



EPIGRAM



Epilepsy Association of Calgary

September 2010

Volume 14, Issue 4

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

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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 **430-230-2764**.

If you live within the Red Deer calling area, please call us at **430-358-3358**.

We're Taking it Off for Epilepsy!
We DARE You to Join Us!



Head Shave - RAZING Awareness for Epilepsy

We have many special treats for our head shavees (aka noggins), including:

- Special recognition luncheon immediately following the head shave
- Fantastic prizes for the noggin who raises the most money in pledges and for the highest individual pledge received

Register now and tell us why you'd like to "take it off" for epilepsy at: www.epilepsycalgary.com OR...

Visit our website and pledge a courageous noggin!

Will you...

EXPOSE your head?
EXPAND your mind?
EXTEND your heart?

Plan to join us on **November 18, 2010** and show your support to our noggins!



This year, we'll be donating \$100 to the United Way of Calgary for everyone who signs up for the head shave - who says one gift can't give twice?

For the third year, the Bare Naked Noggins will "take it off" for epilepsy to "raze" both epilepsy awareness and funds in support of the Epilepsy Association of Calgary.

Thursday, November 18, 2010
12:00 noon to 1:00 pm
Bankers Hall, Main Retail Lobby

Here's what some of last year's participants had to say:

What an incredible day we all experienced... Brenda Coke

Overall, it was a fantastic experience. Thank you for the opportunity to participate!

Lisa Nowlin-Clayton

LEAD SPONSORS

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Engineering the flow of communication™



Calgary Celebrated Summer in the Sunshine!

This year's Celebrate Summer Picnic, held at Bowness Park, was a great success, thanks to the warm weather, a great turnout and some awesome fun! While there were threats of rain, the clouds moved on and we were able to roast hot dogs and marshmallows, as well as play some fun games. Thanks to everyone who attended and made the day such a success!



EAC Volunteers Did Not Sit on Their Cans This Summer!

No siree... in fact, we had an army of 'Mac's-a-teers' CANvassing Mac's stores in Calgary and Central Alberta to deliver, monitor, and pick up coin cans from Mac's convenience stores. As of this writing, we're still sorting and rolling coins, thanks to several more of our dedicated volunteers, but we estimate that your efforts will result in approximately \$2000 towards our programs in Calgary and Central Alberta! Thanks to everyone who helped out with the Mac's Campaign, including those who helped us roll the coins and helped out with a myriad of office tasks over the summer. Finally, thanks to everyone that assisted us with the M & M Meats Barbeque in August. With your help we raised nearly \$400 and had fun doing it! We couldn't do it without you!

Upcoming Events

As the summer winds down, we're busy making plans for the fall. Some upcoming volunteer activities include:

- Educational displays and promotions at Bankers Hall - October 14 and November 4 from 11:30 am to 2:00 pm
- The Bare Naked Noggins Head Shave for Epilepsy - November 18 at Bankers Hall. We'll be needing assistance on event day and a day or two before to help prepare gift bags.
- Additionally, we're on the hunt for gift items for the 'noggins' in recognition of their courage. If you have a suggestion or a contact that may be willing to contribute, please let us know. We estimate that we'll need 15 - 20 of each item.
- Other Epilepsy Education Month activities will be organized shortly - and we'll keep you posted on those.

Please contact Mary at 403-230-2764 or volunteer@epilepsycalgary.com if you'd like to help or need more information. In Central Alberta, contact Norma at 403-358-3358 or epilepsy.njaskela@telus.net.

Staff Comings and Goings

This summer we said good-bye to Jill Smith, our Public Education Coordinator, who has returned to school to pursue a Master's Degree. Even though we've known for a while about her plans, saying good-bye is never easy and I know you join us in wishing her well. Additionally we were crushed when Michelle Caplan, our Volunteer Coordinator, left us to pursue her dream of working in the advertising field at a locally based agency. We're all about encouraging people to follow their hearts, so we reluctantly bid her farewell and extend congratulations as she continues her journey. Finally, we said good-bye to Eileen Fitzpatrick, Support Coordinator, who also left us in pursuit of other goals and to her, we extend best wishes in her new travels. EAC has been very fortunate for many years to have had a team of long term, dedicated staff. It's the first time in memory we've had to say so many good-byes at once. However, every dark cloud has a silver lining and we're thrilled about the new additions to our team!

