

# MARCH – APRIL 2018

## FOCUS ON EPILEPSY

THE NEWSLETTER OF THE EDMONTON EPILEPSY ASSOCIATION  
The Epilepsy Association of Northern Alberta - Our 58<sup>th</sup> Year of Service

(This Newsletter can be viewed in full colour [on our website.](#))

### Member Outings & Activities

#### March

##### Fun Bingo for Prizes

Friday, March 23rd, 1:00—3:00 p.m.  
(Pre-register by Noon, March 21st)  
(Registration Limited to 12)

##### Collective Kitchen, Session 3

Weds., March 28th., 12:30—3:00 p.m.  
EEA Office, Pre-registration required



#### April

##### Collective Kitchen, Session 4

Weds., April 25th, 12:30 – 3:00 p.m.  
EEA Office, Pre-registration required

##### Fun Bingo for Prizes

Friday, April 27th, 1:00 – 3:00 pm  
(Pre-register by Noon, April 25th)  
(Registration Limited to 12)

##### Live Play at Shadow Theatre

Sunday, April 29 1:45 - 3:45 pm  
EEA Office staff would be happy to assist you with planning travel by public transit.

(Pre-registration required by Thursday, April 26th)



### FREE MEMBER ACTIVITY



Live Play "*Fly Me To The Moon*"

Sunday, April 29th, 2018

Meet in lobby of Varscona Theatre -

1:45 pm

10329 - 83 Avenue, Edmonton

### "Help Seize The Day!"

Thursday, March 22nd, 2018, During  
Epilepsy Awareness Month

A Celebration of  
Fine Food and Wine  
In Support of Epilepsy Awareness,  
**Further Details on [page 3!](#)**



Cassidy Megan

### Canadian Founder of International Purple Day Coming to Edmonton

The young lady who established March 26th as "Purple Day" in Canada, which is now celebrated in numerous countries around the world will be our Keynote Speaker at our March 22nd Gala and will participate in several Epilepsy Awareness Events.

### Adult Support Group Schedule

(Group meets from 1:00 - 3:00 p.m. in the EEA office.)

Please call the Office to advise if you will be attending.

Tuesday, March 13th, 2018

Tuesday, April 10th, 2018



# Edmonton Epilepsy Association

The Epilepsy Association of Northern Alberta



**Focus on Epilepsy** is published 6 times annually by the **Edmonton Epilepsy Association**. Articles appearing in **Focus on Epilepsy** do not necessarily reflect the opinions of the Association.

## ***We welcome your contributions:***

Do you have a poem or maybe a short story (1/2 page) that you would like to share with others. Or maybe you have read a book from our library and want to share a review with others. If you would like to share your wisdom, please submit your items to Sharon at our office or e-mail her at [info@edmontonepilepsy.org](mailto:info@edmontonepilepsy.org)

### **BOARD OF DIRECTORS**

**President...**Cheryl Renzenbrink  
**Vice President...**Cameron Reid  
**Treasurer...**Doug Griffiths  
**Secretary...**Erin Duke  
**Executive Director...**Gary Sampley  
**Directors-at-Large:**

Katrina Breau	Craig Heyland
Colleen Matvichuk	Tim McCallen
Anne Starreveld	Katrina Van Den Berg
Brian Wilkie	

### **STAFF**

**Gary Sampley...** Executive Director & Chief Operating Officer  
[gary@edmontonepilepsy.org](mailto:gary@edmontonepilepsy.org)

**Sharon Otto...** Program Manager & Education Coordinator  
[sharon@edmontonepilepsy.org](mailto:sharon@edmontonepilepsy.org)

**Dr. Sunny Kim...** Counsellor  
[sunny@edmontonepilepsy.org](mailto:sunny@edmontonepilepsy.org)

**Cam Reid...** Volunteer Coordinator  
[cam@edmontonepilepsy.org](mailto:cam@edmontonepilepsy.org)

## **Edmonton Epilepsy Association The Epilepsy Association of Northern Alberta**

11215 Groat Road NW  
Edmonton, AB T5M 3K2



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(780) 447-5486 fax  
1-866-EPILEPSY



[info@edmontonepilepsy.org](mailto:info@edmontonepilepsy.org)  
[www.edmontonepilepsy.org](http://www.edmontonepilepsy.org)

