

Special Points of

Interest

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Purple Day Thank You!

Epilepsy Newfoundland and Labrador is proud to report another successful Purple Day. Each year we are thrilled to see Purple Day participants all across the province, and this year was no different. The support shown on social media this year was outstanding. Many people throughout NL wore their Epilepsy NL Purple Day t-shirts and took to social media with a photo, shared their epilepsy stories and shared epilepsy facts. This contributes greatly to raising awareness and decreasing stigma.

Schools showed their support by sharing pictures of students dressed in purple, holding virtual education sessions and decorating classrooms. Daycares across the province had children doing the “Bunny Hop” to raise awareness and some chose to also raise funds for Epilepsy NL. Businesses showed support, including Marystown Ultramar which was decorated purple by Ann Marie Legge and Get Messy NL who not only decorated their space purple but also hosted a drop in event to raise money for Epilepsy NL. Many cities and towns across Newfoundland and Labrador signed proclamations in recognition of Purple Day while others lit up public buildings purple to show support.

Thanks to all those who wore purple, took to social media, held fundraisers, and raised epilepsy awareness in a way that is unique and meaningful to you. Your participation truly makes all the difference in a continually successful Purple Day.

If you would like to participate in Purple Day 2023 or have an idea for an event, contact Alicia at info@epilepsynl.com or 709-722-0502/1-866-EPILEPSY

Left to right: Staff of Eastern Health Wellness Centre, Bonavista; Recreation Therapy Department of the Bay St. George Long Term Care Center in Stephenville Crossing; The Laboratory staff at the Sir Thomas Roddick Hospital in Stephenville



JAC /Don't Fear the Purple Donation 2023

Faith Atkins: Don't Fear the Purple

For the last seven years the JAC team have put great effort into celebrating Purple Day and raising Epilepsy Awareness with Epilepsy Newfoundland and Labrador. JAC is an award winning marketing agency providing professional web design, web development, social media, marketing and advertising services in St. John's. Team member and long time Purple Day Ambassador Faith Atkins created the campaign "Don't Fear the Purple" to raise epilepsy awareness. This amazing initiative shares epilepsy facts and information via social media, has held many special events, fundraisers and contests for Purple Day, and has donated greatly to Epilepsy NL. This year the JAC team fundraised for Epilepsy NL. For each \$5.00 donation made the donor's name was entered to win a fabulous two night getaway prize package worth over \$1000.00. The initiative raised \$2050.00 which was matched by JAC, making a grand total of \$4100.00! Another successful campaign hosted by JAC!

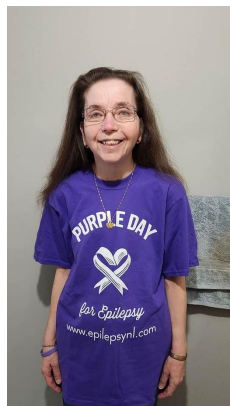


Pictured Left: John and Faith Atkins from JAC came by the Epilepsy NL office to present Executive Director Andrea MacDonald and Community Information Officer Alicia Legge with the cheque for the amazing campaign for purple day 2023! Thank you to everyone near and far who donated, we are eternally grateful for the support!!

Purple Day Ambassador 2023

We would like to thank Christina Keough of Plate Cove East, NL for being our Purple Day Ambassador for 2023. She did a great job for us. Christina did an interview with Saltwire Network about her experience living with epilepsy and her story is shared on our website.

To read more please visit epilepsynl.com//purple-day-ambassador-2023/



Purple Day Ambassador 2023

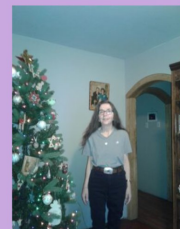
What is a Purple Day Ambassador?

A Purple Day Ambassador is someone who helps raise epilepsy awareness and celebrates Purple Day in their area.

They share their story to let others know they are not alone.

They inspire others.

Meet Epilepsy Newfoundland and Labrador's Purple Day Ambassador for 2023:
Christina Keough of Plate Cove East, NL.

