

300,000 CANADIANS HAVE EPILEPSY AND ARE COMING OUT OF THE SHADOWS



Edmonton Epilepsy Association
The Epilepsy Association of Northern Alberta

EEA Focus on Epilepsy Monthly Newsletter



Volume 4 | July-August 2020 | Focus on Epilepsy

Gary Sampley Tribute Video!

During, Gary's last week with the EEA, we were pleased to have him reminisce with us about his life and his time at the EEA. Gary has worked and advocated tirelessly for people living with epilepsy and we welcome this opportunity to honour him and his wife Sharon.

Gary's video is located on the EEA Vimeo channel. From now on, we will be using Vimeo for viewing videos produced by the EEA. Click [on the link to access the video online](#) or go to the EEA website to access

this tribute to Gary.

Celebrating
Gary Sampley's
Retirement

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2020 EEA Scholarships

...and much more!

Message from the EEA Board President



Summer has finally arrived!

I hope you have been enjoying the fresh air and some fun outdoor activities. The gardens at the EEA office are doing well and many of

our members are starting to enjoy the 'fruits of their labour'. I hope your summer hobby is bringing you a great amount of enjoyment, too.

As many businesses re-open their doors, we are opening the EEA office for pre-booked appointments. Please call the office in advance to schedule a time that will work best for you. Social distancing requirements will be followed, and masks will be worn to help everyone stay healthy. Our member activities, usually held at the office, are still currently on hold but we will be reaching out to each of you in the weeks to come. We want to learn more about how we can support you and your family. Don't be shy when we call, we want to hear your ideas as we look at creative ways to offer support virtually.

We are also looking for talented individuals to help us with a number of activities so, if you have the time and the skills please contact the office to discuss how you can help. Volunteer opportunities are posted on our website and outlined in the newsletter.

Be sure to check out the member activity calendar enclosed in the newsletter this month. I am looking forward to seeing you at a future virtual member activity!

Stay safe everyone,

Colleen Matrichuk



If you would like to visit the EEA Office, please call to set up an appointment. Due to Covid-19, we are accepting up to two people at one time by appointment only. You can still call to come and enjoy our beautiful yard on a gorgeous summer day! Please do call us if you have any questions or just want to chat.

Monthly Activities

Monthly activities have been modified for the summer months.

- **Individual Phone Sessions** with Dr. Sunny Kim over the phone are on hold for the months of July/August. They will resume in September.
- **The Collective Garden** began in May. Planting times have been staggered to maintain physical distancing.
- The EEA will be holding an **online garage sale** in August 2020.
- We will run our very **first online 50/50 raffle** fundraising in August 2020. Read more on page 13.

From My Desk

It has been almost three months in this new role, and every day is filled with new learning opportunities, great ways to connect with every member, listen to your experiences, provide support when possible, and suggest strategies and ways to cope with life challenges.



Our office is finally open again, and it has been terrific for Sharon and I to book visits and ensure we can support you in face-to-face ways. Nothing beats a human connection we can make when interacting in the same space at the same time...albeit with masks, hand sanitizers and physical distancing rules in place! 😊

One good thing about a quick visit at the EEA office is that Cleo will be welcoming you with a super wagging tail, always happy to make new human friends! She will bark at the door until a new person shows up and then she will melt in your presence. As you can see from this picture, she is hard working in my office, guarding a special box of files – a pretty cheap security system, I pay for in cuddles and long walks!

The summer months are upon us and we hope this newsletter issue brings you a few minutes of happy reading, while discovering all the great activities, programs, and news we could not wait to share with you all. From the modified community programs (the garden and the kitchen), to the launch of the new VIMEO channel with a video tribute to Gary Sampley. You will discover the many activities we have in store for you during July and August and some plans that carry us well into the winter season. While the 60th Anniversary Gala plans are currently on hold for this year, we ask you to respond to a survey question about your interest in attending a Christmas Brunch at the Chateau Louis, on December 5, 2020. We want to hear if you are interested in attending this event, which we would plan with all safety precautions in place, still aiming to meet as a community, reconnect with one another, have a great meal, enjoy some entertainment and get some special gifts for attending!

