

Epilepsy News

The Quarterly Newsletter of Epilepsy Newfoundland and Labrador

Winter 2006

We Have Moved!

A Great New Store and a Great New Office to Serve You Even Better



On December 1st 2005 *Epilepsy Newfoundland and Labrador* and our thrift store *Previously Loved Clothes and Things* packed up and moved on down the road to brand new space right in the heart of the city.

Our new location is

**26 O'Leary Avenue
Right behind the Avalon Mall**



We're now only a moment from one of the main Metrobus stops, and have lots of parking out front, so if you're in the area, feel free to come visit us and have a look at our new offices, and a browse around the store.

With loads of space, our store is now even more filled with amazing tax-free bargains on a huge selection of items including clothes, furniture, toys, sporting equipment, kitchen items, bedding, collectibles, and giftware.



Stop by the office and say hello to all the staff whose names you see here in this newsletter every quarter. Let us know your thoughts, and how we can meet your needs regarding epilepsy even better.

In This Edition

<i>We Have Moved</i>	1
<i>Jason's Story</i>	3
<i>ENL 2006 Scholarship Winner</i>	4
<i>Province-Wide Q&A Forum</i>	4
<i>Medication Scheduling for Night Owls</i>	5
<i>March Awareness Month</i>	6
<i>Medication Profiles - Phenobarbital</i>	6
<i>Announcements and Notices</i>	7
<i>Christmas Tea Recap and Thank You Honour Roll</i>	8
<i>Time Out</i>	9
<i>Attendant Passes</i>	10

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Notes from Pam

Change is everywhere. We can't escape it really. Every day things must change. Sometimes they are little things like a new pair of shoes you may be trying to break in till they feel comfortable again. Sometimes they can be pretty big things.

As you know, our offices moved recently. No small feat to pack up an entire thrift store, and a whole set of office and resource materials, and then to try to settle into a new place. Needless to say, it was pretty overwhelming at first. With so much stuff to do and things to take care of, the whole process was a little intimidating. But like any big job, the best way to handle it is one little bit at a time. With each box that was opened and sorted away, the whole picture became that much easier to see, and that much closer to managing.

It's much like that for people when they first start having seizures in some ways. This big life altering change seems to be thrust upon you with no direction or understanding of how you can possibly deal with it all. It is overwhelming, and sometimes you doubt whether life will ever return to some sort of normal again.

But just like unpacking, if you take things in smaller manageable steps, it can be much easier to deal with and understand. First off, know that you are not alone. Lots of other people have been where you are and understand. There is no shame in asking for help in order to cope with this big change. Share your thoughts with others and let them know how you are feeling. Gather information and read and learn as much as you can handle. Soon you will find that what at first seemed so incredibly overwhelming, has become manageable.

Not saying that it will ever be as comfy as a pair of well worn shoes, but it's amazing the difference a little time and a little help can make. Sometimes change is not totally bad after 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.

You're never too old to become younger.

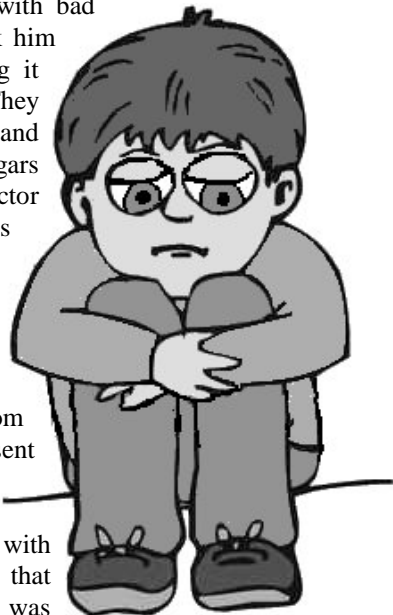
- Mae West

He Just Wants to Do the Things Little Boys Do

The following story was shared by Sandi, the mom of Jason who has had seizures for some time. Their story is a challenging one, and is still ongoing.

I am writing to let you know an experience my 11 year old Son had with Epival. He has had epilepsy since he was 2 months old. He was never on any medication until he turned 8.

