



# EPIGRAM

EPILEPSY YORK REGION

SUMMER 2009

## Inside this issue:

1. A.G.M.  
(Appreciating Great Members!)  
Part 1
2. The Chairman's Article  
- Derwyn Miller
3. Fertilizing the Flowers
4. A.G.M.  
(Appreciating Great Members!)  
Part 2
5. A.G.M. -Part 2  
(continued)
6. The Volunteer Manager's Article  
- David Harper
7. Message Board:
8. Did You Know?  
Board of Directors



## *A.G.M. - Part 1*

(Appreciating Great Members!)

**Held on June 3rd, the Annual General Meeting and Volunteer Appreciation evening was very well attended and a huge success, with members, volunteers, and friends of Epilepsy York Region in attendance.**

**The Spring 2009 edition of our Epigram had an article about seizure response dogs written by our guest speakers for the evening: Melodie and Mandy Robar! Talking about their experiences with Mandy's seizure response dog Kramer (who was also in attendance), Mandy spoke on how Kramer has helped her with**

**everyday activities, to navigating traffic, and how he is so helpful when she has a seizure.**



**(continued on page 4 - 5)**



## The Chairman's Article -Message from the Chair

---

At our Annual General Meeting a number of returning board members were elected onto the board. We would like to welcome back Elisa McFarlane who returns as Secretary and Jim Steen who returns as a Director. In addition to these returning board members, we would like to welcome Roshni Patel, a new member to the board. The board now consists of chair Derwyn Miller, Secretary Elisa McFarlane, Treasurer Vinita Savani, and directors at large Jillian Yeung, Robin John, Raymond Leung, Adriana Morrison, Roshni Patel and Jim Steen. We are all looking forward to moving ahead implementing our planning priorities mentioned in the last issue of the Epigram.

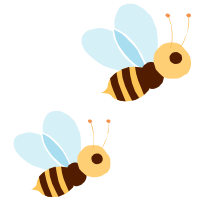
An important part of our AGM is the recognition of our volunteers who have made the organization so successful over the last year. Paul Raymond, our Executive Director, specifically took time to recognize and thank David Harper, our Volunteer Coordinator for the fantastic job he has done over the last couple of years. David has been instrumental in greatly increasing our number of presentations over the last year as well as serving in the office and supervising, recruiting and screening volunteers. On behalf of all of us, thanks David!

On behalf of all those attending, we would like to extend our thanks to Paul and the many volunteers who helped put together the slide show presentation as well as arranged for the refreshments. The evening was most enjoyable!

Have a very enjoyable and relaxing summer!

**Derwyn Miller**

# Fertilizing the Flowers



Not only ingesting our medications but discarding them as well, so many potential hazards lurk around. Nearly 25% of the households in Canada had leftover and/or expired medications in 2005. Almost half of these families returned the expired medication to their pharmacy, depot or drop-off centre for safe disposal. While the other 39% flushed it, poured down the sink, threw it out or buried it. (The rest kept it.)

There is growing evidence from Health Canada, that disposing of prescription and over-the-counter medications this way may have an adverse affect on the environment and our health. A workshop done in 2007 by Environment Canada noted that everything from analgesics to antibiotics to antidepressants was detected in outflows from waste-water-treatment plants and surface waters. Researchers are still searching the ramifications, but concerns range from antibiotic resistance to the effect on aquatic life.

The ENVIRx committee for the Alberta Pharmacists' Association is alarmed at the volume of medication that has been improperly disposed of. In Alberta alone they collected 43,000kilograms of leftover medications in 2007. This may only represent half of the meds requiring disposal. An estimate that hundreds of thousands of these, "dead drugs" are entering our environment annually! This is one of the many programs that allow consumers to drop off their medicine at participating pharmacies for safe disposal.

"When drugs have expired, don't view them as medication! Think of them as a concoction of chemicals!" – Pharmacist C. Graham

## *what can I return?*

- All prescription drugs
- All nonprescription medicines
- Herbal products
- Mineral supplements
- Vitamin supplements
- Throat lozenges

## *where can I return?*

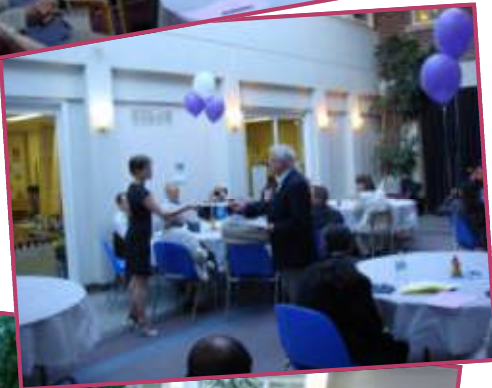
You may return your unused medications to a participating pharmacy or a designated depot.

help protect the environment ● ● ● ● ●

**Return** Expired  
**Medications**



# A.G.M. (Appreciating Great Members!) - Part 2



**Volunteer Manager David Harper spoke in the final portion of the evening. Mentioning how fortunate we are at Epilepsy York Region to have such wonderful volunteers who are so dedicated to our mission, and that we were all there to recognize them that evening! He also mentioned of their willingness to give, whether it be an hour a week or 10 hours a week is a godsend! It helps EYR to provide services to those in need, as well as to educate teachers, caregivers, and families.**

**“It doesn’t matter . . .whether they are on the front line giving presentations, behind the scenes organizing events, doing publicity, entering data, being a board member, or organizing support groups, everyone helps in a huge way!”**

**~ David Harper**

**Thanking the volunteers for being there, and for sacrificing their personal time to make a difference, David mentioned that Epilepsy York Region needs the volunteers now more than ever! In helping EYR to maintain our services to people with epilepsy and their families, and to achieve the worthwhile goals we strive to maintain, he wanted them all to know just how important they really are!**

