



Epilepsy News

Serving the people of Newfoundland and Labrador for 25 years!

THE QUARTERLY NEWSLETTER OF EPILEPSY NEWFOUNDLAND AND LABRADOR

WINTER 2008

Newfoundland and Labrador Prescription Drug Plan Which Plan Has You Covered?

The Newfoundland and Labrador Prescription Drug Program provides financial assistance in the purchase of eligible prescription medications for those who reside in the province.

There are four main plans under the program:

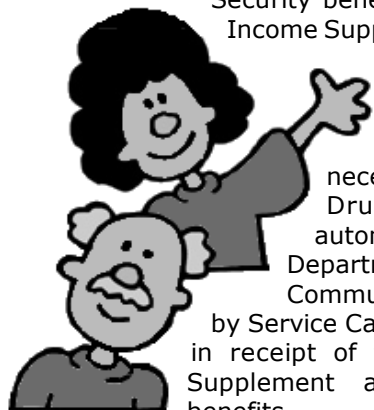
The Foundation Plan

100 per cent coverage of eligible prescription drugs for those who need the greatest support. This includes persons and families in receipt of income support benefits through the Department of Human Resources, Labour and Employment, and certain individuals receiving services through the Regional Health Authorities, including children in the care of Child, Youth and Family Services, and individuals in supervised care.

No application is necessary. A Prescription Drug Program card is automatically issued when the Department of Health and Community Services is notified that an individual is in receipt of the above noted services.

The 65 Plus Plan

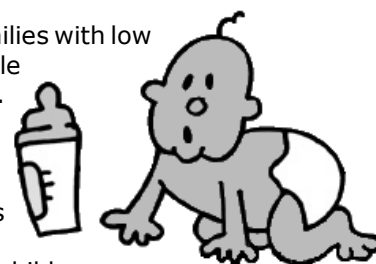
Provides coverage of eligible prescription drugs to residents 65 years of age and older who receive Old Age Security benefits and the Guaranteed Income Supplement. Does not include professional (i.e. dispensing) fees.



No application is necessary. A Prescription Drug Program card is automatically issued when the Department of Health and Community Services is notified by Service Canada that an individual is in receipt of the Guaranteed Income Supplement and Old Age Security benefits.

The Access Plan

Gives individuals and families with low incomes access to eligible prescription medications. Amount of coverage is determined by net income level and family status. The program is available to:



- families with children, including single parents, with net annual incomes of \$30,000 or less;
- couples without children with net annual incomes of \$21,000 or less;
- single individuals with net annual incomes of \$19,000 or less.

To apply for The Access Plan, you must complete an application form, available at pharmacies and physician offices, or by calling 1-888-859-3535.

The Assurance Plan

Protection for individuals and families against the financial burden of eligible high drug costs, whether it is from the cost of one extremely costly drug or the combined cost of different drugs.

Depending on income level, annual out-of-pocket eligible drug costs will be capped at either 5, 7.5 or 10 per cent of net family income.

- Net incomes up to \$39,999 will pay a maximum of 5 per cent of their net income for eligible drugs.
- Net incomes of \$40,000 up to \$74,999 will pay a maximum of 7.5 per cent for eligible drugs.
- Net incomes \$75,000 up to \$149,999 will pay a maximum of 10 per cent for eligible drugs.

To apply for The Assurance Plan, you must complete an application available at pharmacies and physician offices, or by calling 1-888-859-3535.

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On My Mind

"Life can either be accepted or changed. If it is not accepted, it must be changed. If it cannot be changed, then it must be accepted."

Change is never an easy process. Sometimes, we are fortunate in that we are able to choose to change, or to stay the same. Other times, change is pushed on us with little warning or preparation.

Regardless of choice, it always comes with challenges, and unexpected emotions that we must face - either to overcome, or learn to accept.

How do you face change in your life?

Do you look upon it with a sense of determination, and hope that when the struggle is done, you will have come through it with courage, and become a stronger person for it? Or do you fear it, because of all the turbulence and risk that it can bring with it?