Mary Blackburn is our new Volunteer Coordinator, who has many years of experience in residential care settings. What struck us about Mary was her dedication, belief in volunteerism, and her sense of humor. We're looking forward to having her with us. If you haven't met her already, you will soon! We're also delighted to introduce **Heather Hooge** to the role of Support Coordinator. Heather is a social worker with previous experience working in a sexual health centre. She brings compassion and dedication to her role and we're certain that she'll be a wonderful asset to EAC. You can reach Mary and Heather at 403-230-2764 or by e-mail:

Heather Hooge, Support Coordinator: support@epilepsycalgary.com
Mary Blackburn, Volunteer Coordinator: volunteer@epilepsycalgary.com



Meet Bill, "**That Reiki Guy.**" A Reiki Master who trained at Mount Royal University. Bill wanted to improve his overall health and overcome the stress and fatigue he experienced with epilepsy.

Reiki helps restore energy in the body, which may also enhance health and wellness and Bill would like to share his knowledge with you!

Bill offers rates suitable to any income and he travels to your location.

Day, evening and weekend sessions available.

For information:

Bill Melathopolous
(403) 809-6308
Billcladius1@hotmail.com

If you would like to advertise in this space please call 403-230-2764 for our rates.

Pink & Bling!

Honouring Sparkling Women In Memory of Melanie Grace

**Sunday October 3, 2010 from 2:00 to
4:00 p.m. at EAC**



Please join us as we remember our former Volunteer Coordinator, Melanie Grace, at an event we think is tailor made for her, **Pink & Bling! Honoring Sparkling Women**. The purpose of the event is remember Melanie with some fun tributes and sparkle 'a la Melanie', and launch the Melanie Grace Memorial Scholarship Fund. The scholarship details will be made available soon and will be funded in Melanie's memory by anyone who wishes to contribute. If you plan to attend, please RSVP to Kristy Johnson - epilepsy.kjohnson@telus.net - by September 28, 2010.

CHOCOLATE PENGUINS AVAILABLE FOR THE HOLIDAYS Proceeds help support our work in Calgary & Central Alberta!

If you've already started to think ahead to the holiday season, ECHO the Chocolate Penguin is now available for pre-order. They make GREAT hostess gifts, stocking stuffers, staff gifts and delicious treats for any occasion. These hand made penguins are made for the Epilepsy Association by local candy maker, Olivier's. Each penguin costs \$8.00 and is available in milk or dark chocolate. THE LAST DAY TO ORDER IS DECEMBER 6, 2010. After December 6 you can purchase penguins from our offices while supplies last. We'll be in touch to arrange pick-up of your order at our Calgary or Central Alberta Office. An order form can be found on our website at www.epilepsycalgary.com or you can order by phone 403-230-2764.

A Fresh New Look for EAC!

Our building underwent some greatly needed sprucing up over the summer, thanks to the AMAZING support of College Pro Painters and ICI Paints. Clark Sevalrud, the owner and operator of College Pro - Calgary North West stopped by in the spring to offer a quote. We asked if he could consider a charitable rate that might be more affordable for us - and were blown away when he returned a day later to advise that he had arranged to have both the paint and labor donated! Clark is a young man who will be returning to university in the fall, so to say we were surprised by this amazing gesture is an understatement! Further exploration revealed that Clark was offered an opportunity to study in a foreign country with the help of the Rotary Club of Calgary Centennial. For such a young man, he has learned a great deal about supporting his community and making a difference in the world. And he didn't have it easy finishing our building due to multiple weather delays - but finish he did - and the building looks wonderful! We extend our sincere thanks to Clark, College Pro Painters, and ICI Paints.

