

In this issue:

- Epilepsy Awareness Month
- Scholarship Awards
- Family and Friends
- Ressources
- Purple Day

Epilepsy News

is printed quarterly by:

Epilepsy Newfoundland & Labrador

351 Kenmount Rd.
St. John's, NL A1B 3P9
(709) 722-0502

Toll Free:

1-866-EPILEPSY

Fax: (709)722-0999
info@epilepsynl.com
www.epilepsynl.com

For more pictures visit
the photo gallery on our
website.

Like us on Facebook
www.facebook.com/
EpilepsyNL

Follow us on Twitter
@epilepsynl

March: Epilepsy Awareness Month

March 26 is International Epilepsy Awareness Day, also known as Purple Day.

This year, Purple Day will be celebrated on Friday, March 24 to ensure that all businesses and schools can partake in the events.

This is a day for Epilepsy Awareness, to help bring an end to the stigma associated with epilepsy and to let those living with Epilepsy know that they are not alone.

Since Lavender is the international colour for epilepsy, it's called Purple Day.

On June 28, 2012 the Purple Day Act was put into law. This act is supported by The Parliament of Canada who wishes to assist efforts to educate and increase awareness to the public about people living with epilepsy.

Prime Minister Trudeau encourages "Canadians to wear purple and get talking about epilepsy: learn the facts, dispel the myths, and understand what you can do to help. It is important to know that together, we can make a difference in the health and

wellness of our fellow citizens."

Here in NL we continue to add more and more towns to our list of those proclaiming Purple Day,

We are pleased that our provincial government continues to sign the Proclamations and MPs and MHAs sign a commitment to recognize Purple Day.

We encourage you to get your town involved! If you would like to see your town on the Proclamation map, you can contact us: info@epilepsynl.com or 709-722-0502

Schools wear Purple and learn about Epilepsy, Day Cares join in on the fun and Businesses also participate.

Some members dress in Purple or decorate at home and they send in their pictures to ENL. We celebrate with them by posting their pics on social media and our website.

If you would like to participate in Purple Day or have an idea about how to celebrate, please contact Gina: 722-0502 or Info@epilepsynl.com

Check out Page 6 for more info



Board of Directors**President**

Ron Stone (Mt. Pearl)

Vice-President

Patti Bryant (Paradise)

Secretary

Patsy Lush (Corner Brook)

Treasurer

Anne Marie Hagan (St. John's)

At Large

Pauline Duffy (Kippens)

Bernie Larkin (Stephenville)

Tim Spicer (Pasadena)

Executive Director

Gail Dempsey

Medical ConsultantDr. A.O. Ogunyemi,
M.D., FRCP ©**Information Officer**

Gina Hartmann

Epilepsy NL Scholarships

Each year Epilepsy NL offers different scholarships to its members. We are excited to announce the 2016 winners of the Zach Rowe Memorial Scholarship.

The Zach Rowe Memorial Scholarship, valued at \$1000 is awarded to a student with epilepsy currently in, or about to enter, their first year of Post Secondary studies. It honours Zach Rowe, recipient of an ENL scholarship in 2006, who passed away as a result of a seizure in 2009. He was 21 years old. We would like to extend our thanks to Zach's family for their events and fundraising initiatives, which support this scholarship.

This year we had two winners!



Tanner Hann of Kippens was awarded his scholarship by Board Member Bernie Larkin. Tanner attends Memorial University Grenfell Campus in Corner Brook and is pursuing a Bachelor of Commerce.

"This experience and diagnosis has taught me a lot and affected me in so many ways. It taught me to appreciate what I have because your whole life can change at the blink of an eye. I also learned that no matter how bad your situation is, it could always be worse. As hard as this was for me to go through, it is who I am now."
-Tanner Hann



Karen Grainger of St. John's was also awarded the Zach Rowe Memorial Scholarship. Karen was presented the award by Executive Director, Gail Dempsey.

Karen is studying at Memorial University in St. John's and is pursuing a Bachelor of Science Degree.
"Epilepsy has affected many important moments in my life as I entered my senior years (of school), I am fortunate to have great family and friends to help me. They provide great support so that I can be optimistic and know that I have goals and achieve them."

Friends and Family Campaign

We are excited for our Friends and Family Event that has already started.

