International, are available to fund grant requests supporting the goals of Cosmopolitan International.

Today, Beacons represent a very special category of Cosmopolitan membership. Beacons are those Cosmos who have demonstrated a willingness to support the aims and objectives of Cosmopolitan International over and above that of just being a local club member. Beacons are those Cosmopolitans who are committed to our fight to cure diabetes.

Multiple levels of Beacon membership are available to members: Beacon - \$1000, Emerald Beacon - \$5000, Ruby Beacon - \$10,000 and Diamond Beacon - \$25,000.

Pledges can be made over a period of ten years: \$100 for Beacon, \$500 for Emerald, \$1000 for Ruby and \$2,500 for Diamond.

Contributions may be made several ways: to the Beacons Fund, to the Discovery Fund, to a Hands Across the Border (HAB) account or to a Donor Designated Fund. These contributions may be to a single fund or divided; i.e., 1/2 to the Beacons Fund and 1/2 to a Donor Designated Fund. Thus, several means are available to achieve full Beacon status.

The initial goal of the Beacons Fund was to create an endowment totaling \$1.0 Million. This goal was reached in 2006 and in spite of the recession of 2008-2009, the fund remains above the original goal today.

Today, the Beacons Fund generates income to support Cosmopolitan International operations and special projects, our various approved diabetes programs, as well as grant requests from numerous organizations involved in the treatment and care of both children and adults suffering from diabetes. Since its inception, the Fund, through 2012, has granted over \$552,000 to support the care, treatment and research to find a cure for diabetes. This total included nearly \$165,000 granted to the Cosmopolitan Diabetes Center at the University of Missouri – Columbia and \$66,000 granted to the Eastern Virginia Medical School Strelitz Diabetes Center, as well as to an international project (\$665,000) to support INGAP (Islet NeoGenesis Associated Protein) research at the Strelitz Center.

# Cosmopolitan Foundation of Canada, Inc.

**The Cosmopolitan Foundation of Canada, Inc., was founded in 1984; five years after the USA founded our first Foundation.** Because Canada is a free and sovereign country with its own laws, it is not possible for one financial Foundation to serve both countries as Cosmopolitan International does for our membership. However, we do follow the American example to some extent. Like the USA Foundation, we receive all of our funding from Cosmopolitan International members, and we depend on the same members for volunteers to operate the organization. Each Club elects one member to serve on the Foundation Board of Directors, and that group elects an Executive from their membership.



**W**e cannot legally involve the Foundation in any fundraising efforts in its own name; all funds must be donated by Cosmopolitan members, Clubs, or friends.

Like our American colleagues, the Canadian Foundation has various levels to encourage continuous contributing. We have Northern Beacons, Silver Beacons, Gold Beacons, and Platinum Beacons. To reach each Beacons level, a commitment of \$1000 is required. The commitment for each level can be paid in one lump sum or over a 10-year period. Each level requires the previous level to be completed before starting the next one.

The laws in Canada are also somewhat different than the laws in the USA in terms of how the funds are handled. In Canada, monies collected for diabetes research (or for any cause) must be spent on that work within a defined period. Approximately 90% of all funds collected must be properly dispersed within two years of issuing receipts for the donations.

As well, Canada provides universal health care for every citizen, so the needs are vastly different than those the USA deals with. Every Canadian receives free health care as a government service, including many prescriptions.

The result is that the Cosmopolitan Foundation of Canada, Inc. quickly spends every dollar it receives in donations; and it spends it on research into finding a cure for diabetes. No money is required for treatments or supplies as in the USA.

Over the years, the Cosmopolitan Foundation of Canada, Inc. has received and contributed approximately one million dollars from Canadian Cosmopolitans; a substantial sum for a small group of truly generous people.

In the early days, we joined the USA in funding the INGAP program which was being developed by McGill University in Montreal, PQ, in concert with the Eastern Virginia Medical School in Norfolk, VA. More recently, we have funded the

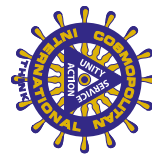
Edmonton Protocol and offshoots of that research program. We can proudly boast involvement with two of the world's most viable diabetes research programs.

When a cure for diabetes is finally found, it is very possible that at least one of these base technologies will be involved in the ultimate victory.



*We owe a huge vote of thanks for the generosity displayed by Canadian Cosmopolitans, both for their resources and their time. So far, with approximately \$1 million dollars received and contributed to diabetes research, we are looking forward to many more years of contributions through our Beacons program towards a final cure for diabetes.*

# Join Us In Our Fight!



**COSMOTOPICS**  
PO Box 4588  
Overland Park, KS 66204

# COSMOTOPICS

## Stand Out, Join Cosmos! Make Friends. Have Fun. Help Others.

Millions of people go through life without ever being asked to join a dynamic service club in which they make quality new friends and serve their communities, all while having FUN! We don't want that to happen to you. We invite you to share in service and fellowship and join us in enriching the lives of others through Unity, Service, and Action.

### Accomplish Great Things with Cosmopolitan

You'll enjoy developing new and lasting friendships and business contacts while you work in UNITY for the benefit of your community. Members of Cosmopolitan International contribute to their local communities and their International organization.

Known as The Club that Fights Diabetes, Cosmopolitan SERVICE focuses on preventing and curing diabetes, touching the lives of thousands of people—maybe even someone you know.

A cross-section of members from business and community life enables the Clubs to take ACTION, participating in a broad range of other community service projects, as well. You will value and utilize the personal leadership skills you will develop as a member of Cosmopolitan.

### Our Pride

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 through their community. We can boast that we raise the most money per capita than any other service organization. Our Clubs raise and then donate over \$950,000 annually to diabetic and community related causes.

### Join a Cosmopolitan Club Today or Start a New Club in Your Area

Anyone is welcome to attend a Club meeting, and why not bring a friend with you to the meeting! For a listing of our Clubs, visit our website at [www.cosmopolitan.org](http://www.cosmopolitan.org) and go to About Us, Federations & Clubs.

If you don't have a Club in your area, consider starting one with a group of friends or colleagues. All you need is 20 people to charter a Club. We also have an At-Large membership available for those people who do not have a Club in their area and aren't able to start one at the present time.

For more information about membership in Cosmopolitan International, call our Headquarters at 800.648.4331 or email us at [headquarters@cosmopolitan.org](mailto:headquarters@cosmopolitan.org).

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

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