Canadian  
epilepsy  
Alliance

Alliance  
canadienne de  
l'épilepsie



Link to E-Action's On-line  
Epilepsy Resource and  
Community

## ***Edmonton Epilepsy Association***

### **EEA Employabilities Programs**

- ⇒ Employment Counselling
  - ⇒ Assistance with Resumes
  - ⇒ In-office Skills Training
  - ⇒ Referrals to Select EEA Partners In Employability
- For Further Information contact EEA Executive Director,  
Gary Sampley, 488-9600 or [gary@edmontonepilepsy.org](mailto:gary@edmontonepilepsy.org)

### **Bus Tickets Available for Members in Reduced Circumstances**

Please note that our 2017 allotment of tickets is now gone. Our 2018 allotment will be received in mid-April. These can be accessed by MEMBERS with limited financial resources who need help getting to medical appointments, EEA events, food shopping, etc., and who do not have an ETS bus pass.

Call 780-488-9600 or drop by to pick them up.



### **Now you can Donate to the EEA online!**

If you would like to make either a lump sum Donation or a monthly donation contribution to the Association by credit card, please visit our website, [www.edmontonepilepsy.org](http://www.edmontonepilepsy.org), and click on the [Canada Helps](#) Logo. This donation program gives you the ability to instantly print off a donation receipt.





## *Help Seize the Day !*



In support of Epilepsy Awareness,  
Please Join Us In  
A Celebration of Fine Food and Wine

**Thursday, March 22nd, 2018,  
6:00 p.m.**

**Yiannis Taverna Restaurant,  
10444 - 82 Avenue**

**(Exclusive Event) Tickets: \$125**

**(Only 80 Tickets Available)**

A Charitable Donation Receipt will be issued for that portion of each ticket cost not directly used to cover the expenses of putting on this Event. (Receipt was 67% of ticket cost in 2017 event)

Up-scale entertainment, numerous and diverse silent auction items, 50/50 draw, wine-tree, mystery guests and other attractions.

### **Our Guest Speaker For The Evening:**



**Cassidy Megan  
Canadian Founder of International Purple Day**

Tickets through Yiannis, 780-433-6768 or  
Edmonton Epilepsy Association,  
11215 Groat Road, Edmonton, AB T5M 3K2  
780-488-9600, [info@edmontonepilepsy.org](mailto:info@edmontonepilepsy.org)  
Canada Revenue #119230951RR0001

We wish to sincerely thank  
EISAI Limited for an  
Unrestricted Grant to help  
us with partial defrayment  
of the expenses of hosting  
this event.



In compliance with the Alberta Charitable Fundraising Act, we hope to raise \$15,000 gross from this event, to help fund ongoing programs of the Association, at a cost of \$5,000, net \$10,000.





# News from the EEA Office

## Province To Announce Ministerial Declaration for Epilepsy Awareness Day in Alberta

On Thursday, March 22nd, at the EEA Purple Day Gala, Alberta Health Minister and Deputy Premier Sarah Hoffman will declare Purple Day, March 26th as Epilepsy Awareness Day in the Province of Alberta.



## And In The City

Mayor Don Iveson, has again proclaimed March as Epilepsy Awareness Month in Edmonton. As well as numerous Epilepsy Awareness events occurring during the month, come check out our Purple Day booth at the Old Strathcona Farmers Market, 10310 - 83 Avenue, from 8 a.m. to 3 p.m on Saturday, March 17th. And we will again turn the High Level Bridge purple to celebrate Purple Day 2018!



## Retiring Board Member Tammy Anast Thanked for Service to EEA

On behalf of EEA's Members and Board of Directors, EEA Executive Director Gary Sampley made a presentation to outgoing Board Member Tammy Anast. Tammy served a full six years of service on the Board. She was warmly thanked for her years of service.



## Craig Martynuck is EEA 2018 Achiever Of The Year!



Craig receives his award as EEA's Achiever of the Year from EEA Executive Director Gary Sampley and Vice-President Cameron Reid.

The Achiever of the Year Award is presented annually to an individual living with epilepsy who has achieved significant success in life, inspiring others in the process.







## MESSAGE FROM THE PRESIDENT

2017 was another successful year for us.

2018 will be quite challenging.

