

Epilepsy News

Winter 2015

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Epilepsy News

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Welcome to 2016



On behalf of the board and staff of Epilepsy Newfoundland and Labrador we would like to wish all our members a very healthy and happy New Year.

We look forward to serving you in 2016 and being a part of Pur-

ple Day on March 26.

We are very happy to say 2015 was a successful year. The Minister announced that Canadian pharmaceutical manufacturers will now be required to provide

notice of shortages of their drugs.

We changed our website to offer the public better access to our resources and information.

The Confederation Building was lit up in Purple and people participated in Purple Day across the province.

In the upcoming year, we look forward to continuing to offer our members and the people of Newfoundland and Labrador our services. If you or anyone you know, would like to learn more about Epilepsy in the upcoming year or would like to be a part of Epilepsy Awareness month in any capacity, please contact us info@epilepsynl.com

Or call 709-722-0502 We are happy to offer information sessions and information packages free of charge— as well as many other programs and services.

Thank you

We would like to give our many thanks to everyone who participated in our Calendar Campaign.

Each year, we put together a calendar with the help of grade four students from across the province.

The campaign was a huge success and we would like to extend our appreciation to busi-

nesses and individuals alike for your contributions.

For the first time, we had a Christmas Campaign that helped people share their messages of love and holiday greetings. Businesses, family, friends or community centres could spread some cheer by displaying their message on our LED located on Kenmount Road. We would like to thank everyone who partici-

pated and we look forward to continuing this campaign in the 2016 holiday season.



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M.D., FRCP ©

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Zach Rowe Scholarship

Each Year, Epilepsy Newfoundland and Labrador offers three annual scholarships valued at \$1000 each.

Zach Rowe Memorial Scholarship is rewarded to a student with epilepsy currently in, or about to enter their first year of post-secondary studies. It honours Zach Rowe, who passed away as a result of seizures in 2009.

ENL was happy to present the Zach Rowe Scholarship to Joey Callanan. Joey was the Purple Day Ambassador in 2013 and

he is taking Health Technology at CONA in St. John's. Joan Parsons, Zach Rowe's grandmother and her family would like to extend a big congratulations to Joey and wish him the best of luck in all his endeavours,

The Rowe family continue to have fundraisers and host events in Zach's memory with all proceeds going towards the scholarship and ENL..



Joey is pictured here with Vice President Patti Bryant

Jim Hierlihy Scholarship

The Jim Hierlihy Scholarship is awarded to a mature student with epilepsy who has taken initiative to return to studies to advance in their present job or train for a new career. It honours one of ENL's incredible volunteers, Jim Hierlihy, who was an executive of the ENL support group in Gander and a great supporter off all of those living with seizures.

This year the scholarship was presented to Wendy Sheppard

of Grand Falls- Windsor.

Wendy is taking Photographic Studies at Academy Canada and plans to open her own photography business and further her education by studying to be a forensic photographer with the R.C.M.P.

Wendy and her family joined the staff and members for a Christmas gathering at the ENL offices and was presented with her scholarship.



Wendy is pictured here with President Ron Stone

The Epilepsy NL Scholarship

At ENL we recognize that epilepsy not only affects the individual diagnosed, but also has an impact on the families living with epilepsy.

The scholarship is awarded to a student who has a family member diagnosed with epilepsy, and is currently in, or about to enter, their first year of Post-Secondary studies.

This year the scholarship was awarded to Leah White, who's

mother has epilepsy.

Leah and her family reside in St. John's.

Leah is attending her first year of Nursing Studies at Memorial University.

Leah hopes to further her education after her degree by applying for Med School and becoming a Pediatric Doctor.



Executive Director, Gail Dempsey presents Leah with the ENL Family Scholarship

Door to Door Campaign

March is Epilepsy awareness month and we will be having our Door to Door Campaign. This is a great opportunity for High School students to gain career hours and build up there resume.

We would like to take this opportunity to thank all of our past participants of this campaign for your dedication and support.

A collector we would like to give recognition to this year is David Nicol of Rose Blanche. This young man has been collecting since he was only eight years old and has remained dedicated to this campaign ever since. Last year David collected over \$200! Thank you David for all your hard work!

If you would like to pick up a kit and collect donations from your Friends and Family, or canvass door to door in your area, please contact Elaine at 709-722-0502 or

1-866- EPILEPSY.



Previously Loved Clothes and Things

It's important to give back to a community and a thrift store is a great initiative that can create multiple venues of contribution. *Previously Loved Clothes & Things* is a thrift store owned and operated by Epilepsy Newfoundland & Labrador with 100% of the profits going back into the province through programs and services on behalf of the more than 10,000 men, women and children living with epilepsy in Newfoundland & Labrador.

