



SARA-ELIZABETH@ITSNOTWHOIAM.COM

# It's Not Who I Am

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## I want to hear from YOU!

During December many people get into the holiday spirit by doing something for others or various causes. On www.itsnotwhoiam.com I have a page titled "THIS IS WHO I AM". This page is dedicated to YOU. It is where I post things you've done or are doing to make a difference.

The "THIS IS WHO I AM" page hasn't seen a lot of activity recently. I'd love to see this change. Please take a minute to write me an email. Type "This Is Who I Am" on the subject line of the email so I'll know what you are sharing. Tell me what you do to make a dif-

ference. Helping others is an important part of my life & I know I'm not alone when it comes to this.

I'll pick one of your letters during January 2010 that stands out the most for a special recognition. I'll send the one that stands out the most a signed copy of "Being Sara" for your efforts.

It's your turn to be heard for what you do, you deserve credit for your hard work. Share your story with me & I'll share it on my website with everyone else. I look forward to reading what you've done to make a difference.

## Thank You Epilepsy Foundation Affiliates!

I have to extend a BIG thank you to several affiliates of the Epilepsy Foundation. A number of the affiliate offices from across the country have purchased, read & promoted my story "Being Sara" with their members.

The positive responses I've received from you is both warm & heartfelt. This is exactly the response Chris Pasudetti, the author of "Being Sara" was hoping for.

It is my hopes that "Being Sara" continues to inspire others to make a difference for many years to come. Thank you again for your support!

## 2009 A Recap - Sara-Elizabeth

2009 was a busy and exciting year. I feel that so much happened I should recap the year.

- **January 13**—I made my 2nd visit to Disability Matters with Joyce Bender on her radio show to discuss epilepsy awareness.
- **March 20**—I was honored at EFNENY's Grand Opening of their new office in Highland N.Y. for raising awareness.
- **March 27-31**—I went to Washington D.C., and attended the 3rd National Walk for Epilepsy, taught a class to children on learning their own voice with Kids Speak Up! and met with members of the Senate & Con-

gress. We discussed the needs of people with epilepsy.

- **April 25**—Sara's Kick Off Breakfast—held in Kingston NY. \$860.00 was raised.
- **May 2**—Sara's 4th Annual Walk for Epilepsy & 1st 5k Sprint was held. \$10,000.01 was raised.
- **August 14-16**—I, along with my family & friends volunteers at the Hudson Valley Ribfest to benefit EFNENY.
- **September 1**—"Being Sara" was published & available for purchase. Also on Sept 1, I was published in the Epilepsy Foundations Magazine "epilepsyUSA" in a article titled

"In My Own Words".

- **September 16**—I Spoke to the Highland Rotary Club on the importance of being active in once community. I was also honored by Cumulus Media (Mix 97 F.M.) for my community service as an Epilepsy Advocate.
- **December 8**—I returned to Disability Matters with Joyce Bender to talk with Julie McCawley about Stevens Johnson Syndrome and Bullying by peer groups.
- **December 22**—I returned to Disability Matters with Joyce Bender to talk with others about Bullying by peer groups.

## Epilepsy Q & A—

**Q: What is Epilepsy?**

**A:** Epilepsy is a disorder of the brain defined as having two or more seizures. The seizures happen when clusters of nerve cells in the brain signal abnormally, which may briefly alter a person's consciousness, movements or actions. Epilepsy is not a single disorder but a spectrum of more than 40 different types of syndromes. It affects people of all ages, races and countries. It is not contagious. About one percent of the population in this country—almost 3 million people—has epilepsy. About 50 million people worldwide have epilepsy. Epilepsy can begin at any time of life. About one in four of the more than 200,000 new cases of seizures every year is in children; one in three cases begins in people over the age of 65. The remaining 40 percent of new cases start in people between the ages of 16 and 64. While medications and other treatments help many people of all ages who live with epilepsy, more than a million people continue to have seizures that can severely limit their school achievements, employment prospects and participation in all of life's experiences.

**COMING SOON - SARA'S 5th ANNUAL WALK FOR EPILEPSY JUNE 2010**  
More Information will soon be posted on my webpage & upcoming e-news letters!