



It's Not Who I Am

Sara's 6th Walk

Sara's 6th Walk is fast approaching. As you may be aware, the walk has raised over \$60,000 for epilepsy education and awareness. Our goal this year is to raise another \$15,000.

I hope that you and many others will join us on Sunday June 5, 2011 from 12pm-2pm at SUNY New Paltz. I can wait to see all the walkers, bikers, and runners at this years walk!

This years walk will be even

greater then the last five!

At this years walk, we'll also have a huge raffle with prizes from several local vendors, merchants, and businesses.

Sponsor forms for the walk will be already available to download from my Homepage at www.itsnotwhoiam.com.

All of this years proceeds will benefit the 'Its Not Who I Am Epilepsy Fund' which is part of the Community Foundation of the Hud-

son Valley. With their help, all the money we raise will support educational epilepsy services throughout the Hudson Valley.

Sara's Sixth Annual Walk for Epilepsy will go as planned, be it rain or shine. With support from people like you, we will hopefully raise more money then ever before to help those of us who live with epilepsy on an everyday basis. Don't forget to save the date!

Epilepsy Untreated?

Epilepsy affects 50 million people worldwide. Of those 50 million, there are millions who aren't being treated for it. Technology advancements have benefitted those living with epilepsy in the industrialized world, but has little or no affect on those in countries with limited resources. How can this be? Some of these people don't have the proper medical facilities to go to, or can't pay for it, or don't have a way of getting to the proper health facility. Third world countries are no exception to this rule.

So what happens to these untreated or inadequately treated millions? They slip under the radar and go unnoticed. What can be done to stop this atrocity? The set up of educational programs in public schools in these countries can help break down the well known stigmas associated with this disorder. The more people know about epilepsy, the better prepared they are to help those living with it.

Getting professionals out there that know how to treat epileptics would also be greatly beneficial. They would be able to train the local physicians on how to treat epilepsy, and get inexpensive and effective medications to those who really need it. These physicians would know how to remove preventable causes of epilepsy, so more people do not contract this disorder.

These are just a few of the ways that people living with epilepsy in developing countries can live as normal of lives as possible.



Q. How is epilepsy diagnosed?

A. The doctor's main tool in diagnosing epilepsy is a careful medical history with as much information as possible about what the seizures looked like and what happened just before they began. A second major tool is an electroencephalograph (EEG). This is a machine that records brain waves picked up by tiny wires taped to the head. Electrical signals from brain cells are recorded as wavy lines by the machine. Brain waves during or between seizures may show special patterns which help the doctor decide whether or not someone has epilepsy. Imaging methods such as CT (computerized tomography) or MRI (magnetic resonance imaging) scans may be used to search for any growths, scars, or other physical conditions in the brain that may be causing the seizures. In a few research centers, positron emission tomography (PET) imaging is used to identify areas of the brain which are producing seizures.

Registration Form



COMMUNITY FOUNDATIONS OF THE HUDSON VALLEY

SERVING DUTCHESS, ULSTER & PUTNAM COUNTIES

STATE UNIVERSITY OF NEW YORK

NEW PALTZ

When: Sunday, June 5, 2011, 12pm start

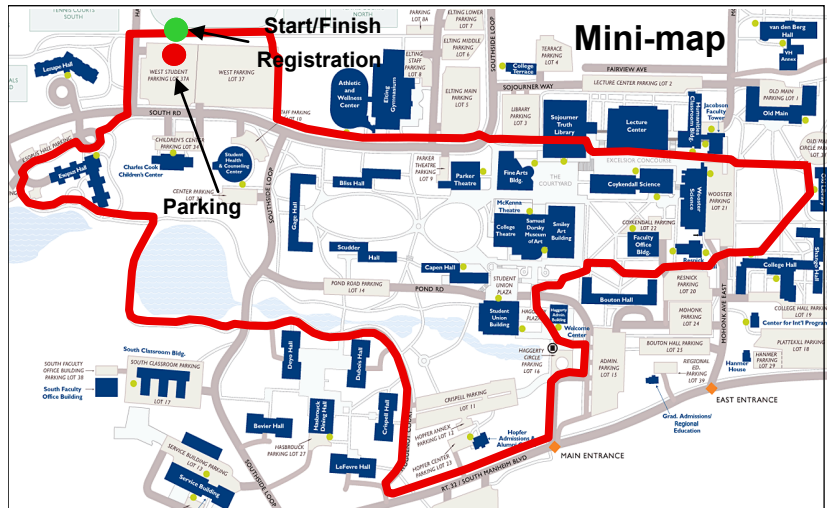
Where: SUNY New Paltz Campus

Check-in: 11:30 a.m. to 12:00 p.m.

Distance: 2 mile walk, bike or run

Course: Loop around the picturesque SUNY New Paltz Campus. Registration, start and finish are located at the south-east side of the track adjacent to Hawk Drive.

We will walk, bike and run rain or shine!



Most people do not realize the impact **EPILEPSY** can have on one's life. Those of us with epilepsy or care for someone with epilepsy need your assistance in spreading the word. This two-mile walk will benefit **The Its Not Who I Am Epilepsy Fund**, founded by 16 year old Sara-Elizabeth Clark in 2006. Since its conception over \$60,000.00 has been raised and donated to organizations such as The Epilepsy Society of Southern New York, The Epilepsy Foundation of Northeastern New York, The National Epilepsy Foundation and The Northeast Regional Epilepsy Group - Epilepsy Life Links for educational services and programs.

Pledges: For your convenience we have attached a sponsor form on the back of this letter. EVERYONE is encouraged to walk, but we also encourage you to collect pledges in any amount. Please turn in your pledge form and pledges at registration on the day of the walk.

Each participant that collects a minimum of \$20.00 in pledges, per attendee, in the group or team will receive a Sara's Walk T-Shirt while supplies last at registration. You must be present to receive your T-Shirt.

Name:		Phone Number:	
Address		Email Address:	
Name of additional members in group	Email address	Check if under 18	Signature: (Parent/Legal Guardian must sign for all children under 18)

Signature on the registration form above verifies that you have read and consent to the following waiver: In consideration of my signing this agreement, I hereby for myself, my heirs, and administrators assume any and all risks which might be associated with Sara's 6th Annual Walk for Epilepsy. I waive any and all claims for injuries/damages that I may have against the organizers and sponsors of this event for any and all injuries/damages of any kind whatsoever suffered by me as a result of taking part in this event and any related activities. Children under 14 must be accompanied by a responsible adult 18 years of age or older.



“Sara’s 6th Annual Walk for Epilepsy”

Sunday, June 5, 2011—12:00 noon to 2pm

The State University of New York, New Paltz Campus, NY

	Sponsor's Name	Mailing Address or Email Address	Amount Pledged
1			
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Please bring this form and pledges the day of the Walk or Mail to:

Cynthia A. Lowe, Director, The Community Foundation of the Hudson Valley.

P.O. Box 3046, Kingston, NY 12402-3046

Checks made payable to The Community Foundation, note Sara’s Walk in memo field

Questions? Please contact Sara-Elizabeth at (845) 797-0350

or via email at sara-elizabeth@itsnotwhoiam.com

COME WALK, BIKE or RUN!!!