

Seize the Day

T H E E P I L E P S Y & S E I Z U R E D I S O R D E R
R E S O U R C E C E N T R E

**SPECIAL
POINTS OF
INTEREST:**

- The Epilepsy Resource Centre Celebrates 25 Years
- Support Services Now Available in Quinte
- Purple Day—March 26
- Upcoming Events

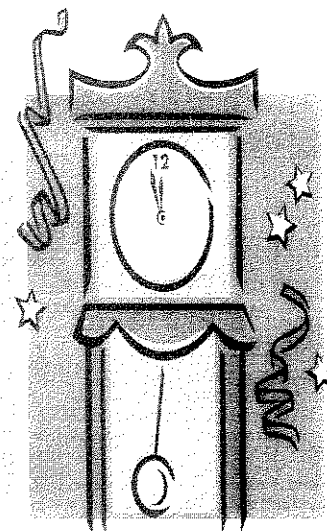
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HAPPY NEW YEAR!

Wow...where did 2009 go?

The Epilepsy & Seizure Disorder Resource Centre has made numerous changes in our services to serve you better. Look inside for more information on these changes and how they will affect you.



Coming up...What is in store for 2010? Check out our events update inside, and remember all of our events are posted on our website www.epilepsyresource.org.

2010 is going to be an exciting year!

**MARCH IS EPILEPSY AWARENESS
MONTH**

Watch for us in your area!

Throughout the month of March the team at the Epilepsy Resource Centre will be out in the community raising awareness about epilepsy.

We can also come to your business or community agency and provide an in-service presentation to your group. To schedule your presentation please contact your local office today!

Our newsletter is also available online at www.epilepsyresource.org.

A NOTE FROM OUR PRESIDENT
KIM MCFARLANE

Happy New Year everyone! I trust that you and your family had a safe and happy holiday.

2009 was a busy year for Epilepsy Kingston. First and foremost, our name was changed to the Epilepsy and Seizure Disorder Resource Centre so to be inclusive of Kingston, Frontenac, Lennox and Addington, Leeds-Grenville, Prince Edward, and now the Quinte area. While our staff and new Board have been plugging along, there is still work to be done. In 2009, we saw some of the same events such as Glad Days, Starry Night, a music event at Brandees in March, and Wrapping Up the Holidays, there were some new events as well such as Purple Day, Purses for Purple, Art Contest/Auction in Leeds-Grenville, and a Reading of the Christmas Carol also in Leeds-Grenville.

Looking ahead into the New Year, we hope to continue many of these events as well as some new ones. Furthermore, Kingston will be the host for 2010 CEA Conference in October. More information will be available as the conference draws nearer.

I wish all the best to you and your family in 2010.



BOARD OF DIRECTORS & STAFF

Board of Directors:

Kim McFarlane ~ President
Nadine Carson ~ Vice-President
Francis Tan ~ Treasurer
Nick Carde ~ Secretary
Dr. E. Athen Macdonald
Elaine Cunningham-Lee
Jason Field
Marie Warren
Stefanie Young
Ex-Officio ~ Dr. Allison Spiller

Kingston Office:

Kimberly Neill ~ Executive Director
Angie Smith ~ Education/Client Service Coordinator
Mary Tao ~ Fundraising Coordinator
Carmen Carson ~ Administration
Homework Club Coordinators:
Noelyn Selvanayagam
Victoria Malden

Brockville Office:

Paula Muir ~ Education/Client Service Coordinator
Lynne Hicks ~ Administration

Quinte Office:

Tony Ceretti ~ Outreach Coordinator

HELLO FROM OUR EXECUTIVE DIRECTOR KIMBERLY NEILL



Welcome to 2010...and boy are we glad to see it...They are so many exciting things happening this year to our agency...

First and foremost...Happy 25th Anniversary!!!!!!

Although the official launch of the agency back in 1985 was not until November, we have a great series of programming leading up to the 25th Anniversary Gala we are planning to celebrate in collaboration with our AGM in June 2010. As you will read further, the staff in all areas are planning some wonderful events and fundraisers to raise the awareness of Epilepsy & Seizure Disorders through out our communities, as well as recognizing the many people over the past years that made this organization what is...

October 2010, Kingston will be the site for the annual CEA/CLAE/CERI joint meetings, which brings together all the national epilepsy organizations, as well as the medical, and research groups from Canada and the US. We here in the office are very excited to host this event, and will have more information as we draw closer to conference. Please feel free to contact the office if you wish to help with the planning of this wonderful opportunity.