He woke up one night with bad stomach pains. We took him into the hospital thinking it was his appendix. They admitted him for the night and discovered his blood sugars were over 20. The Doctor suspected pancreatitis. As we live in Labrador City he needed to be flown out. The weather was very bad all over the island and planes were unable to take off. The air ambulance from Quebec came and he was sent to the CHUL hospital in Quebec city. When I got a flight the next day to be with him, the doctors told me that 85% of his pancreas was affected. This was a result of the Epival. Along with this he is now diabetic. The neurologist who came into Labrador City kept increasing the medication when we tried to tell him it was not working. We were very angry! He is now on Topamax and it is not controlling his seizures yet.



Jason just came back from Quebec City. He met with a neurosurgeon who hopes they will be able to try something different. They did another EEG which lasted for 2 hours. They want him to have a vagus nerve stimulator implanted because he is still not responding to any medications. I have an 11 year old boy who really can not do the things an 11 year old boy loves to do.

Jason has many seizures a day both while he is awake and asleep. In the morning one of us wakes Jason and lead him by the hand to the kitchen table where we give him his medications for the day. After that we lead him by the hand to the washroom where mostly everyday he does have a seizure. His breakfast and getting dressed all happen on the couch in the living room where he is usually for the first half hour to 40 minutes he is up. When it is time to go to the bus I accompany him and wait until he boards the bus before I go off to work for the day myself.

We live in a mobile home so we are fortunate that we do not have stairs to deal with on a daily basis. He loves to ride his bike and skate board and that he is not able to because we never know when the seizures may happen and he does not know when it will happen either.

I am praying that they will find something that works for Jason so he can get on with his life and enjoy all things that an 11 year old little boy can.

We will be updating you on Jason and Sandi's Story as it progresses. It is truly a tale of perseverance in the face of great challenge and we are all cheering them both on.

All of us who face the struggles of epilepsy share a unique bond, and one that we can use to help each other through the difficult times. If we are willing to share of ourselves with others, then we can all be stronger in this battle.

Share your words of encouragement for Sandi, Jason and their family! Mail, email or telephone your words and thoughts of encouragement and support and we will pass them on to the family.

Email - epilepsy@nf.aibn.com

Telephone - 722-0502 or 1-866-EPILEPSY

Mail - Epilepsy NF & Lab, c/o Pam Anstey,
26 O'leary Avenue, St. John's, NL A1B 2C7

One day . . . a wealthy family man took his son on a trip to the country, so he could have his son see how poor country people live. They stayed one day and one night in the home of a very humble farmer. At the end of the trip, and when they were back home, the father asked his son, "What did you think of the trip?" The son replied, "Very nice dad." Then the father asked his son, "Did you notice how poor they were?" The son replied, "Yes." The father continued asking, "What did you learn?"

The son responded, "I learned that we have one dog in our house, and they have four. Also, we have a fountain in our garden, but they have a stream that has no end. And we have imported lamps in our garden . . . where they have the stars! And our garden goes to the edge of our property. But they have the entire horizon as their back yard!"

At the end of the son's reply the father was speechless. His son then said, "Thank you dad for showing me how poor we really are."

Isn't it true that all depends on the lens you use to see life? One can ask himself what would happen if we give thanks for what we have instead of always asking for more. Learn to appreciate what you have. Wealth is all in one's point of view.

Epilepsy Newfoundland and Labrador 2006 Scholarship Winner

Each year Epilepsy Newfoundland and Labrador offers two scholarships, available to post secondary students with epilepsy to assist them with continuing their education and pursuing their dreams.



This year's recipient of the Jim Hierlihy Memorial Scholarship, valued at \$1000 goes to Leah Barbour. Seen here with ENL Executive Director Gail Dempsey. Leah is a student at Memorial University of Newfoundland studying Pre-Pharmacy. She

was diagnosed with epilepsy back in 1996. She had this to say about her seizures:

"When diagnosed in Grade 4, it took me almost a year to get myself balanced again on medication. It was a very tough time in my life. But being so young when I developed epilepsy, I believe it helped me to mature more quickly than normal. I took it upon myself to develop a routine so that I wouldn't miss my medication. Being 9 years old, that wasn't really expected. It has helped me throughout the past eight years to be organized, focused, and to always strive to do my best. Also, the experience has caused me to want to prove that I wasn't any different than anyone else without epilepsy. This has been the most important things epilepsy has taught me."

