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www.itsnotwhoiam.com



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It's Not Who I Am

SPECIAL ISSUE

Sara-Elizabeth Returning to Washington D.C. for Kids Speak Up

I have been invited by the National Epilepsy Foundation to return to Washington D.C. at the end of March to participate in this years Kids Speak Up program for a second year in a row.

This year, I will be accompanying my friend Ryan, who was the 2008 Winning Kid for the Epilepsy Foundation of Northeastern New York. Together, we will be visiting Capital Hill to meet with our respective Senators and Congressional leaders to discuss epilepsy and the impact it has on one's life.

Ryan and I, along with many other children and teens from

around the country, are in for a great time. From Joyce Bender's welcome, to training for our individual experiences on Capital Hill, to our actual visit to the Hill itself, we are in for what will become one of the most amazing and memorial experiences.

New for me this year, is I have been asked by The National Epilepsy Foundation and Joyce Bender to assist in running a program for my peers on advocacy based on my personal experiences.

I am looking forward to seeing many old friends from last years event and making many new friends this year.

Third Annual National Walk for Epilepsy Washington D.C.

I recently accepted the challenge to raise funds to support the Third Annual Walk for Epilepsy being held in D.C.

For information about my participation or to make a pledge to support my efforts, please visit my webpage, www.itsnotwhoiam.com and click on the link for the National Walk on the top of the home page.

My personal goal is to raise a minimum of \$250.00. Whatever you can give will help - it all adds up! I greatly appreciate your support and will keep you posted on my progress.

Sara's Walk Kick-off Breakfast

"Most people don't 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."

Sara's Kick-off Breakfast is the first part of a two week campaign to raise awareness about epilepsy and is being held on April 25, 2009.

You're invited to an "Applebee's Flapjack Fundraiser Breakfast" to support my outreach. At **1171 Ulster Ave, Kingston NY 12401**. Tickets (\$5.00 per person) must be purchased in advance and you may do so by contacting me via my email address. For more information please visit www.itsnotwhoiam.com.



Sara's Fourth Annual Walk for Epilepsy and NEW this year, Sara's 5K Sprint for Epilepsy at the State University of New York at New Paltz (SUNY).

The 2 mile walk and 5K (3.1 mile) sprint will benefit **The Epilepsy Foundation of Northeastern New York** and the people they serve out of their brand new satellite office in **Highland, New York**.

Over the past three years, Sara's Walk has raised over \$40,000.00

Sara's 4th Annual Walk and Sara's 5K Sprint for Epilepsy

On May 2, 2009, please join me and the Epilepsy Foundation of Northeastern New York for

for Epilepsy. Our goal this year is to raise an additional \$20,000.00.

I hope that you and many others will participate as walkers and/or runners to make this year's event even more successful then the past three years.

We will also have a raffle with numerous great prizes from many local merchants and businesses that proudly support Sara's Walk and Sara's 5K Sprint.

Sponsor forms of the Walk and Sprint are now available for download from my home, www.itsnotwhoiam.com.

Epilepsy Q & A—

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 is doing everything he or she is supposed to.