Board of Directors 2010 – 2011

George Jacob President	Marcel Ouimet Treasurer	Linus Murphy Director
Donna Bernreuther Past President	Bill Melathopolous Secretary	Daniel Pyper Director
Paul Kelly Vice President	Angela Williams 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

Kristy Johnson, Office Administrator

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Heather Hooge, Support Coordinator

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Public Education Coordinator

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Mary Blackburn, Volunteer Coordinator

volunteer@epilepsycalgary.com

General Mail Box

epilepsy.calgary@telus.net

Central Alberta Office – Red Deer Norma Jaskela, Program Coordinator

epilepsy.njaskela@telus.net



**TOGETHER
WE ARE MAKING
A DIFFERENCE**

EPILEPSY ASSOCIATION OF CALGARY



Epilepsy Discussion/Support Group Meetings

Thursdays from 7:00 pm to 9:00 pm

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

Thursday, October 14, 2010

Thursday, November 25, 2010

Wednesday - December 15, 2010

Christmas Party at EAC (details below)

Support and discussion groups are a great way to meet others who understand your experiences and enhance coping through sharing and learning from one another. For more information contact Heather at 403-230-2764, 1-866-EPILEPSY, or by e-mail at: support@epilepsycalgary.com

Christmas Cheer Celebration

Wednesday, December 15, 2010

6:00 to 9:00 pm

All are welcome – Plan to join us!

Let's get into the holiday spirit! Plan to join us on Wednesday, December 15, 2010 for some holiday cheer. Fun, food, and refreshments provided by us – holiday cheer – we leave to you! The party will be held at 4112 – 4th Street NW, from 6:00 pm to 9:00 pm. PLEASE RSVP TO KRISTY BY DECEMBER 9, 2010 to ensure that we have food and refreshments for all. She can be reached at 403-230-2764 or by e-mail at: epilepsy.kjohnson@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, "Taking Control of Your Epilepsy". Taking Control of Your Wellness Skills Development is a holistic health approach that considers the entire person. The program provides a variety of skills and tools that help participants learn to minimize the negative impact of epilepsy their life, 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, this could be the program for you!

Upcoming Information Sessions

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.

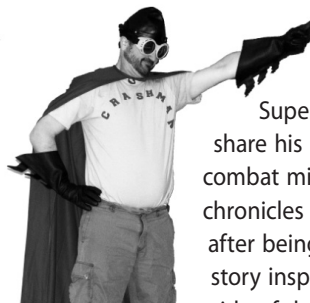
Check our website for upcoming sessions and updates (www.epilepsycalgary.com)

For Parents

We've scheduled two sessions where parents of children with epilepsy can come together to share their concerns with one another, learn from each other, and support each other. Importantly, it's also a great opportunity to let us know what you'd like to see from EAC in the months ahead. If you are a parent, guardian, or care giver to a child with epilepsy, please join us! Sessions will be held at the Epilepsy Association of Calgary from 7:00 pm to 9:00 pm.

Thursday, October 7, 2010

Thursday, November 4, 2010



CRASHMAN! EAC's resident

Superhero is ready for ACTION. He wants to share his "edutaining" play with your school to combat misinformation about epilepsy. The play chronicles Bill's real life experiences with epilepsy after being diagnosed as a youngster. Bill's story inspires kids of all ages to see the lighter side of their struggles and challenges them to – "BE YOUR OWN HERO"! Bill has been getting rave reviews from everyone who has seen him. Bill knows how to reach audiences and his skills as an actor shine as he re-enacts his experiences. You'll laugh – you'll cry but you won't soon forget Crashman!

The play is suitable for youth aged 12 to 15 years of age – but is available to any organization or group that wants to be amazed by Crashman. For information contact us (403) 230-2764.

CENTRAL ALBERTA OFFICE



Upcoming Epilepsy Discussion/ Support Groups

Wednesdays from 6:30 pm to 8:30 pm

at the Epilepsy Association of Calgary

CENTRAL ALBERTA OFFICE

4811 - 48 Street, Red Deer AB T4N 1S6

(Please note our new address)

October 13, 2010

November 10, 2010

December 8, 2010

Christmas Party (details below)

Upcoming Information Sessions

For more information concerning sessions and support groups in Central Alberta, check our website or contact Norma Jaske at 403-358-3358 or 1-866-EPILEPSY; email: epilepsy.njaske@telus.net.

