

June 30, 2009
ISSUE

www.itsnotwhoiam.com



SARA.ELIZABETH@ITSNOTWHOIAM.COM

It's Not Who I Am



I have to share an awesomely insightful website with everyone. It's called Talkaboutit.org. This website was started by Greg Grunberg from NBC's "Hero's", whose son Jake has epilepsy as well.

This website 'talks about' what epilepsy is, how to take care of it, how to inform others about this disorder, and more. Grunberg's website is almost like a video information base, where he, along with other famous individuals, such as John Myer, inform the world about epilepsy and why it's so important to 'talk about it.'

It's a great thing to see that so many famous actors are taking the time to help people understand what this seizure disorder is, and how it affects people with it. Their efforts are essential in breaking the stigma associated with epilepsy, and we couldn't have been this successful without them.

Some of the areas discussed on this site are in categories titled What It Is, First Aid, Parents, Lifestyle, Why Talk, Friends, Intimidation, etc.

I've had the pleasure on several occasions to converse with Greg Grunberg, and I believe that he is doing a stupendous job in educating the world about epilepsy.

Please take a few moments to visit www.talkaboutit.org, you will be glad you did, I sure was!

The Magazine of the Epilepsy Foundation

epilepsy USA

For those of you who receive the Epilepsy Foundations 'Epilepsy USA' magazine, be sure to read this summer's issue because I will be appearing in the article titled, "In My Own Words."

I will be discussing my views and feelings on being considered different because of my seizure disorder.

If you do not receive 'Epilepsy USA,' please visit www.epilepsyfoundation.org/ and click on the 'Epilepsy USA' link. It will be available in mid-July. You can also subscribe to this informative magazine from this website.

Who Are You?

Has anyone had the opportunity to visit the **This is Who I AM** page on my website? If you haven't, you're really missing out on learning about what other amazing people do in their communities as well as around the world

As for myself, I adore helping others and feel good knowing that I impacted someone's life one way or another. No matter the size of the difference, it's always important. You all know I'm an actress. The spotlights on you now. What have you done to help those around you?

Here's the task I've laid out for you: if you've done something to make a differ-

ence in the lives of others, **KEEP IT UP**, and send me an email detailing what you've done. I'll take your email and post it on my website to show the world your accomplishments.

If you haven't done something to make a difference yet, I know that you can do something beneficial. Like I said, big or small, any difference you make in your community will have an impact on someone.

One amazing woman, Kelly Going, sponsored a child through an organization called iHugs, which stands for iHelp Uganda Grow. This site has helped build schools and more.

Kelly is doing a great job in impacting people everywhere.

If you're still stuck, here are some other ideas to get you started: volunteering at a soup kitchen, helping out at a local animal shelter, participated in a coat drive, run a race for a cause, recycling plastic bottles ext, ext.

To put it plainly, find something that's important to you and stick to it. Do something beneficial that's close to your heart, and it'll become your calling. My calling is breaking the stigmas associated with epilepsy and finding its cure. What's yours?

Epilepsy Q & A—

Q: Which doctors treat epilepsy?

A: Neurologists, pediatric neurologists, pediatricians, neurosurgeons, internists and family physicians all provide treatment for epilepsy. Specialized care for people whose seizures are difficult to control is available in large medical centers, neurological clinics at university and other hospitals, and from neurological specialists in private practice.