



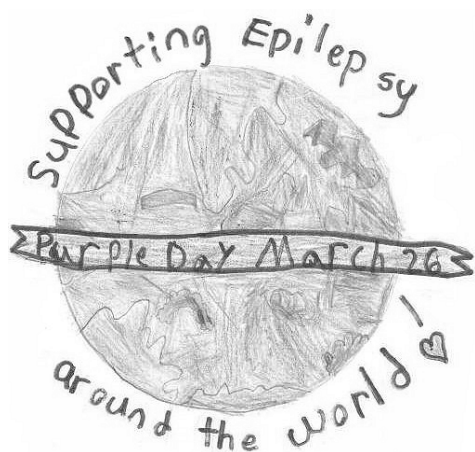
Epilepsy News

Serving the people of Newfoundland and Labrador for 25 years!

THE QUARTERLY NEWSLETTER OF EPILEPSY NEWFOUNDLAND AND LABRADOR

WINTER 2009

Purple Day - A Global Event March 26th



A Little Bit about Purple Day

Founded in 2008, by nine-year-old Cassidy Megan of Nova Scotia, Canada, Purple Day is an international grassroots effort dedicated to increasing awareness about epilepsy worldwide. On March 26, people from around the globe are asked to wear purple and spread the word about epilepsy.

Why?

Epilepsy affects over 50 million people worldwide. That's more than multiple sclerosis, cerebral palsy, muscular dystrophy and Parkinson's disease combined.

Why Purple?

Lavender is the international colour for epilepsy.

Getting involved is easy.

- On March 26th, wear purple and encourage others to do the same.
- Host a Purple Day party or fundraising event at your home, school or business.
- Visit www.purleday.org, the Purple Day group on www.facebook.com, or www.epilepsynl.com share your story and get real facts about epilepsy.

Hi,

My name is Cassidy and I am 9 years old but I will be 10 in January. I have Epilepsy and I started Purple Day for Epilepsy last year on March 26th to let people know that they aren't alone and how much they can learn about other people with Epilepsy and also about Epilepsy.

I started Purple Day because I want people to know that they are not the only ones with Epilepsy. When I first got Epilepsy I thought I was the only kid with it. I learned that there were a lot of other kids and big people with Epilepsy from all over the world. I also want people to know that there are different types of seizures and not to be afraid of seizures.

I am so happy that last year Purple Day for Epilepsy went really good because so many people supported me and other people with Epilepsy. My mom helped me start a Facebook group and now our Facebook group has people from all over the world. This year I hope to have more support and people involved because I want to make Purple Day for Epilepsy known all over the world. I am already doing things to make Purple Day more famous and popular. I wrote and talked to lots of people, even Robert Munsch.

I am hoping that you will help me and wear purple or lavender on March 26th for Purple Day. Lavender is the Epilepsy colour.

Thank you,
Cassidy



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On My Mind

*You have to accept whatever comes and the only important thing
is that you meet it with courage and with the best that you have to give.*

~Eleanor Roosevelt

A few months ago I was in a pretty serious car collision, one that wasn't in any way my fault. It's a horrible situation to face really. All the pain, frustration, fear, and limitations that come from something like that, especially when you had no responsibility for the cause of any of it. It can be hard to accept that your life has changed, possibly forever.

I know I'm not alone though. Every day people's lives take unexpected turns that leave them reeling, and trying to make some sense of all that has happened. When I talk with people who have been newly diagnosed with seizures, they often feel that their lives will never been the same again. In some cases they are right, their lived might not ever be the same as they were before. But just because life changes, doesn't mean it can't be just as fulfilling. Different is not necessarily worse, it's just... different.

Throughout all of my recovery, I had a choice to make. I could accept what had happened, and work with all my strength to make things better, or I could let myself become bitter and angry that this had happened to me. Acceptance can be a rough road and I will openly confess that there were times when all I wanted to do was rant and rage about my misfortune. I think that's probably normal. But I knew that if I was to heal, I had to learn to find acceptance.

