

Adrian VanKeuren Holiday Note & Introduction to Jake Broughton:

Hello, Lyme Alive members and Happy Holidays to all of you!

I hope this email finds all of you doing well and that you are doing your best to keep yourselves as healthy as possible. I hope that everyone has enjoyed the holiday season so far, and that you're each looking forward to the remainder of the upcoming holidays.

I do apologize that it has been so long since my last email communication – I've had many recent changes myself and have not been making Lyme Alive a priority in recent months. Since the support group requires and deserves a lot of attention and time, I am grateful to have recently received the help I've been seeking for several years. As those of you who are active in our online Facebook group know, recently, one of our members has stepped up as a co-administrator, posting new information as it comes up and doing his very best to engage the group conversation and discussion. I am immensely grateful to Jake Broughton for his recent role and help in keeping Lyme Alive going.

I am writing this email to you to officially hand over the reins of our support group to Jake. Jake has suffered from chronic lyme, co-infections, and other health issues for the last 8 or so years – and in that time, he has learned an incredible amount about those conditions, as well as health, general nutrition, and many other necessary topics. More importantly, Jake has also learned *how* to research. He is articulate, compassionate, emphatic, and incredibly smart. I trust him and the research he chooses to share with the group, implicitly. If you trust the answers I give when you've asked me questions, I suggest you trust Jake in the same manner; I know I certainly do. Please do not hesitate to reach out to him with your questions, concerns, and general support. The new email address we are asking you to use is [LymeAlive4u@gmail.com](mailto:LymeAlive4u@gmail.com). From this point forward, all Lyme Alive emails, newsletters, and communications will come from that email address, and we ask that you address all comments/questions/concerns to that email address as well.

This does not mean that I will not be available for help and support myself; I will remain accessible through email and by phone, as always. However, I do ask that you respect my desire to grow into new ventures and reach out more for personal reasons/support, instead of with your general lyme related questions – which Jake can easily answer for you. Both Jake and I will also be spending some of our time and energy supporting the non-profit LEAF (Lyme Education Awareness Foundation) program, as I have been doing the last couple of years. We invite you to follow them on social media and their website of [www.theleafprogram.org](http://www.theleafprogram.org).

Thank you for your understanding of these changes, and your support over the last 6 years that I've been at the helm of Lyme Alive. Together, we have grown from a group of 10 members to an email list over 125 strong and become one of the most active support groups on the east coast, attending numerous health fairs and outdoor events to advocate and educate about chronic lyme disease and co-infections, reaching north into Maryland and as far south as North Carolina. I am grateful to each one of you that I've met and had the opportunity to talk to and interact with – please know that you have helped me just as much as I've been privileged to be there for you on your lyme journey. Both Jake and I look forward to watching this group grow and continuing to help more people in the coming time.

In general news, virtual support group meetings will be resuming after the new year! Going forward, meetings will be the SECOND Saturday of the month, from 2-4pm, via Zoom. (Feel free to add this to your calendar as a

repeating monthly meeting NOW.) The login and passcode numbers will remain the same. January's meeting will include an introduction to Jake, and his plan of discussing the newly updated IDSA guidelines. We hope you will join us then!

Zoom login information

Meeting ID: 651 467 5110

Passcode: 535214

Take care, and as always – do not hesitate to reach out if you are in need of support. Warmest wishes to all of you for a joyous holiday season as well as you healing from lyme and company.

All of my love,

Adrian VanKeuren

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