



WE'RE CELEBRATING!

JOIN US BY DONATING \$45-FOR-45!

December 2016 Newsletter

Dear Friends of the Epilepsy Foundation of Florida,

As this year comes to an end, there is much for which we can be joyous and thankful for, especially the incredible strides we've made – together – in the fight against epilepsy. And, looking forward, we're fueled with hope that the New Year will bring us even more opportunities to serve those who are living with and affected by the disorder.

In this season of giving, I hope you'll consider supporting EFOF as it continues to strive to meet the needs of the more than 400,000 Floridians living with epilepsy and seizures across the state. One way you can do so is by attending our upcoming annual Walk the Talk for Epilepsy events that are being held in 8 locations across the state, this spring. Registration is now open - so don't miss out on our [early bird rate specials!](#)

You can also support the foundation by making a donation of \$20 or more, on behalf of EFOF, through the 2017 Honda Classic. EFOF is participating as an [American Honda Birdies for Children charity](#), and 110 percent of your donation will benefit our organization. In addition to supporting EFOF, donors will be entered for a chance to win a brand new 2017 Honda vehicle!

Another way you help make this season bright is by making a donation directly to EFOF. We recently kicked off our annual end-of-the-year campaign and hope that we can count on your support! Please help us reach our goal of 450 individual donations by giving today: www.efof.org/give.



Warmest Wishes for a Wonderful Holiday Season,

Karen Basha Egozi
Chief Executive Officer
Epilepsy Foundation of Florida

Will you give for the ONE?



Through the end of this year, EFOF is trying to reach its goal of 450 individual donations- and we need your help! In the spirit of thankfulness, and a season of giving, let your greatest gift be a gift of hope and generosity.

[Make your donation count!](#)

EFOF Honored with the Office Depot Foundation's 2016 Listen Learn Care Award



Mary Gomez, Vice President of Business Development for EFOF, and John Voytilla, Vice President of Global Loss Prevention for Office Depot.

On November 11, EFOF was humbled to receive a 2016 Listen Learn Care Award from the Office Depot Foundation. The award recognizes nonprofits that have made great strides in outstanding creativity, innovation, and achievement in serving the community. EFOF's Vice President of Business Development Mary Gomez accepted the award on behalf of EFOF.

The Office Depot Foundation is headed by Mary Wong, an amazing and inspirational woman who lives with epilepsy and was recently presented with EFOF's Champion for Epilepsy Award at the Purple Hat Fashion Brunch held in Broward.

Facebook Live Webinar Recap



Last night's webinar on the topic of Advances in Epilepsy and Treatment Options was a great success with over 3,000 reached and counting! Thank you to our sponsor, [Memorial Healthcare Systems](#) and a very special thank you to guest speaker, Dr. Tarek Zakaria for sharing such educational and invaluable information! If you missed it - we've got you covered! The webinar is available on the [EFOF Facebook Page](#) and our [website](#) for your viewing pleasure.

2017 Honda Classic - Birdies for Children

EFOF is a participating [American Honda Birdies for Children charity](#) in the 2017 Honda Classic.

By making a donation of \$20 or more on behalf of EFOF, you'll have the chance to guess the total number of birdies that will be made by the entire field in the four rounds of the 2017 Honda Classic. Donors will be entered for a chance to win a brand new 2017 Honda vehicle and 110 percent of donations will benefit EFOF!

[Support EFOF today!](#) Donations will be accepted through February 22, 2017.

HONDA
The Power of Dreams

**Birdies
for Children!**

Join Us! Walk the Talk for Epilepsy 2017

Registration is now open - click [here](#) to sign up for a walk near you and to take advantage of our early bird rate specials!

WALK *the* TALK for Epilepsy 2017



**EPILEPSY
FOUNDATION**
Florida



UPCOMING WALKS

GAINESVILLE

Saturday, March 25
University of Florida,
Flavet Field

DAYTONA

Saturday, April 1
Mary Bethune Park

NAPLES

Saturday, April 1
North Collier
Regional Park

PENSACOLA

Saturday, April 8
Inside Blue
Wahoos Stadium

WEST PALM BEACH

Sunday, April 30
John Prince
Memorial Park

MIAMI

Saturday, May 6
Tropical Park

BROWARD

Sunday, May 7
North Beach Park

JACKSONVILLE

Saturday, May 20
Metropolitan Park

Registration is at 8:00 a.m. Walk Begins at 9:00 a.m.