No matter if life has given you car crashes, seizures, or some other unexpected and unpleasant surprise, learn to accept it. When you do, you will discover just how far you can still go, in spite of it all.

Pamela Anstey
Information Officer

Disclaimer

The materials contained in the Epilepsy Newfoundland and Labrador newsletter are to provide general information about epilepsy to the public. The information presented is not intended as medical or legal advice. Epilepsy Newfoundland and Labrador, its employees, board members, medical advisors, volunteers, agents and sponsors do not assume responsibility for inaccuracies or omissions or for the consequences from the use of the information obtained in this newsletter. Epilepsy Newfoundland and Labrador is not liable for any outcome or damages resulting from information in either a direct or indirect form. We recognize that each individual's experience of epilepsy is different. Consult your physician and/or neurologist with any questions you have.

People with epilepsy should never discontinue anti-epileptic medications or make changes in activities unless specifically advised to do so by an attending physician.

Fall Excursion

From La Scie to Springdale, Botwood to Gander

It was the middle of November this year before I had the opportunity to head out across the island for this year's Fall Excursion.

November is always a chancy time of year here in Newfoundland and Labrador, when the weather can turn from sunny to stormy in a matter of moments. But I didn't want to skip the entire year and not have the opportunity to teach and present for a while outside of the Avalon, so on November 17th off I went.

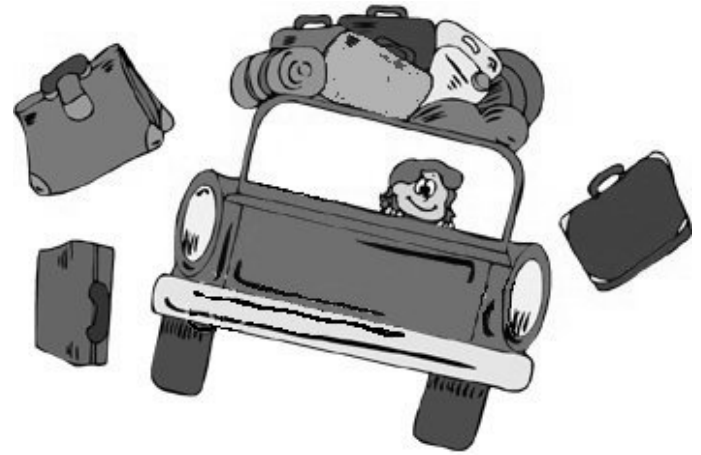
My first stop was La Scie, and as someone who has never been there before, my first glimpse of the town instantly charmed me. To get to La Scie, you have to navigate down one of the highest steepest hills I think I have ever been on, but the view as you look down on the town and out across the water is just stunning.

After presenting in La Scie, I headed back to Baie Verte, and then to Springdale for more presentations with schools, daycares, and medical centres.

From there it was onwards to Robert's Arm, Badger, Grand Falls, Gander, Lewisporte, Campbellton, and Botwood.

I talked with both staff and students at elementary schools and high schools. Met with the RCMP, the YMCA, several daycares and after school programs as well as a couple of post-secondary schools, too.

Each town I visited, I left information and resources behind at pharmacies, medical clinics, and health and Community Services offices for staff to even further distribute to clients and patients for me.



The weather mostly held for me, so I definitely got lucky in that regard.

I was almost left to camp out in my car when I got to Grand Falls however. Turns out the staff at the hotel where I was to stay, had gone on strike that very morning and no one was getting in or out without a police escort. Yikes! Thanks to a little dilligence and a little good fortune I managed to snag the very last room at an motel in Windsor. Much better than sleeping in my car. ☺

Through the course of the five days of the 2008 Fall Excursion, I gave 28 separate presentations to over 700 people. That's a whole lot of awareness and understanding!

Pamela Anstey, Education Officer, ENL

The Famous Faces of Epilepsy

Did you know?