We will be running an online raffle in the month of August, along with a special digital/analog connection event, we call “Making Summer Memories: Making Memories Together While Apart” (read more about it on page 9). The garage sale will take place online, through our Kijiji account, and we will run radio commercials about our events on 96.3 The Breeze (through a wonderful communication grant we applied for and received from Stingray Stimulus Program).

I wish to extend a personal thank you to the Board of Directors of the EEA. They are a dedicated team that provides governing guidance, much needed wisdom, and a helping hand with the many activities of the association. In this issue welcome three new members to this phenomenal group: Noella Desaulniers, Anna Pagliuso and Tammy Tkachuk.

I invite you to explore all the terrific updates we packed in this issue and have a great summer everyone!

Valeria

OFFICE HOURS

On June 15th, The Edmonton Epilepsy Association officially re-opened its office doors at 11215 Groat Road NW in Edmonton, by appointment only. To ensure the safety of our members, visitors, staff, and volunteers we will schedule appointments upon request, by phone or via e-mail. Only two (2) visitors will be allowed to be in the office at the same time.

All who come in will be asked to wear a mask. If you do not have a mask, we will provide one for you. Additional safety measures will be implemented before, during and after the visit as per provincial guidelines. Details will be provided once an appointment is confirmed. We continue to offer online and phone-call support on a regular basis.

Thank you for your understanding during these exceptional times.



Group Support Sessions

Dr. Sunny Kim will be opening phone group support sessions we call “**Sharing Circles**”, starting September 2020. Be on the lookout for updates on available Tuesday morning sessions. Interested EEA Members will be able to register for these sessions, to share experiences, feelings, emotions, challenges and hopes with other members, under the skilled guidance of Dr. Kim.

VOLUNTEERS CALL AND MEMBERS CONNECT

VOLUNTEERS CALL - We are still looking for volunteers to help us out with a number of activities. Everyone has something to offer! Call us or email us to explore opportunities.

MEMBERS CONNECT – as we cannot host live community or group activities during this time, we have engaged some special volunteers to call on all our members to check in and ask how you are doing. You will receive a call between now and December from an EEA volunteer or staff, wanting to touch-base with you and ensuring you are doing ok. We hope you will appreciate the effort of this unique program we are running until the end of 2020. For any questions call our office.

MENTORING PROGRAM



We are officially launching our Mentoring Program, with recruiting and training volunteer members who wish to be added to our pool of mentors and support other members who seek to share their experiences. If you are interested in being a mentor to someone with a new diagnosis of epilepsy, please contact Sharon@edmontonepilepsy.org or call the office @780-488-9600.

Study Identifies World's First Genetic And Environmental Risk Factor For Common Childhood Epilepsy

A new study of childhood epilepsy has identified the world's first environmental risk factor for the disease - maternal smoking in pregnancy, and discovered a new genetic association with the condition, pointing to potential new treatments for the disease.

The research was led by an international team of clinicians and scientists including Professor Matt Brown, Professor of Medicine at King's College London and Director of the National Institute for Health Research Biomedical Research Centre at Guy's and St Thomas'.

The study focussed on one of the most common forms of childhood epilepsy, Benign Childhood Epilepsy with Centrotemporal Spikes (BECTS). Around 1% of children globally suffer with epilepsy with around 15% of those affected by BECTS. Driven by tendency for BECTS to run in families, previous research efforts focused on identifying potential rare genetic mutations associated with the disease but offered no robust evidence for the genetic association for the condition.

Unlike previous studies, the study team used genome wide complex trait analysis to examine and explain the most common type of genetic variations in people with BECTS. This enabled the team to demonstrate that BECTS does indeed have a significant common genetic component, for the first time demonstrating that the reason that BECTS runs in families is because of genetic variants carried by patients. The study identified an association with a gene called CHRNA5 being involved in BECTS risk.