Aside from her studies in pharmacy, Leah is also very active in activities such as charitable events, music, and drama. Epilepsy Newfoundland and Labrador is proud to award her the Jim Hierlihy Memorial Scholarship. You are an inspiration to us all.

If you would like to find out how to apply for one of our scholarships, call us at 709-722-0502 or toll free at 1-866-epilepsy(374-5377) or visit our website at www.nfld.net/epilepsy and download all the forms and information you need.

Province wide Epilepsy Question and Answer Teleconference

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

WE HAVE YOUR OPPORTUNITY!

March 30th, 2006, Epilepsy Newfoundland and Labrador 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 March 30th 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!

Please register on or before March 27th in order for us to make the necessary arrangements.

For more information or to register for the forum, contact

PAM ANSTEY, Information Officer
Epilepsy Newfoundland and Labrador
(709) 722-0502 or toll free at 1-866-EPILEPSY
epilepsy@nf.aibn.com

Medication Scheduling for Night Owls

Q *I'm supposed to take my medications three times a day, at breakfast, supper, and just before bed (around 8am, 4pm, and midnight), but I'm a night owl and often don't get up in time to take the breakfast time one on schedule. Is this a big deal?*

A It's not just a big deal, it's actually a **really big deal**.

Your anti-seizure medications work best when they maintain a steady and constant level in your blood stream. But, like everything else, what we put *in* our body eventually comes *out*, including our medications. Medications get metabolized, absorbed, and excreted. This is why we need to keep taking them.

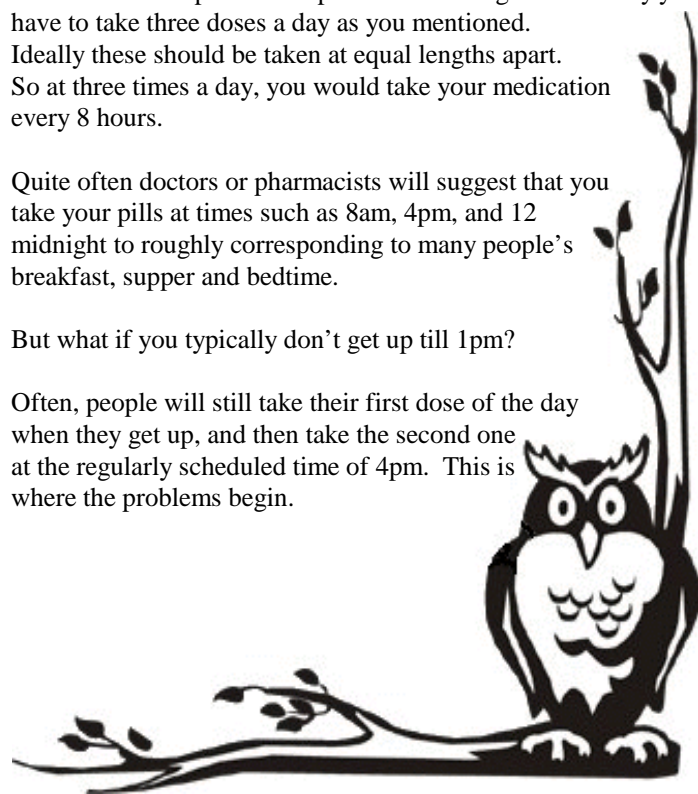
Your doctor or neurologist has scheduled multiple doses of your medications per day to maintain a steady amount of your drugs in your body. This timing is set to make sure there is enough drugs in your system at all times. Too much may cause side effects, too little may cause seizures.

Lets look at a couple of examples to make things clearer. Say you have to take three doses a day as you mentioned. Ideally these should be taken at equal lengths apart. So at three times a day, you would take your medication every 8 hours.

Quite often doctors or pharmacists will suggest that you take your pills at times such as 8am, 4pm, and 12 midnight to roughly corresponding to many people's breakfast, supper and bedtime.

But what if you typically don't get up till 1pm?

Often, people will still take their first dose of the day when they get up, and then take the second one at the regularly scheduled time of 4pm. This is where the problems begin.