- ✓ Bud Abbott, the straight man in the comedy team of Abbott and Costello had epilepsy all his life, and tried to control and hide it by drinking.
- ✓ Neil Young, singer-songwriter, he went on daily medication to control his epilepsy – and grew to dislike the medication's effect on him so much that a few years later he stopped using them.

- ✓ Florence Griffith Joyner, an athlete with world records in the 100 m and 200 m. She developed seizures in her thirties, and died from asphyxiation after a grand mal seizure while asleep.
- ✓ Edgar Allan Poe abused drugs and alcohol. Any seizures he may have had were most likely due to alcohol withdrawal. One author has suggested Poe may have had complex partial seizures.

The Registered Disability Savings Plan - Update!

The Government of Canada has extended the application period for the 2008 RDSP Grant and Bond through March 2, 2009.

On December 1st, 2008 the Registered Disability Savings Plan (RDSP) officially became a financial savings mechanism in Canada. To set up an RDSP in Newfoundland, the only financial institutions that has been authorized to issue the plan is:

- ✓ **Bank of Montreal (BMO Financial Group).**
To set up an RDSP, call the BMO Investment Centre at 1-800-665-7700.

What is the RDSP?

The RDSP is a new program that will assist families in planning for the long-term financial security of our relatives with disabilities. Over time, the RDSP will provide billions of dollars to supplement income, enable home ownership, and enhance quality of life for as many as 700,000 Canadians with disabilities.

Highlights of the Registered Disability Savings Plan

- ✓ Funds can be invested tax-free until withdrawal
- ✓ Anyone eligible for the Disability Tax Credit may set up an RDSP
- ✓ In the case of a minor child, a parent or guardian can establish and direct the RDSP
- ✓ A \$200,000 lifetime contribution limit
- ✓ Contributions by individual, family or friends
- ✓ No annual limit on contributions
- ✓ Contributions grow on a tax deferred basis
- ✓ No restrictions on when the funds are used or why
- ✓ Upon withdrawal, the income, the Grant, and the Bond are taxed in the hands of the beneficiary, and are likely to be taxed at a much lower rate

Highlights of the Canada Disability Savings Grant

- ✓ The CDSG will provide a federal contribution to assist families in saving for the future
- ✓ Grants are greater for families in the lower and middle-income categories
- ✓ When annual net income is less than \$74,357 the grant will contribute:
 - \$3 for every \$1 contributed on the first \$500
 - \$2 for every \$1 contributed on the next \$1,000
- ✓ When annual net income is over \$74,357, the grant will contribute:
 - \$1 for every \$1 contributed up to \$1,000
- ✓ The Grant can be received for 20 years, until the beneficiary turns 50.

Highlights of the Canada Disability Savings Bond

- When annual net income is \$20,833 or less, the Canada Disability Savings Bond will provide \$1,000 per year whether or not contributions are made to the plan
- The RDSP thus becomes accessible to persons with disabilities whose family does not have the resources to make contributions
- Like the Grant, the Bond can be received for up to 20 years until the person reaches their 50th birthday

Withdrawals from the RDSP .

- The beneficiary of a plan can receive Disability Savings Payments as soon as the RDSP is established. There are no restrictions on when the funds can be withdrawn or for what purpose, but any Grant or Bond received within 10 years must be repaid.
- Each dollar withdrawn is considered to be comprised of contribution, Grant or Bond, and income. The proportion that is Grant, Bond or income is taxable.

The Registered Disability Saving Plan is exempt from the calculation of Income Support benefits in Newfoundland and Labrador!

For more information and a handy online RDSP calculator, check out **www.plan.ca** or **www.rdsp.com**.

The RDSP calculator tool will help project the estimated future value of an RDSP, and will help determine how it can enhance the quality of life for a family member with a disability.

By answering a few simple questions, the calculator will determine the amount of Grant and Bond a person is eligible for, and the value of future payments.

If you need further assistance or information on anything to do with the new RDSP, feel free to give us a call at Epilepsy Newfoundland and Labrador, and we will help you find the information you need.



