



EPIGRAM



Epilepsy Association of Calgary

May 2007

Volume 12, Issue 1

To support independence, quality of life, and community participation for people with, and affected by, epilepsy.

INSIDE:

EAC Annual General Meeting

Volunteer News

The Jazzy Penguin Returns

Home Safety Tips:
The Kitchen

Epilepsy Association
of Calgary Events

Central Alberta Office Events

Donors

CALLING 1-866-EPILEPSY

If you live outside the Calgary and Red Deer local calling areas, you can reach us at no cost to yourself at our toll free number to ensure that support, information, and answers to your questions are just a telephone call away.

If you live within the Calgary calling area, please call us at **230-2764**.

If you live within the Red Deer calling area, please call us at **358-3358**.

Employment Wanted

By Carla Archer, Public Education Coordinator

Jobs seem to be plentiful these days - we are always hearing about the shortage of workers within Calgary. Many employers have even increased wages to entice people to join their companies. Soon summer will come and students will also be looking to get into the work force. Whether you are looking for employment or already an employee if you have epilepsy there are a few things to consider. Although pay does matter it is important to look at the job and evaluate the hours and the stress level that may accompany the position. Long hours and high stress can trigger seizures so it is important to remember that although work is important self care is vital. If you are applying for work or are interviewing for a job it is often a hard decision whether or not to disclose that you have epilepsy. Many individuals fear that disclosing their epilepsy will lead to them not being considered or being let go from the job. However, if it is not known that an employee has the condition and a seizure occurs it could lead to panic and an ambulance may be called even if unnecessary.

Generally if there is a risk of a seizure, then it is important to let those working with you know of your epilepsy and how to assist during a seizure. If you are uncomfortable telling all the staff choosing one or two confidants is an alternative. If you are unlikely to have a seizure during work it is up to your own discretion as to whether or not you choose to inform those around you. If you are unsure as to how to approach the subject or would like the Epilepsy Association of Calgary's assistance in educating your workplace we are happy to help. Literature is available regarding work and/or epilepsy and can be mailed out for your convenience. We have a number of resources that could be of assistance, for anyone who would like it. For information or to learn more about our workplace in-service education sessions call Carla Archer in Calgary at (403) 230-2764 or Krista Anderson in Central Alberta at (403) 358-3358 or 1-866-EPILEPSY and arrange a time at no cost to you or your employer.

Epilepsy - A Seizure Lasts a Moment – Dreams Last A Lifetime

EAC Annual General Meeting June 12, 2007 – 6:00 pm

**Epilepsy Association of Calgary
4112 – 4 St NW, Calgary AB**

This year's AGM offers a lot in the way of entertainment... thanks to some fun and funny volunteers. Watch for the ever hilarious "Bared Naked Neurons" and other fun performances. A light lunch will also be provided. Who says that an AGM can't be fun?

All volunteers will be recognized at the meeting... so PLEASE join us if you are able.

Additional information will be mailed shortly.

211 Community Connection

211 is an important service to Calgarians that received more than 47,600 calls in 2006. It is the number to call for non-emergency information on community, social, government and health services. It is available in Calgary, Cochrane and surrounding areas.

Volunteer Corner

Thank You To:

- Our "army" of 20 volunteers who are looking after donation cans in 67 Mac's Convenience stores across Calgary, Okotoks & Airdrie.
- All the volunteers who helped raise awareness and sell chocolate penguins and bracelets at venues across the city.
- Bill, for doing "Crashman" and "ECHO... with "Bling".
- Rhonda, a soon-to-be "official" volunteer, for taking some FUNtastic photos of ECHO in action.
- Elizabeth, Lena and Hoda for all your much needed help around the office.
- Monica, for supplying your incredibly inspiring story for our donor request campaign.
- All the volunteers who helped out our casino on February 4th & 5th.
- George Waite, who organizes our casinos every 18 months. George – what more can we say besides, YOU ROCK!!!!!!

