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www.itsnotwhoiam.com



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It's Not Who I Am

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Sara's Sixth Annual Walk for Epilepsy

SAVE THE DATE! Please join me and the It's Not Who I am Epilepsy Fund for Sara's Sixth Annual Walk for Epilepsy on Sunday, June 5, 2011, from 12 noon to 2:00 p.m. (Registration begins at 11:30 a.m.) at SUNY New Paltz, New Paltz, NY.

The two mile Walk will benefit The It's Not Who I Am Epilepsy Fund which in turn supports epilepsy educational programs throughout the Hudson Valley.

Over the past five years,

Sara's Walk has raised over \$60,000.00 for Epilepsy programs. Our goal this year is to raise an additional \$15,000.00.

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

Sponsor forms for the Walk are on my webpage, www.itsnotwhoiam.com and on the following pages of this e-news letter.

Since its conception, The It's Not Who I Am Epilepsy Fund has donated its proceeds to organizations such as The Epilepsy Society of Southern New York, The National Epilepsy Foundation, The Epilepsy Foundation of Northeastern New York and The Northeast Regional Epilepsy Group—Epilepsy Life Links. The It's Not Who I Am Epilepsy Funds goal is to support essential programs within the Hudson Valley which have a primary focus of assisting individuals with seizure disorders.

Why is Epilepsy Awareness Important Among Teens?

I said this in a Television PSA I did four years ago; "It is important to those of us who live with this disorder to raise awareness so that people around us understand that epilepsy is what we have, it is not who we are."

Why do people shy away from, make fun of, or just act stupid around people that have epilepsy? People just need to stop and think first before making a joke or a judgment about epilepsy. The social stigmas are prevalent with many individuals that have seizure disorders. It affects each person differently. It can cause depression, isolation, feelings of inferiority, etc. Or, on the positive side it can get you moving and make you want to make a difference.

Almost 3-million people in the US have some type of seizure disorder. According to one article published by Epilepsy.com in 2003, nearly 50% of the 19,000 teens surveyed say they never heard of epilepsy or read anything about it. 4% thought it was contagious, and 23% were unsure if it was contagious. Nearly half of the surveyed group said they would tell no one if they had epilepsy, but in contradiction, 70% said they would want their friends to tell them if they had epilepsy. Nearly 40% of teens believed that having epilepsy would make them unpopular and 37% said it would increase their chances of being picked on.

Without awareness programs and events such as Sara's Walk for Epilepsy these statistics can and will continue to increase. We need to all work together to educate our communities so the social and psychological stigmas associated with epilepsy will one day go the way of the dinosaurs for ever!

JUST PEACE SUMMIT

I will be heading to New York City on March 26th for a week to attend the JUST PEACE SUMMIT as one of 32 Global Teen Leaders (GTLs) from around the world. This will be just the beginning of a year long initiative to promote a more peaceful society by addressing issues related to the basic human needs of food, water, health, shelter, safety, education and the environment.

At the summit the 32 GTLs (representing 5 continents and 14 countries) will share their experiences and get to know each other and join the worldwide family of GTLs. We will learn how to tell our stories using multiple media methods including film, photography, music, and communications. We will each create a multi-platform Public Service Campaign and distribute it worldwide in multiple languages through TV, online, print, radio, etc.

When I return from New York City, I will share with you what I learned and I will continue to report my progress and the progress of the other GTL's throughout the next year.

"Remember to play after every storm."—Mattie Stepanek

Registration Form



When: Sunday, June 5, 2011, 12pm start

Where: SUNY New Paltz Campus

Check-in: 11:30 a.m. to 12:00 p.m.

Distance: 2 mile walk, bike or run

Course: Loop around the picturesque SUNY New Paltz Campus. Registration, start and finish are located at the south-east side of the track adjacent to Hawk Drive. **We will walk, bike and run rain or shine!**



Most people do not 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. This two-mile walk will benefit **The Its Not Who I Am Epilepsy Fund**, founded by 16 year old Sara-Elizabeth Clark in 2006. Since its conception over \$60,000.00 has been raised and donated to organizations such as The Epilepsy Society of Southern New York, The Epilepsy Foundation of Northeastern New York, The National Epilepsy Foundation and The Northeast Regional Epilepsy Group - Epilepsy Life Links for educational services and programs.

Pledges: For your convenience we have attached a sponsor form on the back of this letter. EVERYONE is encouraged to walk, but we also encourage you to collect pledges in any amount. Please turn in your pledge form and pledges at registration on the day of the walk.

Each participant that collects a minimum of \$20.00 in pledges, per attendee, in the group or team will receive a Sara's Walk T-Shirt while supplies last at registration. You must be present to receive your T-Shirt.

Name:		Phone Number:	
Address		Email Address:	
Name of additional members in group	Email address	Check if under 18	Signature: (Parent/Legal Guardian must sign for all children under 18)

Signature on the registration form above verifies that you have read and consent to the following waiver: In consideration of my signing this agreement, I hereby for myself, my heirs, and administrators assume any and all risks which might be associated with Sara's 6th Annual Walk for Epilepsy. I waive any and all claims for injuries/damages that I may have against the organizers and sponsors of this event for any and all injuries/damages of any kind whatsoever suffered by me as a result of taking part in this event and any related activities. Children under 14 must be accompanied by a responsible adult 18 years of age or older.



“Sara’s 6th Annual Walk for Epilepsy”

Sunday, June 5, 2011—12:00 noon to 2pm

The State University of New York, New Paltz Campus, NY

	Sponsor’s Name	Mailing Address or Email Address	Amount Pledged
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Please bring this form and pledges the day of the Walk or Mail to:

Cynthia A. Lowe, Director, The Community Foundation of the Hudson Valley.

P.O. Box 3046, Kingston, NY 12402-3046

Checks made payable to The Community Foundation, note Sara’s Walk in memo field

Questions? Please contact Sara-Elizabeth at (845) 797-0350

or via email at sara-elizabeth@itsnotwhoiam.com

COME WALK, BIKE or RUN!!!