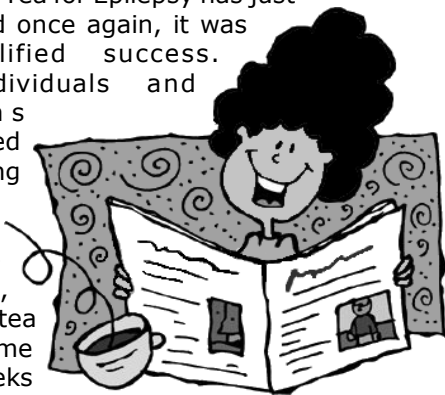
Christmas Tea for Epilepsy 2008

The 5th Annual

Christmas Tea for Epilepsy!

Our Christmas Tea for Epilepsy has just
clued up and once again, it was
an unqualified success.
Businesses, individuals and
organizations
thoroughly enjoyed
the most relaxing
fundraiser ever.

All folks had to do
was sit back, relax,
and enjoy a cup of tea
on us, any time
during the first weeks
of December.



We provided the tea, goodies, information about seizures,
and a special surprise, and they provided the good will
and community spirit. In return, we asked that offices
make a contribution to Epilepsy Newfoundland &
Labrador. It was that easy.

Some groups had employees donate their break money,
some raffled off their Tea Basket, while others took things
a step further and chose to make a direct donation to
Epilepsy Newfoundland and Labrador and offer the tea
and sweets to staff, clients, or customers as a special
treat.

Again this year, we are very grateful to Tetley, who
donated 10,000 individually wrapped teabags to start the
program off right.

We also have to extend special thanks to Costco Bakery,
who generously provided most of the sweet treats and
goodies that filled our Christmas baskets.

All in all it was a great success, as you can see by the
number of community minded people who supported this
cause. We thank each and every one of you for doing
your part. With just a cup of tea, you have made a
difference.

Christmas Tea Hall of Fame 2008

Our Most Flavorful Sponsors

The Benevolent Bakers (In-Kind Cookies and Treats Donations)

Paradise Bakery
Purity Factories

Marie's Bakery

Our Grand Givers (\$500 and up)

Husky Energy

Aliant Pioneers

The Tea Masters (\$100.00 donations and up)

Barrett's Funeral Home
Re-Max
BMO - Water Street
Rogers Cable
The Telegram

Scotiabank - Water Street
Cox & Palmer Law Offices
Penney Mazda
VOCM Cares

The Tea Specialists (\$50 and up)

City St John's Eng. & Planning
CNA - Prince Philip Drive
Academy Canada
City St. John's - Info Services
MUNN Insurance

St. Patrick's Mercy Home
Scotiabank - Elizabeth Ave. East
Opening Doors Program
Scotiabank Centennial Square

The Tea Apprentices (Donations up to \$50)

CNA - Ridge Road
Hickman Saturn Saab
Jay Sheppard
Kirby Duggan
Krista Gilles
AON Reed Stenhouse
Avalon Software
City of St. John's - Tax Dept.
City of St. John's - Finance

ProActive Physiotherapy.
Scotiabank - Cornwall Avenue
Scotiabank - Paradise
City Tire
Michelle Winsor
MUNN Insurance Claims Dept.
NuBodys - Atlantic Place
NuBodys - Avalon Mall
HCS - Cordage Place

Sit back, relax, enjoy your tea
and think how different your life would be
if I were you, and you were me,
and you were the one with epilepsy.

Remembering Linda

As I sit here and type this, I remember a close and very dear friend of mine who I had met just over nine years ago: Linda Green.

When I first met Linda, we talked a lot. Even though she lived miles away, here was a stranger who I had gotten to know, and we learned our lives were so very much alike. The day I met her we became friends right away.