Welcome Aboard

To all of our new volunteers who will have completed their official orientation on April 20.

Volunteers Wanted

- Sell chocolate penguins at the Calgary Farmer's Market on May 11 & 12 (for Mother's Day)
- Staff a display at the "Three Cantors" concert on June 7, 2007. (see page 6)
- Help us out with our picnic on Saturday, June 16.
- Help man a hotdog stand at the forest Lawn IGA on June 16 or 23, 2007.

Looking for a way to get out of the house every week AND contribute to a good cause?

If so, we can use you around the office answering phones and helping with other office duties for a half day a week.

If you have questions or are interested in any of the above, please call Melanie at 230-2764.

Central Alberta Volunteers Wanted

We are recruiting enthusiastic volunteers for activities in Central Alberta in the hopes of developing and expanding volunteer involvement. Opportunities will include information displays, coin can placement, special events, Epilepsy Month activities – and possibly others. We're also always looking for stories to enhance our work – maybe you have one that will inspire others.

For information or an application, contact:

Melanie: epilepsy.mburnell@telus.net or

Krista: epilepsy.kanderson@telus.net

Meet a Real Life Hero

Destiny Maker cyclist **Glenn Fenster** will be passing through Red Deer and Calgary in late May as part of his second annual ride for epilepsy. This year he is riding from Anchorage, Alaska to Miami, Florida for a total of 6036 miles. Glenn has a son with epilepsy and really wants to make a difference. Funds raised while he is in Canada will go to the Canadian Epilepsy Alliance.

We are really looking forward to meeting this real life hero! We will send email updates as his schedule is clarified for those who want a chance to meet Glenn while he is in our area. You can also check Glenn's website at www.destinymaker.org. Send your email to address to Graham at epilepsy.gthomas@telus.net if you want us to let you know when Glenn will be arriving in Calgary.



The Jazzy Penguin Returns November 20th, 2007

Plans are underway for the third annual Jazzy Penguin scheduled for November 20th, 2007. We'll keep you posted on details in future editions of the newsletter, and on our web-site. In the meantime we are looking for:

- **One or two event sponsors** - please let us know if your organization might be willing to assist - sponsors receive event tickets, inclusion in event promotions, and the satisfaction of helping EAC make a difference in the lives of those living with epilepsy. Sponsorships are \$2500.
- **One or two volunteers** - to assist the current committee in planning and hosting the event. If you have a flair for events and would like to assist - let us know!
- **Silent auction items** - it's never too early to collect hot new items that will generate interest and bids from event participants.

If you'd like to lend your talents or assistance with any of the above - we'd love to hear from you! Please contact Kathy at 230-2764.

EAC Extends Condolences to Ken Davidson

Ken Davidson, a former board member, and participant in many, many of EAC's activities - past and present - recently lost his wife of 30 years, Marg. Ken and Marg both attended and volunteered in many capacities at EAC. We know she will be missed. Our thoughts are with Ken and family at this difficult time.

Home Safety Tips: The Kitchen

By Crystal Kehler, Practicum Student

Home safety is necessary for everyone, but is increasingly important for people living with epilepsy. Many accidents that occur can be prevented by taking some precautions. Making simple adaptations and exercising greater caution when working in the kitchen helps to keep everyone safe. Using a microwave oven to cook and prepare food when possible is another change that can be implemented. If you are going to use a stove top, be extra cautious and try to select a model that has controls in front. Use only the back burners when you can and turn the handles of saucepans to face the back of the stove. Appliances such as a kettle that have automatic shut-off features reduce the risk of the kettle boiling dry. Kitchen tools such as automatic egg beaters and electric knives should be avoided as these can cause serious injury if a seizure occurs. Here are a few more ways to increase safety in the kitchen:

- Consider using plastic dinnerware, as opposed to glass.
- Wear rubber gloves when washing dishes.
- When loading the dishwasher, point knives and other sharp objects downward.
- Less climbing to reach household items that are often used will minimize your risk of injury. Be sure to store these items where they can be easily accessed.
- Try not to carry large amounts of hot food to the table - serve directly from stove or counter top.
- Limit the time that is spent cutting and chopping food.

