

December 2017 Newsletter

Dear Friends of the Epilepsy Foundation of Florida,

The holiday season has long been my favorite time of year. It's a time to gather and celebrate with friends and family, and a chance to slow down and reflect as we begin to look forward to a new year. As I reflect, I want to share just how grateful I am to work in partnership with you – our incredible volunteers, donors, partners, board of directors, and staff – to help bring hope and transformation to the more than 400,000 Floridians living with epilepsy. I'm thankful beyond measure for your support of our mission and inspired by you, each and every day, to continue working in pursuit of a world free of epilepsy.

This season is also characterized by giving. This year, as you make your list and check it twice, I hope you'll consider [giving the gift of health](#). Our Foundation is dedicating all of its end-of-year donations to medical services to benefit individuals with epilepsy in need in our communities. By giving from your heart, your donation will help provide the greatest gift of all: health.

As we gear up for 2018, please make plans to join us for our annual Walk the Talk for Epilepsy events! Held in eight cities across the state of Florida, these walks are a signature fundraising campaign for our Foundation to help spread awareness and remove the stigma associated with epilepsy. The walks will begin on Saturday, March 24 and will conclude on Saturday, May 19. Please see our save the date section below to find the walk nearest you!

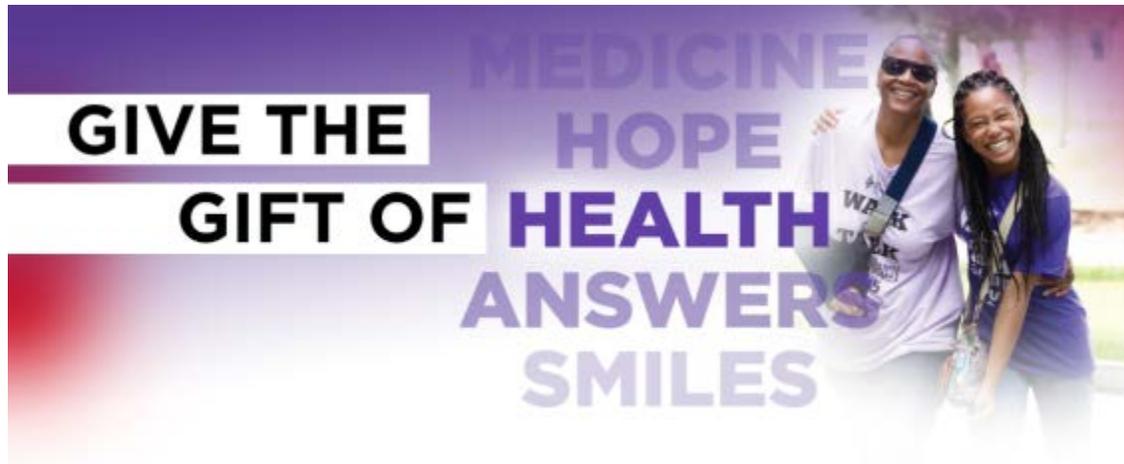
From all of us here at EFOF, best wishes for a wonderful holiday and a very Happy New Year!



Sincerely,

*Karen Basha Egozi
Chief Executive Officer
Epilepsy Foundation of Florida*

Give the Gift of Health



Living with epilepsy is not easy. Between doctor visits, testing, medication, and balancing it all, health is a priority that is worth every difficult step. But for some, medical services are not easily accessible – that's where we step in.

Will you help give the gift of health?

This year, we are dedicating all of our end-of-year donations to medical services. That means your gift goes directly to helping provide necessary medical visits, procedures, medicines, tests, and more – having a lasting impact directly on an individual with epilepsy.

In the spirit of thankfulness, and a season of giving, let your greatest gift be a gift of hope, generosity, and health. [Give the gift of health today!](#)

Thank You for 'Talking About It'!

We closed out our annual 'Let's Talk About It' events with a bang, with great turn outs and support at our events in Broward, Jacksonville, Daytona, Naples, and West Palm Beach. Thank you to all our sponsors, vendors, donors, attendees, and supporters for making this year's celebration of National Epilepsy Awareness Month a great success!



