

Epicure

Helping People In Your Community Since 1980



WINTER 2011

Webcast on current strategies in the treatment of adult epilepsy coming March 29



Dr. Mark Sadler is an epileptologist and Co-Director of the Epilepsy Program at the QEII Health Sciences Centre, and Susan Rahey is Coordinator of the Neurophysiology Program, also at the QEII.

On March 29, Dr. Mark Sadler and Susan Rahey will give a talk on “Current Strategies in the Treatment of Adult Epilepsy: What’s New and What’s Not” at the Queen Elizabeth II Health Sciences Centre. The talk will be webcast throughout Nova Scotia, Newfoundland, New Brunswick and P.E.I., and Haligonians who are interested are invited to be part of a live audience in the Royal Bank Theatre, Halifax Infirmary Site.

The Webcast is a joint project of The Epilepsy Association of Nova Scotia and Epilepsy Newfoundland and Labrador. It is being sponsored by UCB Canada, Inc.

Basically the webcast is available over the internet to anyone using a PC with a web browser

(Internet Explorer, Firefox, etc) and questions can be submitted via email (preferred) or through a chat room. People simply go to a website that will be determined, and everything appears right there - no special technical setup is required, although having high speed internet will give the best result.

Check on our website or Facebook page a little closer to the time for details on how to access the Webcast, or join us at the Royal Bank Theatre, Halifax Infirmary, for an informative and interesting evening, tentatively starting at 6.30 pm.

Something new to check out: www.seizuretracker.com

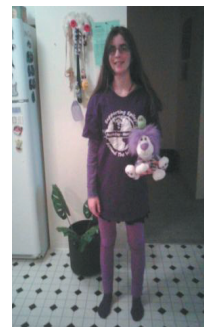
Free and easy to use online anywhere, www.seizuretracker.com allows you to log and track seizure activity, appointments and medication schedules through a simple calendar interface from your computer or mobile phone.

You can download printable seizure logs that correspond to the website and produce customized reports that include graphs comparing seizure activity and medication dosages.

Please remember to renew your membership!

Would you like to be an Ambassador of Purple?

We have hundreds of Ambassadors worldwide, but are looking for more! With the help of the tools you will find at www.purpleday.org, you mobilize people in your province, city or hometown



Melody - Purple Day Ambassador

to get involved with Purple Day.

How? Contact local schools and businesses, plan an event, and get your local politicians and media involved!

Check out the Event ideas page!

To apply to become an Ambassador, go to www.purpleday.org and fill out the application form.

Purple Day for Epilepsy 2011 is nearly here!

Check out page 3 for all the details on EANS’ two exciting upcoming events: “A Purple Prelude” our Purple Day Gala and Silent Auction to be held at Ashburn Golf Club, Halifax, on **March 25**, and our “Purple Parade for Epilepsy Awareness” in memory of Jesse Payne, which will start from the Pogue Fado Irish Public House, 1581 Barrington Street, Halifax, at 8 pm on **March 26**.

Time to start thinking about the Scotiabank Blue Nose Marathon – why not join our team?



EANS fielded more than 30 runners and walkers in the 2010 Marathon, including (from left) Heather Vance, EANS staffer Iris Elliott, Kelli Williams and Vesna Crnogorac.

You can now register online for the 8th Annual Blue Nose Marathon, which will be held this year on May 20 – 22.

EANS will again be participating in the Scotiabank Charity Challenge, and we would like YOU to join our team.

First, you have to register for the Marathon (Full Marathon, Half Marathon, 10K, 5K or Youth Run – you can run or walk in most categories) by clicking on <http://www.blunosemarathon.com/EN/registration/>, then go to the Charity Challenge, sign up to join our team and help us raise funds

Canadian Progress Club's "Women of Excellence Award"

Congratulations to EANS President Deirdre Floyd on being one of 19 women to win a "Women of Excellence Award", sponsored by the Canadian Progress Club – Halifax Cornwallis.

Deirdre was recognised in Health, Sport and Wellness category for her many efforts over the years to improve the lives of those living with epilepsy in Nova Scotia and beyond.



by collecting pledges from your family, friends and colleagues.

Early Bird registration ends February 28, so sign up now and save! *If you raise \$200 or more in pledges (amount to be confirmed) we will reimburse you for your registration.*

The Scotiabank Group Charity Challenge was launched two years ago as an exciting new opportunity for our community to make Race Weekend even more meaningful while providing a great opportunity to local charities to have participants join the race as well as raise money for their specific cause. We are inviting you to join the EPILEPSY TEAM (which includes Team Epilepsy and Team Jesse Payne) and be a part of something special, help your community and have fun!

The Epilepsy Association of Nova Scotia raised over \$12,000 last year in pledges, and won another \$2,000 for taking second place for the highest number of participants in the Charity Challenge. We want to do even better this year!

All pledges that you raise will support our epilepsy programs and services, on which so many people with epilepsy depend.

Once you've registered, go to Charity Challenge and click on The Epilepsy Association of Nova Scotia. You will be prompted to create your own fundraising page and send out e-mails to potential sponsors. If you would like to sign up and do not have access to the Internet, please let the EANS office know (429-2633) and arrange to come in and have someone sign you up. We have a very ambitious goal again this year, but with your help, we can do it – YES WE CAN!

It's Maple Syrup Time Again!



Again this year we are offering you the chance to buy fresh maple syrup and maple butter, direct from the producers. Available is a 4 litre jug, a 1litre bottle, and a 500g container of maple butter.

To order for delivery in April, please call the office at 429-2633 or 1-866-EPILEPSY, or e-mail iris@epilepsyns.com.