After fifty-seven years of financial support from the United Way, we are among a number of agencies who are being defunded by United Way on March 31st as they move their funding priorities to Creating Pathways Out of Poverty. The loss of their support will mean thousands of dollars less a year for our Programs and Services.

We are counting on you, our members to find creative and affordable ways to help us through this time of transition.

As an initial suggestion, perhaps you might be able to assist us either individually or collectively with other members by supporting our upcoming March 22nd Annual Fundraising Event through dinner ticket purchases or donation of quality items for the Silent Auction at the event. All proceeds from the event go to maintaining our core programs. The EEA Office can provide you further information on the event, which will feature Cassidy Megan, the founder of International Purple Day.

We will continue during the coming months to update you on our progress in dealing with our changing financial situation. We would appreciate any suggestions that you think would be beneficial for us.

Sincerely,

*Cheryl Renzenbrink*

## **2017 Annual Report to Members, of the Activities carried out on your behalf by the Board of Directors, Professional Staff and Volunteers of the Association.**

2017, our 57th year of operation, was very successful, both operationally and financially.

The following is a Summary of Activities, presented without literary embellishment:

### **General Administration**

Guy Doucette and Anna Tymoszejko left the Board in 2017, and Colleen Matvichuk and Katrina (Katy) VanDenBerg joined the Board;

In order to direct as many dollars as possible towards the people who need them the most, we continued to deliver our Board-approved Programs and Services through a minimal number of very competent Staff, augmented by a cadre of capable and caring Volunteers;

We organized and conducted the 2017 Annual General Meeting, in concert with a Member supper and volunteer recognition and entertainment evening;

We conducted 4 EEA Advisory Committee Meetings, and 10 Board Meetings for the discussion, planning and implementation of EEA programs and activities;



We expanded our Membership base by 7.2%.

We carried out all requirements detailed in the 2017 EEA Strategic Plan;

As required to maintain our funding from the United Way of the Alberta Capital Region, we completed and submitted to them an Annual Interim Review reporting package;

We carried out a bi-annual review of the EEA Advocacy, Code of Conduct, Conflict of Interest, Financial Management, Personnel, Screening and Selection and Volunteer Management Policies;

We submitted our 2017 request to the City for exemption from property tax payment;

We produced six “Focus on Epilepsy” newsletters in 2017;

We renewed our Management Insurance Policy and Comprehensive Liability Insurance Policy at no increase in premiums;

We maintained one of the better Epilepsy websites in North America;

We applied for, received and distributed to Members in need, 1,000 individual bus tickets from the City of Edmonton’s Donate-a-Ride Program.

We provided work experience within the EEA Office for two individuals desirous of securing employment;

We continued our partnership with TD Canada Trust in an Employabilities program that has seen numerous EEA Members thus far gain employment with that bank.

We secured funding for and awarded three \$1000 Continuing Education Scholarship to each of Meghan Hodgson, Katie Tilbury and Michelle Chin;

We facilitated three individuals in finding paid employment;

We completed and submitted our 2017 Federal Charity Return;

We completed and submitted our 2017 Societies Act Return to the Alberta Corporate Registry;

We completed and submitted our 2017 Alberta Charitable Fundraising Return;

We completed and submitted our 2017 application for a 50% GST rebate;

In our sixth year of awarding Garry Hannigan Memorial Life Enhancement Scholarships for Youth, we awarded a Scholarship to Gabriella Carr for a season of swimming lessons;

We replaced the furnace motor and control module for our office;

We upgraded office furniture and equipment as required; and



EEA Executive Director Gary Sampley continued to serve on the Board of the Canadian Epilepsy Alliance, an alliance of 28 autonomous grassroots Epilepsy Associations across Canada. In addition to Gary's time, EEA's other major contribution to the CEA is the National Booklet Provision Program (see **Public Education & Awareness** below).

## **Financial Matters**

We achieved a 2017 Fiscal Year operating surplus of \$1788, our fourteenth consecutive year of surplus (see our Financial Statements in Section 3 of this Annual Report). Our Members' Equity is now \$254,648.

We secured significant Grant, Sponsorship and Donation funding for EEA programs, with deferred carry over of some of the funds into our 2018 Fiscal Year (see Section 3 for details);

2017 was the third and last year of the phased elimination of our United Way funding. In the EEA's Deferred Revenue is \$156,000 designated specifically towards Future Years Operating Expenses to help mitigate the effects of the loss of United Way revenue;

Our Annual "Celebrate The Grape" Fundraising Dinner and Epilepsy Awareness Event in March 2017 netted \$17,748.10 for EEA Programs, after event expenses.