We want to extend a great big hello and welcome to Tony Ceretti, our new Outreach Support Coordinator in Quinte-Prince Edward County. Tony came on board in January and is already going full tilt in his region...We are happy also to welcome Lynne Hicks who is working in our Brockville office with Paula. Lynne brings an abundance of enthusiasm to our agency and is great counterpart for the staff.

We also are happy to have back the entire group of Queen's University Students who help with our Homework Club and Fundraising events. We look forward to working with them over the next few months. In addition, of course, what can I say about all of the wonderful volunteers and members who continue to support our efforts.

Finally yet importantly...if you have surfed our website, called our office, or emailed lately, you will have noticed our name change...Since our agency has expanded over the past few years, we were looking for a name that would encompass these changes...our new name is -The Epilepsy & Seizure Disorder Resource Centre of South Eastern Ontario or simply, Epilepsy Resource Centre. Much thanks to the wonderful group at the Queen's Law Society who helped us with all the changes, which will come into affect April 2010.

ANNUAL GENERAL MEETING

The Epilepsy Resource Centre is seeking volunteers for our Board of Directors.

Our Annual General Meeting will be held in June. At this time our Board of Directors for the 2010-2011 term will be voted on.

Meetings occur monthly throughout September to June. If you are interested in being part of the Board, please contact Kim Neill, Executive Director, for further details, ed@epilepsyresource.org, 613-542-6222.

THE EPILEPSY RESOURCE CENTRE CELEBRATES 25 YEARS

2010 marks our 25th year of service to the communities of Kingston, Frontenac, Lennox & Addington!

Epilepsy Kingston was founded in 1985 by Katherine Manley. The organization was developed when Katherine's daughter, Jessica, was diagnosed with epilepsy. Katherine and her family sought out resources to assist them with the diagnosis; however none existed in KFL&A. So Katherine opened an office to provide support and education to those with or affected by epilepsy.

The office began in the attic of the Kidd House located at 100 Stuart Street. It later moved to the basement of the same building before its final move in April of 2009 to the second floor. The organization has grown to a full staff of 7 supporting Kingston, Frontenac, Lennox & Addington, Leeds, Grenville, and now the Quinte region. We now also have support available in outreach offices in Napanee, Northbrook, Sharbot Lake, Picton, and Portland.

There are currently over 1700 people with epilepsy in KFL&A, and over 4200 people with epilepsy who live in our entire service area (KFL&A, Leeds & Grenville, Quinte, Hastings & Prince Edward).

Over the years, the Association has evolved into an organization providing numerous and diverse programs and services, which are detailed below:

- * Free puppet presentations in schools and at community events that educate children about epilepsy in an entertaining manner;
- * Free specialized in-service presentations about epilepsy to schools, businesses, and other community agencies;
- * Website, print and video information about epilepsy, including a free lending library;
- * Newsletter, for members, published 3 times each year;
- * No cost advisory sessions on epilepsy-related problems for people who have or are affected by epilepsy, with referrals to other supporting agencies as required;
- * No cost one-on-one advocacy services for people with epilepsy experiencing discrimination or other issues;
- * Annual recognition of volunteers, and ongoing volunteer recruitment and screening.

Throughout the year, numerous events are planned to promote our Anniversary, which will be detailed in each bi-monthly edition of our newsletter, and on our website. Stay tuned!



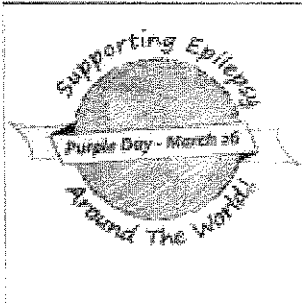
C O N D O L E N C E S

The Epilepsy & Seizure Disorder Resource Centre sends our condolences to the family of Anna Allum.

Anna volunteered for the Epilepsy Resource Centre for many years. Whether on the Board of Directors, selling Gladiolas in August for GLAD Days, or assisting with various other events or activities, Anna was always eager to contribute her time to the organization.

She will be truly missed!

PURPLE DAY - MARCH 26



Cassidy Megan created the idea of Purple Day in 2008 at the age of 8! Motivated by her own struggles with epilepsy, her goal is to get people talking about epilepsy in an effort to dispel myths and inform those with seizures that they are not alone.

Last year communities from across the world hosted various events and luminary displays to celebrate the day and assist Cassidy in raising awareness about epilepsy. Purple Day was proclaimed in City's and in the Parliament. And...many people wore purple to show their support.

So how can you get involved and help Cassidy with her goal?

