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**PULL TOGETHER
FOR EPILEPSY
2014**

Pull Together for Epilepsy: Fire Truck Pull Sunday July 20th, 2014

The Epilepsy & Seizure Disorder Resource Centre is excited to host our **second annual Fire Truck Pull, Pull Together for Epilepsy** on Sunday July 20th, 2014! All profits from the event will be used for support, education and awareness for the over 3,000 people affected by epilepsy in Kingston and surrounding areas.

Date: Sunday, July 20th, 2014

Time: 11:30am-3:00pm
Registration: 11:30am-12:45pm
Competition starts at 1:00pm

Location: In front of Kingston City Hall (216 Ontario Street)

Teams of eight will compete in the following categories:

- The Overall Event Winner: combination of best pull time and most funds raised
- The Fastest Pull
- The Most Money Raised
- The Best Team Spirit

We hope that you will join us on July 20th! In addition to the fire truck pull competition, there will be several other activities, providing fun for the whole family.

Come out to help the Epilepsy Resource Centre pull epilepsy out of the shadows!

Please visit our website to check out our video of last year's Fire Truck Pull at www.epilepsyresource.org/pulltogether2014/



Pull Together for Epilepsy: Fire Truck Pull 2014

How to Get Involved:

1. Think you have what it takes to pull a fire truck? Enter a team!
2. This event would not be possible without the help and support of our volunteers! Volunteer to be part of Pull Together for Epilepsy 2014 today.
3. Show your support for a team by donating and cheering during the competition!

For the most recent event updates, please visit us on Facebook (<http://tinyurl.com/esdrfacebook>) and Twitter (<https://twitter.com/EpilepsyResourc>).

Team Registration

Interested in competing in the fire truck pull this year? Be sure to acknowledge our team requirements. To register a team, please visit www.epilepsyresource.org/pulltogether2014 or email pulltogether@epilepsyresource.org for more information.

Team requirements:

1. Must have **8 participants per team**.
2. Each participant must be **18+ years of age**.
3. On average, each member should raise **approximately \$100** to reach the suggested **team entry goal of \$800**.
4. Each team **MUST** have a team name and spirited theme!
5. Each participant must fill out a **waiver form**.
6. Each participant must bring their strength and energy the day of....to move the Fire Truck, of course!

How to Support a Team:

Online donation pages and team contact information can be found at www.epilepsyresource.org/pulltogether2014.

Volunteers

We are so grateful for our many volunteers who helped to ensure that last year's Fire Truck Pull was a success.

If you are interested in volunteering at **Pull Together for Epilepsy 2014**, please contact pulltogether@epilepsyresource.org or use the online form at www.epilepsyresource.org/pulltogether2014



Tariq and Karen ~
Two of our Amazing Volunteers from 2013

Thank You to Our 2014 Event Sponsors

We would like to thank our returning sponsors, K-Rock 105.7, Country 93.5 and Kiss 102.7, for their continued support. We look forward to welcoming representatives from these radio stations at the event!



Welcome To Our 2014 Special Events Coordinator

My name is Kaitlin Juraschka, and I am so excited to be the Special Events Coordinator for the Epilepsy Resource Centre this summer!

This summer, the Epilepsy Resource Centre is excited to host the second annual Fire Truck Pull! I am fortunate to be part of a wonderful staff, working to host an event that will increase epilepsy awareness in our community. As a Commerce student at Queen's University, I have experienced the supportive and engaging Kingston community first hand. Working together with the community, we are enthusiastic that we can surpass the success of last year's event.

2014 Purple Day Wrap Up

We had great success with our 2014 Purple Day campaign. This year we hosted several events and activities throughout the month of March to raise epilepsy awareness and promote epilepsy education in the communities we serve. Here are some of the highlights:

- **Purple Pucks for Epilepsy: An Event Hosted with the Kingston Frontenacs**

New this year, we connected with the Kingston Frontenac's OHL Hockey team. We were given a special block of tickets, for an evening to watch the Kingston Frontenacs play.