It is commonly known that genetic variations within the CHRNA5 and related genes are associated with nicotine

dependence and smoking associated lung disease. This along with suggestive evidence that smoking increases the risk of epilepsy overall led the team to perform analysis between risk factors and disease using summary-level data from independent genome-wide association studies from the UK Biobank. The analysis demonstrated that maternal smoking during pregnancy quadrupled the risk of BECTS. This is the first ever environmental risk factor identified for the disease.

The new evidence in our study showing that common genetic variants play an important role in BECTS susceptibility opens up immense research possibilities to better understand how epilepsy is caused.

Maternal smoking in pregnancy being identified as the first ever environmental risk factor described in the development of BECTS offers a very clear message to clinicians and mothers about what can and should be done to limit the risk of children developing this common form of epilepsy.

With the association of the CHRNA5 gene which encodes a cholinergic receptor expressed in the brain involved in BECTS risk, our research also suggests that a class of drugs called 'anticholinergics' may be effective in the treatment of BECTS, however, further research into this is needed."

Matt Brown, Professor, King's College London

June 24th, 2020

Reviewed by Emily Henderson, B.Sc.

<https://www.news-medical.net/news/20200624/Study-identifies-worlds-first-genetic-and-environmental-risk-factor-for-common-childhood-epilepsy.aspx>

New Noninvasive Approach Maps Seizure-Generating Brain Areas

A new noninvasive method can effectively map the source and scale of seizure activity in people with epilepsy, according to a recent study¹. The tool could lower the number of surgeries needed to treat epilepsy and may also reveal brain network differences in conditions such as autism.

Epilepsy is a neurological condition caused by too much electrical activity in the brain, which leads to seizures. Untreated, seizures can have “profound negative consequences,” says Shafali Spurling Jeste, associate professor of psychiatry, neurology and pediatrics at the University of California, Los Angeles. Those consequences include cognitive damage, physical risk and, in rare cases, death. Studies estimate that anywhere from 2 to 50 percent of autistic people have seizures.

About two-thirds of people with epilepsy can control their seizures with medication. For the remaining third, the best treatment may be surgery to remove the part of the brain that is generating the seizures.

Finding and removing the entire area is critical: Remove too little and you do not stop the seizures; remove too much and you risk taking out essential brain tissue and causing further impairment. Clinicians often rely on an invasive technique to try to find the area responsible for someone’s seizures. They implant electrodes deep into the cortex, the outer layer of the brain, in one surgery before removing brain tissue in a second surgery. But these methods can lead to bleeding and infection.

The new approach couples machine learning with electroencephalography (EEG) recordings from 76 electrodes placed on the scalp, to localize seizure activity in the brain. Unlike previous EEG techniques, it can also show how much brain tissue is involved.

Noninvasive techniques:

Noninvasive imaging techniques come with trade-offs. EEG is adept at recording activity during a seizure but cannot always home in on a seizure’s source with precision. The layers of fluid, skull and brain tissue that lie between the electrodes and the underlying brain activity can distort the signal. And reverse-engineering the source location from that distorted signal is mathematically difficult.

Previous EEG methods could “pinpoint the center of gravity” of the recorded seizure activity, says lead

investigator Bin He, professor of biomedical engineering at Carnegie Mellon University in Pittsburgh, Pennsylvania.

But knowing where seizure activity is centered is not enough for surgical treatment of epilepsy.

He and his colleagues developed the new algorithm, termed ‘fast spatio-temporal iteratively reweighted edge sparsity (FAST-IRES),’ over the course of five years. Rather than just localizing the source, their algorithm provides information

about the extent of the brain network that gives rise to the EEG signal.

FAST-IRES also uses machine learning to calculate the thresholds at which signals are deemed significant, something researchers or clinicians have ordinarily done. “The very unique merit of our methodology is it’s entirely data-driven,” He says. “We don’t have to assume anything” about the size or extent of brain activity that contributes to the EEG signal.

