

September 2016 Newsletter

Dear Friends of the Epilepsy Foundation of Florida,

EFOF will soon reach its biggest milestone to date: its 45-year anniversary! The anniversary will kick off this October, and will be celebrated throughout the year. Because this is such a significant moment in time for our organization, we hope you will join us in celebration as we continue our legacy of leading the fight against epilepsy in the state of Florida. One way you can join us is by submitting a short, celebratory video of how EFOF has made an impact in your life (instructions provided below). We can't wait to see your creativity shine!

Not only this month but in the months to come, we have several events taking place across the state. We hope you can join us for a night at the Improv in West Palm Beach, a Cocktail mixer in Gainesville, Masquerade party in Miami and Purple Hat Fashion Brunch in Broward, just to name a few! More information on these events is provided below. Feeling inspired to host your own event in support of EFOF? By following just a few simple steps, you can host a DIY (Do-It-Yourself) event in your hometown! Please be sure to check out our DIY section below for more details. You can also show your support by "pledging \$45 for 45," donating \$45 for our 45-year anniversary by clicking [here!](#)

Best wishes for a great month!



*Sincerely,
Karen Basha Egozi*

*Chief Executive Officer
Epilepsy Foundation of Florida*

We're in this Together: Celebrating 45-Years



Since 1971, the Epilepsy Foundation of Florida has been leading the fight to overcome the challenges of living with epilepsy and to accelerate therapies to stop seizures, find cures, and save lives. To ensure that this legacy continues and the much needed education, services and programs are provided to individuals living with epilepsy and their families across the state, we need your support and commitment. Our 45-year anniversary marks our 5-year commitment for excellence in preparation for our semicentennial.

Join Us!

We're in this together, so please join us in celebrating by submitting a short video wishing the Foundation a happy anniversary and explain how EFOF has made an impact on your life! Check out the video guidelines [here](#). All submissions should be made to Ilana Bitton at ibitton@efof.org.

This Has Your Name Written All Over It! Host a DIY (Do-It-Yourself) Event



Celebrate EFOF's 45th anniversary and November Epilepsy Awareness Month by giving back and hosting a DIY event! Simply follow these steps:

1. Identify the type of event you would like to host
2. Pick a date, time and location for your event
3. Register your event [here](#) and contact your local EFOF office
4. Promote the event to your friends and family
5. Take pictures for social media and share

with EFOF

Click the above flyer for some DIY ideas to get you started, then register your DIY event [here](#) or call your local office for more information.

Upcoming DIY Events

[Quarter Auction](#)

Royal Palm Beach | Sept. 21

[ParkFest](#)

Miami | Oct. 1

[Seizure Smart Talk 5K Run/Walk](#)

Green Cove Springs | Nov. 5

[3rd Annual SJPA Chili Cook-Off](#)

St. John's | Nov. 5

[Painting with a Purpose](#)

Naples | Nov. 13

[Dolphins Game to Benefit EFOF](#)

Miami | Nov. 27

Faces of Epilepsy - Kimberly Harding

By: Kimberly Harding

My name is Kimberly Harding and I live with intractable epilepsy. I was formally diagnosed in February 2001, after hitting my head while snowboarding without a helmet. In those early months and years spent on Dilantin and Depakote, filled with ambulance rides and broken bones, I had over 200 seizures. My neurologist tried many anti-convulsants and I was hospitalized many times. As it turns out, in investigating my history with my epilepsy treatment team, I had some form of epilepsy my entire life.



Here are a few things I have learned on my journey:

There is truly power in positivity.

Instead of dwelling on the difficulty, I decided to embrace the struggle. I mean what are we meant to do in the dark if not to shine so others can see?

Ask for help.

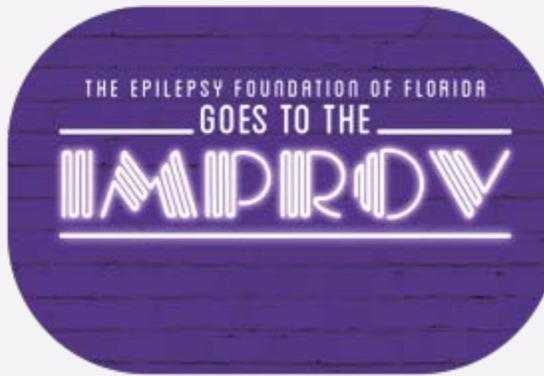
This is a big one for me. Asking for help is not only smart, but it reveals strength.

Seizures teach you the importance of getting back up after you fall down. The one thing seizures do is knock you down. Mine have also fractured my bones, given me black eyes, and more bruises than I care to recall. One of my daughter's favorite quotes always rings true, "Life isn't about avoiding the bruises. It's about collecting the scars to prove we showed up." So no matter what, or how bad, I learned to get up (with help sometimes).

Even on bad days, being grateful helps!

I have learned that gratitude will always make life more joyful. I learned this unfortunately, on accident. I was feeling sorry for myself in the early days of my diagnosis during a VEEG, when I met a mother whose child had over 100 seizures a day. I felt ashamed that my bad day was better than this woman's good day. I realized it applies to everything in life and to be more grateful each day.

Upcoming EFOF Events



Improv for Epilepsy
West Palm Beach | Sept. 29



45-Years Strong
Gainesville | Oct. 6



Unmasking Epilepsy Cocktail Party
Miami | Oct. 13



Purple Hat Fashion Sunday Brunch
Fort Lauderdale | Nov. 6

SUPPORT YOUR EPILEPSY FOUNDATION OF FLORIDA

No one can prepare for a seizure as it can happen at the most unexpected time. There are currently more than 400,000 individuals who suffer from epilepsy across Florida with more than 89,000 of those sufferers being children. Prevention and education can better prepare those impacted by the disease. The Epilepsy Foundation of Florida (EFOF) is here to help provide services and resources to those needing it most, and to those seeking more information.

EFOF offers extensive and supportive services and programs to individuals, families, friends and the community at large including:

- Educational presentations
- Current epilepsy resources and information
- Medical services
- Support groups
- Sponsorship & Volunteer Opportunities
- Summer Camp
- Patient Navigation
- So much more!

To become a client and for more information about the organization, the individuals it serves and the resources provided to those in need, visit www.epilepsyfla.org or call 1-877-553-7453.

[Make a Donation](#)



Everyday Extraordinary Epilepsy Care

Marcela suffered from epileptic seizures and medication side effects. After careful observation in Memorial's advanced Epilepsy Monitoring Unit, Tarek Zakaria, MD, Neurologist, diagnosed her seizures, ruled out surgery and prescribed a medication to improve her quality of life. Now, Marcela lives extraordinary every day.

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