

Key Leader

Mary Jean Sprague



We at New York District Key Leader are ecstatic to be offering two events this year!

The first event will be in April in the Hudson Valley area, at the beautiful Huguenot YMCA campgrounds in Huguenot, NY, on Friday April 25 through Sunday April 27.

The second event, and only second by days, is our long-running event at the inspiring Camp Stella Maris in Livonia, NY, on Friday, May 2 through Sunday May 4.

Students are welcome to come from any part of New York to these events!

Key Leader is a life changing leadership program for 14-18 year olds. We accept students for our program

regardless of where they fall academically in their class. We believe that everyone deserves a chance to grow, learn about themselves and reach beyond where they are today. Key Leader impacts the potential of these students by encouraging and supporting growth in personal integrity and community building. Every day you meet young people with promise and potential, and you can tell they would excel if given the opportunity. Key Leader is one of the best opportunities that Kiwanis offers. We reach out to students who are not necessarily in Key Clubs and give them a chance to lead. Key Leader is a unique and powerful opportunity for reaching out to these students and inspiring them to be more.

Please have students sign up early at www.Key-Leader.org.

Registration is \$200 inclusive of lodging, meals, snacks, materials and Lead Facilitator. Students returning to Key Leader interested in being a Student Facilitator should indicate that on their registration and answer

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a few simple questions. Student Facilitators register for \$115. Key Club Members register for \$175.

We do need event chaperones, who also need to register early as a background check is required a minimum of four weeks before the event.

Those interested in joining this leadership team and help inspire young people to excel should contact me at askmj@hvc.rr.com for a code to enter when registering. May your year be full of amazing opportunities, enriching experiences, inspiring moments and of course Key Leader!

Please don't hesitate to contact me with questions.

Pediatric Lyme Disease

DPG John Gridley



Centers for Disease Control (CDC): States that Lyme disease is tied to cardiac deaths.

Three young adults died suddenly in the past year of severe heart inflammation induced by Lyme disease, a cardiac manifestation that has surprised some medical investigations. One of those deaths occurred in New York, but not on Long Island, say federal scientists at the Centers for Disease Control and Prevention, who emphasized that sudden cardiac death is possible in young people infected by Lyme bacteria. Before these three Lyme related sudden deaths, only four cases had been reported in medical history.

Lyme disease was first discovered and described in 1976. Writing in an issue of the CDC's Morbidity and Mortality Weekly Report, a team of the agency's researchers noted their investigation began after the death of a young man whose car had careened off a road. Inexplicably, his heart had stopped. Equally puzzling was the unusual tissue pattern doctors found in his heart muscle upon autopsy. The man had suffered from carditis, an inflammation of the heart muscle. Further investigation revealed an invasion of his heart by the Lyme bacterium, the

source of the severe cardiac inflammation. As the team continued looking into Lyme-related carditis, it found two other young people, identified only as between the ages of 26 and 38, having also died of sudden cardiac arrest. The deaths occurred between November 2012 and July 2013.

Dr. Jorge Benach, a Lyme disease expert at Stony Brook School of Medicine, said the sudden deaths of people so young especially without underlying cardiac problems, is highly unusual. Yet, Lyme-related carditis is not an anomaly, he said. "We have known about Lyme related carditis since the beginning," Benach, a professor of molecular genetics and microbiology.

"About 8 to 10 percent of Lyme cases have carditis," Benach said. Nevertheless, sudden cardiac arrest has occurred among people who were infected by both the Lyme bacterium and the parasite that causes babesiosis, a malaria-like illness, which like Lyme, is transmitted by ticks. Although worrisome, the three sudden cardiac deaths do not suggest recent genetic mutations in the Lyme bacterium that make it more virulent, Benach said. CDC scientist said doctors and patients should be aware of Lyme carditis, which can cause heart palpitations, chest pain, lightheadedness, fainting, and shortness of breath. These symptoms occur in addition to the commonly recognized manifestations of Lyme disease, such as fever, rash and body aches.

Though Lyme related carditis is relatively rare, Benach said, his laboratory research shows that Lyme bacteria have an affinity for the heart. "When mice

were infected with the Lyme disease organism, it preferentially goes to the heart," Benach said. "Carditis is an invasion of the heart muscle by the organism and following this invasion, inflammatory cells move into the heart tissue."

CDC researchers, meanwhile, found that all three victims of sudden cardiac arrest lived in high incidence Lyme disease regions of the Northeast where Lyme has been on the rise in recent years. Long Island is part of an active Lyme belt, which stretches throughout the Eastern Seaboard. So as I have always said, if you know of a child who thinks that they have been bitten by a tick go to your doctor as soon as possible and get a blood test. If you know of someone who needs financial help with treatment or medication just give me or any member of the Lyme disease board a call. Thank you to all of our Kiwanis family members for your support of the Pediatric Lyme Disease Foundation, without it we could not do what we do.

At this time I would like to announce that the second level of the Brittany Fellowship Award is now available. It is called the Emerald Brittany and is available to only those who have already received the Brittany Fellowship Award. It is available at a cost of only \$250. If you are interested and would like to continue your support of the Pediatric Lyme Foundation just give Past First Lady Rose Marie Gridley a call and she will get it to you.