Depending on the type of seizure experienced and its frequency, a person's chance of injury may vary. It is critically important for a person living with epilepsy to be aware of all potential safety hazards and take the necessary precautions. Please remember - if possible, it is always best to have someone else in the home with you while you are cooking. Following the necessary safety measures and guidelines will prevent a serious injury or to yourself or someone else.

Board of Directors 2005 – 2006

Pat Frank President	Lisa Nowlin Secretary	Dan Pyper Director
Donna Bernreuther Vice President	George Jacob Director	Marcel Ouimet Director
Linus Murphy Treasurer	Kathryn Robson Director	Bill Melathopolous Director
	Bill Broens Director	

The staff and Board of Directors of the Epilepsy Association of Calgary extend heartfelt thanks to all our donors, members, and volunteers for support of our Calgary and Central Alberta offices.

Kathy Fyfe, Executive Director

epilepsy.kfyfe@telusplanet.net

Graham Thomas, Office Administrator

epilepsy.gthomas@telus.net

Janice Shaw, Support Coordinator

epilepsy.jshaw@telusplanet.net

Carla Archer, Public Education Coordinator

epilepsy.carla@telusplanet.net

Melanie Burnell, Volunteer Coordinator

epilepsy.mburnell@telus.net

General Mail Box

epilepsy.calgary@telus.net

Central Alberta Office – Red Deer

Krista Anderson, Program Coordinator

epilepsy.kanderson@telus.net



EPILEPSY ASSOCIATION OF CALGARY



Epilepsy Discussion/Support Group Meetings

Wednesdays from 7:00 pm to 9:00 pm

at the Epilepsy Association of Calgary
4112 – 4 Street NW, Calgary AB

May 16, 2007 – September 12, 2007

October 10, 2007 – November 7, 2007

For more information contact Janice at 230-2764 or email at epilepsy.jshaw@telusplanet.net.

Taking Control of Your Wellness Skills Development Program

Ongoing registration is available for this program based on the work of Joel Reiter, MD., Donna Andrews, and Charlotte Janis, who developed a book and program, Taking Control of Your Epilepsy. This program is a holistic health approach that considers the entire individual including the physiological, psychological, and interpersonal, dimensions of the person. The program provides a variety of skills and tools that help participants learn to minimize the negative impact of epilepsy on their lives, while enhancing an overall sense of wellness. The program consists of weekly individual sessions over 12 to 15 weeks. If you'd like to make some positive changes in your life, then this could be the program for you!

For more information, contact Janice at 230-2764.

Upcoming Information Sessions

Healing Touch

Guest Speaker: Lorraine Carpino

Wednesday May 23, 2007 - 7:00 pm - 9:30 pm

Lorraine Carpino is a healer, musician, herbalist and teacher who has a passionate interest in the connection between energy based therapy and wellness. She will be presenting "Healing Touch" which is a relaxing, nurturing energy therapy. Gentle touch assists in balancing your physical, mental, emotional, and spiritual well-being. It works with your energy field to support your natural ability to heal. It is safe for all ages and works in harmony with standard medical care. Anyone with a health concern may benefit from this safe, gentle, non-invasive energy rebalancing.

All Sessions (except where noted) will be held at the Epilepsy Association of Calgary, 4112 – 4 Street NW, Calgary, Alberta.

Anyone with or concerned with epilepsy (parents, friends, spouses, peers) are welcome to attend these sessions.

Check our website for additional sessions and updates (www.epilepsycalgary.com)

For more information contact Janice at 230-2764, 1-866-EPILEPSY, or email at epilepsy.jshaw@telusplanet.net.