So many of us are so scared of change that we forget sometimes that it is through difficulties that we discover who we really are. It is how we grow. No matter how young or old, we are always in a process of becoming. With new lessons to learn, and discoveries to make about ourselves. Even failures have value.

So stand up and be willing to face what ever comes with the knowledge that you can make it through even the most difficult changes life may bring, and come out the other side with a renewed sense of strength and appreciation for every achievement earned.

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.

Any change, even a change for the better, is always accompanied by drawbacks and discomforts.

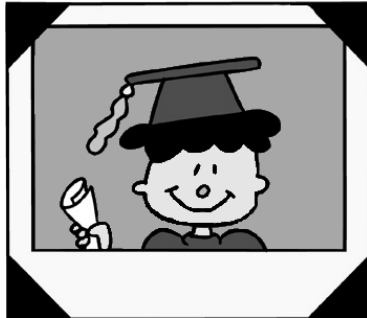
~Arnold Bennett~

Determination and Hard Work - Ken's Story

Meet our Scholarship Winner for 2007-2008

Each year ENL offers scholarships to post secondary students with epilepsy to assist them with continuing their education and pursuing their dreams.

The **Mature Student Scholarship**, valued at \$1000 honours a current student with epilepsy who has taken the initiative to return to studies to advance in their present career or has been in training for their career for a few years now.



This year the Mature Student Scholarship was awarded to **Kenneth Thomas** of Grand Falls - Windsor.

Ken had seizures from a very young age, was seizure free for a part of childhood, but then they returned.

Despite that, he has never let it stop him, and has been involved with a wide variety of activities including Youth Firefighters, Hockey, the Royal Conservatory of Music, and the Newfoundland and Labrador Winter Games.

"At the age of 11 months I was diagnosed with encephalitis. I spent 35 days in intensive care at the Janeway and was placed on medication. At age 5 it was decided to take me off this medication, and I remained seizure free until age 11. At that time I remember being very frightened and nervous about what was happening to me. I was put back on medication then.

When the time came for me to be considered for a driver's licence, I was again taken off the medication and was seizure free for almost a year.

Just before school ended that year, the seizures returned and were quite intense. They were totally different from what I had previously experienced. I could not write my exams and I spent most of my summer back and forth to the Janeway trying to get them under control. Nothing seemed to work.

In August of 2000 I was referred to London Health Centre for possible surgery to help control the seizures. I was considered somewhat of a medical mystery there. They were at a loss to explain how I was still functioning as a normal individual.. I underwent surgery to have probes inserted into my skull to enable the doctors to have a topographical map of my entire brain to try and determine the extent of my condition. They discovered that my brain had completely rearranged itself to compensate for the illness I had as a child. They were at a loss to explain how I could be right handed when the left side of my brain was so damaged that it has lost its function. After six weeks of consultations with various doctors, it was determined that surgery would not be an option for me.

I always struggled at school and had great difficulty retaining information. With a lot of determination and hard work I got through it. I tried university but realized that it was too much for me. I worked at a local call centre for several years until I realized that I wanted more out of my life.

In 2006 I applied to post-secondary school and was accepted for an Industrial Electrician program. I am now totally independent and living on my own which at times can be quite overwhelming.

But I finish my course in March of 2008, and I hope then I can secure work and lead a good life."

Epilepsy Newfoundland and Labrador takes great pleasure in extending our sincerest congratulations to Ken on all his achievements. You offer great proof that epilepsy does not have to be a barrier to reaching your goals.

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.epilepsynl.com and download all the forms and information you need.

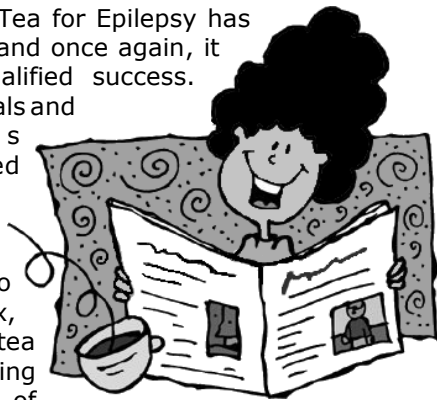
Christmas Tea for Epilepsy - Hall of Fame