"Epilepsy Newfoundland & Labrador receives no government funding, and our thrift store is our main source of funding. When people donate to or buy from our thrift store they can be confident that they are supporting a charity," said Gail Dempsey, Executive Director. With many products to offer including, clothing for all ages, furniture, glassware, household items, appliances, to name a few, the friendly staff is eager

to help you with all your shopping needs. Located at 351 Kenmount Road, *Previously Loved Clothes & Things* is not only a great place to shop, but also a great way to give back to the community. Your donations of items and clothing, helps provide services to the many people of Newfoundland and Labrador living with Epilepsy. If you have anything to donate, simply contact our pick up line at 709- 722-5571 and a time will be arranged for free.

Because the store is a charity, you do not pay the tax.

"A quick tip for people wondering if thrift stores in the Province are non-profit or for profit is this: If you pay tax, the establishment is for profit. If your items are tax free, it is because you are supporting a charity," explained the executive director.

Store hours are 9:30 a.m. to 9:30 p.m. everyday, come on down and check out our great products while giving back to a great cause.



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 advisers, 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 may have.

Attention:

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



I would like to help in the fight against Epilepsy

- ☐ I have made a donation of \$_____
- ☐ I would like to become a member of Epilepsy NL and my membership fee of \$5 is included
- ☐ I would like to volunteer (we need volunteers throughout the province)

Name:	Email:
Address:	
Phone:	Would you prefer email or postage?

If you would prefer to pay by credit card, please complete the following:

Account #	Type of card	Expiry Date
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Please clip and mail this form to Epilepsy Newfoundland and Labrador— 351 Kenmount Rd. St. John's, NL A1B 3P9 or you can email all your information to info@epilepsynl.com to save on postage. You can also submit your form online (www.epilepsynl.com) and make a payment through the DONATE button. Please make a note that the \$5 is for a membership and email your mailing address etc. to info@epilepsynl.com

Purple Day: March 26

Here at ENL we are preparing for Purple Day again.

We are excited about all the upcoming events in honour of Epilepsy Awareness.

We welcome all members to help bring epilepsy awareness to their work offices, children's classrooms and community centres. We want to paint the province purple and we need your help.

We have posters, tattoos, information pamphlets and ribbons to help make your corner of the island merry and purple.

Join us and the many people around the world who are helping end stigma associated with epilepsy by giving a better understanding of this neurological disorder.

Schools can wear purple, have a bake sale, learn about Epilepsy First Aid, hold an event—

whatever they like to bring on the purple.

Day cares are participating in a Bunny hop, schools are wearing purple, government will sign proclamations and businesses will adorn purple ribbons.

Throughout the day, we share stories on social media and our website.

To be a part of Purple Day, please contact Gina 709-722-0502 or info@epilepsynl.com



Purple Day T-Shirts and Pens

Last year we designed our own T-shirts unique to Epilepsy Newfoundland and Labrador, with all proceeds going directly to our organization, allowing us to better serve the 10,000 people living with epilepsy in this province.

This year we will be selling our t-shirts for \$12 and they will be available in all sizes. You must pre-order with us before February 20 if you need your shirt sent to you in the mail. Each t-

shirt will cost an extra \$5 for shipping.

This year children's sizes will be available if they are ordered before February 20th. Order forms are available online and by contacting us directly through email: info@epilepsynl.com or (709) 722-0502

T-shirts can be ordered through email transfer, pay pal or credit card (both online and

over the phone).

Prepare for your purple day event with an exclusive ENL shirt that will help spread awareness, while also giving back to the people of this province.

One of a kind Purple Pens will be available to order for \$3 each without a time limit. While quantities last!



A little help from my Friend

"To anyone who has frequent seizures, a response dog can really change your life. It gives you freedom to go out and live a little more."

***-ENL Member
Derrick Kilfoy***

For Epilepsy NL member, Derrick Kilfoy, a dog is more than a best friend but rather a life changing companion.

Josh, a black Labrador retriever, is a service dog that helps Derrick gain a lot more freedom and enjoy his life to the fullest.

Josh not only protects Derrick if he has a seizure, but he also helps alleviate a lot of his worries and concerns, allowing him to live a more liberating lifestyle.

"Josh certainly can make it a lot safer to go out. Now, I went anyway if I had to, but having Josh, I know he is there to look out for me, if I have a seizure, said Derrick. "He is a wonderful dog and very smart. He will stay with me if I have seizure, while barking for help."

Derrick got Josh in November 2008 from Lions Foundation of Canada Guide Dogs.

The project was founded in the early 1980s when Lion Clubs across Canada wanted to strengthen their support for people living with visual impairments.

Since then other programs have been added to the foundation, including seizure response dogs.