Purple Day for Epilepsy – 2011

Make this the year you get involved! Lots of ideas for celebrating Purple Day for Epilepsy (March 26) at www.purpleday.org. Call us for your Purple Day supplies: posters, bookmarks, ribbons and buttons. Send us pictures of your events.

The Epilepsy Association of Nova Scotia

Join us for our 2nd Annual

Purple Day Gala

& Silent Auction

“A Purple Day Prelude”

Get dressed up in your purple and join us for a sparkling evening at ASHBURN GOLF CLUB (old Ashburn, 3250 Joseph Howe Drive, Halifax) on FRIDAY, MARCH 25

Viewing of the eclectic selection of Silent Auction items starts at 6.30 pm. with Dinner beginning at 7.00 pm and Dancing to our DJ at 9.00 pm. The Silent Auction will close at 11.00 pm and the evening will wind up at Midnight.

You can get tickets (\$30.00) from Laura Emberley, Chair, Fundraising Committee lauraemberley@yahoo.ca or call the EANS Office at 429-2633 or toll-free at 1-866-EPILEPSY

The Great Purple Cupcake Project

The Great Purple Cupcake Project is a sweet epilepsy awareness initiative supporting Purple Day. During the week of March 26th, EANS is inviting bakeries and cupcakeries across the Maritimes to feature PURPLE CUPCAKES in an effort to promote epilepsy awareness. So ask your local bakery to participate, and if they didn't already receive the information in the mail ask them to call 429-2633 or 1-866-EPILEPSY. If you own a bakery and would like to participate, please call one of the numbers listed above.



PURPLE PARADE FOR EPILEPSY AWARENESS IN MEMORY OF JESSE PAYNE

Join us for a fun evening as we “parade” around various public houses in Halifax in support of epilepsy awareness. Included establishments TBA. Cost \$20, which includes entry into local public houses and t-shirt. Must be 19 years of age and hold a valid ID to participate.

Date: March 26 Time: 8 pm - 2 am.

Starting Point: Pogue Fado Irish Public House, 1581 Barrington Street, Halifax. Sponsored by

For more information call 429-2633 or e-mail alicia.payne@smu.ca richard@poguefado.ca

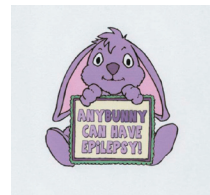


Calling all Daycare Centres & Preschools! Purple Day Bunny Hop!

Register your centre or preschool on or before March 1, 2011 and we will send you a Purple Day Bunny Hop Kit, containing Bunny Hop sponsor sheets, special name tags, buttons, colouring sheets, a poster, and all the details on holding your Bunny Hop. Make sure you register by the deadline so that we can get your kit to you in plenty of time.

Prior to Purple Day, children and staff alike can ask friends, family, and other community minded people to sponsor them in their Bunny Hop for Epilepsy.

Then, on Purple Day, have everyone wear purple, and set aside a little time to Bunny Hop. Call the EANS office at 429-2633 or 1-866-EPILEPSY, or e-mail iris@epilepsyns.com.



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Links

<http://www.facebook.com/group.php?gid=10329539404>

<http://www.facebook.com/pages/PURPLE-DAY-for-EPILEPSY/24057553504>

www.purpleday.org

Epilepsy Association Local Chapter Contacts

For information on the various Chapters throughout Nova Scotia and also on the New Brunswick Chapter, please call the Coordinators listed.

Wolfville: Jane Hynes - 542-5208
Canso: Alex Willson - 366-2976
Pictou County: Paula Sharp - 752-7291
Linda Diggins - 752-1288
Sydney: Kari Jones-Azure 562-2542
Yarmouth: Call the office at 1-866-EPILEPSY

Bridgewater: Call the EANS office at 1-866-EPILEPSY
N.B. : Shelley Langmaid (506) 474-0828
Tammy Parker (506) 476-1799
Fun Club (HRM): Kelli Williams/ Janice Pace
Sarah Ward - 429-2633

Deadline is May 15 for Epilepsy Association scholarships and bursaries

The Epilepsy Association is pleased to offer financial assistance to students with epilepsy. Available are two EANS Memorial Scholarships, the James B. Kline Memorial Bursary, and the Jesse Payne Memorial Bursary. Each award is worth \$500.

Students should note that although students in all three Maritime provinces may apply for the scholarships, the bursaries are available only to students in Nova Scotia.

There are different criteria for scholarships and awards. Potential applicants are asked to consider these carefully and to apply for the award that best suits their situation.

Scholarships are awarded based on scholastic achievement, volunteer and work experience and extracurricular activities.

Bursaries are awarded based largely on financial need.

The application deadline is May 15; further information is available on our website (www.epilepsyns.com)

Epilepsy Fun Club News

Over the Christmas season, members of The Epilepsy Fun Club sold tickets on two beautiful baskets – a general one and a smaller one especially for children. Including some donations, the total raised was \$730! A great effort by Fun Club members, who would like to thank everyone who donated to the basket and who bought tickets. The winner of the baskets was Sheila Hiltz.

For information about upcoming events, please call the EANS Office at 429-2633, or e-mail epilepsyfunclub@hotmail.com.

Are you taking ZARONTIN?

Shortages of this drug have been reported. Please contact the EANS office for information on who to contact to make your voice heard about shortages of important medications. Call 429-2633 or, toll-free, 1-866-EPILEPSY. or e-mail iris@epilepsyns.com.



"Out of the Shadows" Purple Day

Bracelets To purchase, please send a cheque or money order for \$3 to EANS, 5880 Spring Garden Road, Suite 306, Halifax, NS B3H 1Y1