Exciting News and Updates from Central Alberta

It has been a busy few months at Central Alberta and we have some news we'd like to share. Firstly - WE'VE MOVED!!! As of July 15, 2010, we are located in the offices of the United Way of Central Alberta. Please note our new address:

4811- 48th Street, Red Deer AB T4N 1S6

Telephone (403) 358-3358 (same as before)

1-866-EPILEPSY

The opportunity to move into the the United Way Offices was just too good to pass up. We now have ground floor access, better after hours access, as well as the availability of meeting space, which will reduce some of the struggle we've experienced in the past. We would like to extend a gigantic thank you to the Abilities Society for the help and friendship they extended to us at our old location in the Parson's Clinic. We'd also like to extend a huge thanks to the United Way of Central Alberta for the new opportunity to share their space.

Secondly - we extend our heartiest congratulations to our Program Coordinator, Krista Way (and hubby Daren) on the birth of baby girl, Jocelyn, who made her entrance to the world on June 19, 2010. This is the first child for Krista and Daren. Krista will be off for the next several months, and while I know she'll be missed, we've had some wonderful help in our Red Deer Office.

Finally, our sincere thanks to Kelly MacIntyre RPN, who filled in during June and July. Many of you met her at the picnic and know how delightful she was to have with us! Unfortunately, she just couldn't stay on, but we are thrilled to welcome Norma Jaskela BSW, who is delighted to be with the Epilepsy Association of Calgary Central Alberta office. Previously Norma worked as a counsellor in Community Adult Mental Health and as an acute care hospital Social Worker. For the past ten years she has been providing private adult counselling services in Red Deer. Norma extends a warm invitation to the Central Alberta community to contact her with concerns and needs or simply to become acquainted. You can reach her at: epilepsy.njaskela@telus.net or (403) 358-3358 Toll Free 1-866-EPILEPSY.

It's our Annual Christmas Shindig!

Wednesday, December 8, 2010

6:00 to 8:00 pm

4811 - 48 Street, Red Deer AB T4N 1S6

All are welcome! Food and refreshments provided.

See you there!

RSVP to Norma (403) 358-3358 and advise her of the number coming no later than December 3, 2010.

"Snowflakes are one of nature's most fragile things, but just look what they can do when they stick together." Vesta M. Kelly



Helping Your Child Succeed at School

Self-esteem and confidence come, in part, from accomplishing those things believed by the child to be hard to do.

With the beginning of a new school year many parents worry about how their child with epilepsy will cope in the classroom, be accepted by peers - especially if a seizure should occur - and have many safety concerns. It

is important that the school and teacher are aware of the type of seizures a child has (a written description may be helpful), their frequency, known triggers, and the desired response to a seizure. Examples include: Should the parents be called each time or only under certain conditions? Will the child need to rest? Are there circumstances that would require the child to be sent home and if so, will a ride be needed? What, if any, medications need to be administered during school hours and who will do it?

If desired, the school can be informed that educational sessions are available for school staff and student groups, which cover epilepsy basics, seizure recognition, first aid procedures, and social acceptance. This information can greatly alleviate fears of staff and students and help greatly in increasing understanding and support of all involved. These can be arranged by calling our office.

Academic Achievement

Epilepsy itself does not preclude high academic achievement. Many successful people have epilepsy. It has not negatively affected their intellectual abilities. Most children with epilepsy test within the normal range of intelligence. The consequences of epilepsy are extremely variable, however studies show that many children with epilepsy are functioning below their academic potential. There may be several reasons for this. Knowing the cause will help teachers work out strategies to minimize the problem.

Low Expectations - Sometimes parents and/or teachers have unrealistically low expectations of a child with epilepsy. Children can live up or down to expectations. Students with epilepsy do not, in general, require special education classes.

It is important for self-esteem and future employability that children with disabilities, such as epilepsy, set and strive for higher goals than they may have been encouraged to do so in the past. Teachers should not expect less from the child with epilepsy, either with regard to behavior or school work. However, the effects of seizures, medications, and school absences will be unique to the individual and therefore, some children may need accommodation to reach their potential, such as with assignment due dates, after-school work, tutoring, and so on.