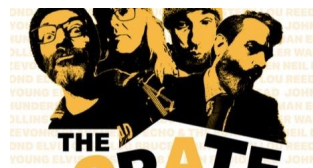


WWW.EPILEPSYNL.COM

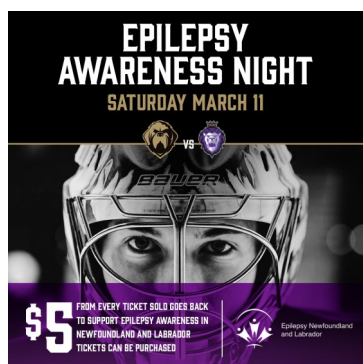


Purple Day Partnerships 2023

We want to send a huge thank you to Mark Bragg and The Crate Diggers for hosting a fundraising show at the Black Sheep on March 26th. Mark lives with epilepsy and wanted to lend his hand and his voice to raising awareness for us! In total they took in donations at the event totaling \$362.49! All proceeds from the show went to Epilepsy Newfoundland and Labrador to help continue our programming and education initiatives.



We want to say thank you to the Newfoundland Growlers for hosting a fundraising game for us on March 11, 2023. This was the first year for the partnership and it was a great success. We are already planning for bigger and better next year! Special thanks to Kara Puddicombe, Curtis Mooney and Melissa Kavanagh for helping us to plan and execute the event. \$5.00 from every ticket sold to the event came back to Epilepsy NL to help continue our programming and education initiatives. We received a cheque totaling \$670.00 from the Growlers and also received \$164.50 in donations from the public who stopped by our information table during the event!



We would like to thank Purity factories for once again donating items for our Tea Party for Epilepsy Awareness prize basket and we would also like to thank Wags to Whiskers NL for their donation of a purple gift basket for the Purple Pets contest. This was a new community partnership in 2023.



We would also like to thank the Canadian Mental Health Association NL— specifically Laurabel Mba and John Dinn for partnering with us to deliver a very important information session about relieving stress and how to cope with anxiety and depression. It was the second partnership for us in 2023 and one we hope to continue for years to come. CMHA-NL is a great community resource for anyone who may be struggling with mental health issues, they are there to help. They can be reached at (709) 753-8550 and their office is located at 603 Topsail Road, St. John's, NL A1E 2E1



**Canadian Mental
Health Association**
Newfoundland-Labrador

**Association canadienne
pour la santé mentale**
Terre-Neuve et Labrador

Epilepsy Newfoundland and Labrador
Epilepsy and Mental
Health Zoom session with
CMHANL
Wednesday, March 22, 2023
2:00pm to 3:00pm
Event is FREE!
This will be a Facebook Live Event!
Call 709-722-0502 or 1-866-EPILEPSY
for more information on this event
 

Community Award Winners 2023

Christian Simms was the inaugural winner of the Ron E.G. Stone President's Award for 2023. Christian was the recipient based on his perseverance in overcoming the obstacles Epilepsy may present.

We were delighted to have Corner Brook Mayor Jim Parsons present the award to Christian on our behalf during the Purple Day proclamation signing on March 24th, 2023.

Board of Directors

President

Ron Stone
(Mt. Pearl)

Secretary

Patsy Lush
(Corner Brook)

Treasurer

Anne Marie Hagan
(St. John's)

At Large

Bernie Larkin
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Andrea MacDonald

Medical Consultant

Dr. A.O. Ogunyemi,
M.D., FRCP ©

Information Officer

Alicia Legge



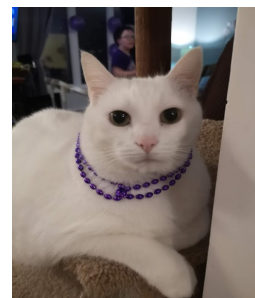
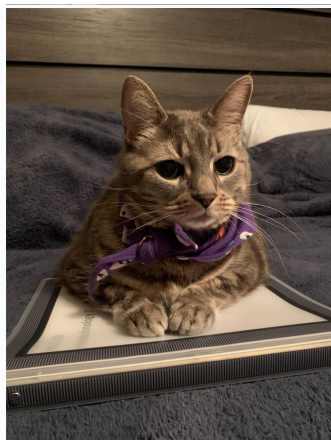
PICTURED LEFT: Christian Simms receiving his award from Corner Brook Mayor Jim Parsons