The 4th 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 2006

Our Most Flavorful Sponsors

Tetley

COSTCO
CA

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

Paradise Bakery
Purity Factories

Marie's Bakery

Our Grand Givers (\$500 and up)

Husky Energy

Cox & Palmer Law Offices

The Tea Masters (\$100.00 donations and up)

Rogers Cable
Barrett's Funeral Home
VOCM Cares Foundation
Service Canada Income Security
Remax
Penney Mazda

The Telegram
Gander Toyota
Scotiabank - Water Street
CNA - Prince Philip Drive
BMO - Elizabeth Ave. West
Oceaneering Canada

The Tea Specialists (\$50 and up)

CNA - Ridge Road
Service Canada - Pleasantville
MUNN Insurance
Hickman Saturn Saab

St. Patrick's Mercy Home
Norm Doyle, MHA St. John's East
Scotiabank - Elizabeth Avenue East
HCS - Cordage Place

The Tea Apprentices (Donations up to \$50)

Daybreak Parent and Child Centre
Krista Gilles
MUNN Insurance Claims Dept.
Avalon Software
Kirby Duggan
City Tire
NuBodys - Atlantic Place
NuBodys - Mount Pearl
NuBodys - Avalon Mall
Opening Doors Program

City of St. John's - Engineering
City of St. John's - Tax Dept.
City of St. John's - Info Services
City of St. John's - Access Cntr.
City of St. John's - Finance
Business Development Bank
Scotiabank - Centennial Square
Scotiabank - Cornwall Avenue
AON Reed Stenhouse
ProActive Physiotherapy

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 Drugs Carry Suicide Risk

Epilepsy drugs used by millions of people may increase the risk of suicidal thoughts or behavior, the United States Food and Drug Administration warned recently in an alert to doctors.

The FDA analyzed almost 200 studies of 11 anti-seizure drugs, some that have been on the market for decades. The studies tracked almost 28,000 people given the medications and another 16,000 given dummy pills.

Very rarely were suicidal thoughts or behavior reported. Still, the FDA found drug-treated patients did face about twice the risk: 0.43 percent of drug-treated patients experienced suicidal thoughts or behavior, compared with 0.22 percent of placebo-takers.

Overall, four people in the drug-treated groups committed suicide, and none in the placebo groups. What that means: For every 1,000 patients, about two more drug-treated patients experienced suicidal thoughts than placebo-takers, FDA concluded.

Anti-seizure drugs are used for a variety of illnesses in addition to epilepsy, including migraines, certain nerve-pain disorders, and psychiatric diseases such as bipolar disorder that themselves carry a risk of suicide.

The FDA found drug-treated patients were at increased risk no matter their diagnosis, but that the risk was highest for epilepsy sufferers.

The FDA began investigating if epilepsy drugs pose any suicide risk in 2005. It analyzed data from 11 well-known anti-seizure drugs including Pfizer Inc.'s Neurontin, Novartis AG's Tegretol and Abbott Laboratories' Depakote - but the FDA said it expected the risk applied to every epilepsy drug. The FDA said it would work with manufacturers to add the warning to product labels.

Skipping epilepsy medication can result in seizures. An FDA spokeswoman said only that patients should ask a doctor before making medication changes.

The Associated Press, 2008

I Can't Believe How Lucky I Am

Back in 2003, Brian Lee was looking for something to do with his time. Ideally he was seeking a job, but more than that, he wanted to feel productive and useful.

Not an uncommon feeling for many people. But his story becomes more remarkable when you discover that Brian lives with both Epilepsy and Cerebral Palsy.

At the time, Brian's mother suggested volunteering with Epilepsy Newfoundland and Labrador, and not long after, he started helping weekly in ENLs thrift shop. He works in the warehouse alongside staff, with all that goes into the running and stocking of any store.

"It's really, really marvelous," he says of the work that he does. "My co-workers respect me and in all the years I have worked here, they have come to understand me and I understand them. They are a really fun bunch of people."

On February 3rd, 2008 Brian Lee celebrated five years as a volunteer with Epilepsy Newfoundland and Labrador surrounded by family and co-workers with a surprise party and cake at the ENL offices.