Over the years I grew to admire her for all that she had accomplished in her life, as well as for all the poems and stories that she had written and had published. She wrote a poem for me once and to this very day it still stands on my dresser. It's a nice poem called *My Own Way*. I remember when I went to her place she said, "Christina, I'll write you a poem." In no time her fingers went across that keyboard and all I could say to her was that I wish I could type that fast.



Christina Keough and Linda Green in 2008

As the day drew nearer to me going back home, and we both went our separate ways, her kindness stayed with me. I had gotten to know someone special to me and my husband.

We went to visit her again a short while ago and had a great time talking about her coming to our place for a visit, and reading my book. She said she was going to go over my book and fix any mistakes. She knew that when I started to write my book, I could barely read or write at all because of a stroke I had. But she wanted to help me, she said I could do anything, just as I knew she could too.

But she never got the chance to come. Yesterday, I received the Fall Epilepsy Newfoundland and Labrador Newsletter. I was shocked to read that Linda had passed away. It's hard to say goodbye to a friend, and I will miss her deeply. When you have a friend, hold on, and hold on tight, because you never know what you will miss in life until they are gone.

Christina S.Y. Keough

Concert Ticket Results

Sometimes we are so touched by a story that it stays with us, no matter how much time passes. For me, this has been the case with Stephen Short. Stephen

passed away suddenly Dec. 10, 2007, just ten days before Christmas from cardiac arrest caused by a seizure. He was only fifteen years old.

As an ongoing tribute to Stephen's memory, his family has been doing all they can to help raise funds for epilepsy support and seizure awareness.



Stephen Dawe (brother-in-law), Jesse Dawe (nephew), Stephanie Dawe (sister), Gail Dempsey (Executive Director of ENL), Vaden and Karen Short (parents)

Most recently Stephen's family held a variety concert in their area. Emceed by well known Newfoundland comedian John Sheehan, and with live music by the Morgan Brothers and other local talent, the concert was thoroughly enjoyed by all in attendance.

Additionally, the family held a raffle to support the work of Epilepsy Newfoundland and Labrador. The prizes were:

- **A beautiful hand made Newfoundland Quilt** - depicting images traditional to life in Newfoundland and Labrador. Valued at \$700.00
- **Surprise Basket** - Filled to the brim with a variety of prizes and gift certificates. Something for everyone! Valued at \$300.00

The winning tickets were drawn on December 10th at Ascension Collegiate in Bay Roberts by the Executive Director of Epilepsy Newfoundland and Labrador, Gail Dempsey.

The winners were

- Vivian Clarke Ticket #0355)
- April O'Rielly (ticket #0453)

To date, the extraordinary work of the Short family has raised over \$10,000, money that will be used to help educate and support people with epilepsy, their families, and the entire province. On behalf of ENL, thank you. Your devotion is an inspiration.

Off The News Wire

Stopping Anti-Seizure Meds Safe for Kids

A new study reveals it is generally safe to stop anti-seizure medications in children with epilepsy who have been seizure-free while on the treatment. Epilepsy, characterized by the occurrence of two or more seizures, affects millions of people. Roughly 10 percent of children with epilepsy have the intractable version, where medications alone cannot control seizures that can disrupt their quality of life.

Doctors often recommend children who become seizure free on anti-seizure medications stop taking the drugs to avoid side effects, such as cognitive slowing, coordination problems, weight change, behavioural decline and liver damage. However, few studies investigate the risk of intractable epilepsy after stopping drugs.

The risk of children developing intractable epilepsy after withdrawal of anti-seizure medication was only 5 percent, which is similar to the risk of intractable epilepsy at the time of initial diagnosis of epilepsy in children. Therefore, the children who achieve seizure-freedom on anti-seizure medication should be considered for withdrawal without high risk of intractable epilepsy.

The American Epilepsy Society, December 7, 2008

Diabetic Monitors Can Prevent Nighttime Seizures

Monitors that continuously measure sugar levels under the skin can alert diabetics when levels fall too low during sleep and awaken them before a seizure occurs. Concerns over nocturnal hypoglycemia (low sugar levels during sleep) are a major reason people with type 1 diabetes are welcoming the possibility of using real-time continuous glucose monitoring with hypoglycemic alarms.