Join us on Saturday June 16th for our annual

CELEBRATE SUMMER PICNIC



Time: 3:00 pm

Date: June 16, 2006

Location: Glenmore Park - Snowy Owl Site & Pavilion

We'll celebrate the summer season with hotdogs, games, and fun. We hope to see you there!

Please RSVP to Graham by June 11th, 2007 – 230-2764

For more information contact Janice at 230-2764, 1-866-EPILEPSY, or by email at epilepsy.jshaw@telusplanet.net

IN NEED OF MEETING SPACE?

Location: 4112 – 4th Street NW, Calgary

We can help! We have meeting space available at reasonable rates and flexible access. To view or book meeting facilities, please call Graham at 230-2764. We can accommodate groups of five to 35. Our meeting space has the following amenities:

- Kitchen facilities (some restrictions apply)
- TV/VCR
- Whiteboard
- Overhead projector
- On-site parking (evenings and weekends only)
- Street parking nearby (week days)
- Half day or evening rates - \$50.00
- Full day rate - \$100.00
- Coffee – additional charge
- 25% price reduction on bookings of five to seven consecutive days

CENTRAL ALBERTA OFFICE



Upcoming Epilepsy Discussion/ Support Groups

Thursdays from 6:30 pm to 8:30 pm
at the Epilepsy Association of Calgary
CENTRAL ALBERTA OFFICE
#303, 4822 – 50th Street, Red Deer AB

May 3, 2007

June 30, 2007

Celebrate Summer Picnic (details below)

PLEASE NOTE: The Parson's Clinic Doors are now locked 15 minutes after the group starts at 6:45 p.m.. Please call ahead to let us know you are coming – and especially let us know if you will be delayed. We don't want you locked out!

For more information contact Krista at 358-3358 or 1-866-EPILEPSY; e-mail: epilepsy.kanderson@telus.net

Join us on Saturday June 30, 2007 in Red Deer where we'll also usher in the summer season at the

CELEBRATE SUMMER PICNIC Central Alberta Style!

Time: 11:30 am
Date: June 30, 2007
Location: TBA



We'll roast hot dogs, have some fun, and generally look for ways to soak up summer in Central Alberta! We'll also be drawing for our raffle prizes. Mark your calendars and plan to join us!

Please RSVP to Krista by June 25th, 2007 – (403) 358-3358

Melanie's favorite quote: "I know God will never give me more than I can handle... I just wish He didn't trust me so much!" – Mother Theresa

Upcoming Information Sessions

Call us, or check our web-site (www.epilepsycalgary.com – Central Alberta Link) for updates.

We are also seeking space in which to hold information sessions and support and information meetings. If you know of space that is accessible and inexpensive – please contact Krista.

For more information contact Krista at 358-3358 or 1-866-EPILEPSY. (Email: epilepsy.kanderson@telus.net)

Teen Program for Central Alberta Teens Living with Epilepsy

A small group of young people affected by epilepsy began meeting last fall. If you are a young person living with epilepsy, and would like to learn more about the opportunity to meet others who share your concerns – the group would love to meet you. There are no meeting dates scheduled at this time; however, if you are interested, contact us and we will let you know when and where the next gathering will be held. This group is interested not only in meeting and supporting one another, but in looking for ways they can contribute to creating understanding about epilepsy.

We're Having a Raffle in Central Alberta!

Raffle Tickets sales are underway in Central Alberta and we have a number of great prizes. Proceeds help fund our programming in Central Alberta. If you are enterprising, enthusiastic and willing to support this initiative by helping to sell or buy tickets – please call us! We will draw for the prizes at the June 30, 2007 picnic!

NAMES CAN HURT

Do you dislike labels? Do you find the word "epileptic" offensive, and don't regard yourself as a "victim" of your condition?

