



EPILEPSY YORK REGION

We care...We can help!

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Eating of the Minds: Sounds sort of intriguing doesn't it? Come and find out what it is all about. But I can give you a few hints: it is being held on Thursday July 22 at our offices at 11181 Yonge Street in Richmond Hill at 12 noon. There will be food and refreshments provided free and it will be a great opportunity to meet and talk with other members and with our staff and volunteers. Please let Karima know at 905-508-5404 if you are coming.

Information Session: Epilepsy Canada is presenting an information evening entitled "Epilepsy Research What's New" that will give an update on the newest developments in epilepsy research. It will be held on Tuesday August 31st at the Thornhill Golf and Country Club from 7pm to 9pm. Right here in York Region. There is no charge for this event. Come out and learn and discuss the advances in research that are happening in our field.

Glad Days:

The preparations for our big fund raising event are coming along very well.

If your company would like to participate in selling glads to the employees please let Charlotte know at 905-508-5405 Also we will be selling glads at St. Mary Immaculate Church in Richmond Hill, August 8th, St. Luke's Church in Thornhill, also August 8th, Southlake Regional Health Centre on August 11th, and the TTC Finch Subway Station from August 10th to August 13th. If you are in the vicinity please drop by and buy some glads. Or if you can help us sell the flowers please let us know.



Scotia Bank Marathon

Just a heads up that Epilepsy York Region will be partnering with one of neighbouring Epilepsy Agencies to enter runners/walkers in the Toronto Scotia Bank Waterfront Marathon on September 26th. More details to follow

Summer Safety Tips at Amusement/Theme Parks.

Now that Canada's Wonderland and other theme parks are in full swing here are some reminders:



- Assess the risk of the rides (: "If I have one of my typical seizures on this ride will I be safe?"). If unsure, ask an attendant if the ride incorporates any risk factors which you know can trigger a seizure (e.g. strobe lights, loud noises, etc)
- Ensure you stay well hydrated, and take frequent breaks during the day.
- If your child has epilepsy, talk about suitability of

different rides, and teach your child to think in terms of "I choose not to go on this ride because my safety is more important" instead of "I can't go on this ride because I have epilepsy".

These tips are courtesy of Victoria Epilepsy and Parkinson's Centre.

Membership Survey.

Two or three weeks ago you, as a member, were contacted by a young lady from EYR asking some questions so we can better get to know what our members wanted from their organization.

We are in the process of compiling all the data and will let you know the results. We thank you for participating but, if we were not able to contact you and you would like to participate please give Karima a call at 905-508-5404.

Helpmate:

Helpmate Community Information has provided the Town of Richmond Hill and surrounding municipalities with a Community Information Service, and the whole of York Region with a Volunteer Bureau since 1968.

The wonderful staff at Helpmate has helped Epilepsy York Region recruit many volunteers for our fundraising events.

Unfortunately Helpmate has closed its doors and its services will no longer be available. We are sad to see them go. Their services will be missed by many in York Region.

Pilgrim's Feast:

Our new next door neighbour here at EYR is an agency known as Pilgrim's Feast. They are holding a conference next week here at 11181 Yonge St. entitled "Interpersonal and Life Coping Skills with Dr. Clarence Duff. On July 20th and July 22nd. I have attached a flyer with more details or call 647-831-2774

That's the news for July. Have a great summer everyone!!

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