



# epilepsy

## south eastern ontario



# Newsletter

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## PULL TOGETHER FOR EPILEPSY 2017

Join us for our 5<sup>th</sup> annual Fire Truck Pull!

Sunday July 16<sup>th</sup> 2017

Register your team today!



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For more information, please contact us!

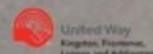
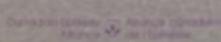
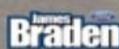
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# PULL TOGETHER FOR EPILEPSY 2017

Our fifth annual Fire Truck Pull this year is going to be a loaded event! It is taking place on July 16th in Confederation Park, Kingston. Teams of 8 will compete to see who can raise the most funds, have the best team theme and of course pull the truck the fastest! Teams work together to raise pledges beforehand with all the proceeds going to the education, support and advocacy of people affected by epilepsy in South Eastern Ontario. It is a great opportunity to build a stronger team of employees while also helping your local community. The event will also have many fun, family-friendly activities including face painting and much more! Visit our site to register your team!

[epilepsyresource.org/pulltogether2017](http://epilepsyresource.org/pulltogether2017)

Meet the summer students who are helping put together the event! Marketing Coordinator, Oliver Statham and Special Events Coordinator, Luka Mijacevic. If you have any questions or would like to find out more about the event, please email: [admin@epilepsyresource.org](mailto:admin@epilepsyresource.org) or [awareness@epilepsyresource.org](mailto:awareness@epilepsyresource.org) or contact our office at: 613-542-6222.



## Let's all PULL TOGETHER!

Our fifth annual Pull Together for Epilepsy Fire Truck Pull event cannot be a success without you! We are in need of volunteers for the day to help with set-up. If you are willing to donate your time to support this event, please email [admin@epilepsyresource.org](mailto:admin@epilepsyresource.org), [awareness@epilepsyresource.org](mailto:awareness@epilepsyresource.org) or contact our office at: 613-542-6222



## A Fond Farewell

In April 2017, Epilepsy South Eastern Ontario said goodbye to our Education Coordinator, Claire Notman. Claire has been with the agency for three years. We wish her the best of luck in her future endeavours with the United Way KFLA as she moves forward with her professional career! Thank you so much Claire for your hard work, dedication and tireless effort in bringing epilepsy out of the shadows. You are truly missed by the Board, Staff and the hundreds of people you have educated on epilepsy and seizure first aid.

**Thank you Claire for all your hard work! You will be missed.**



## AGM

Our Annual General Meeting took place at Crossroads United Church on Tuesday, June 20th 2017. At this meeting we affirmed our new executive as follows: President, Kyle Lawlor; Vice President, Tracey Augustyn; Secretary, Kim Mcfarland; and Treasurer, Adrian Fernandez. We are looking for more board members. If you are interested, please contact the office at 613-542-6222 for more information.



## Services

### Share Your Story

“One day I moved to Kingston in hopes for a job. Instead I ran into a lot of complications due to my epilepsy that I have had since I was born as a result of a birth defect. Throughout my life, I have had a difficult time obtaining services in the community where I lived. When I finally moved to Kingston, I tried to find assistance from Epilepsy Ontario but found out they are not in Kingston. I did some research and found Epilepsy Southeastern Ontario who has a very kind and helpful lady that works there. She has been a life saver for me through connecting me with the community at monthly epilepsy groups, agencies such as emergency food banks, and even Epileptologists at the hospital. She even keeps me from going crazy sometimes because she always seems to know just what to do or say to get me back on track. I don't really want to brag here but Epilepsy Southeastern Ontario has been like a life line for me ever since I came to Kingston. While most support companies have turned their backs to me, they have done more for me than most that have been paid twice as much as what they get paid here. I would strongly recommend that anyone moving to Kingston gets connected with Epilepsy Southeastern Ontario even if it's just to hear them out.”

**We would love to hear from you! Share your story at:**

[epilepsyresource.org/get-involved/share-your-story](http://epilepsyresource.org/get-involved/share-your-story)

### Peer Support

As part of our services, we offer peer support connections to those affected by epilepsy who are in need of extra support. We are always on the lookout for enthusiastic volunteers who would feel comfortable offering their listening skills and are directly impacted by epilepsy. If you would like to volunteer as a peer supporter and think this would be a good fit for you, please contact us.



### Groups for Those Affected by Epilepsy

Our epilepsy group for those affected by epilepsy continues to meet the last Wednesday of every month from 6:30pm-8pm at the Ongwanada Resource Centre, 191 Portsmouth Ave, Kingston. Join us for our next meeting. For more information please contact Emilia Leslie, Client Services Coordinator at 613-542-6222 or [eleslie@epilepsyresource.org](mailto:eleslie@epilepsyresource.org)

**New members are always welcome!**



## Epilepsy Clinic Update

Epilepsy South Eastern Ontario is proud to continue our partnership with Hotel Dieu Hospital's Epilepsy Clinics. These clinics provide an immediate point of contact to connect clients with Epilepsy South Eastern Ontario. After meeting with their Epileptologist, patients can be seen by our Client Services Coordinator, Emilia Leslie, to provide support, resources, advocacy, and referrals as needed. Emilia will also meet with long-time and follow-up patients, as well as pediatric patients now transitioning to adult care.



## Pediatric Epilepsy Clinic at Hotel Dieu Hospital

Since March 2017 our Client Services Coordinator, Emilia Leslie has been working with pediatric neurologist, Dr. Athen Macdonald, in the Children's Outpatient Centre Pediatric Epilepsy Clinic once a week on Friday's. Similar to the Adult Epilepsy clinic at HDH, individuals can meet with Epilepsy South Eastern Ontario's Client Services Coordinator after their medical appointment.