As a proof of concept, He and his colleagues tested FAST-IRES on EEG recordings from 36 people with epilepsy who were pursuing surgery as treatment. The researchers found that their method was as successful as implanted electrodes at finding the location and extent of the seizure source and would have produced similar surgical outcomes. The work appeared in *Nature Communications* in April.

“It’s an important step in the right direction,” says Alexander Rotenberg, associate professor of neurology at Harvard University. The technique should be considered complementary to currently available tools, he says. Ultimately, He and his colleagues hope that FAST-IRES

may offer insight into other conditions that result from underlying differences in brain networks, such as autism.

The technique is especially useful for imaging rapidly changing brain activity, he says.

Even so, identifying differences in autism would be challenging, Jeste says. “Autism is so inherently heterogeneous that it’s very difficult to find markers that would be relevant to the whole group,” she says.

June 10th, 2020

Angie Voyles Askham

<https://www.spectrumnews.org/news/toolbox/new-noninvasive-approach-maps-seizure-generating-brain-areas/>

Mozart May Reduce Seizure Frequency In People With Epilepsy

A new clinical research study by Dr. Marjan Rafiee and Dr. Taufik Valiante of the Krembil Brain Institute at Toronto Western Hospital, part of University Health Network, has found that a Mozart composition may reduce seizure frequency in patients with epilepsy.

The results of the research study, "The Rhyme and Rhythm of Music in Epilepsy," was recently published in the international journal *Epilepsia Open*. It looks at the effects of the Mozart melody, "Sonata for Two Pianos in D Major, K. 448" on reducing seizures, as compared to another auditory stimulus -- a scrambled version of the original Mozart composition, with similar mathematical features, but shuffled randomly and lacking any rhythmicity.

"In the past 15 to 20 years, we have learned a lot about how listening to one of Mozart's compositions in individuals with epilepsy appears to demonstrate a reduction in seizure frequency," says Dr. Marjan Rafiee, lead author on the study. "But, one of the questions that still needed to be answered was whether individuals would show a similar reduction in seizure frequency by listening to another auditory stimulus -- a control piece -- as compared to Mozart."

The researchers recruited 13 patients to participate in the novel, year-long study. After three months of a baseline period, half of the patients listened to Mozart's Sonata once daily for three months, then switched to the scrambled version for three months. The others started the intervention by listening to the scrambled version for three months, then switched to daily listening of Mozart. Patients kept "seizure diaries" to document their seizure frequency during the intervention. Their medications were kept unchanged during the course of the study.

"Our results showed daily listening to the first movement of Mozart K.448 was associated with reducing seizure frequency in adult individuals with epilepsy," says Dr. Rafiee. "This suggests that daily Mozart listening may be considered as a supplemental therapeutic option to reduce seizures in individuals with epilepsy."

Epilepsy is the most common serious neurological disorder in the world, affecting approximately 300,000 Canadians and 50 million people worldwide.

Many experience debilitating seizures. The treatment is often one or more anti-seizure medications. But for 30 per cent of patients, the medications are not effective in controlling their seizures.

"As a surgeon, I have the pleasure of seeing individuals benefit from surgery, however I also know well those individuals for whom surgery is not an option, or those who have not benefitted from surgery, so, we are always looking for ways to improve symptom control, and improve quality of life for those with epilepsy," says Dr. Taufik Valiante, senior author of the study and the Director of the Surgical Epilepsy Program at Krembil Brain Institute at UHN and co-Director of CRANIA.

"Like all research, ours raises a lot of questions that we are excited to continue to answer with further research and support from the epilepsy community."

While these results are promising, the next step is to conduct larger studies with more patients, over a longer period of time.

Story Source:

[Materials](#) provided by [University Health Network](#).