Please visit www.efof.org/walkthetalk
for more information, or call us at

1-877-55-EPILEPSY
1-877-553-7453



<https://www.facebook.com/EpilepsyFLA>



<https://twitter.com/EFOF>



<http://www.efof.org/>

Clayton Feig Legacy Fund - Faces of Epilepsy



By: Michael Bowen

I had my first seizure when I was 13. It was a petit mal, meaning I didn't collapse but wasn't aware or in control of my actions and words. While giving a presentation in English class, the rails came off. Mid speech, I began rambling, acting strangely, and cursing. School officials dragged me – kicking and screaming – from the classroom; or so I'm told. My body was there, my mouth was apparently running, but my brain was not. To this day, I don't remember a thing. I was suspended from school on suspicion of drug abuse. I was not on drugs. I was an epileptic; we just didn't know it, yet. In a singular moment, I went from being a high achieving, athletically gifted "big man on campus" to "the weird kid."

I was deeply ashamed.

Not long after, I had a grand mal seizure. Flopping on the floor like a fish, it became apparent the school incident was not a fluke. Something was wrong. For 18-months, I became a human pin cushion as test after test was run on my blood, body, and brain. When the formal diagnosis of epilepsy came back, I figured it was just another curve ball. So what if I flop on the floor like a fish and sometimes curse people out without knowing it? Big deal. The big deal came as epilepsy began changing my life. Doctors started testing the various barbiturates on me and my life changed forever. The drugs made me sleep all day, and took me from a .400 hitter in baseball to a .100 hitter overnight. I went from focused to in a fog. More than ever, I felt like "the weird kid."

That was over 30 years ago, and while I've had some singularly awesome seizures, I'm lucky. Yes, LUCKY. I've had a massive seizure once about every other year and a smattering of petit mals in between. When I get a seizure, it takes me several hours to a day to remember who I am. It takes a few more days for my body to recover from the massive muscle contortions and sometimes leaves me with stitches and permanent scars. But for all of this, I'm still more fortunate than most of my fellow epileptics. For them, there is no control, no amount of barbiturates or other meds that will allow them to lead normal lives. They suffer seizures weekly, daily, and in the worst cases, hourly. Those are the ones that inspire me to make finding the cure a top priority in my life.

Being "the weird kid" made me work harder than anyone to prove everyone wrong; that I wasn't just "normal," but stronger than anyone else. This is a theme that continues to drive me to this day and drives my fellow epileptics, as well. Epilepsy has given us the strength to overcome anything in life and for that, I'm grateful.

Michael recently joined the EFOF Board of Directors this past July 2016 and lives in Pensacola.

Upcoming EFOF Events



Kendra Scott Gives Back Party
Miami | December 9



Panda Express Fundraising Day
Gainesville | December 20



Miami Marathon - Run for EFOF!
Miami | January 29



Marathon of the Treasure Coast
Memorial Park | March 5

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.

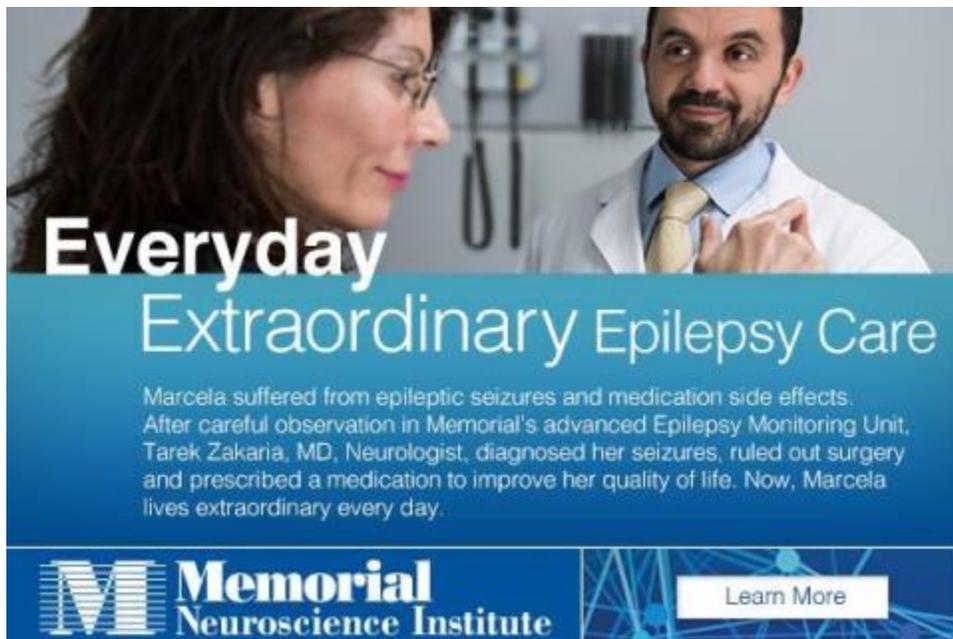
EFOF offers extensive and supportive services and programs to individuals, families, friends and the community at large including:

- 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.

M Memorial Neuroscience Institute

Learn More



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Hospital
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