We held two Garage Sales in 2017, raising \$7,674.55 towards our fundraising revenue;

We maintained our Casino Accounting to the AGLC on an up-to-date basis. Our next Casino will be on June 28th & 29th, 2018.

## **Support Services**

In October and November, we conducted a computer training courses for the benefit of non-computer literate Members, that enabled them to also obtain a full CPU/monitor and keyboard/mouse package at no cost. The United Way In-Kind Exchange was an integral partner in enabling us to secure the computer equipment for this course;

In its tenth year since inception, we presented the Cameron Reid EEA Volunteer-of-the-Year Award to Tammy Anast;

In 2017 we delivered the second year of our new Collective Gardening Program for Members;

We maintained a monthly schedule of well-attended free or low-cost social/recreational activities for Members, that help reduce social isolation. All told, we conducted 21 such activities, with 334 participants;

We organized a well-attended Members' Summer BBQ afternoon at Rundle Park;

We organized a well-attended German-theme Christmas lunch and social event for Members at the Central Lions Seniors Centre, with great interactive entertainment;

We conducted our twelfth consecutive annual Collective Kitchen program;

We provided 356 free counseling sessions for Members, an 11.08% increase over 2016;

We provided support group sessions every month under the facilitation of either our Counsellor or Executive Director;



We assisted 5 Members in obtaining subsidized housing, and 8 Members in completing their Annual Income verifications to CRHC;

We assisted 12 Members to obtain A.I.S.H. and 13 to obtain Income Support;

We assisted 12 Members with their Annual Income Verifications to A.I.S.H.

We assisted 4 Members to obtain a C.P.P. Disability Pension and also assisted 3 Members to successfully appeal an initial rejection of their Applications;

We facilitated 11 Members being registered with the Edmonton Food Bank;

We provided 203 Social Work assistance Interventions and Advocacies (a 5.73% increase over 2016), in diverse problem areas/issues with income, finding employment, potential eviction, a house foreclosure, employment discrimination, discrimination at schools/colleges, private disability insurance plan issues, photosensitivity issues, schooling, driving, medical care, mental health issues, pharmaceutical issues, finding a neurologist, family relations, pensions, taxation, complaints about EPS, AHS, ETS, landlords and treatment of persons-in-care. We also Advocated for a Member on an issue at the Provincial Court in Edmonton.

We awarded the 2017 EEA Employer of the Year Award to Bonnie Grimmon, Owner/Operator of the Gilded Pear Salon.

## **Public Education & Awareness**

We conducted in November, a well-attended Educational Forum in the Theatre of the Old Royal Alberta Museum on *Sleep Problems and Epilepsy*.

We participated in 10 special events, including Purple Day awareness events, a booth at the Old Strathcona Farmers Market, a booth at the University of Alberta, a booth at the Autism Speaks Walk, a presentation for International Day of Disabilities Recognition, two presentations for 100 MENYEG and two other special presentations. All told, 970 individuals visited our booths or participated in our special presentations;

We conducted 49 entertaining Kids on the Block (KOB) educational puppet presentations in schools throughout Greater Edmonton, and some outlying Communities, that reached 4,778 students and teachers.

We conducted 10 Educational In-services in schools, group homes and other agencies, educating 135 individuals overall;

We awarded the 2017 EEA Achiever-of-the-Year Award to Cameron (Cam) Reid, in recognition of his 35th Consecutive Year of Service to the EEA;

We facilitated Mayor Iveson's Proclamation of March 2017 as Epilepsy Awareness Month in Edmonton;

We produced media kits for March Epilepsy Awareness Month;

We facilitated the High Level Bridge being illuminated in Purple on Purple Day, March 26<sup>th</sup>;







In March, Alberta Health Minister Sarah Hoffman proclaimed March 26th as the first Epilepsy Awareness Day for the Province of Alberta;

We acquired two new print publications and one Epilepsy-specific DVD for our free lending library;

In 2017, EEA Executive Director was an active member of the "Think Epilepsy" Project Team that developed new training information on epilepsy for law enforcement and other first responders personnel. This package of information is available for free download from the home page of the EEA Website.