**The Executive Director Paul Raymond, added his thanks to the volunteers, their families and the Board for all their support.**



**A PowerPoint presentation highlighted the various activities of the volunteers at EYR throughout the meeting.**

- ◆ **Epilepsy York Region Volunteers had contributed 6100 hours of time in 2008.**
- ◆ **Also twenty two presentations were made to over 500 participants in the last year.**

**David Harper then presented certificates of appreciation to the many volunteers of Epilepsy York Region.**

**On behalf of the Board, Chairman Derwyn Miller presented the Outstanding Volunteer of the Year Award to Jessica Coates.**

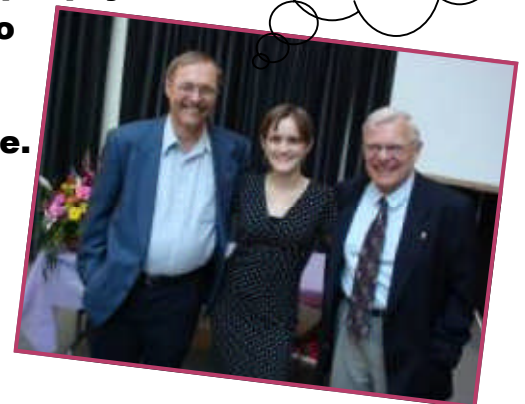
**Jessica started at Epilepsy York Region in December of 2008 wishing to gain office experience. She soon took on the position of publishing the Monthly Member Update and our Epigram. Jessica is spearheading our YRT VIVA transit initiative, as well as participating in giving presentations regarding epilepsy. She always has new and innovative ideas on how to help individuals with epilepsy.**

(left to right:  
Derwyn Miller,  
Jessica Coates,  
David Harper)

**Jessica has contributed 300 volunteer hours to date.**

**She is a most deserving recipient of the award.**

**The evening concluded with refreshments, cake and fellowship.**



**THANK YOU EVERYONE!!!**

# The Volunteer manager's Article

By: David Harper



On the back page of the Epigram it is traditional to list to list the office volunteers of Epilepsy York Region.

We have run out of space to list them all so I would like to tell you a little about some of our volunteers. Although we have many other volunteers the ones that I would like to mention in this issue have been averaging at least 20 hours a month.

- ◆ Cindy Baird: Cindy is our Membership Coordinator and also does presentations for Epilepsy York. She keeps the databases for the members and the volunteers up to date. She sends out the Updates and the Epigram to our members and volunteers. She also interviews our new volunteers.
- ◆ Jessica Coates: Jessica edits the Monthly Update and the quarterly Epigram. Jessica also gives presentations about her personal experiences with epilepsy. She is always willing to help in any way she is asked. She is also a certified reflexologist.
- ◆ Kim Davidson: is assisting with the publicity for our Glad Days fundraising campaign. She is studying Journalism at the University of Guelph-Humber.
- ◆ Josie Gaglione: has been with Epilepsy York Region for the past eight years. She does database entries of all our important statistics.
- ◆ David Harper: David is the volunteer manager and oversees the recruiting and supervision of our volunteers. He gives presentations quite frequently to many different groups. He holds a certificate in Volunteer Management from Humber College.
- ◆ Rami Massoud: Rami is investigating possible corporate donors that could contribute to helping Epilepsy York.
- ◆ Aliza Panjwani: is our outreach volunteer to the South Asian Community. She is also writing articles on the social and psychological aspects of epilepsy for our new website. Aliza is going into her final year studying psychology at U of Western Ontario.
- ◆ Rebecca Shafiee: is our outreach volunteer to the Iranian community. As an employee of Helpmate she is able to acquire new volunteers for us when we need them. Rebecca holds a certificate in Volunteer Management from Humber College.
- ◆ Parvin Shahnazari: Parvin is also an outreach volunteer to the Iranian community as well as giving information and advice in Farsi. Parvin is a pharmacist.

We are fortunate to have such dedicated volunteers!!!

# MESSAGE BOARD

## Epilepsy on the Cover of Newsweek!

I hope you've seen Newsweek's April 09 cover story:  
**The Mystery of Epilepsy: Why We Must Find A  
Cure.** Their urgent and convincing message is hard to  
ignore!

(For the complete Newsweek story, go to

[www.newsweek.com/id/193586](http://www.newsweek.com/id/193586))

# Don't Leave Without Lora!

Come and get one of  
these Lovely Labradors  
at our office today!



→ DON'T  
FORGET!

# Did You Know



- ◆ Epilepsy York Region Volunteers had contributed over 6100 hours of time in 2008.
- ◆ Also twenty two presentations were presented.
- ◆ Over 500 individuals were reached in the last year.
- ◆ Informational presentations about epilepsy to the community by our volunteers, have increased by 150% in the first six months of 2009!



## Epilepsy York Region Board of Directors

Chairman-Derwyn Miller

Directors-at-large-Gillian Yeung

Treasurer-Vinita Savani

Robin John, Adriana Morrison, Jim Steen,

Secretary-Elisa McFarlane

Raymond Leung, Roshni Patel

**Confidentiality:** *All information regarding Epilepsy York Region clients, including members, volunteers, sponsors and donors; it is private and confidential, and is not disclosed to anyone!*

### Epilepsy York Region

11181 Yonge Street, Richmond Hill, L4S 1L2

Tel: 905-508-5404 ~ Fax:905-508-0920

Email: [info@epilepsyork.ca](mailto:info@epilepsyork.ca) ~ Website: [www.epilepsyork.ca](http://www.epilepsyork.ca)

Charitable Registration # 866737208 RR0001

Epigram Editor: Jessica Coates