Taking the first dose late means that when you take your second supertime dose, there will be more of the medication still in your system than there should be because your body has not had the time to absorb or excrete most of it by then.. So when the second dose is added on top of those leftovers, it may cause all sorts of unpleasant side effects, including nausea, headaches, foginess and many other things.



As unwanted as those side effects might be, they're not as significant as what could happen later that night. Say our night owl takes their regular midnight dose, but doesn't go to bed till 4 or 5 am. The next

day they again sleep in till 1 pm. The body, however is expecting a new dose of medication at 8am. When no dose is taken, and their last dose from hours ago starts to be eliminated from the body, the level of anti-epileptic medication in the body can drop to dangerous levels, and the person becomes at serious risk for breakthrough seizures.

So what do you do if your sleeping and waking cycle don't correspond to the recommended dosage times? Talk with your doctor, neurologist, or epilepsy personnel to see about adjusting them. People with epilepsy should never discontinue anti-epileptic medications or make changes in activities unless specifically advised to do so by an attending physician.

For most people there is really no difference to your body if your meds are taken at 8am, 4pm, and 12midnight, or if they are taken at 1pm, 9pm, and 5am. But only your doctor can determine this for certain.

If you would like more information on this, feel free to call Pam at the Epilepsy Newfoundland and Labrador Office.

*Pamela Anstey
Information Officer, Epilepsy Newfoundland and Labrador
January 11, 2006*

Advice is what we ask for when we already know the answer but wish we didn't. - Erica Jong

March Awareness Events

March is coming quickly and with it comes the national Epilepsy Awareness Month. It's a time set aside to work even harder at sharing information and awareness when it comes to the reality of seizures and epilepsy. We have big plans this year!

Province-Wide Question and Answer Forum

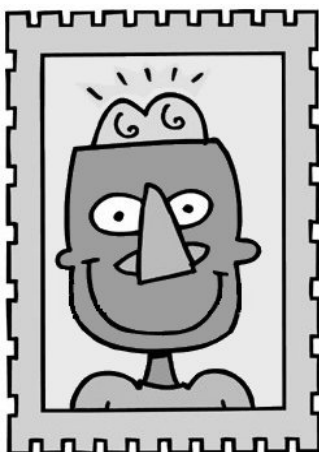
- March 30th - This year with both Dr. Ogunyemi and Dr. Buckley. Last year the forum was amazing with such incredible participation from all over Newfoundland and Labrador. This year we're hoping for even better. To find out more about the Q&A Forum, see page 4 of this newsletter.

Brainstorm

- The Brainstorm competition is an international event for Brain Awareness Week, which coincidentally falls during the middle of March. It consists of students from many different schools competing against each other to answer questions on the brain and its functions. In previous years ENL has been involved as one of the guest questioners. This year however we are taking a very active role in working with the planning and arrangements for both the quiz portion of the event, as well as the art competition which always draws truly gifted student artists.

Brain Day

- Also in honour of both Epilepsy Awareness Month and Brain Awareness Week, we will be working to arrange our Third Annual Brain Day Celebration. With activities and events for many ages, last year's was incredible fun. If you would like to have a Brain Day Celebration in your area of the province, give Pam a call at the ENL Offices. We will work with you to do all we can to help in the arrangements.



School Awareness Program

- Starting in January and running through until March, we will be visiting schools all over carrying out our School Awareness Program, talking with students of all ages about epilepsy, first aid for seizures, and some of the social issues facing people with epilepsy. We have many schools already scheduled and more finalizing dates every day. Would you like someone to come to your child's school with our program? Let us know and we will do all we can to make it happen.

There will be lots more happening as well as time draws closer to the big month. What would YOU like to see happening for March? Give me a call and let me know at 1-866-EPILEPSY.

Medication Profiles

If you would like more information on this drug, or information on a different drug, visit our website at www.nfld.net/epilepsy.

Phenobarbital

What is Phenobarbital

Phenobarbital is in a class of drugs called barbiturates (bar bi TURE ates). Phenobarbital depresses the activity of your brain and nervous system.

Phenobarbital is used to induce sleep, to treat insomnia (for up to 2 weeks), to prevent seizures, and to treat seizures that are already occurring.

What are the most important things to know?

