



## Community Services

Peter J. Owens

For the past many years I have had the assignment to chair the Community Service committee for the Governors. Each article I wrote relayed different ideas that I have; hoping they might work for your club. For this article, I am departing from normal routine. Since we have close to 300 clubs in the state and each of them provide a form of Community Service, I want you to FAX me and tell me what your club considers its "main" Community Service Project. I also want you to tell me which are the most successful in your club and neighborhood. Projects that may work upstate may not work downstate and vice versa.

I will gather your responses and pass them on in the next column I write. I am optimistic that I will receive some ingenious ideas, as well as some tried and true programs that may be 20 or 30 years old. Either way, I want you to tell me about your Community Services that I can share the information with Kiwanians in my next column. This will give all of our clubs a distinct advantage when I can say, "another club found this very successful and we should try it as well; there is a proven track record." Thanks in advance for your replies. My fax number is 516-294-1278.

New York District

Website

[www.kiwanis-ny.org](http://www.kiwanis-ny.org)

# Lyme Disease Foundation Pays \$5000 in Family Lyme Expenses



The Kiwanis Club of **EAST MEADOW**, Long Island South Central Division – At a recent meeting of the East Meadow club, Distinguished Past Governor John Gridley gave the Hagan family nearly \$5,000 to reimburse them for medical bills of son, Tom, who is suffering with lyme disease. These funds were dispensed from the charitable

*In the photo above, left to right: Rich Santer, President of the East Meadow Kiwanis club; SDPLG Thomas Gallagher; DPG John Gridley; Thomas Hagan; Tricia Hagan (his mom), and George Hagan (Tom's dad).*

Brittany Fund for Lyme Disease. The young man is the grandson of one of SDPLG Tom Gallagher's employees.



## Lyme Disease

John Gridley

### SYMPTOMS OF LYME DISEASE

#### Erythema Migrans:

Usually, the first symptom of Lyme disease is a red rash known as erythema migrans (EM). The telltale rash starts as a small red spot at the site of the tick bite. The spot expands over a period of days or weeks, forming a circular or oval-shaped rash. Sometimes the rash resembles a bull's eye, appearing as a red ring surrounding a clear area with a red center. The rash, which can range in size from that of a dime to the width of your back, appears within a few weeks of a tick bite and usually at the site of the bite. As infection spreads, rashes can appear at different sites on the body.

Erythema migrans is often accompanied by symptoms such as fever, headache, stiff neck, body aches, and fatigue. Although these flu-like symptoms may resemble those of common viral infections, Lyme disease symptoms tend to persist or may come and go.

#### Arthritis:

After several months of *B. burgdorferi* infection, slightly more than half of people not treated with antibiotics develop recurrent attacks of painful and swollen joints that last a few days to a few months. The arthritis can shift from one joint to another. The knee is most commonly affected. About 10 to 20 percent of untreated people will go on to develop chronic (long-lasting) arthritis.

#### Neurologic Symptoms:

Lyme disease also can affect your nervous system, causing symptoms such as, stiff neck and severe headache (meningitis), temporary paralysis of facial muscles (Bell's palsy), numbness, pain, or weakness in the limbs, and poor muscle movement. More subtle changes such as memory loss, difficulty concentrating, and a change in mood or sleep habits also have been associated with Lyme disease. Nervous system problems usually develop several weeks, months, or even years following an untreated infection. These symptoms often last for weeks or months and may return. Less commonly, untreated people may develop other problems weeks, months, or even years after infection. These include heart problems.

Fewer than 1 out of 10 people with Lyme disease develop heart problems, such as irregular heartbeat, which can start with dizziness or shortness of breath. These symptoms rarely last more than a few days or weeks. Such heart problems generally show up several weeks after infection. Less commonly, Lyme disease can result in eye inflammation, hepatitis (liver disease), and severe fatigue, although none of these problems is likely to appear without other Lyme disease symptoms being present.

Next Issue of the ESK - How Lyme Disease is Diagnosed.

# North Shore Key Club Shows Support for Club Lyme Victim



*The North Shore Key Club sponsored a fundraiser at North Shore High School for the Key Club District Project; Lyme Disease. A club member has just been newly diagnosed with this disease, and so they wanted to show support for a fellow Key Clubber. Pictured above right to left is the chairperson Eleni Efstathiadis with member Lexi Marshall preparing the candy canes that were sold at this event and \$200.00 raised from the sale.*

# Long Island North Sponsors Aktion Club

The Kiwanis Club of **NORTH SHORE**, Long Island North Division – is sponsoring a new youth service club called the Aktion Club. This is a very special club with the membership made up of adults with disabilities. Aktion Club members join hands and with the assistance of the Kiwanis Club together they make a difference to the community.

This club will be co-sponsored by the Glen Cove and East Norwich Kiwanis Clubs; a great K Family affair in deed. An Aktion Club is the only community-service club for adults with disabilities and allows its members to develop initiative and leadership skills while enabling their integration into society.

For more information about the North Shore Kiwanis Club, the website address is: [northshorekiwanis.com](http://northshorekiwanis.com).

*Pictured on right, left to right: Kiwanis President Julia Salat presenting a thank you certificate to the Aktion Club Advisor Diann Forquignon and two club members.*