- Wear purple on March 26th for Purple Day and encourage others to do the same.
- Hold a Purple Day awareness party or fundraising event on or before March 26th.
- Name Friday, March 26 your "Casual Friday" with everyone wearing purple at your workplace.
- Become a Purple Day Ambassador.
- Check out the Purple Day website to find out what others, across the globe, are doing.

www.purpleday.org

The Epilepsy Resource Centre has a team working on Purple Day activities.

- Queen's University and Loyalist College students are assisting in raising awareness by hosting awareness displays or events.
- Quinte MP Darryl Kramp will be wearing purple and encouraging his colleagues to join him.
- Area schools have been invited to participate in a Bunny Hop event.
- Our Kingston and Brockville offices will be participating in Celebrity Server events at local Boston Pizza Restaurants on March 24th.
- And many more activities are in the works!

Contact your local office to find out what is planned in your area and how you can get involved in these activities.



"I want people to know that if you have epilepsy, you aren't alone."

- Cassidy Megan, Age 8
 Founder of Purple Day for epilepsy awareness

Please wear purple to show your support and spread the word about EPILEPSY!



EPILEPSY



EPILEPSY

On March 26, 2009, spread awareness about epilepsy by wearing purple to school, work or play! To get real facts about epilepsy visit: www.purpleday.org

"A cure may be found tomorrow, but someone needs your help today."

U P C O M I N G E V E N T S

Kingston Area:

March 6, 2010

Tim Mavety Tribute

Brandees Restaurant & Lounge

2p.m. - 2a.m.

Come out and enjoy some of our local talent who volunteer their time and talent each year to this event.



March 24, 2010

Celebrity Server Event

Boston Pizza—Gardiners Rd.

5p.m.—8p.m.

10% of all proceeds from sales during these three hours goes to Epilepsy Kingston. Come out for dinner and assist in raising funds to provide support for those in the community with, or affected by, epilepsy.

March 26, 2010

Purple Day

Help in raising awareness about epilepsy and assist in bringing epilepsy out of the shadows. Don purple on March 26 or participate in a Purple Day activity in your area. Interested in hosting an event? Contact us to learn how.

May 2010

Mother's Day Tea

June 2010

Annual General Meeting & 25th Celebration

August 2010

GLAD Days

Golf Tournament

October 2010

Canadian Epilepsy Alliance, Canadian League Against Epilepsy, and Canadian Epilepsy Research Initiative Conference

December 2010

Poinsettia Sales

Wrapping Up the Holidays for Epilepsy

B I N G O ! ! !

Come one, come all and call Bingo!

Get together with your friends for a night of Bingo in support of epilepsy. What a fun way to enjoy time with your friends and show your support.

Bingos are held at the Community Spirit Bingo Hall, 900 Montreal Street at 6p.m. on the following days:

February 24,

March 3, March 24,

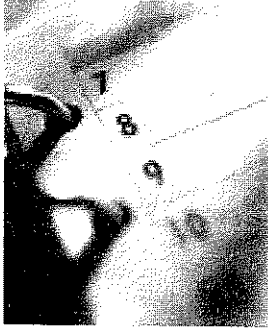
April 28,

May 5, May 26,

June 2, and June 9.

U P C O M I N G E V E N T S

Brockville Area:



March 2, 2010

Epilepsy Awareness Month Kick-Off—1000 Islands Mall

March 19, 2010

Doodle Day

March 24, 2010

Celebrity Server Event—Boston Pizza

5p.m.—8p.m.

10% of all proceeds from sales during these three hours goes to Epilepsy Kingston. Come out for dinner and assist in raising funds to provide support for those in the community with, or affected by, epilepsy.

March 26, 2010

Purple Day

Wear purple on March 26; participate in a Purple Day activity in your area; or host your own Purple Day event. Contact us to learn how.

Bunny Hop in Area Schools

May 2010

Purses for Purple

Mother's Day Tea

August 2010—GLAD Days

December 2010

Reading of A Christmas Carol

Poinsettia Sales

Wrapping Up the Holidays for Epilepsy

Quinte, Hastings, Prince Edward Area:

March 26, 2010

Purple Day

Join our local MP Darryl Kramp, in wearing purple March 26 to assist in raising awareness about epilepsy.

April 2010—Walk for Epilepsy

May 2010—Mother's Day Tea

July 2010—Wine Tour

August 2010—GLAD Days

December 2010

Poinsettia Sales

Wrapping Up the Holidays for Epilepsy

WHAT HAPPENED IN 2009 IN KFL&A FUNDRAISING COMMITTEE

It is hard to believe that we are now in 2010, where does the time go?

