



# epilepsy south eastern ontario

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## Purple Day 2016 A Month of Epilepsy Awareness

### Kingston Frontenacs Epilepsy Game Night

When: Saturday, March 12<sup>th</sup>, 2016

Time: 7pm

Location: K-Rock Centre, 1 Tragically Hip Way, Kingston Ontario

We are excited to be teaming up with the Kingston Frontenacs for an **epilepsy awareness** event. We are selling tickets at reduced prices for the game, and hope to have a sea of **purple-clad** fans cheering as the Frontenacs take on Ottawa. Contact our office to purchase your tickets or to sell to your friends, family or co-workers. Tickets \$15 with \$3 going to Epilepsy South Eastern Ontario.

**Purple Pucks** signed by Frontenacs players will be available for purchase at the game.

## GROUP NIGHT

AT A KINGSTON FRONTENACS GAME

SATURDAY, MARCH 12, 2016 AT 7PM VS OTTAWA 67'S



vs



epilepsy  
south eastern  
ontario



## TICKETS

\$15 EACH WITH \$3 GOING  
BACK TO EPILEPSY SOUTH EASTERN ONTARIO

Ontario  
Trillium Foundation



Fondation Trillium  
de l'Ontario

An agency of the Government of Ontario.  
Un organisme du gouvernement de l'Ontario.

# VOLUNTEERS NEEDED FOR GAME NIGHT!





# Purple Day 2016

## Celebrate Purple Day All Month Long!



- Purple Day was founded in 2008, by nine-year-old Cassidy Megan of Nova Scotia, Canada. Motivated by her own struggles with epilepsy, Cassidy's goal is to get people talking about epilepsy in an effort to dispel myths and inform those with seizures that they are not alone.
- Cassidy chose the colour purple after the international colour for epilepsy, lavender. The lavender flower is also often associated with solitude, which is representative of the feelings of isolation many people affected by epilepsy and seizure disorders often feel.
- Cassidy's goal is for people with epilepsy everywhere to know they are not alone.
- On June 26th, 2012, the Purple Day Act received Royal Assent, establishing March 26th as a legally recognized day for epilepsy awareness in Canada.



For more information about Purple Day please visit, [www.purleday.org](http://www.purleday.org)

### Become a Purple Day Ambassador

How can you show your support during the month of March for the approximately 1 in 100 living with epilepsy? Here's a few ideas:

- \* Hold a **purple** cupcake bake sale, dress down day, purple pancake breakfast or other fund raiser in support of Epilepsy South Eastern Ontario.
- \* Join our **#purplenation** social media campaign on Facebook or Twitter. Send us your pics or tag us in pics of you showing your support.
- \* Build a **purple** snowman.
- \* Request a presentation for your team, organization, classroom or school.
- \* Paint your nails, colour your hair, wear **purple** on Purple Day.
- \* Purchase an **Ambassador Kit** full of swag to share and promote epilepsy awareness.

### Purple Day Ambassador Kits– Pick Yours Up Today!

Each kit includes: Pencils, pens, purple ribbons, purple bracelets, Purple Day posters, Purple Day tattoos, Purple Day information, agency brochures.

Bronze	<b>\$15</b>	Suitable for up to 10 people
Silver	<b>\$20</b>	Suitable for up to 15 people
Gold	<b>\$35</b>	Suitable for up to 25 people
Platinum	<b>\$75+</b> (Price negotiable depending on quantity required)	Suitable for up to 50+ people

# What's Your Story?



As part of our epilepsy awareness campaign for **Purple Month** we are seeking those willing to share their story. Personal stories can be very impactful when it comes to community awareness of epilepsy and its effect on the lives of those living with the disease.

Personal stories will be used on our website, and in the media to draw attention to the importance of Purple Day and the services we offer.

Written, or short video submissions are welcome! If you would like some help in telling your story you are welcome to talk with a staff member who can record your words in written or video form.

We are appealing to you, the epilepsy community, to help us “bring epilepsy out of the shadows”.

Please contact Debra Swan at [dswan@epilepsyresource.org](mailto:dswan@epilepsyresource.org) or 613-542-6222 for more information.



## Joanna's Story

I was diagnosed with epilepsy in February of 2009, after two years of undefined episodes, which I now understand were a type of seizure, and two tonic clonic seizures. When I first received the diagnosis, I had difficulty understanding what had happened, what this meant, and what it would change about myself. This is because epilepsy is a condition that is not discussed by many.

I have been told by many over the years that I am “**epileptic**”, or that the first thing they think about me is my diagnosis. Because of this, it took many years to become comfortable with sharing my diagnosis with others, out of **fear of judgement or rejection**. I now appreciate the fact that I do have epilepsy and that it has helped to shape my own identity; but I also know that one does not have to be defined solely by their condition.

Over the past 6 years, I made the decision to try a combination of medications, and eventually neurosurgeries. One thing I learned over this process was a need to care for myself and put my health as a priority.

Being involved in the Grade 5 “Thinking About Epilepsy” program, as well as acting as a peer mentor through the Epilepsy South Eastern Ontario has been a privilege. **It is wonderful to be surrounded by those who understand and share an interest in seizures and seizure disorders**, as well as sharing information with those around us.

When volunteering with the presentations that are conducted in Grade 5 classrooms, it has been delightful to see so many children opening their eyes to something that, in my opinion, everyone should know. It is valuable to be discussing the stigmas and misunderstandings that still exist about epilepsy.

