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www.itsnotwhoiam.com



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It's Not Who I Am

## Sara's 4th Annual Walk For Epilepsy, Sunday, May 3, 2009

As the new year dawns on us, Sara's Fourth Annual Walk for Epilepsy is emerging. I am very excited to announce that the walk is going to be held once more on Sunday, May 3, 2009 at the State University of New York (S.U.N.Y.), New Paltz Campus, and will benefit the Epilepsy Foundation of Northeastern New York.

As with previous years, we will have a D.J. for music, several grand raffle prizes, t-shirts, bracelets, tables upon tables stuffed with information, little trinkets and much much more.

Very soon, you will be able to download sponsor forms from my web site to begin raising money for the Epilepsy Foundation of North Eastern New York.

The first meeting to organize this year's walk will be held on February 4th, 2009 at the S.U.N.Y. New Paltz Campus. We are planning to look at some new ideas to make this year's walk for epilepsy bigger and more successful than the previous years.

As more details for the walk unfold, I will continue to keep you informed through my website and monthly updates.

## Disability Matters

with Joyce Bender

Because the December 30, 2008 radio show was such a success, Joe Lamountain and I were both asked to come back. On January thirteenth, we were once more welcomed on Joyce Bender's Radio Show, Disability Matters.

We continued our discussion on how epilepsy affects people and those around them, along with advocating and the subject of bullying.

This show was another complete success, and we had many people who called in with questions, comments, and encouragement.

Please visit my home page [www.itsnotwhoiam.com](http://www.itsnotwhoiam.com) and click on the link to listen to both shows.

## 2008 A Recap—Sara-Elizabeth

2008 was a busy and exciting year. I feel that so much happened it deserves a recap.

- March 28 to April 2— I went to Washington D.C., Attended the 2nd Annual Walk for Epilepsy and met with members of the Senate and Congress. We discuss the needs of those with epilepsy and the ADA Restoration Act.
- May 3 —Sara's 3rd Annual Walk for Epilepsy was held. We raised over \$15,000.00.
- May 21— Won the 1st round of the Kohl's Cares for Kids Scholarship and (store level).
- May 30—[www.itsnotwhoiam.com](http://www.itsnotwhoiam.com)

was named the Website of the Month by The Northeast Center for Special Care for its Advocacy for Epilepsy.

- June 30— Won the 2nd round of the Kohl's Cares for Kids Scholarship and received a \$1000.00 scholarship (regional level)
- July 29— Won the final round of the Kohl's Cares for Kids Scholarship and received a \$5000.00 scholarship and an additional \$1000.00 for the charity of my choice. (regional level)
- August 13— Met with President and Senator Clinton. Thanks Senator Clinton for her support regarding the ADA Restoration Act.

- September 4— Made a special dedication to my good friend Kyle Meek who lost his life to Duchenne Muscular Dystrophy
- October 15 —[itsnotwhoiam.com](http://itsnotwhoiam.com) recognized by Kids are Hero's
- November 12— Epilepsy Foundation presented me with an award for Raising awareness for epilepsy
- December 30— Appeared on Disability Matters, with Joyce Bender

I hope you join me in 2009 as we add more memories and raise more awareness about Epilepsy.

## Epilepsy Q & A—

**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.