

## Special points of interest:

- Announcing Purple Day Ambassador 2024
- Purple Community Awards 2024
- Scholarship Winners 2023
- Christmas Parades 2023
- How to Participate in Purple Day 2024
- Purple Day Ambassador Story
- Purple Pumpkin 2023
- Programming Highlights 2023

## Purple Day Ambassador 2024:

Epilepsy Newfoundland and Labrador is proud to present our 2023 Purple Day Ambassador, Laura Peddle from Marystown, NL. Laura has been a tireless advocate for epilepsy awareness, and has contributed to community support.

Her efforts to educate about epilepsy in Newfoundland and Labrador have been powerful, personal and persistent. We are so thrilled to be working with Laura as the Purple Day 2024 Ambassador. Check out page 10 for Laura's story. Thank you, Laura or your dedication to raising epilepsy awareness.

### Purple Day Ambassador 2024

#### 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 2024:

Laura Peddle of Marystown, Burin Peninsula, NL.



[WWW.EPILEPSYNL.COM](http://WWW.EPILEPSYNL.COM)

Purple Day 2024 is fast approaching, and we are busy preparing here at Epilepsy Newfoundland and Labrador. Purple Day, the International Day of Epilepsy Awareness, is celebrated globally each year on March 26<sup>th</sup>. People all around the world organize events, share accurate epilepsy information via social media, post purple selfies, and more, all in the name of raising Epilepsy Awareness.

Here in Newfoundland and Labrador we have a huge community of people who celebrate Purple Day from all corners of the province. Last year we had supporters organize bake sales, facilitate t-shirt sales, arrange epilepsy education sessions, hold fundraisers of all kinds, and most importantly, contribute to raising awareness of epilepsy in our province. Purple Day is an extremely special day, not only because it is the International Day of Epilepsy Awareness, but also because it gives those who live with epilepsy and those whose lives are impacted by epilepsy a way to bring awareness to their communities in a way that is meaningful to them. It provides a chance for those who live with seizures every day to know that they are supported. It gives the more than 10,000 people living with epilepsy in Newfoundland and Labrador a voice.

*We have some great things in the works for Purple Day this year, will you celebrate with us? Contact us at [info@epilepsynl.com](mailto:info@epilepsynl.com) / 722-0502 to chat about arranging a Purple Day event, request a Purple Pack (including ribbons, temporary tattoos and pamphlets) or if you have questions about epilepsy.*

## Purple Star Award 2024

The Epilepsy Newfoundland & Labrador Purple Star Award, valued at \$1000, is available to any resident of Newfoundland & Labrador who has epilepsy and is using their epilepsy to educate their family, school, workplace, and/or community.

### Board of Directors

#### President

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### Executive Director

Alicia Legge

### Medical Consultant

Dr. A.O. Ogunyemi, M.D.,  
FRCP ©

### Interim Information Officer

Alicia Legge

#### Purpose of Award:

To recognize ordinary men, women, and children, making a difference in Newfoundland & Labrador by using their lived experience with epilepsy to educate others.

#### Value of Award:

One thousand dollars (\$1,000.00) non-renewable

#### Qualifications:

Applicants must:

- have been diagnosed with epilepsy,
- be a resident of Newfoundland & Labrador
- use their epilepsy to educate others

#### Closing Date:

Applications must be received by Epilepsy Newfoundland and Labrador no later than **March 1st**.

#### Award:

This award will be paid directly to the successful applicant. Notification of award will be made no later than March 26th. The successful applicant should be available in person to receive their award at a formal presentation.

