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It's Not Who I Am

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HUDSON VALLEY RIBFEST

On August 21 and 22 I, along with my mom, dad and sister Kymmie, volunteered a total of 24.5 hours at the Highland Rotary's 6th Annual Hudson Valley Ribfest. As volunteers, the money that was raised at the entrance, \$5.00 per person, was divided between all of the volunteer's charities.

As we put in 24.5 hours of time. The Highland Rotary is donating our share of the hours worked to my charity.

The Its Not Who I Am - Epilepsy Fund will be receiving a check for this shortly.

If you are in the area next summer for The Ribfest, I highly recommend attending! The food was delicious!



YUMMM!!!!

Its Not Who I Am Epilepsy Fund

Its Not Who I am is proud to announce its partnership with the Community Foundation of the Hudson Valley!

What does this mean? You can now make tax deductible donations to Its Not Who I Am and we will in turn continue to support educational services, training and programs for epilepsy awareness.

To make your tax deductible donation please make your donation payable to the U.C. Community Foundation with a note to apply the donation to the Its Not Who I am - Epilepsy Fund.

Donations may be sent to: U.C. Community Foundation, P.O. Box 3046, Kingston, NY 12402.

ADA, 20 Old & Still going Strong

This year the Americans with Disabilities Act, ADA, turns 20 years old and is far from being an outdated law, the ADA is increasingly present in the minds of Americans and actively supporting those living with disabilities in multiple arenas.

The ADA, was signed into law on July 26, 1990, prohibits discrimination on the basis of disability in the areas of employment, public services provided by state and local governments, public services operated by private entities, transportation, and telecommunications, promoting equal opportunity, independence, and full participation of people with disabilities in the American society.

As a result, all people seeking a job opportunity, a good education, or needing reasonable accommodations, can count on the support of this act. However, the key is that those persons must know about the existence of this piece of legislation because in a situation of suspected discrimination, the problem must be formally reported. This is why it is so important to let as many people know about the ADA as possible

Visit the ADA on line at www.ADA.gov this site provides useful details about the act and can help in guiding actions taken towards prevention of discrimination.



Q: How can people guard against having seizures?

A: A person with epilepsy can help control his or her seizures by taking the prescribed medication regularly, maintaining regular sleep cycles, avoiding unusual stress, and working closely with his or her physician. Regular medical evaluation and follow-up visits are also important. However, seizures may occur even when someone