However, continuous glucose monitoring has a 5 to 18 minute delay when compared with glucose levels measured directly from the blood. This might mean that a seizure could occur before an alarm sounds, although there are no reports of hypoglycemic seizures with a patient wearing a continuous glucose monitor. Nocturnal hypoglycemia was documented on the continuous glucose monitor for 2.25 to 4 hours before the seizure occurred.

Glucose sensors should have loud alarm systems, particularly at night, to insure either the patient or a surrogate is awakened to intervene. The study suggested augmenting the alarm with a bedside device that would turn on a light and transmit the alarm to another location in the house, such as a parent's bedroom.

Diabetes Care, November 2008

Antiepileptic drugs get new warnings in the US

The Food and Drug Administration has announced that the labels of antiepileptic drugs are now required to include information about an increased risk of suicidality. This class of drugs, includes carbamazepine and clonazepam along with many others.

"Patients being treated with antiepileptic drugs for any indication should be monitored for the emergence or worsening of depression; suicidal thoughts or behavior; or any unusual changes in mood or behavior," said Russell Katz, MD, of the FDA's Center for Drug Evaluation and Research. "Patients who are currently taking an antiepileptic medicine should not make any treatment changes without talking to their health care professional."

The agency took this action after reviewing 199 studies of 11 drugs in this class showing that these medications were associated with a near doubling of the risk of suicidal behavior or thoughts. This translates to one additional case in every 500 treated patients. The reason for the phenomenon is unknown.

American Medical News, January 12, 2009

John Travolta's 16-Year-Old Son Dies

Jett Travolta, the 16-year-old son of actor John Travolta and wife Kelly Preston, died Friday while on vacation with his family in the Bahamas. Jett had suffered a seizure at his family's vacation home and hit his head in a bathtub. Jett, who is the only son of Travolta, 54, and Preston, 46, had a history of seizures.

His mother said that when Jett was 2 he became "very, very ill, but it seemed like flu symptoms" before being diagnosed with Kawasaki disease. The condition, which usually affects children from ages 2 to 5, can cause inflammation of the arteries. Usually treatable, it can lead to lasting heart damage in rare cases.

In November Jett joined his dad in Paris, where Travolta has been shooting a film. The actor had said how much he loved fatherhood. "I can't imagine what life would be like without Jett," he said. "After he was born and cleaned up, I held him for hours while Kelly slept. When they came to take him away for various tests, I said, 'No, you can't see him today. You'll have to do it another day.'"

People, January 02, 2009

Common sense ain't common.

- Will Rogers

March is Epilepsy Awareness Month

March is always a special time of the year right across Canada when grassroots associations work extra hard to get the word out about epilepsy and seizure awareness. We have great things in the works.

Purple Preschool Parties

We're turning the province's pre-schools purple with our Any-bunny can Have Epilepsy Purple Day Hop.

Daycares and Preschools all over the province have been invited to hop along with us on Purple Day in support of Epilepsy Awareness.

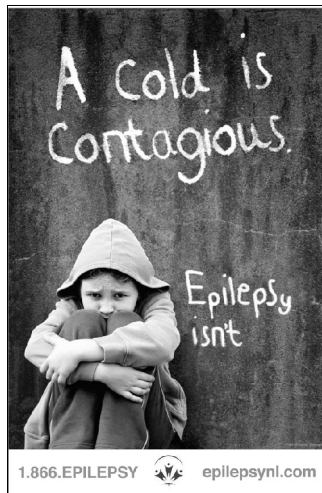
Every 'bunny' that hops for Epilepsy on Purple Day will be eligible to win prizes, and everyone who participates will get information and goodies all about seizures.