When asked what the best part about his volunteer work has been, he says with a smile, "It would have to be the people I work with."

But Brian is grateful for far more than that.

"I can't believe how lucky I am to be here - to be working, lifting, moving. I wasn't supposed to be able to walk or talk, you know, and here I am," he said. "I feel like I have one of the best jobs in Newfoundland, and I intend to stay as long as I can."

Thank you Brian, for your dedication and devotion. It would not be the same here without you.



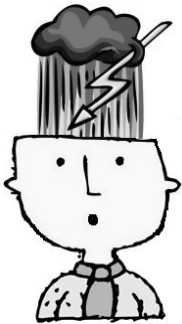
Brian Lee, centre right, celebrates five years of volunteering with friends, family, and co-workers at ENL

March Awareness

March is Epilepsy Awareness Month - 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 some great things in the works.

Brain Day Parties

Brain Day is a fun event where students learn about how their brain works and receive information on seizures and first aid through interactive activities. Last year was amazing, with over two thousand students taking part. This year we are hoping for even more! Want your child's school involved? Give Pam a call at the ENL office.

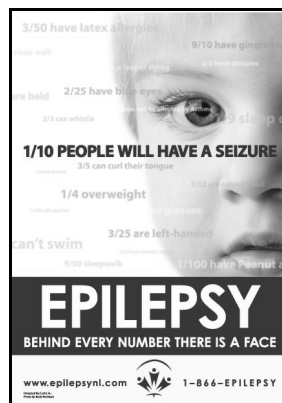


Brainstorm

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 its activities.

Graphic Design Contest at the College of the North Atlantic

For the second year we are partnering with the Graphic Design Program at the College of the North Atlantic to develop a bus shelter and bus back ads that will convey a familiarity 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

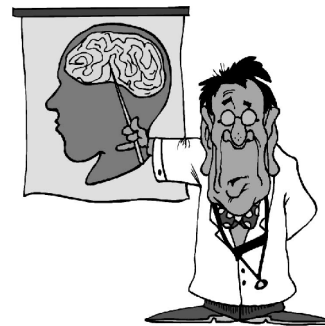
Do you have an idea for a way to promote epilepsy and seizure awareness? Would you like someone to come and talk with your group or work about seizure first aid? Get in touch with us. We will do everything we can to make it happen.

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 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 27th 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 for the forum, contact

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

Off The News Wire

Epilepsy Drugs May Cause Sexual Disorders

Some anti-epileptic drugs can lead to decreased fertility but more reproductive endocrine disorders in both men and women. Reproductive endocrine disorders include gender identity disorder, polycystic ovary syndrome, Kallmann syndrome, and amenorrhoea.

A Norwegian study, published in the journal *Epilepsia*, looked at the effects of common anti-epileptic drugs on the sex hormones of male and female epilepsy patients. The researchers looked at the progress of two common AEDs, carbamazepine and valproate.

The study found that the drugs caused reproductive endocrine dysfunction. However, the side-effects were **reversible**, even after years of treatment. The research found that after withdrawal of the drugs sexual hormones returned to pre-treatment levels, and reproductive endocrine changes reversed.

Irishhealth.com, October 27, 2007

Brain Surgery Lets Woman Listen to Music

Now that surgeons have operated on Stacey Gayle's brain, her favorite musician no longer makes her ill. She recently underwent brain surgery to cure a rare condition known as musicogenic epilepsy. Gayle, was suffering as many as 10 seizures a day, despite being treated with medications. The condition became so bad she had to quit her job and leave the church choir where she sang.

Eighteen months ago, she began to suspect that music by artist Sean Paul was triggering some of her seizures. She recalled being at a barbecue and collapsing when the rapper's music started playing, and then remembered having a previous seizure when she heard his music. Her suspicions were confirmed on a visit to the Long Island medical center last February, when she played a song for doctors. Soon after, she suffered three seizures.

During the first surgery, doctors implanted more than 100 electrodes in the right side of her brain to pinpoint the abnormal area of her brain. The surgeons followed that procedure with a second surgery to remove the parts of her brain suspected of causing the seizures. Within three days, she was released from the hospital and has not experienced a seizure since. "I always live each day like it's my last, I want to show others that life does not end at epilepsy. I know I have what it takes to succeed."