- **Purple Pancake Breakfast in Kingston and Gananoque**

We hosted our second annual Purple Pancake breakfasts in two locations to raise awareness of epilepsy. In spite of a sudden snowstorm, the breakfasts were a huge hit and community members were able to enjoy some yummy blueberry pancakes.

- **A Speaker Night Event in Brockville**

The evening prior to Purple Day, we hosted a special Speaker Night presentation on the topic of Living Well with Epilepsy: Stories and Strategies. This event was hosted to provide families and individuals the opportunity to come out and meet other families living with epilepsy.

- **Purple Day In Schools**

On Purple Day itself we engaged multiple local schools in holding Purple Day events. We provided each school with displays, information, and Purple Day materials so that they could host Purple Day activities. Students wore purple to show their support, and several schools also hosted a school presentation to inform their students about Purple Day and epilepsy. Over 4000 students were exposed to Purple Day in their schools this year in our area.

We would like to thank our 2014 Purple Day Sponsors:

- ~ Eisai
- ~ Costco in Kingston
- ~ St Lawrence EMC
- ~Tim Hortons in Gananoque
- ~ 99.9 MyFm
- ~Metro in Kingston and Gananoque
- ~ Mega Dollar in Gananoque



We also thank our incredible Purple Day Committee for the time and effort they volunteered to ensure that our Purple Day activities were a success!



Epilepsy Ontario Blog ~ Huffington Post

Epilepsy Ontario is pleased to announce the creation of their new online blog with the Huffington Post. This monthly column is an exciting opportunity to change the way the general public thinks and talks about epilepsy.

You can check out their June column with Mark McAllister, Journalist with Global News at <http://huff.to/1keVfcu>.

Exercise, Children and Seizure Reduction

OBI - EPLink Research Project

A new study from EpLink, led by Dr. Gabriel Ronen, asks the question, "can exercise reduce seizures in children with epilepsy?"

Ronen, a researcher from McMaster University, hypothesizes that children with epilepsy who get regular exercise will have fewer seizures than those who do not get regular exercise. The study is monitoring a group of children with epilepsy who are involved in a walking program and comparing their seizure numbers to children with epilepsy who are not participating in regular exercise.

Existing studies indicate that people who exercise regularly show enhanced scores on perception when their cognition is tested, with improvements in concentration, verbal abilities, reading skills and arithmetic. Studies also show increased exercise is particularly beneficial to children in primary and middle school. Research also indicates that increased exercise can decrease the impact of conditions such as depression and anxiety, both of which are known to contribute to seizures in some people with epilepsy.

As part of the ongoing study, about 70 children and youths aged eight to 15 are participating in a walking program hosted at McMaster Children's Hospital and Children's Hospital of Eastern Ontario. Participants walk with pedometers to measure the distance walked on an ongoing basis for six months, with seizures charted. For the next six months the children are monitored to see if there are sustained benefits.

Ronen and his team are trying to determine if exercise in children can change genetic functioning in the brain through a phenomenon called epigenetics. Through epigenetics, gene expressions can be manipulated, changing their function. There are existing studies suggesting increased physical activity in adults may improve medical and psychosocial aspects, but there are no such studies in children.

"It seems that exercise may up-regulate certain gene expressions that improve certain brain factors," Ronen tells Voices of Epilepsy. "We believe that exercise may have an epigenetic effect that certain positive brain substances increase and some of the deleterious effects on the brain decrease."

Epilepsy Ontario ~ Voices of Epilepsy Article ~ May 2, 2014

Thank You From the Epilepsy Resource Centre!

The Epilepsy and Seizure Disorder Resource Centre would like to extend a warm and heartfelt thank you to two of our supporters who are moving on to new adventures.

We would like to thank **Kim McFarlane**, who has been an integral part of the leadership of our organization over the past seven years, through her role as a member of our Board of Directors. We extend our sincere thank you for all of the hard work and dedication that she has shown to our local epilepsy community.

We would also like to take the time to thank **Farwah Iqbal**, who has been superb in her dedication to our organization. Farwah has assisted with our Purple Day events over the past couple of years, and was our Queen's work study student in the 2013/2014 school year, while also being President of the Queen's Epilepsy Society. We wish Farwah all the best with her upcoming studies at the University of Toronto.



