



NEWSLETTER FOR THE EPILEPSY AND SEIZURE DISORDER RESOURCE CENTRE OF SOUTHEASTERN ONTARIO

Time for a name change! We would like to rename our newsletter from “Seize the Day” to ???
Please send us your suggestions!!

Epilepsy Kingston has a new name, new staff

As an organization, we are currently in a transition process, with a complement of new staff filled with enthusiasm to continue offering one-on-one support, advocacy, and information sharing. As well, over the next few months we will be developing some new and exciting programs. We will also continue to act as a community resource for epilepsy education and will be out in the community raising awareness of epilepsy and our organization.

In order to know where we want to go, it is important for us to know where we are now. Consequently, we are currently in the process of reviewing our client records. We will be contacting all of our clients over the coming months to ensure that we have up-to-date contact information and to gather input into what types of services and programs might be of interest.

The Epilepsy & Seizure Disorder Resource Centre would like to extend its

warmest thanks to everyone that has volunteered with our Resource Centre and assisted in raising awareness of epilepsy. Without the support of our volunteers we could not have been so successful to this day!

We are eager to hear your ideas about what services you would like to see offered by the Resource Centre. Please contact Susan Harrison at 613-542-6222 or susanharrison@epilepsyresource.org with any thoughts or suggestions!

Inside this issue:

Water Safety and First Aid	2
Epilepsy Quinte	3
Epilepsy Brockville	3
Donations & Memberships	3
Community Events, 2010	4
AGM and Open House	4
Board of Directors, Events	4

Introduction to Staff

Hanna Kitchingman

Good Day! My name is Hanna Kitchingman, and I am excited to join the team here at the Epilepsy and Seizure Disorder Resource Centre as Administrative Coordinator. My educational and professional background includes providing community and one-to-one support to youth within the Kingston area. As well, I will be able to provide the support and organization required on an administrative level with the skills and experience that I have gained in my professional and personal involvements. I am thrilled to have this opportunity to be here and to meet everyone. My contact here at the Resource Centre is hannakitchingman@epilepsyresource.org, I look forward to hearing from you in the near future!

Susan Harrison

Hello! My name is Susan Harrison, and I am thrilled to have started working at the Epilepsy and Seizure Disorder Resource Center as Client Service Co-ordinator. I'm excited to be joining the staff and volunteers at the Resource Centre in providing support, education, and advocacy for those affected by epilepsy. My background is in mental health counselling, and I have experience providing counselling services to assist people in coping with chronic medical conditions. I have a Master's degree in Counselling Psychology, and have both professional and personal experience with epilepsy. Please don't hesitate to contact me at (613) 542-6222, or susanharrison@epilepsyresource.org. I look forward to meeting you!

Lindsay Belch

Hello! My name is Lindsey Belch and I have been employed by the ESDRC Board of Directors to help us plan and move towards our bright and successful future.

I have been employed as the Executive Director of Girls Inc. Limestone since 1992, and am working with the Epilepsy & Seizure Disorder Resource Centre to assist in the development of client services, streamline the administration function, and position us to successfully obtain new funding to support our clients and the community now and in the years to come.

Although I do not work in the ESDRC office, please feel free to contact me any time at lindsaybelch@epilepsyresource.org.

New office hours in Kingston
The Epilepsy and Seizure Disorder Resource Centre is now open **Monday to Thursday 10am-4pm.**



Healthy Living Tips: Water Safety

Now that the warmer weather is arriving, it will soon be time to think about taking a refreshing dip in one of our many surrounding lakes, rivers, or pools. Swimming can be a safe and enjoyable activity for persons with epilepsy. Some safety guidelines are:

- Never swim alone; always swim with an experience swimmer.
- Check with your physician before swimming.
- Don't swim if you feel unwell or tired.



Although the water looks tempting, safety must always come first. Photo by Kim McFarlane

- Whenever possible, swim in a pool rather than in a river, lake or ocean.