June 10th, 2020

University Health Network

<https://www.sciencedaily.com/releases/2020/06/20200610135018.htm>





JULY 2020

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

July 6 – Vol. IV of July-August Focus Newsletter Released

July 6 – Tribute to Gary Sampley

All month of July

- Community Garden ongoing at the EEA Office

July 30 – deadline to register for the meal kit for the Community Kitchen

July 31 – Launch date for community event *Making Memories Together While Apart*

AUGUST 2020

SUN	MON	TUE	WED	THU	FRI	SAT
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2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
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30	31					

August 3

- Kijiji Garage Sale Begins
- 50-50 Online raffle

All month of August

- *Making Memories Together While Apart*
- Community Garden ongoing at the EEA Office



August 2020 Connection Campaign and Radio Ads



Starting August 10th and continuing for two weeks, the EEA will be featured on Radio Station, 96.3 The Breeze. With the help of 96.3 The Breeze, we are launching our Community Event, “*Making Summer Memories: Making Memories Together While Apart*”. These radio ads are possible due to a grant the EEA successfully applied for from the [Stingray Stimulus Program](#). The Breeze. We are very thankful for this publicity opportunity.

MAKING MEMORIES TOGETHER WHILE APART

The COVID-19 pandemic has changed our world in more than one way. At the EEA office we have been missing you all, as we are unable to interact face-to-face and are looking forward to building memories together over the summer period. So, this year, in the month of August, we are launching a digital/analog campaign we are calling: “*Making Memories Together While Apart*”.

Between July 31 and August 31, 2020, we invite you to create and share fun summer memories with your family and friends. Remember to keep your physical distancing and wear a mask when you get a little closer, but do not forget to have some fun, nevertheless! Then we invite you to share your best memories with us in a million different ways, like:

- Send us pictures, videos, or sound bites over email or on our social media sites
- Leave a message on the office phone
- Send us postcards or pictures over regular mail
- Drop a memory in the mailbox at our Edmonton office
- Book an appointment to come by and spend an hour in the beautiful backyard of the office and we can take a picture of you relaxing in the shade and enjoying the tranquility of being close to our community garden



We will post updates on our social media sites and feature all your contributions during the summer, create a special collage in the next Focus issue (September/October, 2020) and will work on a video montage for the next association live event!

We want you to know we are close to you in spirit, we are here to build and nurture the connection that make us the 60-year old family community that we are, and that you can count on us especially during these tougher times.

So build your best summer memories yet and share them with us through this special campaign! Let's **Make Memories Together While Apart!** 😊



Kids on the Block & Educational Webinars

Due to Covid-19, all school performances of Kids on the Blocks have been cancelled. However, we were able to do an on-line Zoom performance on June 3rd for a school that had previously booked an in-school show. The EEA Office staff, and the puppeteers were excited to use this new way of educating children and adults about epilepsy.



As you can see in the photos, while Brian and Joanne were not able to physically distance themselves, they did their part to limit the spread of Covid-19, by wearing masks. We had approximately 30 children view the show online with 22 households participating. The response to the on-line show was very positive.

We do not know if the Kids on the Block will be allowed to hold performances in the schools in September. However, the Kids will be available for in school or online shows. In preparation for online shows, we have repurposed one of the rooms in the EEA basement into a studio by installing black fabric on the walls, painting the ceiling and some cupboards black and installing new lighting. We also have a dedicated computer for video presentations and purchased some new equipment. These changes were made possible by a grant we received from the Edmonton Community Foundation which is helping us to continue reaching our membership through Covid-19 times.

You can help us to spread the word about these online Kids on the Block shows, by letting your children's teacher or principal know about them. **The Kids on the Block Puppet Show can be booked by contacting the EEA Office @780-488-9600 or by clicking on this link [Kids on the Block](#).**



These are some pictures of our new video studio and equipment. The studio will be used for performances of the Kids on the Block and for hosting educational webinars for group homes, schools, and workplaces.

If you know of anyone who is interested in having us conduct an educational webinar on epilepsy, please have them contact the EEA Office. Educational webinars or in-services are tailored to suit the needs of the requesting organization.