In March Brandees Restaurant & Lounge and Absolutely Music was again partnered with us for the annual Tim Mavety Tribute.

We participated in the national Purple Day campaign held on March 26. This year we are encouraging everyone to get involved in some way. To find out more see the Purple Day article.

At the end of March we awarded some of our volunteers who have been with the agency for many years or businesses who have been strong supporters of the agency with "Lavender Light" awards at our annual Starry Night event.



In April we moved our office from the basement of the Kidd house located at 100 Stuart Street, to the 2nd floor of the building. During United Way's Day of Caring in June volunteers came in and painted one of our offices for us making the room even more warm and welcoming.

Our Annual General Meeting was held in June. At this time we bid farewell to some of our Board Members and have welcomed some new Members to the group.

August brought our GLAD Days campaign which once again greatly supported by area businesses and the community. Thank-you!

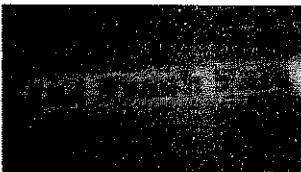
We wrapped up the year with our "Wrapping Up the Holidays For Epilepsy". Many individuals assisted by offering their gift wrapping skills at various locations throughout the area.

So...with all of this happening in 2009 what could we possibly add to this for 2010? Lots!

You will still see many of our annual events, however many of these may have some exciting changes.

We look forward to these changes in 2010 and hope that you will enjoy them!

YOUTH INITIATIVE



End Trash Talk!

A website has been launched for youth with epilepsy to share their stories or hear the stories of others who have epilepsy. Along with the website was a media campaign with newspaper editorials and commercials on many channels frequently viewed by youth.

Check out the website at www.endtrashtalk.com and watch for the commercials during your favourite programs!

BROCKVILLE OUTREACHPAULA MUIR...ED/CS COORDINATOR & LYNNE
HICKS...ADMINISTRATION

Hello from the Epilepsy & Seizure Disorder Resource Center, Brockville and Area Office!

I would personally like to welcome Lynne Hicks to our team in Brockville. Lynne will be in our office on a part time basis, providing administrative support for the office as well as our clients.

Our office participated in a variety of initiatives this fall. Everything from volunteer fairs, senior's expos, information lunches hosted by a variety of our partners from the United Way as well as other community based groups.

We presented a second season of our "Purses for Purple" fundraiser at the end of August. Timing wasn't great, as we needed to have the event before the United Way's kick off, the participation and monies raised were not as high as our spring event; but having said that we were still successful in raising some money and the word is spreading that this is The Epilepsy Association's event. We are looking to make some changes to our spring "Purses for Purple" so stay tuned!!

In December our office presented a dramatic reading of Charles Dickens "A Christmas Carol". We worked with a group of very talented high schools students who enthusiastically welcomed our idea and made the presentation in local elementary schools the week before the Christmas holidays. The reading was a huge success and thoroughly enjoyed by the students and staff. Although our major purpose of this event was to open some doors into the schools and raise awareness for our association, we were grateful to the generosity of the schools who all made donations to the association. Next year we hope to move the reading of "A Christmas Carol" to the next level. We have high hopes that this will be an annual event that we will host year after year.

2010 is sure to be a successful and exciting year. Our plans in the Brockville office are plenty, but we are certainly up for the challenge and are looking forward to working with our community partners to further emphasize the resources, materials and services that we have available for the communities of Leeds, Grenville and Dundas.

QUINTE OUTREACH
TONY CERETTI, OUTREACH
COORDINATOR

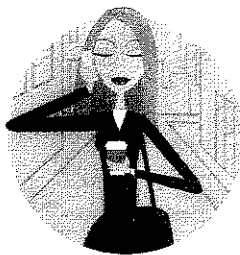
We are excited to announce that the Epilepsy Resource Centre of South Eastern Ontario will be expanding into Hastings County this January with a new branch located in Belleville. The Belleville branch, which will be open 8 days a month, will provide much-needed support, education, and counseling for those living with Epilepsy in Hastings County.

Those seeking assistance are encouraged to call the Belleville office to set up an appointment at (613)921-9925 or 1-866-EPILEPSY or you may Email quinte@epilepsyresource.org and we will book a meeting at your earliest possible convenience.



I look forward to meeting with you!!

KINGSTON OFFICE
ANGIE SMITH-ED/CD COORDINATOR



Many exciting things have been happening at our office! 2009 was a busy year for the organization.