We continued to provide free epilepsy educational material to neurologists' offices, hospital clinics, to all participants in EEA in-services, at all special display opportunities and to all children participating in our Kids On the Block puppet presentations. All told, 6,942 booklets from our series of eleven educational publications were distributed in the Greater Edmonton Area;

Finally, we continued to deliver the National Booklet Provision Program. The NBPP has secured a place for our EEA-developed bi-lingual series of Epilepsy Educational Booklets as the National standard in Canadian Epilepsy Associations, Hospital Clinics and Neurologists Offices, while also becoming a free downloadable resource for the World.

In addition to the booklets used within our own service area, in 2017 we distributed 36,584 hard-copy English-language booklets and 15,107 French-language booklets to Epilepsy Associations, Hospital Clinics and Neurologists Offices across Canada.

In 2017, there were 80,871 downloads of our booklets (an average of 6,739 a month). Since the booklet series was made available for world-wide download, downloads have come from 210 countries of the world.

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The EEA will be having a Fundraising Garage Sale out of the garage behind the Office at 11215 Groat Road on Friday and Saturday, May 25th and 26th. Donations of clean, saleable goods for the sale will be much appreciated.



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## Collective Gardening Program



In May, the Collective Gardening Program will commence again.

Interested members will be allotted their own raised plot for vegetable planting, ongoing maintenance and harvesting and will keep the vegetables they harvest to augment their food needs.

The EEA will provide the raised plots, seeds or plant stock and gardening tools. There will be 6 plots available on a first-come, first-registered basis, with priority given to low-income members. To register for a plot, please contact Sharon at the EEA Office.





## Learning Stress-Reducing Techniques May Benefit People With Epilepsy

Learning techniques to help manage stress may help people with epilepsy reduce how often they have seizures, according to a study published in the February 14, 2018, online issue of *Neurology*, the medical journal of the American Academy of Neurology. "Despite all the advances we have made with new drugs for epilepsy, at least one third of people continue to have seizures, so new options are greatly needed," said study author Sheryl R. Haut, MD, of Montefiore Medical Center and the Albert Einstein College of Medicine in the Bronx, NY, and member of the American Academy of Neurology. "Since stress is the most common seizure trigger reported by patients, research into reducing stress could be valuable."

The study involved people with seizures that did not respond well to medication. While all of the 66 participants were taking drugs for seizures, all continued to have at least four seizures during about two months before the study started. During the three-month treatment period all of the participants met with a psychologist for training on a behavioral technique that they were then asked to practice twice a day, following an audio recording. If they had a day where they had signs that they were likely to have a seizure soon, they were asked to practice the technique another time that day. The participants filled out daily electronic diaries on any seizures, their stress level, and other factors such as sleep and mood. Half of the participants learned the progressive muscle relaxation technique, a stress reduction method where each muscle set is tensed and relaxed, along with breathing techniques. The other participants were the control group; they took part in a technique called focused attention. They did similar movements as the other group, but without the muscle relaxation, plus other tasks focusing on attention, such as writing down their activities from the day before. The study was conducted in a blinded fashion so that participants and evaluators were not aware of treatment group assignment.

Before the study, the researchers had hypothesized that the people doing the muscle relaxing exercises would show more benefits from the study than the people doing the focused attention exercises, but instead they found that both groups showed a benefit; and the amount of benefit was the same. The group doing the muscle relaxing exercises had 29 percent fewer seizures during the study than they did before it started, while the focused attention group had 25 percent fewer seizures, which is not a significant difference, Haut said. She added that study participants were highly motivated as was shown by the nearly 85 percent diary completion rate over a five month period. "It's possible that the control group received some of the benefits of treatment in the same way as the 'active' group, since they both met with a psychologist and every day monitored their mood, stress levels and other factors, so they may have been better able to recognize symptoms and respond to stress," said Haut. "Either way, the study showed that using stress reducing techniques can be beneficial for people with difficult to treat epilepsy, which is good news."

Haut said more research is needed with larger numbers of people and testing other stress reducing techniques like mindfulness based cognitive therapy to determine how these techniques could help improve quality of life for people with epilepsy.

