

EDR Communiqué

Moving Epilepsy into the Spotlight

March is Epilepsy Awareness Month

Did you know more than 300,000 Canadians have epilepsy? Each day, an average of 42 Canadians learn that they have epilepsy, 60% of new patients are young children or seniors. Epilepsy is a physical disorder caused by sudden, brief changes in how the brain works. It affects people from all walks of life and it is the second most common chronic neurological disorder after chronic headache.

Epilepsy Durham Region and its partners are proud to adopt the lavender ribbon and flower as a national symbol for our cause.

During the month of March, through the **Lavender Ribbon**

Campaign, our goal is to educate the public in order to eliminate the myths and stigmas surrounding epilepsy.

Be sure to wear your lavender ribbon to heighten awareness and to promote tolerance, inclusion and acceptance of those living with epilepsy. Ribbons are available at various Scotiabanks throughout Durham Region or through our office.

Back by very popular demand are the Lavender wrist bands.

March has begun with such a bang for

epilepsy awareness as we launched the month long celebration.

It began with a radio interview, two television interviews and we are working on a full feature print campaign. Keep checking your local newspapers. In partnership with the Canadian Epilepsy Alliance we have produced another video "Discrimination in the Workplace." This commercial will be running on your local cable stations. Be sure to keep an eye out for it.

March 2006

Inside this issue:

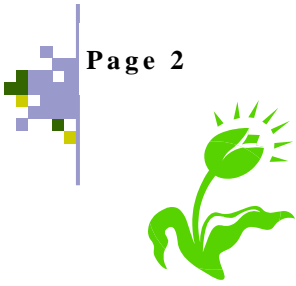
<i>Volunteer Highlight</i>	2
<i>Grow and Share</i>	2
<i>Meet Lora the Lavender Labrador</i>	2
<i>Annual Walk of Courage</i>	3
<i>Charity Golf Tournament</i>	3
<i>Did You Know?</i>	3
<i>Membership Renewal</i>	4

Special points of interest:

- *March celebrates Epilepsy Awareness Month*
- *April — Join volunteers, members, and staff at our third Annual Walk of Courage.*
- *May—EDR participates in Racing Against Drugs*
- *June — Annual Charity Golf Tournament*
- *EDR 20th Anniversary Planning, please share your ideas.*

Woodbine Entertainment Group Supports "Thinking About Epilepsy"

Epilepsy Durham Region is very pleased to welcome the Woodbine Entertainment Group as a sponsor of our "Thinking About Epilepsy" Outreach Education Program. Their support and enthusiasm will help to make long-term programming and services available to our members and to our community. Thank You!



“Before I found EDR I felt alone. Now if I have a problem, I can turn to them and get support. I even volunteer now; it’s so rewarding. I feel I have value now.”

- Donna L.

“I have learned some much. When my husband was first diagnosed, it was so overwhelming, I feel I can cope so much better with the knowledge I have gained”,
Kristine P.



Lora may also be purchased at the Dragonfly Home and Garden Accents
124 Brock Street North
Whitby. 905-430-2699

Volunteers Make the difference to EDR *Friendships grow like a garden bouquet*

Volunteers are the heart and soul of our organization. With the many countless hours donated to this charity we have achieved so much for so many this past year.

Volunteers come in all forms, while some can donate a few hours others chose to donate their talents and expertise. I would personally like to acknowledge just a few of the many tal-

ented people who have stepped forward to support our work. If you haven’t visited our website lately, please do, it was created by Paige. Paige donated a significant amount of her time to create this very valuable education tool, while only charging minimal amount for launching the site.

We welcome Carl and Kathy who have been “manning” the informa-

tion booths throughout the month of March while we celebrate Epilepsy Awareness month. To the rest of you who have either stuffed envelopes, picked up a donation, sat on a committee or made a phone call on our behalf, we extend a very heartfelt thank you. Your kindness is appreciated by so many *Happy National Volunteer Week*.

EDR celebrates twenty years of service in Durham Region in 2007.

How would you like to see this milestone celebrated?

Please share your ideas and comments and return the pink form to us.



Many opportunities to grow and learn

EDR was very pleased to have many opportunities to present our educational materials to various interested groups throughout the winter months.

We look forward to a very busy spring. We will be presenting at the Pickering Library, May 25th, 2006. Don’t forget to register. May will see us participate in Racing

Against Drugs once again.

Living Well with Epilepsy...A Parents’ Forum will be wrapping up for the winter season. Thank you very much to Laura for facilitating the group sessions and to Village of Taunton Mills for donating the space. **More to Come?** With such an interest in the events held

during March, we would like to keep the momentum going by holding several special events throughout the year. Would you be interested in a forum or event on some specific topic? We are open to your suggestions. Let’s keep the success of Epilepsy Awareness growing all through the year.

Meet Lora the Lavender Labrador

For our new members, please take a few minutes to visit our website and visit with Lora the Lavender Labrador.

Lora was created by EDR staff to heighten the awareness of epilepsy in our community and to raise much needed funds.

She is a soft plush 12 inch toy which carries the message “Epilepsy... It’s not what you think” on her front paw.

With a donation of \$15.00 to EDR you will provide a loving home for Lora and support long-term education and health promotion

programming in our community. Lora makes the perfect birthday or Easter gift all the while supporting a charity.

To date more than 1,200 homes have been found for Lora.

Thank You!

Annual Walk of Courage 2KM Walk / 5KM Run



Once again EDR is busy planning for its third Annual Walk of Courage in support of a better life with epilepsy. If you haven't already received a pledge form, please download a copy from our website at www.epilepsydurham.com

Our goal is to raise \$5000.00. To date we have raised \$2,316.91. It is very easy to donate online or if you would prefer to only make a pledge, just call the office and we will help you with the process.