***Deadline is March 1, 2022. For application please visit our website:***  
***<http://epilepsynl.com/purple-star-award/>***

Please forward application, by fax, email, or post to:

Epilepsy Newfoundland and Labrador, 351 Kenmount Road,  
St. John's, NL A1B 3P9

Phone: (709) 722-0502 or 1-866-EPILEPSY Fax (709) 722-0999  
[info@epilepsynl.com](mailto:info@epilepsynl.com) [www.epilepsynl.com](http://www.epilepsynl.com)



## Ron E.G. Stone President's Award 2024

The Ron E.G. Stone President's Award is awarded to a person living with epilepsy who has shown perseverance in overcoming the obstacles epilepsy may present. Valued at \$1000, it honors Ron Stone on the 26<sup>th</sup> anniversary of his volunteerism on the board of Epilepsy Newfoundland & Labrador. Ron has served on the board in varied capacities and has been President of the board since 1997. Ron has no personal connection to epilepsy other than his love of helping people. His loyalty and dedication have inspired us to present this award to a person who demonstrates those same qualities.

**Purpose of Award:** To recognize a person with epilepsy, over the age of 18, who has achieved a personal goal through perseverance, while navigating obstacles presented by epilepsy.

**Value of Award:** One time award of One thousand dollars (\$1,000.00)

**Qualifications:** Applicants must:

- be 18 or older
- have been diagnosed with epilepsy,
- be a resident of Newfoundland & Labrador
- demonstrate successful accomplishment of goal

**Closing Date:** Applications must be received by Epilepsy Newfoundland and Labrador no later than March 1st.

**Award:** This award will be paid directly to the successful applicant. Notification of award will be made no later than March 26th. The successful applicant should be available in person to receive their award at a formal presentation.

**Deadline is March 1, 2022. For application please visit our website:**  
<http://epilepsynl.com/ron-e-g-stone-presidents-award-2023/>

Please forward application, by fax, email, or post to:

**Epilepsy Newfoundland and Labrador, 351 Kenmount Road, St. John's, NL A1B 3P9**

Phone: (709) 722-0502 or 1-866-EPILEPSY Fax (709) 722-0999

info@epilepsynl.com [www.epilepsynl.com](http://www.epilepsynl.com)



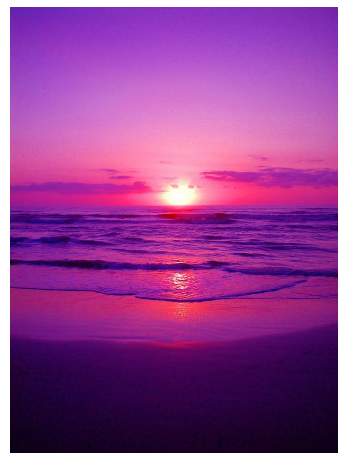
## Purple Sunrise Award 2024

The Epilepsy Newfoundland & Labrador Purple Sunrise Award, valued at \$100.00, is available to any resident of Newfoundland & Labrador, between the ages of 8 to 18, who has epilepsy and is using their epilepsy to educate their family, school, workplace, and/or community.

Purpose of Award:	To recognize children and youth, from 8 to 18 who are making a difference in Newfoundland & Labrador by using their lived experience with epilepsy to educate others.
Value of Award:	One hundred dollars (\$100.00) non-renewable Because the Purple Sunrise Award is a once in a lifetime award, the award may be won only once in a lifetime.
Qualifications:	Applicants must: <ul style="list-style-type: none"> <li>- be between the ages of 8 &amp; 18</li> <li>- have been diagnosed with epilepsy,</li> <li>- be a resident of Newfoundland &amp; Labrador</li> <li>- use their epilepsy to educate others</li> </ul>
Closing Date:	Applications must be received by Epilepsy Newfoundland and Labrador no later than <b>March 1st</b> .
Award:	This award will be paid directly to the successful applicant. Notification of award will be made no later than March 26th. The successful applicant should be available in person to receive their award at a formal presentation.