February 15th, 2018

<https://www.news-medical.net/news/20180215/Learning-stress-reducing-techniques-may-benefit-people-with-epilepsy.aspx>

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## Epilepsy In Children Unrelated To Pandemic Flu Vaccination

Pandemic influenza vaccination is not associated with an increased risk of epilepsy in children, according to an analysis conducted on data collected during an H1N1 pandemic in Norway. "We have previously shown that vaccination against pandemic influenza increased the risk of febrile seizures in children, although to a lower degree than influenza infection, and there have been concerns about an association with later epilepsy," **Siri E. Håberg, MD, PhD**, from the Norwegian Institute of Public Health, Oslo, Norway, and colleagues wrote. "There has been increasing focus on the role of infections and immunologic factors, not only in febrile seizures, but also in the etiology of epilepsy."

To examine whether [vaccination during an influenza pandemic](#) contributed to an increased risk of epilepsy in children, the researchers analyzed data collected between 2006 and 2014 in children younger than 18 years in Norway. Hazard ratios for epilepsy after influenza immunization were estimated using Cox regression models. Håberg and colleagues then conducted a self-controlled case series analysis to approximate the incidence rate of epilepsy after pandemic vaccination within specific risk periods.

October to December 2009 marked the main period of Norway's [influenza A H1N1 pandemic](#). On Oct. 1, 2009, 1,154,113 children younger than 18 years old resided within Norway, and 50.7% were immunized against influenza. The researchers observed an incidence rate of epilepsy of 6.09 per 10,000 person-years between October 2009 and 2014. Vaccination did not increase the risk of epilepsy during this period (HR = 1.07; 95% CI, 0.94-1.23). After conducting a





self-controlled case series analysis, the researchers confirmed that there was no relationship between immunization and later epilepsy.

“Concerns about the role of vaccines as a cause of [neurologic and developmental disorders](#) in children may reduce the willingness to participate in vaccination programs,” Håberg and colleagues wrote. “Low vaccination rates may have consequences for susceptible individuals with higher risk of influenza complications. It is therefore important to perform large population-based studies exploring the risk of neurologic conditions after vaccinations to address such concerns.”

“Our finding of no increased risk of epilepsy after influenza vaccination is reassuring,” they added. — *by Katherine Bolts*

Håberg SE, et al. *Pediatrics*. 2018. doi: 10.1542/peds.2017-0752

February 27, 2018

<https://www.healio.com/pediatrics/influenza/news/online/%7B815b2cd0-eec4-4407-b073-b6fb1259e3e2%7D/epilepsy-in-children-unrelated-to-pandemic-flu-vaccination>

## Cariboo Woman Raises Funds For Seizure Investigation Unit Beds At VGH

Quesnel's Natasha Wasmuth has suffered with epilepsy for the past 20 years. In 2011 during a consult with one of Vancouver General Hospital's (VGH) epileptologists, she learned that with only two Seizure Investigation Unit (SIU) beds for adults in the entire province, she could be waiting up to two years to be admitted to determine if brain surgery would benefit her. As her seizures became progressively more out of control, Natasha was admitted to the SIU after just 14 months and she was determined to be a surgical candidate. The purpose of the VGH SIU is to determine brain surgery candidacy, but it also helps specialists diagnose and treat the more complex cases.

Since the SIU was launched in 1979, there has been little additional funding or provincial support. British Columbia is the third largest province and one of the least funded for epilepsy treatment and research, and although more than 32,000 adults in B.C. have epilepsy and more than 7,000 are possible surgery candidates, the number of SIU beds has remained at two. Although life would soon be altered in an extreme way, Natasha couldn't stop thinking about the lack of funding for such vital equipment and services. Through research, she learned, due primarily to red tape, the addition of beds in the SIU was not a priority at the time. This galvanized the Quesnel woman to do something about that.

In 2014, six months post surgery, Natasha founded epilepsyQuesnel (eQ) to start raising funds for SIU beds three and four. Knowing the roadblocks she was up against, Natasha committed herself to 10 years, or until the VGH Foundation had the go ahead to take over the fundraising for additional beds. Since eQ began, Natasha has had numerous meetings with the Foundation. Late last fall, Natasha met with Foundation Associate Director Stephanie Forgacs for an update and had barely sat down when Forgacs proudly gave her the news – Vancouver Coastal Health has finally given approval. Although the VGH Epilepsy Clinic's efforts for more beds began well before her surgery, eQ's fundraising endeavour is said to be “the inspiration.” The cost for the SIU project (equipment, installation etc.) is \$865,000. The account opened with eQ's funds, close to \$19,000 (raised in just 18 weeks over four campaigns), and the goal is to reach \$25,000.