Self-esteem and confidence come, in part, from accomplishing those things believed by the child to be hard to do. Further, children with epilepsy need to learn to be responsible for their own actions. Excusing children with a disability from meeting these responsibilities keeps them dependent and ill-equipped to transition to adulthood and employment.

Medications and Side Effects - The ideal goal of drug therapy is the best possible seizure control with the fewest possible side effects. Ideally, only one medication is prescribed to control seizures. However, in some cases, it may be necessary to add a second or third medication. Anti-epileptic drugs are unlikely to be solely responsible for cognitive, social, or behavioral dysfunction in someone with epilepsy. However, adverse effects are possible and the potential for negative effects increases with the number of required medications taken by the individual. The majority of those with epilepsy will achieve seizure control with one medication and with limited or no side effects. The adjustment of medication levels in children will be an ongoing process. Therefore, it is important for parents and school personnel to be alert to possible side effects - particularly if they affect learning. The child's physician is an important component in striving to ensure optimal seizure control with the fewest side effects possible. Promoting knowledge and understanding of epilepsy among staff and students will help ensure that side effects are not mislabelled as intellectual disability.

Seizure Frequency, Severity, and Duration - Some children with poorly controlled seizures may develop learning difficulties and show a decline in IQ. This decline does not, however, necessarily have to be permanent. If the seizure frequency and severity decreases, the child's level of achievement can increase. However, the child will need to relearn the material covered when his or her learning was disrupted by the seizures.

Age - In general, the earlier in life seizures begin, the more likely the child's learning will be affected. This is because parts of the brain continue to develop until adolescence and seizure activity in these areas may disrupt or change the course of their development. The sooner seizures are recognized and diagnosed and the earlier interventions - including drug therapy, lifestyle adjustments, and learning strategies - are implemented the greater the chance of future academic success for the child.

In our next newsletter, we'll include information on learning strategies that help children enhance their academic achievement. In the meantime, our school kit: **Opening the Doors to Understanding** is available for teaching staff. Please call us at 403-230-2764 to request a copy for your child's teacher. There is a nominal cost of \$5.00 to help cover postage in instances where the kit is mailed.

Continued on page 7.



Purple Day Gets a Royal Boost!

Purple is a colour long associated with royalty - and Purple Day for Epilepsy just got a royal boost! In June, Cassidy Megan, the young founder of Purple Day, was asked to present flowers to Her Majesty the Queen during her visit to Halifax. This honor speaks to the amazing accomplishments of Cassidy and to the global recognition and impact of Purple Day in just three years. The colour long linked to royalty now has royal recognition which is amazing for epilepsy awareness! Our sincere congratulations to Cassidy for everything she has done to advance epilepsy awareness and understanding. Put your hand up and give Cassidy a royal wave :)



Photo Credit: Communications Nova Scotia/Lenn Wagg
Photo courtesy of The Epilepsy Association of Nova Scotia

Continued from page 6..

Learning Strategies to Enhance Academic Achievement

Developing strategies, and helping the child to implement learning strategies, will minimize the effect of epilepsy on learning.

Memory - Difficulty with memory is the most common learning problem that may be experienced by those with epilepsy. Some strategies to help improve memory skills include:

- present material to be learned in as many modalities as possible
 - visual demonstrations and diagrams
 - word associations with pictures or smells
 - rhymes and songs
- organize material into categories, using different colours or highlighting to emphasize the categories
- use mnemonic devices
- verbal repetition
- encourage interaction with material to be learned, such as providing examples
- develop effective coping skills, such as remaining calm when memory fails, as anxiety will interfere with recall
- use memory aids such as daytimers, diaries, post-it notes, calendars, or hand-held computers
- use a buddy system with classmates to tutor or provide missed information
- overlap material between different course subjects, which allows the child to form more memory connections
- capitalize on the moments during the day in which the child is most alert if the medications or seizures make her/him sleepy
- use incidental learning through simple games such as Hangman or Scrabble Junior which can be used at home as well

Attention - Strategies to maintain concentration include:

- eliminate potential distractions from the immediate environment; for example, do not seat the child next to the window or a busy door
- encourage goal-directed behavior, using reinforcements and rewards
- adopt varied teaching methods and a participative style
- combine audio and visual aids whenever possible
- use concrete material which stimulates attention – for example, posters, slides, drawings, tables, videos
- foster, whenever possible, an individualized approach which takes the child's favorite cognitive style into consideration.