***Deadline is March 1, 2022. For application please visit our website:***  
***<http://epilepsynl.com/purple-sunrise-award/>***

Please forward application, by fax, email, or post to:  
 Epilepsy Newfoundland and Labrador, 351 Kenmount Road,  
 St. John's, NL A1B 3P9  
 Phone: (709) 722-0502 or 1-866-EPILEPSY Fax (709) 722-0999  
[info@epilepsynl.com](mailto:info@epilepsynl.com) [www.epilepsynl.com](http://www.epilepsynl.com)



## Purple Teddy Award 2024

The Epilepsy Newfoundland & Labrador Purple TEDDY Award, is available to any resident of Newfoundland & Labrador, under the age of eight (8) who has epilepsy and is using their epilepsy to educate their family, school, workplace, and/or community.

**Purpose of Award:** To recognize children under the age of eight (8) who are making a difference in Newfoundland & Labrador by using their lived experience with epilepsy to educate others.

**Value of Award:** A Purple Teddy.  
Because the Purple Teddy Award is a once in a lifetime award, the award may be won only once in a lifetime.

**Qualifications:** Applicants must:

- be under the age of 8
- have been diagnosed with epilepsy,
- be a resident of Newfoundland & Labrador
- use their epilepsy to educate others

**Closing Date:** Applications must be received by Epilepsy Newfoundland and Labrador no later than **March 1st**.

**Award:** The Teddy will be presented directly to the successful applicant. Notification of award will be made no later than March 26th. The successful applicant should be available in person to receive their award at a formal presentation.

***Deadline is March 1, 2022. For application please visit our website:***  
***<http://epilepsynl.com/purple-teddy-award/>***

Please forward application, by fax, email, or post to:  
Epilepsy Newfoundland and Labrador, 351 Kenmount Road,  
St. John's, NL A1B 3P9  
Phone: (709) 722-0502 or 1-866-EPILEPSY Fax (709) 722-0999  
[info@epilepsynl.com](mailto:info@epilepsynl.com) [www.epilepsynl.com](http://www.epilepsynl.com)





## Scholarship Winners 2023

### Jim Hierlihy Memorial Scholarship 2023

The Jim Hierlihy Memorial Scholarship, valued at \$1000, is awarded to a mature student with epilepsy who has taken the initiative to return to studies to advance in their present job or train for a new career.

Arielle Przybysz (left) was the recipient of the Jim Hierlihy Memorial Scholarship. Arielle was presented with her cheque by Board of Directors Vice President, Bill Westcott (right), at the Epilepsy NL



BE  
proud  
OF  
yourself

### Epilepsy NL Family Scholarship 2023

The Epilepsy NL Family Scholarship, valued at \$1000 is awarded to a student who has a family member (spouse, parent, child, legal guardian, grandparent, grandchild or sibling) diagnosed with epilepsy, and currently in, or about to enter, their first year of Post Secondary studies.

Hilary Humphries (left) was the recipient of the Epilepsy Newfoundland and Labrador Family Scholarship. Hilary is presented with her cheque by Board of Directors Vice President, Bill Westcott., (right) at the ENL office.



### Ben Basha Memorial Scholarship 2023

The Ben Basha Memorial Scholarship is awarded to a student with epilepsy studying at a post-secondary institution. Valued at \$1000, it honours Ben, who passed away suddenly at the age of 19.

Makayla Barry (left) sent us this picture all the way from Lark Harbour, NL after receiving her cheque for the Ben Basha Memorial scholarship.



### Zach Rowe Memorial Scholarship 2023

The Zach Rowe Memorial Scholarship, is awarded to a student with epilepsy currently in, or about to enter, their first year of Post Secondary studies. Valued at \$1000, it honours Zach, who passed away as a result of his seizures in 2009.

Keira Sparkes (right) sent us this picture all the way from Bay Roberts, NL after receiving her cheque for the Zach Rowe Memorial scholarship.



# Christmas Fun 2023!

On December 2 and December 3, 2023 the staff and members of Epilepsy NL decided to join in on some holiday fun and participate in two Santa Claus Parades, one for the City of Mount Pearl and one for the City of St. John's. This was the first year for our participation and aside from having a ton of fun, we raised a lot of epilepsy awareness. Here are some of the photos from those two days!