After its 2018 campaign, eQ will pass the SIU torch to the Foundation. VGH fundraising abilities are considerable and it is aiming to finish the project some time in 2019. In addition to eQ's donation, \$144,000 has already been raised for a total of \$163,000 to date. VGH is also working hard on recruiting more epileptologists and the Foundation has started other separate fundraising projects related to seizure research. “Here in Canada, one in 100 people live with epilepsy. With the medical community learning more about seizures diagnosis is on the rise and the SIU wait list has grown to more than three years,” Natasha says. March is National Epilepsy Awareness Month, so join eQ in its fifth and final SIU fundraising campaign.

Locations of events are coming soon in the *Quesnel Observer* and Coffee Break, and on the ‘Purple Day’ posters throughout the city. International superstar Alex Cuba is again performing for eQ's benefit concert on March 3 at The Occidental; there are limited tickets left. “Thank you Quesnel for helping us put our great city on the map as B.C.'s first SIU endeavour! Because of the SIU and highly trained medical staff at VGH, I am now 1,690 days grand mal free,” says Natasha. For the second year, Natasha was invited to attend the VGH Foundation Gala, which honours its donors. “This is something I could never have believed possible before 2011, but I'm proud to have taken this fundraising project to such a successful conclusion and help others who live with uncontrollable seizures take the next steps to wellness.”

Annie Gallant

February 24, 2018

<https://www.100milefreepress.net/news/cariboo-woman-raises-funds-for-seizure-investigation-unit-beds-at-vgh/>





# Our Programs and Services



- ◆ Free “Kids on the Block” puppet presentations that educate children (and their teachers, administrators, caregivers, and group leaders) about kids with Epilepsy in an entertaining manner;
- ◆ Free specially-tailored In-services about Epilepsy to schools, businesses, group homes, Public Service bodies, Colleges, etc. (includes annual training for NAIT EMT students and ETS Supervisors and Security Personnel, and on-line information about Epilepsy on the EPS Training System)
- ◆ Annual Epilepsy Educational Forums, both of interest to Health Care Professionals as well as the General Public;
- ◆ Free provision of our series of 12 Epilepsy Education Information booklets to Members, Hospitals, Clinics, Neurologists’ Offices and Pharmacies;
- ◆ Website, print and video information about Epilepsy, and a free lending library for members;
- ◆ Bi-monthly newsletter for Members that includes the latest current medical information available about Epilepsy, as well as current news about the Association and our services and events;
- ◆ Scholarship Program for Post-secondary Students with Epilepsy (minimum two scholarships a year);
- ◆ Garry Hannigan Memorial Life Enhancement Scholarships for Youth, to assist young people (up to the age of 18) to participate in sports, arts, cultural or recreational activities that will enhance their development as individuals;
- ◆ No-cost Counselling on Epilepsy-related problems for people with Epilepsy and families of people with Epilepsy, with referrals to other supporting Agencies as needed;
- ◆ Monthly group sessions geared toward Adults with Epilepsy and concerned family members;
- ◆ Information and support for Parents/Caregivers of Children with Epilepsy;
- ◆ No-cost provision of assistance/advice on diverse matters, including, but not limited to, finding employment, driving and Epilepsy, potential side-effects of medication, and dealing with the complexities of Government forms and applications (AISH, Disability, housing subsidy, etc);
- ◆ No-cost advocacy on behalf of people with Epilepsy experiencing discrimination or other problems;
- ◆ No-cost social and recreational activities for Members that help reduce social isolation, free ETS Bus Training, and free “Donate-a-Ride” Program bus tickets for Members in need;
- ◆ An annual no-cost in-house Collective Kitchen Cooking Training Program, An Annual Collective Gardening Program and an annual in-house Computer Training Program for Members;
- ◆ Ongoing recruitment and screening of quality Volunteers, annual recognition of all Volunteers, and annual award of Member-nominated Volunteer-, Achiever-, and Employer-of-the-Year Awards.

  
*Edmonton Epilepsy Association*

Edmonton Epilepsy Association  
11215 Groat Road NW  
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...*