Epilepsy South Eastern Ontario's presence at HDH Pediatric Epilepsy clinic has been very well received by Dr. Macdonald and the children, youth, and families at clinic.

## Biography



Dr. E. Athen Macdonald is a full-time Assistant Professor of Pediatrics and Pediatric Neurology. Her work in Pediatric Neurology includes consultation on a broad range of neurologic problems with a special focus on epilepsy. She is an experienced educator who teaches residents and students about pediatric neurology and is a small group tutor of undergraduate medical students. She is a member of the Board of Directors of Epilepsy South Eastern Ontario. Her research interests include epilepsy and multiple sclerosis.

## Epilepsy Awareness Month

Epilepsy awareness month was a great success this year! We would like to recognize all the local businesses that participated in raising awareness and advocacy for epilepsy by displaying brochures, selling purple bracelets and collecting donations. We would like to extend thanks to Oasis Yoga Studio, Quesada, Coffee Way Donuts, TD Canada Trust, Quiznos, Life Yoga and Best Western Fire Side Inn for their efforts. We would also like to thank Dupont Kingston for organizing a pancake breakfast that raised \$670!

## Purple Donut Day

Enjoy a limited edition purple donut on the 26<sup>th</sup> of every month and a portion of the proceeds will go to support our client services! Originating from Epilepsy Awareness month, Coffee Way Donuts has started a tradition for serving delicious purple sprinkled donuts in the Kingston community! Thank you to Chris and the Coffee Way Donuts staff for their help. Come and try one for yourself on the 26<sup>th</sup> of every month.



## Emily's Fund

Our transportation service, Emily's Fund, was created in partnership with her family to honour Emily McNamee's legacy. Emily noticed a need for transportation services and envisioned a service to meet the needs of those who are affected by epilepsy. Emily's family continues to support this fund through their invaluable fundraising efforts.

Emily's Fund serves to assist people in our catchment area with travel to medical appointments, other required services, and to any services provided by Epilepsy South Eastern Ontario. Transportation needs outside of Kingston are determined on a case-by-case basis. Rides are provided through a partnership with Amey's Taxi.

If you are in need of transportation to a medical appointment or any of our services, please contact our Client Services Coordinator, Emilia Leslie at 613-542-6222 or [eleslie@epilepsyresource.org](mailto:eleslie@epilepsyresource.org). We ask that you please give 24-48 hours' notice before an appointment.



# Sponsors and Media

## Community Engagement & Partnership

We would like to thank all of the organizations that helped with our community engagement efforts. This includes an interactive community resource display at the SLC Service Fair. Subway restaurants also generously donated space downtown for our United Way workplace fundraiser; the bake sale was fruitful and sweet – we raised funds and educated the community about Epilepsy and our organization. Thanks to Kingston General Hospital and Hotel Dieu Hospital for their epilepsy resource displays. Lastly, we'd like to thank the Ontario Lottery and Gaming and the Community Spirit Gaming Centre for partnering with us for BINGO.

## Sponsors

A huge thank you to our current sponsors for our fifth annual Pull Together for Epilepsy Fire Truck Pull: UCB, James Braden Ford, Planet Fitness Kingston, Black Dog Hospitality, David's Tea, Shopper's Drug Mart and the Courtyard Marriot. We appreciate the support!



## Media Coverage

98.9 The Drive, 98.3 Fly FM and CFRC 101.9 FM will be participating in the Fire Truck Pull. This is an excellent opportunity for media coverage for any organization that wants to be a part of our event!



## Volunteers Wanted for Charity Bingo Events

Epilepsy South Eastern Ontario is seeking volunteers to assist with our charity bingo event that occur monthly. Our aim is to promote epilepsy awareness in partnership with OLG and Community Spirit Bingo. A portion of the proceeds will also go towards funding our services. We must have two trained volunteers attend each scheduled 2-hour session. We are looking for dedicated volunteers to attend these sessions and help raise awareness of epilepsy!

For more information, or to become a bingo volunteer, please contact our office at (613) 542-6222, or [admin@epilepsyresource.org](mailto:admin@epilepsyresource.org).



## Ways to Donate

Your donation to Epilepsy South Eastern Ontario will help transform the lives of people who struggle to live with epilepsy. No matter how small or how large, any donation is greatly appreciated. On behalf of everyone who will benefit from your kindness and generosity. Thank you for your support!

**By Mail:** Please mail your cheque or money order to:

**Epilepsy South Eastern Ontario  
920 Princess St. Suite 205  
Kingston, ON K7L 1H1**

## Canada Helps

Secure donations can be made to Epilepsy South Eastern Ontario online at **Canada Helps** by accessing the link below. An instant tax receipt from CanadaHelps.org will be emailed to you

[Click to Donate](#)



## Donate A Car Canada

**Donate A Car Canada** accepts vehicle donations for Epilepsy South Eastern Ontario from anywhere in Canada. **Donate A Car** provides free towing in many areas across Canada, or you can drop off your vehicle to maximize your donation. When you donate your RV, boat, motorcycle or other vehicle through **Donate A Car** Canada, it will either be recycled or sold at auction depending on its condition, age and location. After your vehicle donation is complete, Epilepsy South Eastern Ontario will send you a tax receipt within 45 days!

[Click to Donate](#)



## Shoppers Drug Mart Optimum Points

Donate your Shoppers Drug Mart Optimum Points to Epilepsy South Eastern Ontario!

[Click to Donate](#)