## CITY OF ST. JOHN'S PARADE DECEMBER 3, 2023



## CITY OF MOUNT PEARL PARADE DECEMBER 2, 2023



## 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](mailto: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](mailto:info@epilepsynl.com) to save on postage. You can also submit your form online ([www.epilepsynl.com](http://www.epilepsynl.com)). If you would like to make a donation you can donate through our website by visiting [epilepsynl.com](http://epilepsynl.com) and clicking the DONATE button.



# Purple Day 2024: How to Get Involved!

Wondering how you can get involved in Purple Day 2024? Check it out!

**Get your school involved:** Are you or your family members attending school? Talk to a teacher, guidance counselor or principal about making your school a Purple Day School on March 26th. Once your school is on board contact us and we will send along some supplies. Primary, elementary, secondary, post-secondary, all schools are welcome to participate! If you are online learning you can still get involved with Purple Day 2024!

**Join the Purple Day Bunny Hop:** Day Cares across the province celebrate Purple Day by learning about epilepsy, dressing in Purple and bunny hopping throughout the day. Ask your child's centre about joining the fun on March 26th. We will send Bunny Hop packages to registered children's centres, including temporary tattoos, epilepsy story book and colouring sheets.

**Get your work involved:** Organize a Purple Day event that speaks to you to join in raising Epilepsy Awareness at work. Ideas include a Purple Bake Sale, Wacky Purple Accessory Day or Purple Sock Party (everyone donates a loonie or toonie to wear purple socks-be sure to get a photo!) We will post pictures online and on Social Media throughout the week.

**Attend Ask The Doctors:** Stay Tuned for updates on this event. Details coming soon!

**Buy a T-Shirt or Pen:** We have Purple Day T-Shirts for \$12.00 to \$14.50 (depending on size) Show your Purple this March with a t-shirt with all proceeds going to ENL! \*shipping costs will apply\*

**Purple Day Proclamation:** Cities and towns all around the province also participate in Purple Day by signing the Purple Day Proclamation. Keep an eye out on our social media for towns and cities that have signed the Purple Day Proclamation this year.

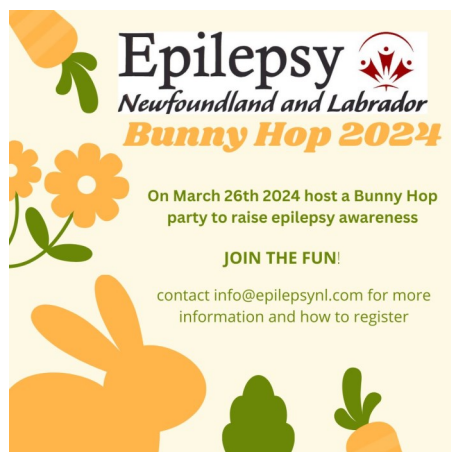
**Light it up Purple:** Municipalities across Newfoundland and Labrador will be lighting up their town halls and other venues to celebrate Purple day.

**Purple Pets Contest:** Dress your Pets in Purple and be entered for a prize pack!

**Purple Tea Party:** host a tea party for epilepsy awareness and be entered for a prize pack!

Keep an eye out on our social media for towns and cities that have lit up for Purple Day this year.

Send us your pictures from your town or city so we can share how you are celebrating Purple Day!



March 1-31, 2024

Epilepsy  
Newfoundland and Labrador

## Purple Pets Contest 2024



Send us your pics and videos of your pets in their finest purple fashions from March 1-31, 2024 and be entered for a pet prize pack!

# Purple Day Ambassador Story 2023

Hi my name is Laura Peddle, I grew up in Marystown on the Burin Peninsula of Newfoundland. I was diagnosed with Benign Rolandic Epilepsy of Childhood. Today it is known as Childhood Epilepsy with Centrotemporal Spikes. This type of Epilepsy shows itself at the age 6 or 7 and most children by the time they reach puberty outgrow it. Thankfully for me, this was the case.