Epilepsy Service Dogs

Seizure Response Dogs

Dogs can be loyal companions, and are commonly known to assist people with visual impairments, but were you aware that dogs can also be trained to assist people with epilepsy? A seizure response dog's calm demeanor and safety training can give people with epilepsy the confidence to live independently.

A common misconception about seizure response dogs is that they are trained to detect oncoming seizures. This is not true, as the trainers for these dogs cannot teach the dog to detect seizures, although some dogs do seem to develop this intuition. Instead, they teach the dogs how to protect the person having a seizure, such as by helping them to avoid injury when wandering. This can be immensely reassuring for people who avoid activities because they fear having a seizure in public.

Service dogs can help by keeping their handlers safe during and after a seizure. For this reason, some trainers prefer to call these dogs seizure assist dogs.



Some common tasks that trainers can teach the dog include:

- Staying close to the person with epilepsy to prevent injury
- Fetching medication or a telephone
- Alerting a caretaker
- Activating an emergency call system (e.g. pushing a Lifeline button)
- "Blocking" a wandering person from walking into dangerous areas

For more information please visit the Epilepsy Ontario website at epilepsyontario.org/service-dogs

Young Adult Epilepsy Summit

Washington, D.C. ~ July 25th to 27th, 2014



Young adults between the ages of 21 and 29 years old who live in the United States, Canada, Haiti or the Caribbean are invited to submit an application for the Young Adult Epilepsy Summit which will take place from July 25th to July 27th, 2014.

The Epilepsy Foundation and the North American Region International Bureau for Epilepsy (IBE) are seeking epilepsy champions for a three-day leadership summit. During the summit, young adults will gather to network, share epilepsy experiences and brainstorm ideas for a regional epilepsy project.

To be considered, all applicants must submit a complete application packet which includes:

- Application (Personal Information Form)
- Resume and CV
- Personal Statement (1 page Maximum)
- Have a valid passport
- Ability to travel to the USA
- Health Insurance

Please note that the application deadline is Friday June 20th, 2014 at 5pm. Successful candidates will be notified via email on June 25th, 2014. All participants who are chosen to attend the Summit will have their travel, accommodation and meal expenses related to the Summit paid for by the Summit organizers.

To download the application form please visit the Epilepsy Resource Centre's website at www.epilepsyresource.org. For more information about the North American Region International Bureau for Epilepsy (IBE) please visit their website at www.ibe-epilepsy.org/committees/regional/north-america/

Did You Know? Fire Truck Pull 2013 Stats

- Last year was the first annual Epilepsy and Seizure Disorder Resource Centre Pull Together for Epilepsy Fire Truck Pull
- The Fire Truck Pull was held on Sunday July 21, 2013 on Ontario Street in front of Kingston City Hall - The Epilepsy Resource Centre shut down the street for the event.
- There were 9 teams entered into the Pull with each team consisting of 8 team members.
- The fire truck used for the event was a pumper truck that measured 31 feet in length
- Approximately 300 people came out to support the event
- Winners of the 2013 event
 - The Fastest Pull - Crème Glacee
 - Most Funds Raised - Gananoque Fire Department
 - Most Spirited Team - Girls Inc. Women
 - Overall Event Winner - Kingston Fire Dragons

THE EPILEPSY AND SEIZURE DISORDER RESOURCE CENTRE

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Donations

Please send this information form along with your cheque or cash donation to:
Epilepsy and Seizure Disorder Resource Centre of South Eastern Ontario

100 Stuart Street

Kingston, Ontario, K7L 2V6

Phone: (613) 542-6222 ~ Fax: (613) 548-4162

Payment Method: Cheque Cash
Amount: \$25 \$50 \$75 \$100 Other: _____

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Signature: _____ Date of Donation: _____

You can also donate to the Epilepsy and Seizure Disorder Resource Centre online using a credit card. Please visit our website, www.epilepsyresource.org and click on the CanadaHelps.org logo.

**Tax Receipts are provided for all donations*

Email Address: _____

**Please make all cheques payable to the Epilepsy & Seizure Disorder Resource Centre*