- Inform lifeguards, camp counsellors or swimming instructors about your seizure disorder.
- Swim when the pool is not busy.
- Ensure that medication has been taken as prescribed.
- Wear an easily identifiable bathing cap or CSA approved flotation device. Don't dive unless you have been seizure-free for several years *and* your physician has approved your diving.

First Aid Procedures in Water

If a seizure occurs while a person is in the water, follow these procedures.

While in the water

- Turn the person face up.
- Support the face out of the water.
- Tilt head back to keep airway clear.

Get the person out of the water as soon as possible.

Once out of the water



- Place person on their side.
- Check to see if person is breathing.
- If the person is not breathing, **begin resuscitation promptly.**

Call an ambulance immediately. This is essential.

After the emergency

Ensure that the person has a medical check-up promptly. (Inhaling or swallowing water may cause medical problems.)

Originally published at www.epilepsyontario.org

Wanting to learn more?

Interested in learning more about Epilepsy?

The Epilepsy Association of Nova Scotia has posted an excellent and in-depth webcast on their website, titled "Strategies for the Management of Epilepsy in Adults".

You can view it at <http://epilepsyns.com/eans/webcast.html>

Introduction to Staff (continued from page 1)

Tony Ceretti
Outreach Coordinator,
Epilepsy Quinte

The Epilepsy and Seizure Disorder Resource Centre outreach office in Belleville serves the over 1500 people in Hastings-Prince Edward Counties that suffer from seizure disorders. Our aim is to be a source of strength for those affected by seizure disorders in the Quinte area.

We have had a busy 2011 so far, and are continuing to expand our client services. We have started to advertise and let our clients know that we will be starting a "Support Group Meeting" for the first time, in June or July (depending on the

number of clients). If you are interested in attending the support group, please contact us for information. It will take place at our Belleville office, which is located at 281 Front Street (Downtown). We hope that this program gives participants the opportunity to talk and turn to others that have gone through similar situations as them, in a group setting. We will also be gathering for Epilepsy Quinte's first ever Steering Committee meeting in June.

Epilepsy Quinte would sincerely like to thank all the volunteers that donated their personal time to come out and raise epilepsy awareness in 2010. From our "East Side Mario's Epilepsy Awareness Dinner" to the

"Pesky Penny Challenge" to doing the "Ramada Epilepsy Awareness Brunch" or the excellent "Glad Days Fundraiser", our wonderful volunteers helped to make our events successful in 2010. We also won't forget how great everyone was to come out over the Christmas holidays and help wrap presents for our "Epilepsy Awareness Canadian Tire Gift Wrap Fundraiser".

We hope to see everyone out again this year at our upcoming events and programs. Please stop in to see us at the office any Monday, Wednesday, or Thursday in Belleville from 9am-1pm, or contact us at quinte@epilepsyresource.org or (613)968-6942.

But what about the Brockville office?

We have recently been in the process of reviewing how best to use our resources to provide services to our clients and communities. After much consideration, we have closed our Brockville office. While this means that we no longer have a physical space in Leeds and Grenville, we are still very much present. Susan Harrison will continue to offer services to all individuals affected by epilepsy in Leeds & Grenville. She is available to meet with individuals at locations convenient to them. Simply contact her to arrange an appointment!

Donations and Memberships

Please send this form along with your cheque or credit card payment to:
Epilepsy and Seizure Disorder Resource Centre of South Eastern Ontario
100 Stuart Street
Kingston, ON
K7L 2V6

I would like to make a contribution to the Epilepsy and Seizure Disorder Resource Centre of South Eastern Ontario in the amount of:

\$25 \$40 \$50 \$75 \$100 Other _____

Method of payment: Cheque VISA Mastercard

Card number: _____ Expiry date: _____

Signature: _____

**Tax receipts provided for all donations*

I would like to purchase a _____ year membership in the amount of \$10/year to the Epilepsy and Seizure Disorder Resource Centre of South Eastern Ontario

Name: _____

Address: _____

City: _____ Province: _____ Postal Code: _____

Phone: _____ E-mail: _____

TIME FOR A NAME CHANGE! WE WOULD LIKE TO RENAME OUR NEWSLETTER FROM "SEIZE THE DAY" TO ???
PLEASE SEND US YOUR SUGGESTIONS!!