Collective Kitchen

From the EEA Staff and Volunteers' Kitchens

The EEA will be videotaping and preparing meal kits for three Collective Kitchen Sessions during the months of July, September and November. Three members of the EEA will be cooking meals in their kitchens. Each meal will be videotaped, and the videotaped sessions will be posted on our Vimeo account the last Thursdays of July, September and November. Up to 10 EEA members will be eligible to receive the meal ingredients which will feed two people and the recipes for the meal. If you do not have a computer to view the video, we will provide you with a DVD copy of the video. To receive this meal kit, you will need to register by the last Thursday of the month – July 30th, September 24th and November 26th. These kits will be packaged and delivered to your door following provincial Covid-19 guidelines. To register email us at info@edmontonepilepsy.org and/or give us a call at 780-488-9600.



For more information about this program, call the EEA Office. From the EEA Staff and Volunteers' Kitchens has been made possible by a grant from the Edmonton Community Foundation.

EEA Christmas Luncheon – Saturday, December 5, 2020 - POLL

Would you be interested in attending an EEA Christmas Brunch on Saturday, December 5th from 11:00 – 3:00 at the Chateau Louis Hotel, 11727 Kingsway Ave.?

The luncheon would be held strictly following Provincial Covid-19 safety guidelines for gatherings at restaurants. As per tradition, each person in attendance would receive a gift.

We are now gathering interest for the event –

in order to go ahead we will need at **least 51% of membership responses** in favour of the idea.

Let us know if you would consider attending the event by July 19, 2020:

- By phone at 780-488-9600
- By email at info@edmontonepilepsy.org
- By clicking on this [poll link online](#)