Coffee Club

Brainstorm is a Q & A competition that tests high school students' knowledge of the brain and nervous system. It is an international event and the winner of the provincial competition will also win the opportunity to represent this province at the international finals during March. We have again been invited to participate as the quizmaster and to give a brief familiarization with our organization and it's activities.

Graphic Design Contest

For the third year we are partnering with the Graphic Design Program at the College of the North Atlantic to develop bus shelter ads that will offer people an opportunity to become more aware and understanding of epilepsy. Last year's entries were amazing, and we expect this year will be every bit as good.



Other Events and Promotions

Do you have an idea to promote epilepsy and seizure awareness? Would you like someone to come and talk with your group about seizure first aid? Get in touch with us. We will do everything we can to make it happen.

Provincial Q & A Forum

*Have epilepsy questions you want to ask an expert?
Want to share the stories and experiences of other individuals and families who struggle with epilepsy?*

WE HAVE YOUR OPPORTUNITY!

During March, Epilepsy Nf. and Lab. will be hosting our annual province-wide Q&A Forum on Epilepsy. This year we are very pleased to have not one but two of this province's foremost authorities on epilepsy:



Dr. A. Ogunyemi,
Epileptologist

and

Dr. D Buckley,
Pediatric Neurologist

Come join two of Newfoundland and Labrador's most knowledgeable neurologists on epilepsy and seizure disorders, in a province-wide Question and Answer Forum. Ask Dr. Ogunyemi and Dr. Buckley the questions that are important to you, and find out even more about epilepsy.

**Participation is open to anyone in the province.
REGISTRATION FOR THIS EVENT IS FREE**

If you live in St. John's and the surrounding areas the conference will be held on Purple Day - March 26th at 7pm, with the location for the St. John's area to be announced soon.

If you live outside of St. John's, we are pleased to be able to include everyone in the province who wishes to participate in this annual forum via teleconference. If you have access to a phone, you can join us!

Make sure you don't miss out. Please register in advance in order for us to make the necessary arrangements.

For more information or to register, contact
PAM ANSTEY, Information Officer
Epilepsy Newfoundland and Labrador
(709) 722-0502 or toll free at 1-866-EPILEPSY
info@epilepsynl.com

A Little Time Out



"I've sorted it out, the computer had put your Social Insurance number in the tax due column."

Karen and her husband, Michael, were at a buffet restaurant with his boss, a rather stern older man.

When Michael began a story Karen was sure he had told before, she gave him a kick under the table. There was no response, so Karen gave him another solid kick. Still the story went on.

Suddenly he stopped, grinned and said, "Oh, but I've told you this one before, haven't I?"

They all chuckled and changed the subject. Later, at the buffet line, Karen asked Michael why it had taken him so long to get her message.

"What do you mean?" he replied, confused. "I cut the story off as soon as you kicked me."

"But I kicked you twice and it still took you awhile to stop!" Karen repeated, frustrated at Michael's lack of awareness.

Suddenly Michael and Karen realized what had happened. Blushing, they returned to their table, where the boss was digging into his large piece of apple pie.

After accepting their apologies, the boss smiled and said, "Don't worry. After the second one I figured it wasn't for me, so I passed it along!"

My dog chewed the tongue on one of my new, expensive sneakers. I hoped to save my investment, so I took them to a shoe repair shop. I placed them on the counter and told the man, "My dog got hold of this."

The repairman picked up the shoe, looked it over, and placed it back down on the counter. "Well, what do you recommend?" I asked.

He looked at me and replied, "Give your dog the other shoe."