The way we speak of epilepsy influences society's attitudes and perceptions towards it. When we "label" ourselves, the public will follow suit. Just as a person with a physical disability does not wish to be referred to using derogatory terms, it seems that most people with epilepsy would object to being called called an "epileptic". Remember – you are a person first and foremost. Epilepsy is a condition one may have – but it should never be defining feature of you as a person.

Consider the way you speak about epilepsy and what message you are communicating to others. Are you an "epileptic" or a bright, warm, caring, and talented person who happens to have epilepsy? Think about it...

The Epilepsy Association Chosen As Benefactor By
Beth Tzedec Synagogue For

THE THREE CANTORS WITH MARVIN HAMLISCH

The Epilepsy Association is thrilled to have been chosen by the Beth Tzedec Synagogue as a benefactor of "The Three Cantors" in concert with Marvin Hamlisch. This event features Shimon Farkas, Alex Stein and Yaakov Motzen along with the Calgary Philharmonic Orchestra and will be held on June 7, 2007 at the Beth Tzedec Synagogue.

EAC volunteers and our penguin mascot "ECHO" will be present to host a display at this event. We would like to extend our sincere thanks to Mr. and Mrs. Hoffman, Mr. and Mrs. Dorchik and the Beth Tzedec Synagogue for selecting the Epilepsy Association of Calgary. If you are interested, tickets are available from the Beth Tzedec Synagogue (www.bethtzedec.ca).

Laughing Allowed!

We hope you found the article on issues related to employment helpful. Here's what some of our members had to say about the matter (taken from a past humour class):

Top Five Reasons Why People with Epilepsy Make the Perfect Employee

- #5 They are driven.
- #4 Brainstorming is a big part of their lives.
- #3 Blackouts never bother them.
- #2 They know how to handle drugs well.

And the #1 Reason Why People With Epilepsy Make the Perfect Employee is...

They often seize when opportunities knock!

Random Musing...

Give a man a fish, feed him for a day. Teach a man to fish, feed him for a lifetime unless he doesn't like sushi... Then you have to teach him how to cook, too.

Contest for Funniest Answer

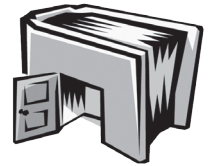
Now it's your turn. Can you think of a funny reason why "People with Epilepsy Make the Perfect Employee"? Submit your "punch line" to Melanie (epilepsy.mburnell@telus.net) and win movie passes for the funniest entry!

Words of Wisdom

- Artificial intelligence is no match for natural stupidity.
- Not one shred of evidence supports the notion that life is serious.
- If you look like your passport picture, you probably need the trip.
- Bills travel through the mail at twice the speed of cheques.
- No man has ever been shot while doing the dishes.
- Middle age is when broadness of the mind and narrowness of the waist change places.
- Junk is something you've kept for years and throw away three weeks before you need it.
- Someone who thinks logically provides a nice contrast to the real world.
- You should not confuse your career with your life.

NEW RESOURCE FOR TEACHERS!

Opening the Door to Understanding



THE EPILEPSY SCHOOL KIT

The epilepsy school kit is a new resource produced by the Epilepsy Association of Calgary. The booklet and DVD contain information on epilepsy, seizure first aid, second aid, and other valuable information for teachers dealing with epilepsy in the classroom. We also offer in-person education for teachers based on the information contained in the kit – a great way to enhance understanding and support students affected by a seizure disorder.

To request an education session and *obtain a copy of this valuable resource please contact either the Calgary or Central Alberta Epilepsy Association offices.

**Cost to mail is \$5.00 per copy.*

We extend our sincere thanks to the following donors, who made the production of the Epilepsy School Kit possible:

In Calgary our hats are off to:
Rotary Club of Calgary Centennial
Rotary Club of Calgary Heritage Park
Rotary Club of Calgary Olympic



In Central Alberta we salute:
Central Alberta Telus Employees



We would like to extend our sincere thanks to all those who have supported our work and who share our commitment towards the promotion of independence and quality of life for those affected by epilepsy. To the many "Epilepsy Champions" who support our work with their donations, but don't wish their names published – we extend our thanks. You know who you are!