Throughout the year I had visited a number of schools and community groups providing presentations and raising awareness about epilepsy.

I attended the Epilepsy Ontario conference in September, learning about the new initiatives other organizations are taking and about the Neurological Health Charities.

It was a great opportunity to meet others from across Ontario and share ideas and insight.

I have been a regular member of the Kingston and Area Administrators of Volunteers, attending the monthly meetings that they offer with various guest speakers providing presentations on an array of topics and issues affecting non-profit organizations.

The Homework Club is once again up and running for the term and growing quickly! Every Saturday morning at the Epilepsy Resource Centre office, from 9a.m.—12p.m., students receive assistance in all subjects and at all grade levels in a comfortable and friendly classroom setting. The group, which has doubled in size with 12 students and 9 Queen's University tutors, also receives beneficial study skills through our Learning Strategies sessions.

In the past the Epilepsy Resource Centre has offered support groups. We are looking at putting a new swing on this idea and are seeking input from our members. Starting in April we would like to host a Coffee/Tea Group. This would be a social event at our office to allow the opportunity to share stories regarding issues they are facing and to have questions answered. We look forward to providing an inviting atmosphere to share your thoughts...and a good cup of coffee!

We are also working on putting together a series of information series on topics of interest to those with or affected by epilepsy. Some ideas are: medications, depression/mental health, discussions with neurologists, and the Ontario Disability Support Program.

If you are interested in participating in any of these groups or sessions, or would like more information, please feel free to contact me.

I am looking forward to 2010 and all the challenges, and opportunities in store!

E D U C A T I O N S E R V I C E S
W H E R E W E ' V E B E E N I N 2 0 0 9

Thank you to all of the schools and community organizations who have invited Epilepsy Kingston in to provide an in-service presentation to your group. You are assisting in raising awareness and bringing epilepsy out of the shadows!

SCHOOLS:

Ecole Catholique Cathedrale, Kingston
Loyola Education Centre, Kingston
Q.E.C.V.I., Kingston
Centennial Public School, Kingston
Ecole Secondaire Publique Mille-Iles, Kingston
St. Mary Catholic High School, Brockville

South Grenville District High School,
Brockville
BCI High School, Brockville
Breadner Elementary School, Trenton
Queen Elizabeth Public School, Belleville
Madoc Township Public School, Madoc

COMMUNITY ORGANIZATIONS:

Seniors Association Kingston Region
CFB Kingston
Rotary Club, Brockville
Deseronto Interagency Group
Community Service Network, Belleville

B E C O M E A M E M B E R !

The Epilepsy & Seizure Disorder Resource Centre is always looking for community members who support the Mission of our agency.
 If you would like to become a member or need to renew your membership, please use the form below:

Membership Categories:

General Member	\$10.00	___
Additional Member (at same address)	\$ 5.00	___
Associate Member	\$10.00	___
Youth Member	\$ 5.00	___

To be a voting member you must:

- Be 18 years of age
- Support the goals of The Epilepsy & Seizure Disorder Resource Centre
- Reside in our area
- Pay the membership fee (as listed above)

Name: _____ **Phone:** _____

Address: _____

Email: _____

My membership has been paid by:
 CASH ___ CHEQUE ___ (payable to Epilepsy Association)

Please send form along with payment to:
 The Epilepsy and Seizure Disorder Resource Centre
 Regional Office:
 100 Stuart St.
 Kingston, ON
 K7L 2V6



WE'RE ON THE WEB!
WWW.EPILEPSYRESOURCE.ORG



**The Epilepsy & Seizure Disorder
Resource Centre**

Regional Office:
100 Stuart St.
Kingston, ON
K7L 2V6

Phone: 613-542-6222
Fax: 613-548-4162

**Working to bring epilepsy out of the shadows
and into the light of understanding!**

The Epilepsy and Seizure Disorder Resource Centre is a non-profit charitable organization dedicated to improving the quality of life for people with epilepsy in our community.

Our mission is to provide support and advocacy services for those affected by epilepsy and to be a community resource for epilepsy education

T H A N K Y O U

The Epilepsy and Seizure Disorder Resource Centre would like to thank all of our volunteers who contributed their time and talents to our Wrapping Up the Holidays for Epilepsy gift wrapping event. It was a lot of fun and a great success!

Thank you to Canadian Tire Cataraqui, Canadian Tire Division Street, Canadian Tire Belleville, and the 1000 Islands Mall in Brockville for supporting our event and allowing us to offer this service at your location.

And thank you to everyone that had gifts wrapped or stopped to share stories and holiday greetings with us!

THANK YOU