PICTURED RIGHT: Corner Brook Mayor Jim Parsons signing the Purple Day proclamation March 24, 2023 with Christian Simms in attendance



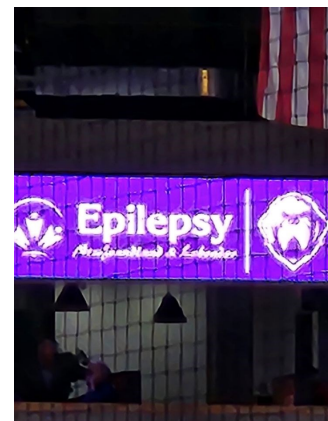
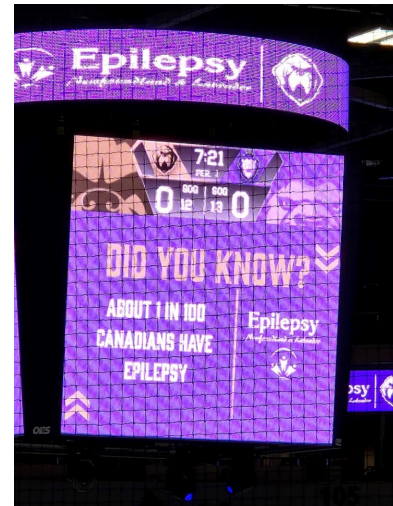
Purple Pets Contest 2023

This year we once again offered the opportunity for people to get involved with Purple Day. We asked people to dress their pets in their finest purple for epilepsy awareness between March 1st and 31st and to enter into a draw for a prize basket filled with goodies donated by Wags to Whiskers NL. As always the people of Newfoundland and Labrador accepted the challenge. Here are some of the pictures we received from coast to coast.



Epilepsy NL at the Newfoundland Growlers!

One March 11, 2023 the Newfoundland Growlers hosted an Epilepsy Awareness night at Mile One Centre in St. John's. This was a new partnership for us in 2023. The game was a great success and in total with donations we raised \$670.00. It was a great night of fun with the jumbotron and LED lights lit up purple during the night. We also had epilepsy facts play on the jumbotron during the intermissions and had a information table set up in the concession area of section 120. It was a delight to see the area lit up in purple for our community.



Light the Night 2023

We had the opportunity this year to have several landmarks across the province light up purple for Purple Day 2023. These included Signal Hill, St. John's City Hall, Government House and St. John's Convention Centre to name a few. We also had several municipalities participate by lighting up public buildings or other landmarks purple. Here we have included some of the pictures.

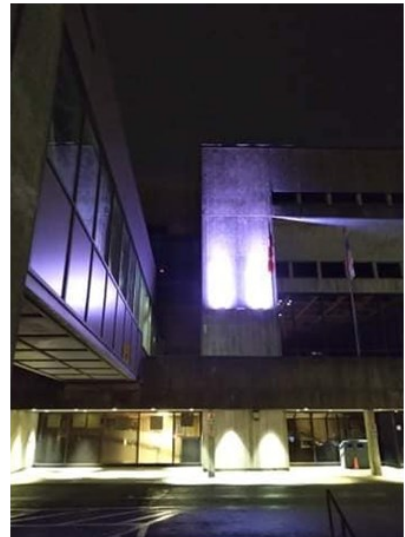


ABOVE: Confederation Building 2023



ABOVE: St. John's Convention Centre 2023

RIGHT: Signal Hill 2023



ABOVE: St. John's City Hall 2023



LEFT: Town of Pasadena 2023

RIGHT: Town of Fox Harbour 2023



Ask the Doctors Event 2023

2023 marked another wonderful year for Epilepsy Newfoundland and Labrador's annual Ask the Doctors Forum, a free March Awareness event where individuals can get their epilepsy related questions answered.

