

Things you should know!

(A Brief Introduction)

Begun in 1997 by the Northwest Lions Foundation, the LHSU travels throughout Washington and Northern Idaho to provide free health screenings for vision, hearing, glaucoma, diabetes and blood pressure. The specially-equipped unit is staffed by volunteers (usually Lions) and health professionals. The Foundation's goal is to speed early detection of health problems through screenings so corrective assessment and intervention steps can be taken immediately.

LHSU visits are scheduled by general area to reduce travel time and vehicle wear-and-tear. Lions Clubs and organizations sponsoring a visit are encouraged to work together to schedule screenings in and around similar areas to reduce travel and increase the likelihood of more requests being fulfilled throughout the year!

Cost

The daily fee of \$150 is applicable to all screenings or visits, whether school or public screenings, conventions, parades, etc. This fee is payable at the time of the visit and should be given to the driver, payable to "Northwest Lions Foundation."

Electrical Requirements

Minimum: Two separate plug-ins (120 volt, 20 amps).

There are ample cords to make the connections.

Generator: LHSU generator will be used when electrical hook-ups are not available.

Space Requirements

The LHSU is 66 feet long, 11 feet, 9 inches high, and 8 ½ feet wide.

Reserve sufficient room for placement and visibility.

Volunteers and Training

The Project Officer will recruit the appropriate number of volunteers, which may vary depending on the site (school or public). NLF will not recruit volunteers for Lions Clubs or organizations hosting LHSU screenings. Public screenings normally require a **minimum of six** volunteers per shift, and school screenings require a **minimum of five** volunteers per shift.

All volunteers must arrive 15 minutes prior to the scheduled opening to receive training from the LHSU Manager.

Local Sponsorships/Gifts A "We Need Your Help!" message. The Foundation encourages you to ask for in-kind support of the LHSU's visit. Gifts and/or sponsorships from area businesses will help offset the operational costs (more than \$150,000/year) of the LHSU. This may include hotel stays and/or meals within your community.



Jason Lee gets his hearing checked.

Record Year Statistics!

2015

The Basics:

176 screenings
34,000+ miles traveled
850 hours spent screening

People Screened:

32,668 children screened
2,100 adults screened
34,768 total

What, Where and How Many!?!

Test	Description	Number of Volunteers		
			School	Public
Diabetes	The diabetes screening test must be administered by one fully qualified volunteer (nurse, EMT, paramedic, phlebotomist, or a person qualified to draw blood). This test determines a person's risk for diabetes by drawing and testing a drop of blood for its blood sugar content.	1 per shift		X
Blood Pressure	Blood pressure is measured using an inflatable cuff and an automatic blood pressure machine.	1 per shift		X
Glaucoma	Testing for glaucoma is administered by a tonometer. A puff of air is blown into the eye to determine eye pressure.	1 per shift		X
Vision	Near- and farsighted vision is tested using a Snellen Chart. Farsighted vision is first tested. If a person completes this test perfectly, near sighted vision is tested using a pair of simple reading glasses at +1.25 or +2.00 and a Snellen Chart. A Macular Degeneration test may also be administered.	2 per shift (school); 1 per shift (public)	X	X
Hearing	Hearing ability is measured by computer operated audiometers in a sound-proof booth.	2 per shift (school); 1 per shift (public)	X	X
Registration	Directs visitors to the registration area, assist in the completion of required forms, and answers questions. In the case of school screenings this person is responsible for the flow of children into and out of the van. Registration takes place outside the LHSU to reduce noise and crowding. The area is covered. Two tables and four chairs are provided.	1 per shift	X	X
MINIMUM NUMBER OF VOLUNTEERS NEEDED PER SHIFT:			5	6
*NOTE: The number of shifts held per day is determined by the Project officer. Typical shift lengths range from 2-3 hours each.				

Northwest Lions Foundation
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Time sensitive material inside!

Contact Information:

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Marsha Rastatter, Lions Program Coordinator
LHSU Scheduler and Document Guru
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LHSU Calendar can be viewed at www.nlfoundation.org/lhsu/calendar.php.

All LHSU Forms downloadable at www.nlfoundation.org/lhsu/resources.php.



September 1, 2016

To the Lions of MD19 and Project Officers,

It's time to make your request for a 2017 Lions Health Screening Unit visit. The Quick Guide is back to provide the basic information needed to make the decision to host the LHSU in 2017. Please read this packet and request form directions thoroughly before making a request.

Here are several things to consider before making a request:

- **Do you have a Project Officer?** This is the point of contact for the Northwest Lions Foundation and the main organizer of the LHSU visitation.
- **Do you have adequate access to volunteers to staff the LHSU?** 6 per shift for public, 5 per shift for schools!
- **Do you have the club funds** to a LHSU visit or do you know of a group who is willing to sponsor the visit?
- **Can you adequately promote an LHSU free health screening?**
- **Do you have a potential location in mind** that will provide sufficient foot traffic and visibility?
- **Do you have any alternate screening dates?** Weekends in the summer and September through January (the start of the school year) are very competitive. It's a good idea to keep a few other dates in mind.

Please submit all requests no later than November 30, 2016. All applications will be treated equally if received on or before the deadline. Those received after November 30th will be considered if they fit into the schedule.

All groups will be notified of our approval or denial of your request throughout January. Approved requests will receive a written approval letter, Project Officer Resource Guide (if requested), and a Project Officer Information Form (POIF) to complete and return to the Foundation 60 days prior to your screening date.

Do not hesitate to contact me at **1-800-847-5786** or marshar@nlfoundation.org with any questions or concerns you may have.

Thank you for your interest in the Lions Health Screening Unit. I look forward to receiving your request.

Sincerely,



Marsha Rastatter
Lions Program Coordinator