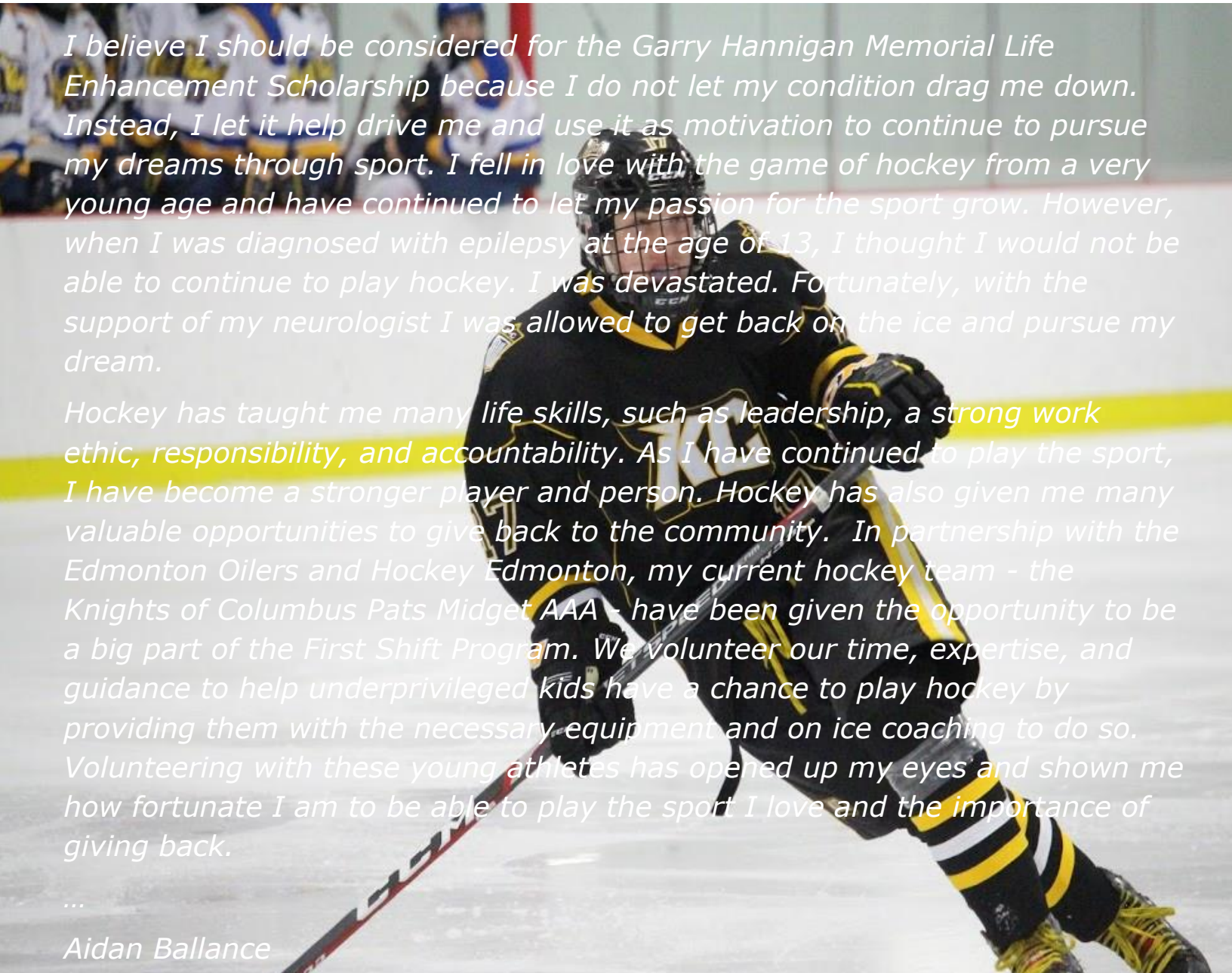


2020 EEA Scholarship Recipients

Congratulations!

Congratulations to **Garrett Henrickson**, the 2020 recipient of the EEA Continuing Education Scholarship. Garrett is continuing his post-secondary studies at NAIT. We wish him all the best in his educational career.

Congratulations also to **Aidan Ballance**, recipient of the 2020 Garry Hannigan Memorial Life Enhancement Scholarship for Youth. Aidan used the funds to help him purchase hockey equipment and shared with us a few words about what continuing on with the sport means to him, as he faces life with epilepsy. His testimonial is a courageous example of determination and desire to live life to its fullest. We celebrate his accomplishment and are proud of sharing them with all our members.

A photograph of Aidan Ballance, a hockey player, in action on the ice. He is wearing a black and yellow jersey with the number 77, black pants, and a black helmet. He is holding a hockey stick and is in a skating stance. The background is slightly blurred, showing other players and the ice rink.

I believe I should be considered for the Garry Hannigan Memorial Life Enhancement Scholarship because I do not let my condition drag me down. Instead, I let it help drive me and use it as motivation to continue to pursue my dreams through sport. I fell in love with the game of hockey from a very young age and have continued to let my passion for the sport grow. However, when I was diagnosed with epilepsy at the age of 13, I thought I would not be able to continue to play hockey. I was devastated. Fortunately, with the support of my neurologist I was allowed to get back on the ice and pursue my dream.

Hockey has taught me many life skills, such as leadership, a strong work ethic, responsibility, and accountability. As I have continued to play the sport, I have become a stronger player and person. Hockey has also given me many valuable opportunities to give back to the community. In partnership with the Edmonton Oilers and Hockey Edmonton, my current hockey team - the Knights of Columbus Pats Midget AAA - have been given the opportunity to be a big part of the First Shift Program. We volunteer our time, expertise, and guidance to help underprivileged kids have a chance to play hockey by providing them with the necessary equipment and on ice coaching to do so. Volunteering with these young athletes has opened up my eyes and shown me how fortunate I am to be able to play the sport I love and the importance of giving back.

...

Aidan Ballance

Online Garage Sale



It is that time of the year again...The EEA is setting up a phenomenal online garage sale (through Kijiji) with some really cool items. A team of volunteers are inventorying our stock, cleaning each item, and getting them ready for curb-side pickup. The sale will run starting August 3, 2020. Check the EEA website for ongoing updates and link to the featured items. If you have good quality items to donate for the sale, contact us to arrange a drop.