What used to be known as our Door to Door Campaign, now encourages many to simply fund-raise by asking their Friends and Family for a donation. This allows everyone to help out in their own way. If you can't get outside easily or find this time of year difficult for canvassing, just ask your Friends and Family to help you support ENL.

Everyone can do something for Epilepsy, in their own way.

We want to thank our many volunteers for their participation in this campaign and we look forward to working with you again for the 2017 Campaign.

Did you know you can use volunteer hours for career hours at school?

If you would like to volunteer for this campaign please contact Elaine: 709-722-0502



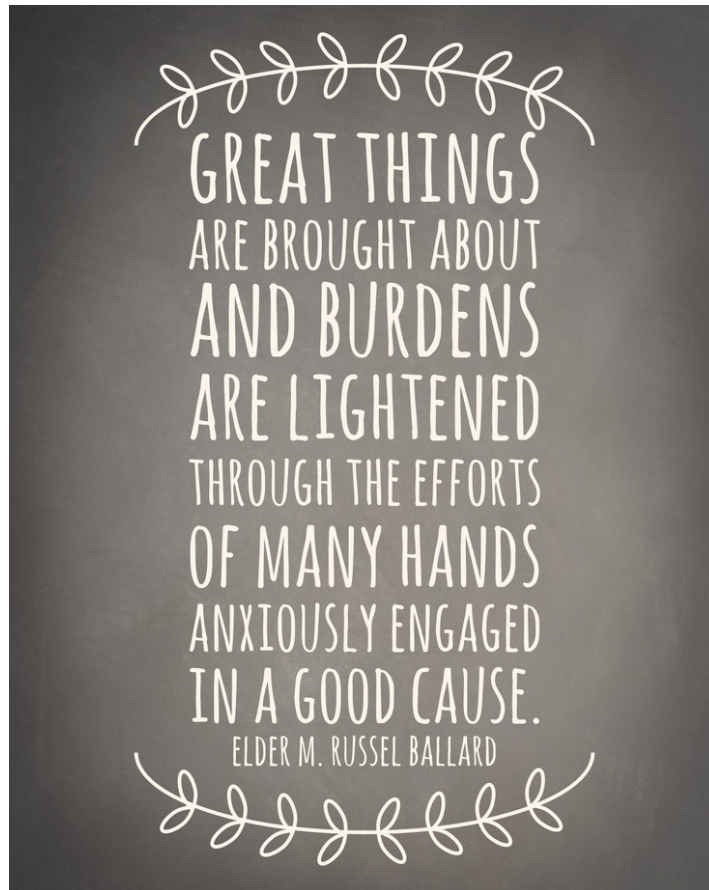
Disclaimer

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
-----------	--------------	-------------

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

Calendar Campaign and Christmas Sign Campaign

We want to thank everyone who participated in our two campaigns in 2016!

The Calendar Campaign was a huge success and we would like to thank all our volunteers and contributors for their constant support and participation. In our Calendar Campaign, we ask grade four students across the province to learn about epilepsy and contribute a picture to our ENL Calendar.

Those who donated \$20 or more during this Campaign, received one of our calendars to show our appreciation for their support.

The Christmas Campaign takes advantage of our LED sign located on Kenmount Road. The City of St. John's tells us that 37,000 cars drive past our sign everyday! Our location gives the public a great opportunity to spread a Christmas message to all your friends and family. This year members, businesses and clients donated to ENL and as a thank you, we displayed their Christmas message on our huge sign for all to see.

We want to thank all of the businesses and members who participated in the Christmas Campaign. A shout out to MP Yvonne Jones who gave a message from the Big Land.

We look forward to working with everyone again next year and appreciate everyone's support!



Share your Story

Our website has a great photo gallery for you, your family and friends to share all of your great memories.

Social media is covered in pictures of people holding signs displaying the amount of time they have been seizure-free. Here at ENL, we want to celebrate with you and show your great accomplishments.

We also want to tell your stories— how do you find travel-

ling? Being a parent? Working or not working?

How is your life without driving or how is your memory?

How do you find people react to your disorder?

How do you not let epilepsy run your life? Do you run marathons? Go hiking? Have you done something lately that you never thought you would do?

Let's share these stories with one another and help end the stigma associated with epilepsy and seizures.

Send us your story! Submit it online: www.epilepsynl.com

Or email us: info@epilepsynl.com

Do you have a story you would like to share about your accomplishments or experience with epilepsy?