Call your doctor immediately if you develop a fever, a sore throat, sores in your mouth, broken blood vessels under your skin, or easy bruising or bleeding. These could be early signs of a serious side effect.

Use caution when driving, operating machinery, or performing other hazardous activities. Phenobarbital will cause drowsiness. If you experience drowsiness, avoid these activities.

Do not drink alcohol or take other sleep medicines, antihistamines, narcotic pain relievers, or other drugs that also cause drowsiness unless your doctor approves. Dangerous sedation could result.

Phenobarbital may decrease the effectiveness of birth control pills. Use a second method of birth control while taking phenobarbital to prevent pregnancy.

Side effects of Phenobarbital

If you experience any of the following serious side effects, stop taking phenobarbital and seek emergency medical attention:

- an allergic reaction (difficulty breathing; closing of your throat; swelling of your lips, tongue, or face; or hives);
- a fever or a sore throat;
- sores in your mouth;
- broken blood vessels under your skin; or
- easy bruising or bleeding.

Other, less serious side effects may be more likely to occur. Continue to take phenobarbital and talk to your doctor if you experience

- drowsiness or dizziness;
- confusion;
- agitation, irritability, or excitability;
- nightmares, nervousness, or anxiety;
- headache; or
- "hangover" effect (drowsiness the day after a dose).

Phenobarbital is habit forming, which means that you can become addicted to it. Your doctor will want to monitor how much medicine you are taking. Your dosage may have to be reduced slowly to prevent withdrawal effects.

Side effects other than those listed here may also occur. Talk to your doctor about any side effect that seems unusual or that is especially bothersome.



Announcements and Notices

We Need Your Support!

Epilepsy Awareness Month's annual Door to Door campaign will begin in full force on March 1st. 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 (374-5377).

There are collector prizes to be drawn for at the end of the campaign.

If you cannot help, 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.

Marilyn Murley
Campaign Coordinator



Epilepsy Express Secret Word Contest -

The most recent winner of the Secret Word for Understanding Contest is:

Della Piercey
of Mount Pearl

Della wins a special prize, and an information kit with a variety of resources for all ages. Congratulations Della!

If you would like a copy of the *Epilepsy Express* sent to you containing all the details on the secret word contest, just call Pam Anstey, the Education Coordinator at the ENL Office.

Recycling Cell Phone Program

Don't trash your old and unwanted cell phones. We would love to have them for our cell phone recycling program.

If you would like to coordinate a cell phone collection or drop box in your area or place of work, we would be more than happy to provide you with all the information you would need to set it up.

For more details and to learn how you can help, call me.

Bonnie Green
Special Events Coordinator



Our Website has Won an Award!



Our website has been chosen as the favorite of web voters in the Health category in the Downhome Web Award contest!! This competition is sponsored by the Downhomer Magazine.

As a result, our website we will be featured in the February edition of the Downhomer Magazine, and on their website - www.downhomelife.com,

giving us the opportunity to share epilepsy awareness with over one quarter of a million people!

Thanks to everyone who voted for us, and helped spread the word about epilepsy and seizures.



While supplies last!

We are selling 25lb bags of sorted clothing for only \$10.00 a bag, tax free! Many of our customers are using our rags in garages, print shops, painting and construction sites, and trucking companies.

For more information and to get yours, call Bonnie at 722-0502 or 1-866-EPILEPSY

If you can solve your problem, then what is the need of worrying? If you cannot solve it, then what is the use of worrying?
- Shantideva

With Our Sincere Thanks

Christmas Tea For Epilepsy

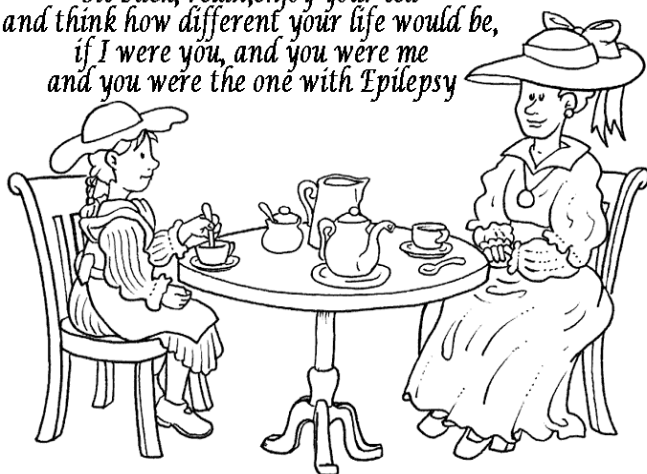
Our second annual Christmas Tea for Epilepsy has been a resounding success. Our Special Events coordinator has been hard at work over the past couple of months to plan another fabulous event.