The Associated Press, 2008

New Guidelines for Evaluation of First Seizure

The American Academy of Neurology has released guidelines addressing the best method of evaluating an unprovoked first seizure in adults. EEG and brain imaging are recommended as routine diagnostic tests.

"Since even one seizure is a frightening, traumatic event with serious potential consequences, such as loss of driving privileges, limitations for employment and bodily injury, information about optimal, evidence-based approaches for treating people with a seizure is important," the author said in a statement.

According to the guidelines, EEG and brain imaging with either CT or MRI should be ordered for all adults with an apparent unprovoked first seizure. Roughly one in ten patients with an unprovoked first seizure have an abnormal imaging test, which may point to a seizure etiology. A CT scan or MRI may lead to the diagnosis of disorders, such as a brain tumor, stroke, an infection, or other structural lesions and may help determine a person's risk for a second seizure.

Reuters, 2008

Soap Star's Son In Tragic Accident

"Actress Hunter Tylo has spent years acting out dramas on soap operas like "Days of our Lives" and "The Bold and the Beautiful," but nothing could prepare the 45-year-old mother for the tragedy that befell her family on October 18. That day, while she was in Los Angeles, her son Michael Jr. drowned in the backyard pool of her residence. The 19-year-old was in town to visit his girlfriend, and take a high school exam. But by 11:55 that night, Michael was pronounced dead after his fully clothed body was found in the backyard swimming pool. Cause of death: accidental drowning following a seizure.

"The last time I heard his voice was Thursday." His girlfriend said. "I was going to come over, but he told me he was tossing and turning all night. He couldn't sleep, and when he doesn't sleep, he gets seizures. I told him I'd call him in an hour. He said, 'I love you.' And I said, 'I love you too.'" But she never reached Michael again. At around 8 p.m., his half-brother Christopher, found Michael's body in the pool. "It was an accident," the coroner's office tells us. People remember Michael's sense of humor most of all. "He was full of life and so funny. He didn't even have to try. He just was."

Us Weekly, October 2007

Announcements and Notices

Winter Tea for Epilepsy

During the month of March, Epilepsy Awareness Month, you may see teapot cards in your bank and other businesses.

Epilepsy Newfoundland and Labrador will be partnering with several businesses to raise both funds and awareness of seizures through the sale of these cards. So if you see one, make a donation, take one of the pre-wrapped Tetley Teabags, and have a cup of winter tea for epilepsy.



If you know a business who might be willing to participate, please let us know and we would be happy to make all the arrangements.



Molson Breweries Donation

We live in a very generous province, and feel very fortunate and grateful for the support of those who enable us to continue offering the programs and services to the people of Newfoundland and Labrador as we have done for the past twenty-five years now.

Today we send out our gratitude to Molson Breweries Foundation who have been kind enough to make a donation to Epilepsy Newfoundland and Labrador in the amount of \$1000.00.

On behalf of the 10,000 people in this province who have epilepsy, and the countless family and friends who are affected by seizures every day, thank you!



Door to Door Campaign

We Need Your Support!

Our 2008 Door to Door Campaign will begin in full force on March 1st. We are still looking for canvassers in some areas of the province.

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).



We Would like to Hear from You

Are there any speakers or workshops that you would be interested in? Perhaps a playgroup for newly diagnosed kids? A homework group for teens? Something completely different?

What sort of activities and support services would you be interested in?

If you have any ideas or thoughts on what YOU would like to see from us, please let me know. You can contact Pam at the office by email at info@epilepsynl.com or anytime by phone.

A Little Time Out



The old believe everything, the middle- aged suspect everything, the young know everything

A young polar bear cub approached his mother one day and asked, "Mom, am I a polar bear?"

"Of course you are," she replied with a smile.

"OK," said the cub, and padded off. Later, he found his dad out by the iceberg.

"Dad, am I a polar bear?"

"Sure you are, son!" said his dad, wondering a bit at why his son would ask such a silly thing.