This year Dr. Ogunyemi (Epileptologist) and Dr. Matthew MacDonald (Pediatric Neurologist) participated. We celebrated the 34th anniversary of Dr. Ogunyemi's participation and the 1st year of Dr. MacDonald's participation! Dr. David Buckley who dedicated his time to the sessions for 30 years, retired January 31, 2023.

The doctors held a very informative Q & A session, on our third virtual Facebook Live event streamed via Zoom, providing opportunity for many more participants across Newfoundland and Labrador to listen and ask questions.

***“Don't allow
epilepsy to
prevent you
from living your
best life. “***

Ask the Doctors 2023

Get Your Questions About Epilepsy Answered

Wednesday, March 22, 2023

7:00pm to 9:00pm

Event is FREE!

This will be a Facebook Live Event!

Call 709-722-0502 or 1-866-EPILEPSY
for more information on this event



Purple Day Proclamation Signings 2023

Each year it is so inspiring to see cities and towns all around the province sign the Purple Day Proclamation, declaring March 26th as Purple Day.

Signing the proclamation is an excellent way to, show support for those living with epilepsy in your area, raise awareness of epilepsy, and fight against stigma.

We would like to thank all municipalities across the province for taking the time to sign a proclamation for Purple Day 2023 including Appleton, Avondale, Burgeo, Burlington, Carbonear, Colinet, Corner Brook, Daniel's Harbour, English Harbour East, Elliston, Flatrock, Fortune, Fox Harbour, Frenchman's Cove, Grand Bank, Grand Falls-Windsor, Happy Valley-Goose Bay, Harbour Breton, Heart's Delight-Islington, Indian Bay, Kippens, Labrador City, Lark Harbour, Lewisporte, Mount Pearl, Mossey Drive, Old Perlican, Paradise, Parker's Cove, Placentia, Port Hope Simpson, Ramea, Rigolet, Rocky Harbour, St. John's, St. Joseph's, Springdale, Sunnyside, Victoria, Winterton, and Winterland.

Purple Day Proclamation Pictures 2023



ABOVE: Mayor Laura Lee Labour of English Harbour East signing the proclamation March 2, 2023

RIGHT: Mount Pearl City Council with Alicia Legge of Epilepsy NL at the proclamation signing March 21, 2023 courtesy of the Shoreline News.

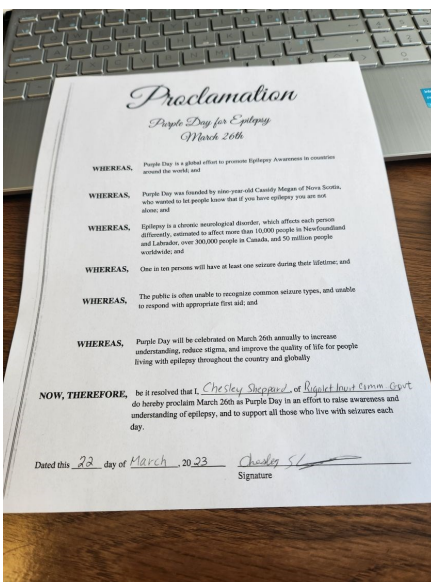
BELOW: Mayor Jim Parsons of Corner Brook with Christian Simms March 24, 2023



ABOVE: Deputy Mayor Kimberley Street of Paradise with Alicia Legge during the signing on March 21,



ABOVE: Mayor Jason Cullihall of Rocky Harbour signing of the Purple Day 2023 proclamation.



ABOVE: Proclamation signed by the Inuit Community Government of Igloiet, Labrador



ABOVE: Proclamation signed by Minister Tom Osborne with Alicia Legge and Andrea MacDonald in attendance on behalf of Epilepsy NL

Epilepsy NL Membership

We invite you to become a member of Epilepsy Newfoundland and Labrador. **Membership is free of charge.** By becoming a member you gain access to a wide range of benefits, services and information such as:

- Access to support programs and advocacy services
- Invitations to special events, teleconferences and information sessions on various social and medical aspects of epilepsy
- Quarterly Newsletter
- Four Scholarships exclusively available to members
- Strength comes in numbers. The more members we have the more support ENL will receive for research, proposals etc.
- Voting privileges at the Annual General Meeting
- Notification of changes in seizure medications or treatments that matter to you

If epilepsy is important to you and you want to make it important to others, please apply for membership by emailing info@epilepsynl.com, calling (709) 722-0502/ 1-866-Epilepsy, or mailing in the form found below.