Organization and Planning - Strategies to improve these abilities include:

- establish a routine
- use aids such as daytimers to organize daily activity

These activities may need to be monitored to ensure the child is recording information and referring to the daytimer appropriately. For younger children, utilize a logbook system which both parents and teachers review and initial daily.



Central's Celebrate Summer Picnic

Kelly MacIntyre, RPN

We had a great turnout for the Celebrate Summer Picnic on June 12, held at the Kiwanis Picnic Shelter. We had beautiful weather for the event - hot and sunny! Hot dogs and all the fixings were enjoyed by all. Everyone enjoyed chit chatting about everyday happenings as well as participating in some fun games including Water Balloon Toss, Guess the Penguins and an Egg Timer/ Dice game.

The winner of the Penguin Guess game was Emily MacQuarrie who was only two penguins away from a perfect guess! 176 candy penguins were in the jar and her guess was 178!! The water balloon toss was a team event where the teams had to get the most "intact" water balloons in the bucket without breaking them. I think this was the favorite game! The egg timer/dice game resulted in multiple winners.

I would like to extend a thank you to all those that came out to enjoy the picnic. A special thank you to all the volunteers that assisted with the picnic and helped sell tickets (see winners to the right) for our spring raffle (insert HUGE hugs here!).



Central Alberta Raffle Winners

Tyrell Museum Family Pass - Lynne McColl, Calgary
Family Night Package (Boston Pizza & Blockbuster Movies) -
Evangeline Indio
Alberta Prairie Steam Train - Derek Fyfe, Calgary
Party Lite Package - Paul Bourke, Rimbey
IPOD Touch - Rolane Malon, Calgary

Thanks to everyone who donated prizes, bought tickets, and helped sell them!

In total we raised \$600 for Central Alberta programs.

United Way Campaigns Begin in September - You Can Help by Getting Involved!

The United Way of Calgary and Central Alberta annual fund-raising campaigns are in full swing from September through November 2010. Both of these organizations have hundreds of dedicated volunteers working to make a difference in the community. In Calgary, the Support Program is partly funded by United Way donations, and in Central Alberta we receive core funding, which helps make everything we do possible. You can help by donating or volunteering - and you'll feel great too - every little bit helps! If you think you can't make a difference - think again!



Community Spirit Program – Puts Your Donations to Work at EAC – Some Gifts Really Do Give Twice!

We are thrilled to report the receipt of an \$18,000 grant in 2010 from the Alberta Government's "Community Spirit Program". This new program is based on two components:

1. Grants are awarded to charities based on donations received by the charity from individual donors. Charities such as EAC can apply every 12 months and be awarded up to \$25,000 per year or \$50,000 over three years, funds that help run programs, operations, and capital expenses.
2. As part of the Community Spirit Program, the Alberta portion of the charitable tax credit has increased to 21%, meaning that if you donate a minimum of \$200 in a calendar year, the tax credit on your income tax is increased to 50% when combined with the Federal tax credit (currently 29%). Not only does EAC benefit, but donors stand to realize greater benefits on their income tax returns by supporting an Alberta charity!

Once again in 2010, with the support of the individuals who donated to EAC, we were eligible for a Community Spirit Grant. These funds will help with the delivery of programming in Calgary and Central Alberta. **THREE CHEERS TO ALL WHO DONATED TO US!!** If you'd like more information on the Community Spirit Program, visit: www.communityspiritprogram.ca

Government of Alberta ■
Culture and Community Spirit

Our sincere thanks to everyone who has donated to EAC since our last newsletter. Your contributions are GREATLY appreciated! To those kind hearted donors who have contributed but don't wish to have their names published we extend our sincere thanks to you as well - 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 *Epigram*

Our sincere thanks to United Way of Calgary donors who have designated \$3845 to the Epilepsy Association of Calgary.



Thanks as well to donors of the United Way of Central Alberta, who have designated \$113 to our Central Alberta Office.



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 430-230-2764 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 _____

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
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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 2010)
- 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.