Again this year, Tetley was delighted to donate 10,000 individually wrapped teabags to start the program off with a bang.

Bonnie contacted schools, offices, MHA's etc. asking that they support Epilepsy. She prepared beautiful Christmas baskets with teabags, cookies, prizes, and bows. Some, such as MHA's gave a donation for the teabags and provided them, in their office, to their constituents; some offices took the teabags and provided them at break time...accepting donations for Epilepsy; some did their own thing...selling tickets on the baskets, asking their customers to contribute, etc.

All participating establishments received posters indicating that they were supporting Epilepsy Newfoundland & Labrador; as well as generous amounts of our 'Epilepsy Express' pamphlets, giving them more to digest than cookies and tea. All in all it was a great success, as you can see by the number of community minded folks who supported this cause. We thank each and every one of you for doing your part.

*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*



EPILEPSY CHRISTMAS TEA PARTICIPANTS

The Golden Spoons (\$1000 and up)

Newtel Pioneers

Our Grand Givers (\$500 and up)

Husky Energy
Honourable Joan Burke
Patterson Palmer Law Office

The Tea Masters (\$100.00 donations and up)

Barrett's Funeral Home	Scotiabank - Water Street
Norm Doyle, MHA St. John's East	Jim Burton - Remax Plus Realty
VOCM Cares Foundation	TransOcean Canada Co.
Health & Community Services	Nf. School for the Deaf
(CBS/Cordage Pl.)	Convergys
HRD Income Security Program	Income Security - Duckworth St.
CONA - Prince Philip Drive	St. Patrick's Home
Hon. John Ottenheimer	Confederation Bldg -
Liberal Member Office	Communication Department
Costco	Bank of Montreal - Village Mall

The Tea Specialists (\$50 and up)

Hickman Motors	BMO - Elizabeth Avenue
Scotiabank - Mount Pearl	Public Service Credit Union
Honourable Bob Ridgely	(Empire Ave.)
Nf & Lab Nurses Union	The Telegram
Business Development Bank	Keyin College
MUNN Insurance	Health and Community Services -
MUNN Claims Department	Pleasantville Office
Holy Spirit High School	

The Tea Apprentices (Donations up to \$50)

City Tire	Remax Specialty - Nf Dr.
Kavanaugh & Associates	St. Lukes Home
Newfoundland Helicopters	City of St. John's - Engineering
Scotiabank - Cornwall Ave.	City of St. John's - Tax Dept.
Scotiabank	City of St. John's - Information
CONA - Ridge Road Campus	Svc.
AON Reed Stenhouse	Roncalli School
Harmun Bakery	Atlantic Wholesale
Weston Bakery	Health and Community Services -
Holy Cross Junior High	MVR Mount Pearl Office

Epilepsy Newfoundland and Labrador would like to extend our sincere thanks and gratitude to all who participated in the Christmas Tea for Epilepsy Project.

It is because of the generosity of people like you that we can continue to help the more than 10,000 men, women, and children with epilepsy in Newfoundland and Labrador. You have made a difference in someone's life.

