

THE EPILEPSY  AND SEIZURE
DISORDER RESOURCE CENTRE
OF SOUTH EASTERN ONTARIO

100 Stuart Street, Kingston Ontario K7L2V6 ~ Phone: (613)542-6222 ~ Fax: (613) 548-4162
admin@epilepsyresource.org ~ www.epilepsyresource.org

Parent Support Group

Being a parent can bring joy and its share of challenges, but when your child has epilepsy, you confront many unique challenges and decisions as a parent. Questions arise: What do I tell my daughter's teacher about her epilepsy? How can I keep my son safe yet still allow him the independence he needs? If my teen with epilepsy starts consuming alcohol, will that increase her seizures?

The Epilepsy Resource Centre will be starting a new parent support group this fall that will provide parents and guardians of children and youth with epilepsy a chance to come together to share their experiences and learn from each other.

Our first meeting will be Wednesday, November 21st at 7pm, at our office, 100 Stuart Street in Kingston. At this time we will be discussing dates and times that work best for group members to attend.

If you are interested in this support group, please contact our office for further details at (613) 542-6222 or by email at admin@epilepsyresource.org. Child care will be available upon request.

We look forward to meeting with you in our safe and friendly environment.

2012 United Way Campaign

Change Starts Here!



The 2012 Campaigns for the Kingston, Frontenac, Lennox & Addington United Way, and Leeds and Grenville United Way kicked off on September 11 and 12, 2012. Fall is the time of year when our community comes together in support of United Ways, which raise critical funds for more than 100 local community organizations and programs.

We are a proud member agency of both the KFL&A and Leeds & Grenville United Ways, and without their support, our organization would not exist. Please support your local United Way and all the programs and services they enable organizations such as ours to provide.

For more information regarding the United Way Campaigns, please contact them at:

KFL&A United Way: www.unitedwaykfla.ca, (613) 542-2674

Leeds & Grenville United Way: www.uwleedsgrenville.org, (613) 342-8889

Learn More about Epilepsy at our Speaker Nights

Whether you are an individual living with epilepsy, care for someone with epilepsy, or are a member of the community who wants to know more, our new series of Speaker Nights will offer you great information and discussion about epilepsy.

Our next Speaker Night will be held on Tuesday, November 27, 2012 at 7pm at Queen's University Bracken Health Sciences Library. Dr. Spiller, an epileptologist at Kingston General Hospital, will speak on the topic of treatment options for epilepsy. If you are interested in attending this event, please RSVP at (613) 542-6222 or by email at admin@epilepsyresource.org.

We will be hosting more Speaker Nights in the new year, including a repeat of Dr. MacDonald's presentation titled, "What is Epilepsy?", to be held in Brockville. Other topics will include strategies for living well with epilepsy, and government assistance options.

For information on dates and times please watch for details on our website, www.epilepsyresource.org or contact our office directly at (613) 542-6222.

GLAD Days Wrap Up

GLAD Days was a wonderful success this year! We are very excited to announce that a grand total of \$5000 was raised! We are so happy that we reached our goal and surpassed last year by over one thousand dollars. We were also able to get out into the Brockville, Gananoque, Amherstview and Kingston communities which raised great awareness. Thank you to our dedicated staff for all their hard work, to all our volunteers and especially to all those who purchased gladiola flowers this year! The flowers were absolutely beautiful thanks to Green Acres.

We would also like to say a big thank you to our sponsors who really helped make this event so successful. Thank you to our on-site venues (Loblaw's, Metro, Valumart, Food Basics, Foodland, St. Mary's Hospital, Kingston General Hospital, and Rideaucrest), to the Royal Canadian Legion and the Ontario Public Service Employees Union for their generous donations, McMahon's Flower shop for the beautiful vases, Tim Hortons for the delicious treats for our volunteers, Queen's Hospitality Services and Sodexo for the cooler space, Digigraphics for printing the beautiful posters and banner and to Discount for the rental cargo vans.

Thank you again for helping us raise funds to assist the Resource Centre in continuing to provide support to those affected by epilepsy, while raising epilepsy awareness in the community.