It is **so important to get the word out** about this agency, as it will help to raise awareness not only about epilepsy, but also about the support and services they offer. The resources offered allow those in the community who have friends or family who have been diagnosed – or who have been personally affected – to learn more, meet those who have similar experiences, and much more. I wish I had known about the support and services that Epilepsy South Eastern Ontario offered throughout my journey with epilepsy, from diagnosis to surgery. Even though I had a great support system of friends and family, I know that having a connection with the organization would have made the transition easier. That is why it is so important to spread the word about epilepsy and Epilepsy South Eastern Ontario; otherwise, those who could benefit most from their services may not receive them.

**Epilepsy does not define who I am**, but after eight medications and two surgeries, **it has helped to shape the ways in which I interact** with the world. I love the opportunity of being able to spread the word and support people around me.

*Joanna Hearn, 3rd year Queen's University Student*

# Orientation Night

For New Staff, Placement Students and Volunteers

When: Thursday, February 25th, 2016  
6:30pm

Where: Epilepsy South Eastern Ontario  
100 Stuart Street, Kingston

Orientation is **mandatory** for all new staff, students and volunteers who have not yet attended a session. If you would like to volunteer, please join us!



Light snacks and refreshments will be served.  
RSVP to Debra at [dswan@epilepsyresource.org](mailto:dswan@epilepsyresource.org)  
or 613-542-6222

## Support Group for Those Affected by Epilepsy All are Welcome!

Our support group for those affected by epilepsy continues to meet the last Wednesday of every month from 6:30pm-8pm at the Ongwanada Resource Centre, 191 Portsmouth Ave, Kingston.

**New members are always welcome!**

For more information please contact Melanie Seaward, Client Services Coordinator at 613-542-6222 or [mseaward@epilepsyresouce.org](mailto:mseaward@epilepsyresouce.org).



**Epilepsy Support Group Meeting**

## We Are Moving!

At the end of March 2016 we will bid a fond farewell to our long-time home, Kidd House, 100 Stuart Street. With lack of parking and accessibility becoming more and more of a problem, it's time for our organization to make a move to a location that serves our clients better.

Located on the third floor of **920 Princess Street** our new office is accessible by elevator and has more than enough free parking. Within walking distance of the Kingston Centre and a bus stop near by, we hope our new location will encourage more of you to stop by to say hello.



### Our New Address

As of March 31st, 2016

**Epilepsy South Eastern  
Ontario**

**920 Princess Street**

**3rd Floor**

**Kingston, ON**

**K7L 1H1**

**613-542-6222**



**PULL TOGETHER  
FOR EPILEPSY**

**It's Back!**

**Save the Date!**

**Our 4<sup>rd</sup> annual Pull Together for Epilepsy: Fire Truck Pull will be held  
on**

**Sunday July 17<sup>th</sup>, 2016**

**Kingston, Ontario**

***Start building your team of 8 now!***

# Yoga Fundraiser

Join yoga instructor **Dallas Delahunt** from Studio 330 for a fundraising yoga class benefitting Epilepsy South Eastern Ontario.

Saturday, April 2nd, 2016  
2pm  
Studio 330  
330 Princess Street, Kingston



<http://studio330.ca/#bios>

## Poster Contest for Students Epilepsy Awareness Posters

Epilepsy South Eastern Ontario has opened a brand new contest for students that have experienced the *Thinking About Epilepsy* presentation in their classroom. Students are encouraged to design an epilepsy awareness poster based on what they learned about epilepsy.

Each month we will choose a winning design and award at \$10 Chapters/Indigo gift card.

The cost to enter is \$1 and posters can be produced with materials of the students' choice. All entries should be dropped off or mailed to:



Epilepsy South Eastern Ontario,  
100 Stuart St.  
Kingston, ON K7L 2V6

For more information, please contact Claire Notman, Education Coordinator at 613-542-6222 or [cnotman@epilepsyresource.org](mailto:cnotman@epilepsyresource.org).

# Ways to Donate

Your donation to *Epilepsy South Eastern Ontario* will help transform the lives of people who struggle to live well with epilepsy. No matter how small or how large, any donation is greatly appreciated. On behalf of everyone who will benefit from your kindness and generosity, thank you for your support.

**By Mail:** Please mail your cheque or money order to:

Epilepsy South Eastern Ontario  
100 Stuart St.  
Kingston, Ontario

## Canada Helps

Secure donations can be made to *Epilepsy South Eastern Ontario* online at **Canada Helps**, by accessing the link below. An instant tax receipt from CanadaHelps.org will be emailed to you.

Click to donate here: <https://goo.gl/FoOppg>



## Donate A Car Canada

**Donate A Car Canada** accepts Vehicle Donations for *Epilepsy South Eastern Ontario* from anywhere in Canada. **Donate A Car** provides free towing in many areas across Canada, or you can drop off your vehicle to maximize your donation. When you donate your RV, boat, motorcycle or other vehicle through **Donate A Car Canada**, it will either be recycled or sold at auction depending on its condition, age and location. **Donate A Car Canada** will look after all the details to make it easy for your Charity to benefit. After your Vehicle Donation is complete, *Epilepsy South Eastern Ontario* will send you a tax receipt within 45 days!



Click to donate here: <https://goo.gl/Y5KAlu>

## Shoppers Drug Mart Optimum Points

Donate your **Shoppers Drug Mart Optimum Points** to *Epilepsy South Eastern Ontario*!



Click to donate here: <https://goo.gl/jr3tw>