'Purple Hat Night Out' | Broward



'All Shades of Purple Gala' | Jacksonville



'Snacks and Swizzles' | Daytona

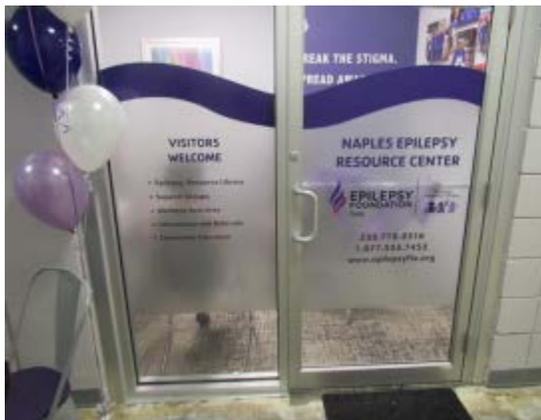


'Client Dinner' | West Palm Beach

Naples Epilepsy Resource Center Grand Opening

The Foundation is excited to announce that last month EFOF formally opened an Epilepsy Resource Center in Naples located at the Greater Naples YMCA! This office will provide education and referrals to the community and will be a great resource for the Naples region.

A very special thank you to Danny Rosenfeld and his parents, Lizzie and Burt Golumbic, for their dedication and passion to making this a reality!



Check out the Naples Epilepsy Resource Center Grand Opening in the news!

- Naples Daily News: [Raising hope: Epilepsy resource center opens at Greater Naples YMCA](#)
- WINK News: [Epilepsy resource center opens in Naples](#)

An Excerpt from Sensi Magazine

In October 2014, a Colorado Springs Teenager named Coltyn made a short video and posted it online. So far, the video has been viewed over 200,000 times and drawn the attention of patients, parents and families across the country and internationally. The reason? In just 36 seconds, using only 30 words, Coltyn sums up his long battle with Crohn's Disease, a debilitating inflammation of the intestines and digestive tract, and visually shows how cannabis oil - rather than years of traditional medical treatments and medications – reduced the inflammation in his GI tract, put him back on his feet, and helps him manage the symptoms of the disease on a daily basis.

To continue reading this article, click [here](#).

Sensi Magazine is a pro-cannabis lifestyle magazine out of Colorado that is currently launching an edition in Florida, with plans to expand to 60+ markets in the US in 2018.

For more information about Sensi and it's journey to Florida please contact: Yasmine at 305-798-5439 or visit www.SensiMag.com.



Clayton Feig Legacy Fund - Faces of Epilepsy

By: Zohe Hernandez

My name is Zohe Hernandez. I was born in Puerto Rico 38-years ago. At the age of nine, my family moved to Miami looking for a better future. In April of 1997, at the age of 17, when I was about to graduate from high school, I was in a bad car accident that left me in a coma for five days. When I woke up from the coma, I begin having seizures and was diagnosed with epilepsy shortly after. It was a very scary time for me and my family, but since then my family has been a great support to me. I was also introduced to the Epilepsy Foundation of Florida who have been a great part of my support system. Over the many years that I have been involved with the foundation, they have provided me with medical assistance when I needed it most, referrals to medical professionals, support group, social events and so much more.



The staff and especially the case management team have been extremely supportive and helpful whenever I am in need, especially helping me through some of my struggles with not being able to drive due to my epilepsy and seizures. It has been a very hard transition to lose my independence in this regard and something that I struggle with every day.

I have also had many challenges when it comes to maintaining a stable job, even though it is important for me to be part of the workforce. I used to be a flight attendant for 2 years, but was let go from my job when I had a seizure on the air craft and they had to make an emergency landing to let me off. I was also recently let go from a company that I worked with for 5 years, due to the “elimination of the position” however, I believe that it was due to my medical condition.

Despite these daily challenges, a few years ago I was blessed with a referral to Cleveland Clinic where I was implanted with a Neuropace device that since then has been extremely instrumental in helping to control my seizures. Although I am not yet 100% seizure-free, I am experiencing seizures a lot less frequently and have hope for a brighter future. Thanks to Dr. Garcia and Dr. Rodriguez and the Epilepsy Foundation of Florida, I feel that I am able to live a normal life day-to-day, am getting excellent care, and continue to stay positive that I am blessed with so much love and support in my life.

Check out more Faces of Epilepsy stories [here!](#)

Save the Date!

WALK *the* **TALK**
for Epilepsy
2018



UPCOMING
WALKS



JACKSONVILLE
Saturday, March 24
Metropolitan Park

DAYTONA
Saturday, April 14
Mary McLeod Bethune
Beach Park

NAPLES
Saturday, April 14
North Collier Regional Park

GAINESVILLE
Saturday, April 28
Veterans Memorial Park

WEST PALM BEACH
Sunday, April 29
John Prince Memorial Park

MIAMI
Saturday, May 5
Tropical Park



BROWARD
Sunday, May 6
North Beach Park

PENSACOLA
Saturday, May 19
Blue Wahoos Stadium



REGISTRATION IS AT 8:00 A.M. WALKS BEGIN AT 9:00 A.M.



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



<https://twitter.com/EFOF>



<https://instagram.com/EpilepsyFLA>



Please visit www.efof.org/walkthetalk for more information.

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**

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