

# It's Not Who I Am

www.itsnotwhoiam.com

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## Congressman Maurice Hinchey is Retiring



I would like to take the opportunity to wish Congressman Maurice Hinchey a happy retirement.

Hinchey has been a long-time supporter of the It's Not Who I Am Epilepsy Fund, as well as many other disability rights programs. He was the congressman for the D, 22 district, New York for about nineteen years, and will retire at the end of his term.

# SAVE THE DATE!

Its Not Who I Am has raised over \$72,000 for epilepsy education and awareness. Please plan on joining us on Saturday June 9, 2012 at SUNY New Paltz. We look forward to seeing many walkers, bikers, and runners. We will also have a great raffle with many awesome prizes from local merchants and businesses who support our cause. Sponsor forms for the walk will soon be available to download from my Homepage at [www.itsnotwhoiam.com](http://www.itsnotwhoiam.com).

which is part of the Community Foundation of the Hudson Valley. With their help, all the money we raise will support educational services throughout the Hudson Valley.

Sara's Seventh Annual Walk for Epilepsy will proceed as planned, rain or shine. With support from people like you, we will hopefully raise more money than ever before to help those of us who live with epilepsy on an everyday basis.

This year's proceeds will benefit the 'Its Not Who I Am Epilepsy Fund'

## Day-to-Day

While I realize I've said this time and time again, it's still important to know about the affects of epilepsy on a person's daily life. While we must embrace this disorder and not let it control us, we must also realistically point out the challenges that it can present to those living with a seizure disorder. Yet, in spite of these challenges, epileptics are just like any other person.

For many people, medications, surgeries, and other treatments have helped to manage (and in some cases stop altogether) their seizures. However, there is still more than a million people whose seizures continue to persist and impact their daily activities. These impacts include physical activities such as biking and hiking, to simple things like motor skills.

But, no matter the day-to-day challenges, people living with epilepsy are not to be treated differently. We can still do everything that anyone else can do, we just do it a bit differently. And that's ok! Being different is a great and powerful thing and it should be embraced.

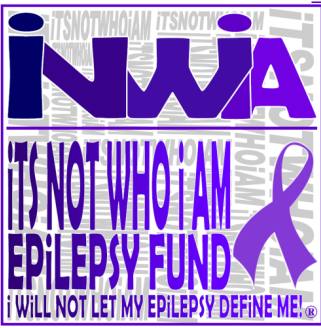


## Q: What is Epilepsy?

Epilepsy is a neurological condition that from time to time produces brief disturbances in the normal electrical functions of the brain. Normal brain function is made possible by millions of tiny electrical charges passing between nerve cells in the brain and to all parts of the body. When someone has epilepsy, this normal pattern may be interrupted by intermittent bursts of electrical energy that are much more intense than usual. They may affect a person's consciousness, bodily movements or sensations for a short time.

These physical changes are called epileptic seizures. That is why epilepsy is sometimes called a seizure disorder. The unusual bursts of energy may occur in just one area of the brain (partial seizures), or may affect nerve cells throughout the brain (generalized seizures). Normal brain function cannot return until the electrical bursts subside. Conditions in the brain that produce these episodes may have been present since birth, or they may develop later in life due to injury, infections, structural abnormalities in the brain, exposure to toxic agents, or for reasons that are still not well understood. Many illnesses or severe injuries can affect the brain enough to produce a single seizure. When seizures continue to occur for unknown reasons or because of an underlying problem that cannot be corrected, the condition is known as epilepsy. Epilepsy affects people of all ages, all nations, and all races. Epilepsy can also occur in animals, including dogs, cats, rabbits, and mice.

Quote of the Month: "Fear of failure must never be a reason not to try something" – Frederick Smith



SARA-ELIZABETH@ITSNOTWHOIAM.COM

# It's Not Who I Am

## THE IT'S NOT WHO I AM ADVISORY COUNCIL

Chairwoman: Sara-Elizabeth Clark

Ann Marie Bezuyen  
Robert Bomba  
Shawn Clark  
Tanya Yuro-Clark

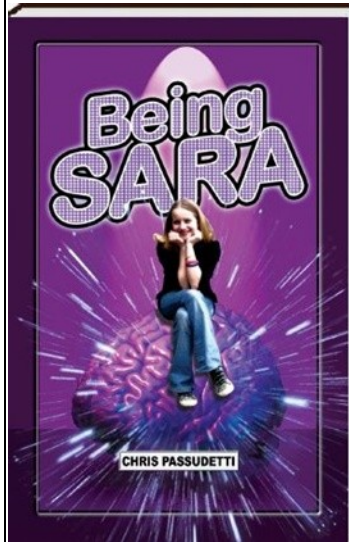
## Our Mission

"It's Not who I Am" promotes the idea and belief that nothing is impossible and we should not let our epilepsy define us as an individual.

We ask that no one judge a person wrongly because they have epilepsy or anything else that makes them different, but to embrace them as we can possibly learn something new, innovative and exciting from them and their personal experiences.

## Order your own copy of Being Sara

Visit The Epilepsy Foundations Website Store at:  
<http://shop.epilepsyfoundation.org/store/p/862-Being-Sara.aspx>  
to purchase your copy of "Being Sara"!



### Product Details

Author: Chris Passudetti  
Cover Type: Paperback  
Pages: 71  
Publish Date: 8/1/2009  
ISBN: 1-934713-90-2

### Product Description

Growing up, Sara Elizabeth Clark struggled with a serious brain disorder that made even the simplest activities extremely difficult.

Now a healthy teenager, Sara hasn't mastered the art of predicting the future, but she has done some pretty incredible things. Whether starring in a local play, appearing in a commercial or even auditioning for a Hollywood movie, Sara is well on her way to making her red carpet dreams come true. But what she's accomplished as an epilepsy activist is probably the most amazing thing about Sara. She is one teenager who knows exactly who she is and plans on making a difference simply 'Being Sara'.

To Order by phone, call  
1-866-330-2718 (24 hours a day)

Would you like to make a donation to the It's Not Who I Am—Epilepsy Fund?

Yes, I would like to make a donation to the It's Not Who I am—Epilepsy Fund in the amount of:

\$25.00    \$50.00    \$100.00    \$250.00    \$500.00    Other \$ \_\_\_\_\_

Name \_\_\_\_\_ Card# \_\_\_\_\_ Amount \_\_\_\_\_

Card Type:  VISA    MASTER CARD   Exp Date \_\_\_\_\_   3 Digit Control Number \_\_\_\_\_

Mailing Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_

Signature \_\_\_\_\_

Please make check payable to: The Community Foundation of the Hudson Valley—The It's Not Who I Am Epilepsy Fund.

Check and this form should be mailed to: The Community Foundation of the Hudson Valley, P.O. Box 3046, Kingston, NY 12402-3046

Or on-line at: [www.cfdcnny.org](http://www.cfdcnny.org)