In the event of a seizure, the dogs are trained to trigger a response system, bark for help, summons an emergency system or find someone within the home.

Seizure response dogs can assist individuals at the age of six or older with epilepsy and they can give people the confidence to live more independently.

"To anyone who has frequent seizures, a response dog can really change your life. It gives you freedom to go out and live a little more," advised Derrick.

"There are dangers everywhere, from the end of a table to a bench in the park. My three front teeth were lost to the dining room table. Josh was a great help that day. He even came to the dentist with me while I got fixed up."

Seizure dogs can give some people security, especially when experiencing seizures is a common occurrence for them.

"Being a part of Canada Guide Dogs means giving back to individuals looking to gain independence and being able to give a person a loyal companion who places no judgment on their handler.

It gives me great pride in my work when this is accomplished," said Head Trainer, Gloria Peckham.



A person interested in having a guide dog has to fill out an application online in order to be put on the waiting list. When the applicant is next in line, a trainer will fly out to their home and do an interview.

"The interview is to assess the person and to see if a dog could help. The trainer would bring the information back to dog Guides and present it to an acceptance committee at which time a decision is made on acceptance or denial into a program," explained Gloria.

"This process allows us to work with candidates that meet our criteria."

The cost of a Guide Dog is on average \$25 and free of charge to all candidates who qualify. Those interested would have to get to the training facility in Oakville on their own dollar.

Derrick says the money is worth the change in lifestyle.

"There is also a very big change for family and friends, who worry if you are out alone. I no longer have to call whenever I arrive somewhere and all because of Josh," said the dog owner.

For more information visit:
<http://www.dogguides.com/>



Randy Lewis– Changing the future of employment



December 3 is international Day of Persons with Disability and this year Epilepsy NL had to opportunity to sit in on a presentation by Randy Lewis, former Logistics Vice president of Walgreens and the man behind a very important change in the work force.

Hosted by the Coalition of Persons with Disabilities, Lewis spoke about the changes he made within his own workforce that created jobs for persons with disabilities and showed the world what can happen when you make inclusion a part of the work force.

Lewis' son, Austin was diagnosed with Autism and he used to lay awake at night wondering how his son would take care of himself in the future. He then considered other parents and how much they must worry and decided there has to be a solution.

In 2007 when the newly developed distribution centre opened, Walgreens had trained persons with disabilities for employment in the facility.

They started working with the people to create the environment they needed to work efficiently. Walgreens also trained managers to help ensure an inclusive workplace.

Lewis said he didn't lower the bar of standards or slow down production, but rather figured out how to make the facility work for both the company and its employees.

For Lewis, communication is key. Rather than making assumptions about the abilities people have, why not ask them personally what they are capable of and how the workplace can be adjusted to have employees work to the best of their potential.

Initially the company wanted 10 per cent of the workforce to be persons with a disability and they reached that goal within four years. The company would now like to double that percentage.

Walgreens discovered that since hiring person with disabilities, production has increased and less sick time was taken.

Lewis mentioned employment at all levels, and businesses are missing out on opportunities even from the beginning of the process. Some applicants may have difficulty with resumes or application process and those obstacles have to be considered from the beginning.

"We haven't found a disability we can't employ," said Lewis.



Easter Seals

Programs available at Easter Seals:

- Summer Day Camp
- Family Camp
- Teen Camp
- Boccia Ball
- Sledge Hockey
- Music Therapy
- Art Program
- Goal Ball
- Swimming
- Facility Rentals
- Wheelchair Basketball
- Let's Get Active
- Career services
- Rock climbing Wall

Easter Seals was established in Newfoundland in 1937. Since then, the organization has been situated in many places but it now sits at 206 Mount Scio Road in a 14,000 square foot facility.

This building is not only large enough to accommodate the many programs offered by Easter Seals, but it also created an all inclusive facility for everyone. With wider hallways and doors, plus all activities are accessible to all members, with adjustments made to each individual person.

Easter Seals has a lot of equipment on hand that can be rented out to the public free of charge. One of the most popular games played at Easter Seals is Boccia Ball, which can be played by anyone. They have ramps, boccia sets and assisted devices for any organization or school to borrow to learn how to play the game.

They lend out sledges for families and school events, wheelchairs for basketball, a trail blazer is available for field trips and runs. If they have it on hand, they want to lend it to you and make the community a more accessible one for everyone.

While children participate in activities, a full library and computer lab is available to parents, both rooms are also available to the children as well.

Their mission is to engage, inspire, and empower by providing life-changing programs and services for persons with disabilities and they withhold a vision in which all persons with disabilities live full, active and healthy lives. Programs are available to everyone and anyone.

For more information, please visit their website : <http://www.eastersealsnl.ca/>