No duty is more urgent than that of returning thanks. ~ St. Ambrose

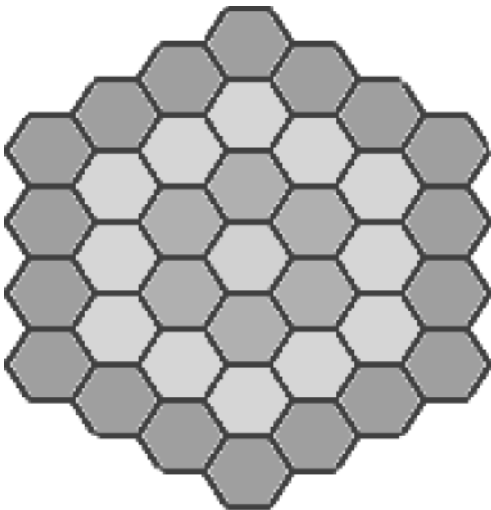
Time Out

Words of Wisdom

- ☺ Check to see if there is toilet paper **before** you sit down. - Natalie, age 7
- ☺ Don't interrupt when people are talking, unless someone is bleeding or something. Ally, age 8
- ☺ When someone is on a diet, don't eat chocolate in front of them. - Cory, age 7
- ☺ Don't tell a teacher the dog ate your homework, especially if you don't have a dog. - Mark, age 10
- ☺ You don't have to win the race to feel good about yourself, all you have to do is finish. - Rebecca, age 12

Sneaky!

How many hexagons, in total, can you find in this puzzle.
Clue: there are more than 45.



Only Three

Think of words ending in -GRY. Angry and hungry are two of them. There are only three words in the English language. What is the third word? The word is something that everyone uses every day. If you have listened carefully, I have already told you what it is.



The Space Between

Without measuring, which space is larger - the distance between the points of the first and second arrows or the distance between the points of the second and third?



Training Fluffy

The couple's young daughter had adopted a stray cat.

To her mother's distress, the cat began to use the back of their new sofa as a scratching post. "Don't worry," her husband reassured her. "I'll have him trained in no time."



They watched for several days as he patiently "trained" their new pet. Whenever the cat scratched, he deposited the cat outdoors to teach him a lesson.

The cat learned quickly. For the next 16 years, whenever he wanted to go outside, he scratched the back of the sofa.



Bits and Pieces

Attendant Passes

Did you know that the City of St. John's offers free attendant passes for city sponsored events and more?

With an attendant pass, a support person who accompanies a person with a disability will be permitted to enter any City-sponsored event or program, free of charge. The pass is written in the name of the person with the disability or special needs. The person with the attendants pass pays for the event or program and the attendant enters the event free.

Attendant passes may be used at the following facilities

- Mile One Stadium
- City Facilities - Wedgewood Park Recreation Centre, H.G.R. Mews Community Centre
- The Arts and Culture Centre
- Empire Theatres
- Mount Pearl Recreation Facilities
- The Works and the Aquarena

For additional information contact the City of St. John's Family & Special Services Coordinator @ (709) 576-8025 or Pam Anstey, Information Coordinator with Epilepsy Newfoundland and Labrador at 722-0502 or 1-866-EPILEPSY.

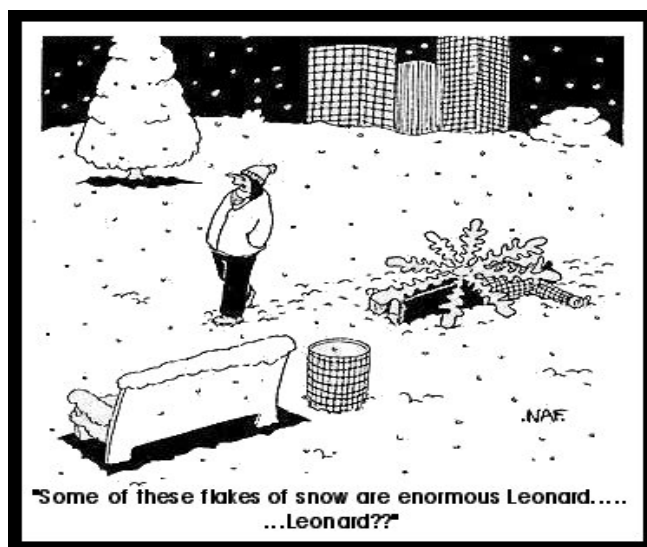
Does your town or community offer Attendant Passes? No? Not Sure? We can help. Give us a call at the Epilepsy Office.

Puzzle Answers

The Space Between - The two distances are exactly the same.

Only Three - The third word is 'language'; Read it again closely.

How Many? - There are 64 hexagons in total. There are 37 single hexagons, 19 hexagons which contain 7 smaller hexagons, 7 hexagons which contain 19 smaller hexagons and one large hexagon which contains all of the smaller hexagons.



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