



EPILEPSY YORK REGION

FEBRUARY 2011 UPDATE

Summer Camp

Although the weather is still cold summer will come, and again this year Epilepsy Ontario is offering their SummerFest Camp. The dates are July 3rd to 15th. You may register for one or two weeks. The Summer Camp is for children in Ontario ages 6-15 living with epilepsy and offers them a wonderful opportunity to enjoy summer camp at the fun-filled Camp Couchiching!



All the information and registration forms are available on Epilepsy Ontario's website: www.epilepsyontario.org

Space is limited, so register early!

March Awareness

Epilepsy Awareness month is fast approaching and Brittany is hard at work in getting the message out about epilepsy to as many people as possible in March. If your company or school would like to have a "wear purple day" during March, if you would like a presentation about epilepsy, or would like to arrange a March awareness event please contact Brittany at marchawareness@epilepsyontario.org.

Kids on the Block (KOB)

Epilepsy York Region has been loaned puppets by Epilepsy Ontario to initiate the Kids on the Block program. This program uses live sized puppets to get the message about epilepsy to schools, daycare centres and Seniors Homes. The program will be ready to roll out shortly but we have one obstacle: a shortage of puppeteers. If you or your friends are available during the day and have a flare for acting please give us a call, and we can give you all the details. 905-508-5404 and ask for Kelsey or kob@epilepsyontario.org.

New Horizons Seniors Project

The Seniors New Horizons Committee held their first official meeting this week. The committee is composed of a wonderful group of volunteers with many great ideas. We will be reporting to you on their activities and we also hope you see publicity in the local papers about the project.

Information and Referral Services

Just a reminder that Epilepsy York Region is fortunate to have a staff person, Karen, a Registered Nurse, who is able to offer advice and information about epilepsy. If you have any concerns or need some information on any aspects of epilepsy please contact Karen at 905-508-5404 or program@epilepsyork.org.

Seizure Journal

Epilepsy York Region has acquired a supply of seizure journals. Each book contains the following sections:

- First Aid for Seizures;
- Seizure Report where you can enter a detailed description of what happens before, during and after your seizure;
- Record of your medication, triggers and a calendar to keep track of your health each month.

If you wish one of these journals please e-mail us at info@epilepsyork.org or phone 905-508-5404 and we will be pleased to mail it to you.