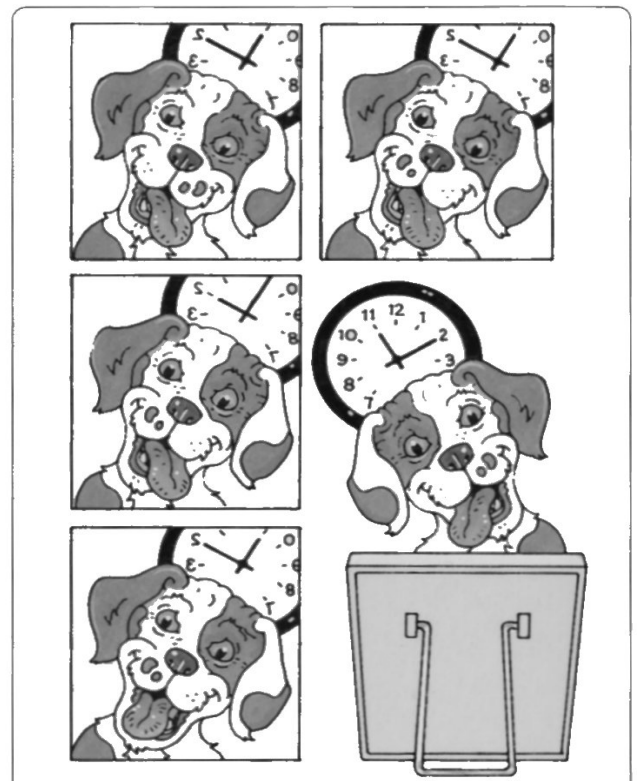


MIRROR IMAGES

Spotty the Seizure-Dog is confused? Who is that puppy looking at him, and how did he get in that mirror?

Which of the images in the smaller boxes is the exact reflection of the one that Spotty sees?

Can you figure it out?



Door to Door Campaign

Our 2008 Door to Door Campaign will begin in full force on March 1st. We are now beginning our search for canvassers. With the help of many generous and caring people just like you, I am sure that this year will be a resounding success once again. It's because of our volunteers and the generosity of those who give even a small donation that we can continue to bring numerous programs and services to individuals, family and friends who are influenced by the effects of epilepsy.



Will you give just a little time to help? If so, perhaps you could collect a street or small area in your hometown, or perhaps you would be willing collect among your friends and family? If you are able to offer even an hour or two of your time, please give me a call. You can reach me at 722-0502 or toll free at 1-866-EPILEPSY.

If you cannot help, perhaps you have friends and family who would be happy to collect at a few homes on your behalf? Or if not, please give generously when one of our volunteer canvassers comes to call at your door. Every penny stays right here to help the people of this province live a better life today.

Allison Collins, Campaign Coordinator

Tax Seminar

The Learning Disabilities Association of NL presents:

Helping Persons with Disabilities and Their Families Pay Less Tax

a Web Seminar with Eileen Reppenhagen,
CGA - the "Tax Detective"

An essential workshop for:

- Individuals with any impairment of ability (disability)
- Families who support those with a disability or infirmity

Attend the Web Seminar to discover:

- how to claim more than drugs, glasses, and dental care
- what qualifies for the 123 medical tax credits
- how to pay less tax in future years
- how to claim expenses at any time of year
- how to recover taxes paid over the last 10 years
- how to receive all you are entitled to from government
- Get money back for expenses you should have claimed

When: Tuesday, Feb. 24th, 2009 – 6:30pm-9:30pm

Where: Lecture Hall "B" MUN School of Medicine

Cost: \$20 for LDANL members and \$30 for non-members

For information and registration contact:

David Banfield, LDANL Program Coordinator
at 753-1445 or david.ldanl@nl.rogers.com

Registration Deadline: Tuesday, February 17, 2009

I Would Like To Help in the Fight Against Epilepsy

- ☐ I am enclosing a donation of \$_____
- ☐ I would like to become a member of Epilepsy Newfoundland and Labrador. I am enclosing my \$5.00 membership fee.
- ☐ I would like to become a volunteer. (We can use volunteers from right across the province)

Name: _____ Email: _____

Address: _____ Phone: _____

If you would prefer to use your credit card, please complete the following:

Type of card: _____ Account #: _____ Expiry Date: _____

Signature: _____ Date: _____

Clip and mail this form to Epilepsy Newfoundland and Labrador - 26 O'Leary Avenue, St. John's, NL A1B 2C7