



epilepsy
south eastern
ontario



NewsLetter

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Greetings! On behalf of everyone here at Epilepsy South Eastern Ontario we would like to wish you Happy Holidays! We hope you get the opportunity to take part in the festivities with family and loved ones while also taking the time to do whatever it is you cherish most.



Self-Care for the Holidays



Stay healthy over the holidays! We would like to share a few resources to ensure your well-being this season:

[Here](#) are some great practical and easy to implement tips from the BC Epilepsy Society about staying healthy over the holiday season.

If you are planning to travel this holiday season, Epilepsy Action [has](#) some useful advice for how to prepare for your trip.

The Epilepsy Foundation also [delivers](#) some fantastic advice for addressing illness and over-the-counter medication.



HOLIDAY CLOSURE

Our office will be closed:

Friday, December 22nd, 2017 through Tuesday, January 2th, 2018.

*Sending wishes from all of us, to all of you for a happy and healthy
holiday season!*



**PULL TOGETHER
FOR EPILEPSY
2017**

Thank you to everyone who participated, donated and volunteered for our annual fundraiser. It was a fantastic event! Over \$8,000 was raised.

We would like to thank everyone who participated! This includes all of the teams that registered as well as our volunteers, donors and sponsors who helped make the fundraiser such a success.

Plans are already underway for our upcoming Pull Together for Epilepsy: Fire Truck Pull 2018 event that will be taking place this summer. We invite you to take part! If you would like to register a team or find out more about the event please visit our [site](#).



Services

Share Your Story

"I cannot say enough good things about being a part of being Epilepsy South Eastern Ontario (ESEO). I like the flexibility of the Client Service Coordinator, Emilia Leslie, who is willing to have monthly appointments by phone when I cannot get to the office. I connected with Emilia and felt comfortable with her easy going manner. At monthly group meetings, it feels free, I can relate to others and they are informative. We get to share stories and advice together, and it feels like we are not alone. There is amazing facilitation; I'm thankful that there are group meeting for people with epilepsy. We never leave the meetings without more information and peace of mind. I'm glad to know ESEO's transportation service (Emily's Fund) is there if needed and I'm glad to know I can get to important appointments. My favourite part of ESEO is that they are very friendly and welcoming. They provide supportive and caring services in a comfortable and non-judgemental environment. I look forward to continuing to use ESEO's services and I absolutely recommend them to others."

- Kelly L.

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

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

New members are always welcome!

Epilepsy Group Meeting



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.



Moreover, the Canadian health minister recently [announced](#) that the Kingston Health Sciences Centre (KHSC) is becoming the next District Epilepsy Centre in Ontario. This means that KHSC will have access to more funding and resources for epilepsy research.

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.

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.

We ask that you please give 24-48 hours' notice before an appointment.



Purple Donut Day

Enjoy a limited edition purple donut on the 26th 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 26th of every month. For more information check out our [Facebook](#) page.



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 two-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.



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 cash or cheque 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](#)



Shoppers Drug Mart Optimum Points

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

[Click to Donate](#)