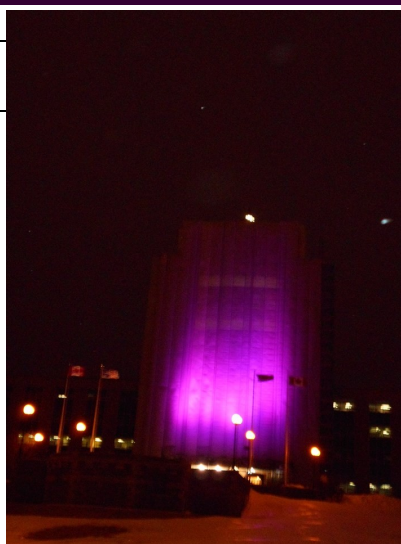
Our new website has a blog just for your stories! We would love to hear them! Send your pics and stories to info@epilepsynl.com

Light it Up!

The week leading up to Purple Day, The Confederation Building will be lit up in Purple for Epilepsy Awareness! If you're in the city, come check it out! We want to thank the provincial Government for their support during this month.

This year St. John's City Hall will also display lights for Purple Day the week leading up to March 26th! We are excited to see City Hall in Purple this year. Thanks to the City for the support!

If you would like to see your Town Hall lit up in purple give them a shout and see if it's a possibility. It would be great to see the whole province lit up in Purple for Epilepsy Awareness Month.



Resources

Channel Peer Support Warm Line

Consumers' Health Awareness Network Newfoundland And Labrador (CHANNAL) is the only consumer-led mental health organization in the province.

CHANNAL's aim is to combat isolation for those living with mental illness, to provide a forum for mental health consumers' concerns, to educate the public on issues relevant to mental health consumers and to offer advocacy, social and emotional support to mental health consumers.

If you are looking for support the line is open from 11 am to 11 pm

CALL TOLL FREE: 1-855- 753-2560

CCRW

The CCRW offers Employment Services to persons with disabilities and it partners with current business owners to connect them with potential employees. The CCRW also works with persons with disabilities to acquire the tools and skills set they need to enter a particular workforce.

The CCRW helps overcome the barriers in the application and establishment of employment for persons with disabilities.

For more information, visit their site: <http://www.ccrw.org> or call **1-800-664-0925**



Join in on Purple Day!

How can you be a part of Purple Day?

Get your school involved!

Are you or your family members attending school? Talk to a homeroom teacher or principal about making your school a Purple day School on March 24. Once your school agrees, give us a shout and we will send along some supplies. All schools are welcome to partake! Elementary to Secondary, we love seeing the whole province in Purple.

Check in on Proclamations and Commitments

Is your town council signing the proclamation? Once a town has committed to the Purple Day Proclamation, we will take note of it on our website. If you do not see your town on our website, you can contact your town council and ask them if they are being a part of the proclamation.

We are asking all MPs and MHAs to sign a Purple Day Commitment. Check in with your local representative to see if they are a part of this year's Purple Day!

Bunny Hop

Day Cares across the province celebrate Purple Day by learning about epilepsy and bunny hopping throughout the day! We have great packages for children's centres with tattoos and there are prizes to send out to day cares afterwards! Ask your child's centre about joining in on the Bunny Hop on March 24!

Ask The Doctors

Every year Epileptologist Dr. Ogunyemi and Pediatric Neurologist, Dr. Buckley join us for an Ask The Doctors Forum. Two Doctors are available for your questions. People can call in or come in person. The session will be at our offices @ 351 Kenmount Road near the end of March. Call us for more details 709-722-0502

Buy a T-Shirt or Pen

We have Purple Day Pens for \$2 and Purple Day T-Shirts for \$12.50. We have sizes S to XL in stock, if you were interested in other sizes including youth, orders must be made before March 6th.

Show your Purple colours this March with a pen or t-shirt with all proceeds going to ENL!

*shipping costs will apply

Bring on the Purple

Get your work involved or any community centre! Let organizations you are involved with know about Purple Day and get some pictures of you all dressed up. We will post pictures online and on Social Media throughout the week.

Have everyone wearing Purple bring in a dollar and help support ENL! If your workplace needs a package, give us a call @ 709-722-0502

Check us out on Facebook: EpilepsyNL
Follow us on Twitter: @epilepsynl