

Member Monthly Update

May 2010

Epilepsy York Region Annual General Meeting and Volunteer Appreciation Evening

You are invited: Tuesday, June 8th, 2010

True Blue and Orange Home Atrium
11181 Yonge St. Richmond Hill

Meet and Greet 6.45; Meeting 7 pm

Featured speaker: Alfred Lam who is a wonderful motivational speaker. Alfred will speak on "My best paying volunteer jobs".

Refreshments and Food

Everyone welcome

RSVP: David 905-508-5404 or धारपर@epilepsyork.org

Volunteer of the Year Award

Each year the Board of Directors selects a worthy volunteer to receive the Volunteer of the Year Award.

If you know of a volunteer at Epilepsy York Region who you think fulfils the criteria please nominate them.

Nominations should be submitted at least 15 days prior to the Annual General Meeting each year (by May 31)

Nominations will be reviewed by the Chair and recommendations made to the Board of Directors for approval.

Nominees must:

- Have been active within EYR on a project or committee or fundraising event
- Be a capable volunteer, displaying skills that have been of value to the EYR over the year

- Be recognised as a leading advocate for EYR and an outstanding contributor to EYR
- Be unpaid by EYR
- Have contributed a minimum of 50 volunteer hours during the year and to have demonstrably contributed to the achievement of the EYR objectives

If you would like to nominate someone please email David at dharper@epilepsyork.org or 905-508-5404 for a nomination form.

Seizure Tracker



If you are looking for a convenient way to track your seizures you may want to look at www.seizuretracker.com.

It is a free web based program and you can log seizures and track medications. You can also print out seizure tracking forms that can be used to track your seizures or given to teachers to record your child's seizures. Reports can be emailed to your physician or neurologist if you wish.

Also there are downloaded printable medication forms.

Our Website



Epilepsy York Region's new website is a wonderful source of information. It is updated on a regular basis and contains valuable information about our organization as well as information on epilepsy and links to other sites. Please visit us at www.epilepsyork.org.

Drug Interaction Website



Prescription drugs are common. And many similar drugs can be bought over-the-counter. You could very well have a dozen types of drugs in your home.

Of course, some drugs shouldn't be mixed. Reactions can range from mild to deadly. It's always good to check for interactions, especially with over-the-counter varieties.

That's where www.medhelp.org comes in handy. Simply select two or more drugs from the extensive database. The site will display a warning if the interaction could be harmful.

The site doesn't just deal with drug interactions. It also lists any possible negative interactions with other substances. This includes alcohol, juice, caffeine and various foods.

If you have any questions please call us at:

905-508-5404 or 1-866-Epilepsy
or e-mail info@epilepsyork.org