Kalla Tonus-Burman our Special Events Student selling Glads

Call for Purple Day Committee Volunteers

Thanksgiving is over, the leaves are falling, and there is a crispness in the air, so March must be just around the corner! The Epilepsy Resource Centre is looking for volunteers to assist with our 2013 Purple Day Awareness Campaign, which will take place next March. We are looking for eager people who are interested in planning and preparing for Purple Day events and helping bring epilepsy awareness to the community and surrounding areas.

Purple Day is an international grassroots effort dedicated to increasing awareness about epilepsy worldwide. On March 26th annually, people in countries around the world are invited to wear purple and host events in support of epilepsy awareness. For more information on Purple Day and its history, please visit www.purpleday.org. Our first Purple Day Committee Meeting will be held on Tuesday November 13, 2012 at our office at 100 Stuart Street Kingston.

If you are interested in becoming a Purple Day volunteer, please contact Hanna Kitchingman at our office, (613) 542-6222 or by email at hannakitchingman@epilepsyresource.org.

Facebook Change Over:

This is just a reminder that our new Facebook page, The Epilepsy and Seizure Disorder Resource Centre is up and running and that we are transitioning from our old Facebook page, Epilepsy Kingston, to our new page. If you haven't already "Liked" our new Facebook page, we encourage you to do so soon so that you are able to stay in contact with us and get all of our updated information and news about events that our happening in your communities.

To "Like" us on Facebook, please log into your Facebook profile and search for 'Epilepsy and Seizure Disorder Resource Centre'.

If you have any questions, please feel free to contact staff, (613) 542-6222 or by email at admin@epilepsyresource.org.



Queen's Epilepsy Society



We would like to extend a warm welcome to Kingston's newest organization dedicated to raising epilepsy awareness. Mary Tao, a long-standing volunteer at the Epilepsy Resource Centre, and a Queen's University student, has launched the Queen's Epilepsy Society. Mary has worked tirelessly and passionately to create this new club, and we congratulate her for her success. We look forward to supporting this new club as its members work to improve epilepsy awareness in the student community. Below is an introduction to the club:

Hi everyone, my name is Mary Tao and I am the Founder and President of the Queen's Epilepsy Society. It is a club opened to students interested in learning about, promoting awareness of, and seeking support for epilepsy. The main objective of Queen's Epilepsy Society (QES) is to bring epilepsy out of the shadows both on campus and in the local community. Our second goal is to provide support and assistance to members of the Queen's community who are suffering from this neurological disorder and/or are personally affected by it. Lastly, we hope to hold fundraising events to raise funding for epilepsy-focused research initiatives as well as agencies who aim to serve individuals with epilepsy within the community.

2012-2013 Education Awareness Goal

How much do you know about epilepsy? You may have heard of the condition in passing, but how much do you really know? Do you know what epilepsy is? Do you know someone with epilepsy? Is there a student in your school, grade or classroom with epilepsy? Do you know what to do if this individual has a seizure?

For some individuals, having epilepsy will require few changes to their lifestyles, but for others their lives might change significantly.

The Epilepsy and Seizure Disorder Resource Centre is proud to announce that for the 2012-2013 school year we will be focusing our efforts on epilepsy education and awareness in schools, classrooms, and to the community at large. We want to bring epilepsy out of the shadows and into the community through epilepsy education. We want individuals to know and understand what epilepsy is, the different types of seizures and what to do if someone has a seizure, whether at school or in the community.

If you would like to learn more about our education presentations or you would like us to come speak to your school, classroom or organization, please contact our office at (613) 542-6222 or email us at marytao@epilepsyresource.org.

Interested in Your Child's Language and Literacy Skills?

The Language and Cognition Lab at Trent University in Oshawa is looking for children who have epilepsy to participate in a project that investigates the relation between language and literacy skills in school aged children. Children will be asked to complete a series of activities and games that measure problem solving, reading, and language skills. All activities are interesting and stimulating to children.

Eligibility:

- Child must be between the ages of 7 and 13
- Child must be diagnosed with epilepsy
- Parents must provide a brief medical history for their child
- Be available to participate in the project at Queen's University in Kingston, or Trent University in Oshawa

All parents will receive a summary of their child's performance on all standardized tests and all information is kept confidential.