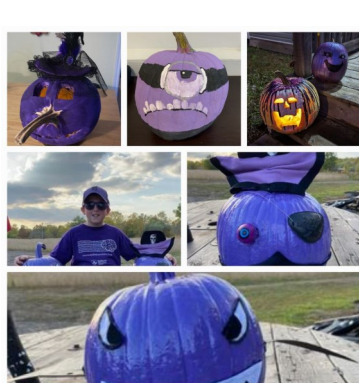
My first major breakthrough was at the age of 6. It took place in my sleep during the early morning. Before my parents got me to the hospital I had already come out of it so we turned around and came home. We made an appointment with our doctor but he couldn't tell what had happened so it went undiagnosed until the next seizure.

I was referred to the Janeway and Dr. Mike Hall. I was hospitalized with the second seizure for observation. Over the time frame of seven years I had four grand mal seizures all in my sleep. There were times when I had mini mal seizures - I would zone out for a few minutes just staring straight ahead and my face would twitch. My parents noticed this a few times when we were on the road, while I was sleeping. We learnt later that they were indeed mini mal seizures. I was treated by medication - Tegretol. I had to go three years without a seizure before I was weaned off the medication. At the age of 13 I was declared seizure free!

March 26th marks a day for me to celebrate and to be thankful for where I am in life now. I am so thankful to my parents and to the medical team that helped me through everything. I would like to see First aid programs available in the school system for children, teens and young adults to be able to take advantage of the proper training in what to do should they see a friend having a seizure.

## Purple Pumpkin Painting 2024

This year we opened our doors to hold a purple pumpkin painting session at the Epilepsy NL office. We were joined by some of our members to paint their pumpkins. Of course we held our purple pumpkin contest 2023 as well and this year's winners were Benjamin Strong, Jillian Russell and Nora Durfey.





## EPILEPSY NEWFOUNDLAND AND LABRADOR

351 Kenmount Road  
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E-mail: [info@epilepsynl.com](mailto:info@epilepsynl.com)

[www.epilepsynl.com](http://www.epilepsynl.com)

## Trim the Tree Campaign and Christmas LED Sign Campaign



We want to thank everyone who participated in our 2023 campaigns.

The Trim the Tree for Epilepsy campaign was a great success. Thank all of our supporters who thought of us during the holiday season.

Those who donated \$10 or more for a purple bulb during this Campaign, received were entered to win a prize pack. The winner was Lucas Winsor.

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 many businesses 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 who participated in the Christmas Campaign. We look forward to working with everyone again in 2024.



*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.**



@PLCAT @EPILEPSYNL



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Newfoundland & Labrador



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### 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.

### **PAINT AND PIZZA EVENT November 30, 2023 with Michelle Dooley Kirby**

Our members were invited to join us for an afternoon of painting and a pizza lunch. Local artist Michelle Dooley Kirby led the class by teaching the attendees how to paint their own watercolor Christmas cards!





### **AGELESS GRACE with Nia and On the Rock December 1, 2023**

Elaine Dunphy led a class in Brain Health Fitness for our members at the Epilepsy NL office, 351 Kenmount Road. Ageless Grace® is a highly effective brain fitness program that keeps participants moving and thinking through the power of play. Because wellness shouldn't have to be boring or painful – in fact, it should be fun!



### **CANDLELIGHT NIA with Nia on the Rock December 5, 2023**

Hosted by Elaine Dunphy, of Nia on the Rock, this program gave participants an opportunity to appreciate the beautiful grounds while enjoying a rejuvenating gentle workout. Nia is a dynamic workout that stimulates the nervous system in a healthy way that leaves you feeling refreshed and relaxed with a unique mind/body/spirit conditioning movement practice. Nia practice is excellent for people of all size, shape, or skill level.