Let's work together to bring epilepsy "*out of the shadows*"!

Epilepsy and Seizure Disorder Resource
Centre of South Eastern Ontario
100 Stuart Street
Kingston, ON

Phone #:613-542-6222
Fax # 613-548-4162
Or toll free 1-866-EPILEPSY (374-5377)

Email: admin@epilepsyresource.org

Find us on Facebook!
We are pleased to have two
active and ever-expanding
Facebook pages.

Connect with us at Epilepsy
Kingston and Epilepsy Quinte.

Community Events Statistics 2010

People we have served
Kingston – 1062; Belleville – 997;
Napanee and Area - 90

Where we have been to raise aware-
ness and provide education:

Schools

Kingston

Lord Strathcona Public School

Belleville

Queen Elizabeth Public School

Quinte Secondary School

Hermon Public School

Bayside Secondary School

Businesses/Locations/organizations

Kingston Area

Boston Pizza

Brandees Restaurant

Frontenac Mall

Pampered Kitty Spa

Community Living Kingston

Ambassador Conference Resort

East Side Mario's

Belleville

Maze Mall

Quinte Mall

Kiwanis

Ramada Inn

Terrific Kids

Canadian Tire

Napanee and Area

Community Health Centre

Deseronto Public Library

Types of Events

Fundraising events

Epilepsy awareness events

School Education

Volunteer dinner

Volunteering at Community

Events

Conferences

Homework Club 2010

Participants – 35

Volunteers – 12

Annual General Meeting and Open House

The 2011 Annual General Meeting for the Epilepsy and Seizure Disorder Resource Centre of South Eastern Ontario was held on Thursday June 9th at 6pm at Kidd House, 100 Stuart Street. In addition to the AGM, the Epilepsy and Seizure Disorder Centre held an Open House simultaneously.

The Agency is seeking volunteers wishing to help out at events and on committees.

If you are interested, please contact the office at (613)542-6222.



Upcoming Events

AGM and Open House—June 9th, 6pm, Kidd House, 100 Stuart Street

Annual Glad Days—TBA

Quinte Support Group—TBA

Epilepsy Quinte Steering Committee Meeting—TBA

Outgoing Board of Directors

The Agency would like to thank the 2010-2011 Board of Directors for their work over the past year.

Board of Directors 2010-2011

President: Jim Docherty

Vice President: Jason Field

Secretary: Kim McFarlane

Treasurer: Valerie Robb

Directors at Large:

Elaine Cunningham-Lee

Peggy Davidson

Marie Warren

Maureen Scott Steinback



Epilepsy and Seizure Disorder Resource Centre
100 Stuart Street, Kingston ON
613.542.6222(phone); 613-548-4162 (fax); www.epilepsyresource.org
victoriafreeman@epilepsyresource.org

HELP EPILEPSY

August 17—21



Epilepsy and Seizure Disorder Resource Centre is selling Gladiolas to raise epilepsy awareness! The flowers are locally grown and all proceeds will support centre programs!

GET YOUR GLADS

- Individuals:* Find us around Kingston August 19-21!
Locations TBA on epilepsyresource.org
- Groups/Offices:* Get forms/sale instructions from epilepsyresource.org
When you buy 5 or more bunches, Glads are delivered to your office or workplace, Aug 17-18!

GLAD DAYS

Order online at epilepsyresource.org

or visit a sale location Aug 19-21

\$2 for 1 \$5 for a bunch of 3