Member Arnold has issued a challenge to all other members; he has raised \$1,766.91 on his own. **Way to go Arnold!!!**

The Walk of Courage takes place on Sunday, April 23rd, 2006 at Durham College. It is a 2KM Walk or a 5KM Run. Registration takes place at 12:15 and the walk begins **at 1:00p.m.** The registration fee is \$25.00 prior to April 10th, thereafter it will be \$35.00. However, raise \$150.00 in pledges and your \$25.00 registration fee will be returned. We look forward to seeing you for a family fun day.

Epilepsy Durham Region Charity Golf Tournament

Epilepsy Durham Region's Seventh Annual Charity Golf Tournament is set for Thursday, June 15th, 2006 and the committee is already meeting to organize the event. Within the next few months over 200 business sponsors of the past tournaments will be contacted for their continued support. This past June an outstanding \$16,000 was raised and donated

for services provided by our agency. This year's goal is to raise \$18,000 so additional business sponsors are being sought to help us reach this target. This is where your help would be most appreciated. The tournament is an outstanding way for a business to promote itself and financially assist your agency. We have particular success in recruiting new sponsors

when they come referred by our clientele. If you know of any business that would like to learn more about the opportunity to become involved feel free to have them call us at (905)666-9926. Potential sponsors can also go directly to the tournament website www.epilepsydurham.com/golf2006.html

DID YOU KNOW?

Mozart's Piano Sonata in D Major, K. 448 has been found to decrease seizure activity in 29 out of 36 patients with status epilepticus seizure activity and Lennox-Gastaut syndrome according to Dr. Hughes of University of Illinois Medical Center

in Chicago. Sequencing of musical patterns correspond with central nervous system brain wave patterns. Using this music may help the innate nature of brain organization to reconfigure brain wave patterns to assist seizure

control.

Toronto, fall/winter 2000, reprinted from article by Isa Milman in The Brain Wave, Victoria Epilepsy.

Welcome to

the co-operators and CIBC Imperial Service as our silver level sponsors and Menzies Chrysler, Whitby for our charity golf tournament & silent auction. Thank you for your continued support.



Community Partnerships Making a difference

Epilepsy Durham Region would like to extend a great big "Thank You!" to the following:

- Wendy and the Whitby Public Library staff for being gracious hosts to Out of the Shadows: Dispelling the Myths About Epilepsy
- Tony and Scott at Jellybean Imaging for their continued charitable creativity
- Teresa and Frames by Design for their new friendship and generosity
- Cam and Metroland Durham for their warm welcome at the Golf & Travel Show
- Michelle and the Oshawa Clinic staff for their continued hospitality
- Nancy and the Volunteer Resource Centre Durham for including us at their Volunteer Fair
- Local artist Katherine Chambers for her charity and incredible talent
- Brad and the Taunton Road Bulk Barn for their generosity

Epilepsy Durham Region
119 Ash Street
Whitby, Ontario
L1N 4B1

Phone: 905-666-9926
Fax: 905-666-4529
Email:
dianne.mckenzie@epilepsydurham.com

WE'RE ON THE WEB
www.epilepsydurham.com

Membership Renewal

Epilepsy Durham Region may be a relatively small agency, but we think big and we work hard to accomplish a great deal. We are a not-for-profit, non-governmental health organization dedicated to promoting independence and optimal quality of life for children and adults living with epilepsy and seizure disorders through information, awareness, support, advocacy, and research. Epilepsy Durham Region is committed to the elimination of the stigma and to dispelling the myths surrounding this disability.

With relatively modest funding earmarked for epilepsy advocacy and research in Canada, EDR was founded in 1987 to raise money specifically to fund local programming and support systems. Through distribution of authoritative resources, social programming and presentations to educators, children, adults and community agencies we offer practical information and coping strategies addressing day to day experiences. Health promotion and awareness continue to be our primary focus.

More than 300 clients and an astonishing estimated 15,000 individuals received some form of direct service delivery provided by our staff and volunteers this past year. Individualized services in a warm and caring manner are the hallmark of our agency. We look forward to continuing our work of fostering hope and courage.

EDR receives no direct government nor United Way funding. We raise funds through bequests, donations and in-house fund raising initiatives.

Your **Membership Renewal of \$10.00** per year ensures that long-term programming, in-service presentations and workshops to educators and employers continue.

I would like to help support Epilepsy Durham Region



**Become involved;
together we can move
epilepsy out of the
shadow and into the
spotlight.**

**Your Actions Really Do
Make a Difference!**

- I am enclosing a charitable donation of
- \$25.00 \$50 \$100.00
- other _____ (amount) Monthly Donations of \$ _____

*If you would prefer to make donations with your credit card, donations may also be made online at www.epilepsydurham.com

- I would like to renew my membership.
I am enclosing my \$10.00 renewal fee.

Please make cheques payable to Epilepsy Durham Region
119 Ash Street, Whitby, Ontario L1N 4B1 (905)666-9926

**Please send my charitable income tax receipt to:*

Name: _____

Address: _____

DISCLAIMER

The materials and articles contained in the Epilepsy Durham Region newsletter are not intended to be a substituted for professional medical advice. Always consult your physician, neurologist or health care professional for individual diagnosis and treatment. Articles in our newsletter do not necessarily reflect the opinion or position of, or signify an endorsement by EDR. Epilepsy Durham Region, 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. EDR is not liable for any outcome or damages resulting from information in either a direct or indirect form. We recognized that each individual's experience of epilepsy is different. Consult your physician and/or neurologist with any questions you have.