If you and your child are interested in participating in this project please contact the Epilepsy Resource Centre for more information, or contact Trent University through Katharine Bailey, Language and Literacy Study Project Coordinator, Trent University in Oshawa. Telephone: (905) 435-5102 ext.5035 ~ Email: katharinebail@trentu.ca

Welcome to Our New Education Coordinator: Mary Tao

Hi everyone! My name is Mary Tao and I am finishing up my last year of studies at Queen's University in the Honours Life Science and X-Ray Technology program. I have been involved with the Epilepsy Resource Centre for four years now. In the past, my roles have included the Special Events Coordinator for GLAD Days, Homework Club Volunteer and Supervisor, Fundraising Coordinator and Purple Day Committee Member. It feels really good to continue my involvement with the agency as the Education Coordinator for this academic year. I am extremely excited to be given this opportunity as it allows me to act as a direct advocate for epilepsy and to help spread awareness about this condition. I especially look forward to speaking with the young members of our community. I believe that children are the future of tomorrow and by helping them gain a better understanding of this disorder, we are one step closer in bringing epilepsy out of the shadows!

Homework Club



The Epilepsy & Seizure Disorder Resource Centre is starting our annual Homework Club for children, youth, and their siblings who are affected by epilepsy or seizure disorders.

The Homework Club is a free tutoring program that offers assistance in all subject areas to students at both the elementary and secondary school levels. The Homework Club will run weekly on **Wednesdays** from **4pm to 6pm** at our office at 100 Stuart Street next to Kingston General Hospital.

For more information or to register for the Homework Club, please contact Hanna Kitchingman at our office by phone at (613) 542-6222 or by email at hannakitchingman@epilepsyresource.org.

Epilepsy in the Classroom: Information for Students and Teachers

Teachers play an important role in the physical, emotional and academic well-being of their students. This is the same, if not more important, for a student with epilepsy. It is vital that when assisting a student with epilepsy, educators have a good understanding of what epilepsy is and how to work best with the student and their family for the safety and well-being of the student.

People with epilepsy have the same range of intelligence as their peers; however, students with epilepsy do have a slightly higher rate of difficulty in school and learning problems. These difficulties may be influenced by several factors, including:

- Interference with concentration and memory due to side effects associated with certain types of seizure medications
- Anxiety or insecurities over the possibility of having a seizure in class or the lack of independence in the classroom
- Misunderstanding from teachers and fellow students. Teachers and peers may have incorrect views of epilepsy and may feel the student has less potential
- Absenteeism due to appointments, health, treatment and medication
- Interruptions in learning or memory could be affected by certain types of seizures

Concerns regarding any of these school-related issues should be discussed amongst the student, family, school personnel, and/or student's physician. Or, please take the time to contact our office for more information.

How Teachers Can Help

- At the beginning of each school year the teacher should meet with the student with epilepsy and his or her parents/guardians to discuss academic and social impacts that the student may face. The teacher should also have knowledge of the types of seizures the student has and appropriate seizure first aid, the student's medication, allergies and other relevant medical information
- Keep the lines of communication open with the parent/guardians of the student to optimize the intellectual and emotional well-being of the student. Also discuss confidentiality and how information is shared with other students
- Offer support (emotionally and academically) to both the student with epilepsy and his or her family. A diagnosis of epilepsy may result in a student experiencing a range of emotions including low self-esteem, anxiety, anger or a feeling of powerlessness. As well, there is an increased chance of depression, which may be caused from medication
- Educate other students and faculty about epilepsy

Educational Presentations: We offer school presentations for both teachers and students of all grades and ages. To access this service, please contact our office at (613) 542-6222 or by email at hannakitchingman@epilepsyresource.org.

Call for New Board Members

The Epilepsy and Seizure Disorder Resource Centre is looking for new members to join our Board of Directors. If you are interested in volunteering on our board and would like more information, please contact Susan Harrison by phone at (613) 542-6222 or by email at susanharrison@epilepsyresource.org.

Did You Know?

- ◆ Before 400 B.C. people believed epilepsy was a curse that afflicted people with a gift of prophecy.
- ◆ The ketogenic diet (a diet very high in fat and very low in carbs typically used with children with hard-to-treat epilepsy) was created in the 1920s and is one of the oldest treatments for epilepsy that is still used today
- ◆ Many famous classical writers had epilepsy, including
 - Sir Walter Scott
 - Edgar Allen Poe
 - Percy Bysshe Shelley
 - Lewis Carol
 - Charles Dickens

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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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*