The following contributions have been received since our last *Epigram* Newsletter:

Donor names are not published in the online version of the Epigram

We recognize our donors in our quarterly newsletter and our members and donors in our Annual Report. These documents are shared with members, funders, program participants, and others in the community who are interested in our work. In accordance with Privacy Legislation: **if you do not wish to have your name published**, please call us at 230-2764 or indicate your wishes in the form below and send it to us by fax or mail to the Epilepsy Association of Calgary, 4112 – 4 Street NW, Calgary AB T2K 1A2.

I do not wish to have my name published in the Annual Report or Epigram Newsletter.

Name (Please Print) _____

Signature _____

Date _____

Did You Renew YOUR Membership?

Annual memberships expire each year at the end of December. If you haven't renewed yours yet, please don't forget to! Memberships show your support for EAC, and help cover the cost of producing/mailling the *Epigram*. Annual and Life members are also entitled to vote at AGMs and SGMs. Cost is \$20.00 for an annual membership and \$200.00 for a life membership. A member/donor form is included on the back of this newsletter and can also be found on our website.

NEWSLETTER DISCLAIMER

Material contained in this newsletter concerning epilepsy, research, treatment, and patient experiences is solely for information purposes. Each individual's experiences of epilepsy are different. Please consult your physician for medical advice. Articles published in the Epigram newsletter do not necessarily represent the official policies or endorsements of the Association and its members.

*EPIGRAM is published quarterly by the
Epilepsy Association of Calgary
4112 – 4 Street NW
Calgary, Alberta T2K 1A2
Calgary and Area: (403) 230-2764
Toll Free: 1-866-EPILEPSY
Fax: (403) 230-5766
Email: epilepsy.calgary@telus.net
Layout & design – Associations Plus Inc.*

MEMBER/DONOR FORM

Name _____ Address _____
City _____ Province _____ Postal Code _____
Home Phone _____ Work Phone _____

- Annual Membership.....\$20.00
(January to December 2007)
- Life Membership..... \$200.00
- Donation amount.....\$ _____
Total\$ _____

Payment method:

Cheque Money Order
 Credit card Visa MasterCard
Credit card number _____ Expiry Date _____
Cardholder signature _____

Pre-Authorized Credit Card Payment Program for Donations Only:

- Yes, I prefer to make a monthly donation that will help support the programs and services of the association year-round.
- \$ _____ per month, beginning on the 15th day of each month until otherwise notified.

A tax-deductible receipt will be issued for charitable registration number 11890 0778 RR001.

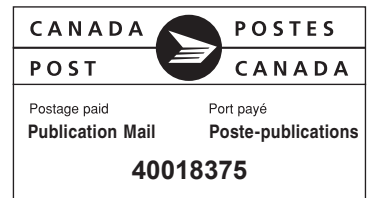
A WORD ABOUT PRIVACY

The Epilepsy Association of Calgary respects your privacy. As such, we do not share, sell, rent, or trade our membership lists, donor lists, volunteer lists, or participant lists with any outside organizations. Personal information provided in the context of program participation is never shared without your written consent, unless there is a legal or ethical obligation to do so. Information you provide us is used to deliver services, keep you informed about agency activities and opportunities, fund-raising initiatives and events, volunteer opportunities.

If you no longer wish to receive some or all of the information we provide, you can contact us by telephone, fax, or e-mail, and we will remove your name from any or all of contact lists in accordance with your wishes.

Return undeliverable Canadian addresses to:

Epilepsy Association of Calgary
4112 - 4 Street NW
Calgary, Alberta T2K 1A2
Email: epilepsy.calgary@telus.net



To ensure your Epigram Newsletter always reaches you, please contact us with address changes as soon as possible.