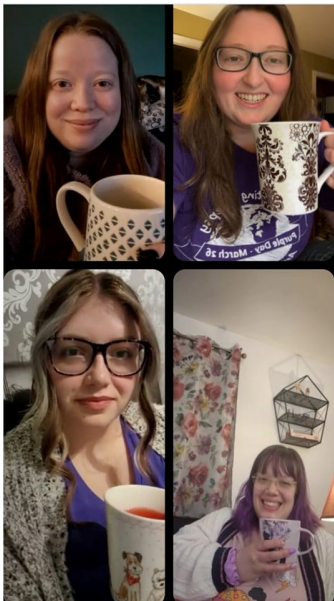
I Would Like to Become a Member with ENL

| | |
|--|--|
| Name: | Email: |
| Address: | |
| Phone: | Would you prefer email or postage? |
| Do you or a loved one have epilepsy? | What type of seizure/seizures are present? |
| Additional Comments and Suggestions: Are there any issues regarding epilepsy you would be interested in learning more about? | |

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). If you would like to make a donation you can donate through our website by visiting epilepsynl.com and clicking the DONATE button.

Purple Tea Party for Epilepsy Awareness 2023

This year we once again offered the opportunity for people to get involved with Purple Day either in person or virtually. We asked people to host a “Purple Tea Party” for epilepsy awareness between March 1st and 31st and to enter into a draw for a prize basket filled with goodies donated by Purity Factories and more. As always the people of Newfoundland and Labrador accepted the challenge. Here are some of the pictures we received from coast to coast. Some even dressed their pets up to get in on the fun!



EPILEPSY NL

351 Kenmount Road
St. John's, NL
A1B 3P9

PHONE: 709-722-0502 or
Toll Free 1-866-EPILEPSY

EMAIL: info@epilepsynl.com

www.epilepsynl.com



Previously Loved Clothes & Things

LOCATION: 351 KENMOUNT ROAD, ST. JOHN'S, NL.
OPEN SEVEN DAYS A WEEK 10:00AM to 9:00PM
HAVE SOMETHING TO DONATE? (709) 722-5571

Where You'll Find Hundreds of Treasures With Experience!

At Previously Loved Clothes and Things thrift store you never pay sales tax. Because we are a charity, 100% of the proceeds from the sales at our store stay right here in the province and go directly back into the community through the programs and services of Epilepsy Newfoundland and Labrador.

Previously Loved Clothes & Things is a social enterprise owned and operated by Epilepsy Newfoundland and Labrador, and has been successfully contributing to our community since 1998.



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DISCLAIMER

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HOBSCOTCH:

HOmE-Based Self-management and **C**Ognitive Training **C**Hanges lives

HOBSCOTCH is a behavioral program designed to address memory and attention problems in adults with epilepsy. The program is designed to help adults with seizures find ways to manage and cope with memory problems in order to lead happier, more productive lives.

The program consists of 8 sessions delivered by a certified HOBSCOTCH Memory Coach. The sessions occur weekly and last 45-60 minutes. The first session is conducted either in-person, in a private office setting, or virtually while the participant is at home using a computer or tablet and a webcam. It is up to the Memory Coach and participant to decide if an in-person or virtual approach is more appropriate.

HOBSCOTCH has been shown to be effective for adults with epilepsy who are experiencing memory problems. The program is appropriate for those with controlled and uncontrolled seizures.

If you are interested in learning more about HOBSCOTCH or entering the program please reach out to Alicia at info@epilepsynl.com or by phone at 709-722-0502 or toll free 1-866-EPILEPSY. There is no cost to register or participate in HOBSCOTCH.