The next day, the cub asked the question again and again.

"Are you and mom polar bears? You are? Well, then, does that make me a polar bear? Pure, 100% polar bear?"

Finally, his parents couldn't stand it any longer. "Son, you're driving us crazy with this question! You are a polar bear! Why do you keep asking?"

The cub looked up and confessed, "Cause I'm FREEZING!"

The Barbershop Puzzle

A traveler arrives in a small town and decides he wants to get a haircut. According to the manager of the hotel where he's staying, there are only two barbershops in town — one on East Street and one on West Street. The traveler goes to check out both shops. The East Street barbershop is a mess, and the barber has the worst haircut the traveler has ever seen. The West Street barbershop is neat and clean; its barber's hair looks as good as a movie star's. Which barbershop does he go to for his haircut, and why?

I've Learned....

- I like my teacher 'cause she cries when we sing Silent Night. Age 5
- our dog doesn't want to eat my broccoli either. age 7
- when I wave to people in the country, they stop what they are doing and wave back. Age 9
- just when I get my room the way I like it, Mom makes me clean it up again. Age 12
- if you want to cheer yourself up, you should try cheering someone else up. Age 14
- although it's hard to admit it, I'm secretly glad my parents are strict with me. Age 15
- silent company is often more healing than words of advice. Age 24
- if someone says something unkind about me, I must live so that no one will believe it. Age 30
- there are people who love you dearly but just don't know how to show it. Age 42
- the greater a person's sense of guilt, the greater his or her need to cast blame on others. Age 46
- children and grandparents are natural allies. Age 47
- no matter what happens, or how bad it seems today, life does go on, and it will be better tomorrow. Age 48
- you can tell a lot about a man by the way he handles these three things: a rainy day, lost luggage, and tangled Christmas tree lights. Age 52
- keeping a vegetable garden is worth a whole cabinet full of pills. Age 52
- regardless of your relationship with your parents, you miss them terribly after they die. Age 53
- making a living is not the same thing as making a life. Age 58
- if you want to do something positive for your children, work to improve your marriage. Age 61
- that life sometimes gives you a second chance. Age 62
- you shouldn't go through life with a catchers mitt on both hands. You need to be able to throw something back. Age 64
- if you pursue happiness, it will elude you. But if you focus on your family, the needs of others, your work, meeting new people and doing the very best you can, happiness will find you. Age 65
- whenever I decide something with kindness, I usually make the right decision. Age 66
- everyone can use a prayer. Age 72
- it pays to believe in miracles. I've seen several. Age 75
- even when I have pains, I don't have to be one. Age 82
- every day you should reach out and touch someone. Age 85
- I still have a lot to learn. Age 92

Bits and Pieces



Brain Tumor Foundation of Canada

Brain Tumour Foundation of Canada is a national, not-for-profit organization dedicated to reaching every person in Canada affected by a brain tumour with support, education and information, and to funding brain tumour research.

Every year, we help thousands of Canadians affected by brain tumours find emotional support and comfort while gaining a better understanding and knowledge of their disease.

- Patient Resource Handbook - A guide to brain tumours.
- 1-800-265-5106 - Toll-free, support and info line.
- Support Groups - Monthly meetings across the country.
- Online Chat - Patients, survivors, families and friends.
- BrainStorm Newsletter - Get inspired and get informed.
- www.braintumour.ca - Find information and support.
- Information Day - Developments in treatment and research. For medical professionals, and survivors.
- Children's Storybook- 'A Friend in Hope' tells the story of Hope, a young girl who has a brain tumour.

Contact:

By Phone: 1-800-265-5106 - Toll Free

By Email: mfluit@braintumour.ca

Online: www.braintumour.ca

Puzzle Answer

The traveler goes to have his hair cut at the barbershop on East Street. He figures that since there are only two barbershops in town the East Street barber must have his hair cut by the West Street barber and vice versa. So if the traveler wants to look as good as the West Street barber (the one with the good haircut), he'd better go to the man who cuts the West Street barber's hair-the East Street barber. By the way, the reason the West Street barbershop is so clean and neat is that it seldom gets customers.



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