50/50 Online Raffle



The EEA will run its first 50/50 online raffle as a fundraiser between **August 3 and August 31, 2020**. In these times of pandemic and physical distancing we are seeking alternative options to raise funds for our association. Be on the lookout for our social media campaign to purchase tickets online. We will draw the winner on August 31, 2020 at 12:00 noon.

We hope you can join this event and share your support!



More News From The EEA Office



60th Anniversary Gala

The 60th Anniversary Gala has been cancelled for this year. We are hoping that once the situation with Covid-19 settles down, we will be able to host the Gala in 2021. A variety of fundraising campaigns will be held over the summer and the fall of 2020. Stay tuned for ways to participate and keep engaged.

How to Donate to the EEA

- The EEA has added more ways in which you can make donations. You can now make donations to us through:
- Canada Helps at <https://www.canadahelps.org/en/dn/13822>
- PayPal at [PayPal.Me/EdmontonEpilepsy](https://www.paypal.com/EdmontonEpilepsy)

Click on the links to go directly to our donation pages.

As well, we accept e-transfers, cheques and cash. You can also phone us with your Mastercard or Visa numbers to make donations with your charge card.

Stop By for A Visit

You may have noticed that this issue of the Focus newsletter is filled with beautiful pictures of the EEA office yard. We intentionally placed them in to entice you all to consider coming for a safe, COVID-19 guided visit. By calling for an appointment you can book an hour or so to be in the backyard. The furniture is sanitized daily, and we can chat for a bit, or you can bring a book and enjoy the outdoors. Remember no more than two people at one time!

EEA Board of Directors 2020-2021

The EEA Board of Directors has had a bit of a face-lift during the late spring. We had to say goodbye to a great director and supporter, **Alex Law**. We thank him for his contributions during his short term with us and hope to count on his governance skills again in the future.

While all board of directors are elected officially at the EEA Annual General Meeting, interim positions are filled by interested members who are identified by the board, qualify for the position, and are confirmed by the board at regular board meetings. We are very happy to announce the following three new interim directors who joined the board this spring and are already working hard supporting all EEA initiatives: **Noella Desaulniers, Anna Pagliuso, and Tammy Tkachuk**. We wish them all the best!

Here below is the complete list of the 2020-2021 Board of Directors:

President - Colleen Matvichuk

Treasurer - Terry Mahon

Executive Director / Chief Operating Officer

Noella Desaulniers

Anna Pagliuso

Anne Starreveld

Irene Szkambara

Vice President - Cameron (Cam) Reid

Secretary - Katrina Breau

Valeria Palladino

Guy Doucette

Joe Scalzo

Dr. E. Starreveld

Tammy Tkachuk



Life Enhancement Scholarship Program For Youths

The Brittany Hughes Memorial Life Enhancement Scholarships for Youth, to a maximum of \$500 each, are available for Youths of any age, up to the age of 18, to assist them in participating in Arts, Music, Dance and/or Ethnic Identity Cultural Programs that will enhance their development as individuals.

Scholarship criteria, eligibility details and the current Application Form can be downloaded from www.edmontonepilepy.org, or a hard-copy Application can be mailed to you on request to the EEA Office, 780-488-9600.



Does Your Child or Teen Have Upcoming Sports or Recreational Activities Costs?

The Garry Hannigan Memorial Life Enhancement Scholarships for Youth, to a maximum of \$500 each, are available for Youths of any age, up to the age of 18, to assist them in participating in Sports or Recreational Activities that will enhance their development as individuals.



Scholarship criteria, eligibility details and the current Application Form can be downloaded from www.edmontonepilepy.org, or a hard-copy Application can be mailed to you on request to the EEA Office, 780-

Edmonton Epilepsy Association

11215 Groat Road
Edmonton, AB T5M 3K2

Place address label here

If you are planning to move in the near future, please inform our office so that we can continue to ensure that you get your newsletter.