

March 2009

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It's Not Who I Am

The National Walk For Epilepsy, and Kids Speak Up

I am leaving New York today, heading to Washington D.C. for the 3rd National Walk for Epilepsy.

I am still looking for sponsors for this worthwhile event. Please visit my website and follow the link to the National walk to sponsor me.

Also, while in D.C. I will be participating in the Kids Speak Up program. Sunday night I will be speaking at the Welcome Dinner and on Monday I will be

leading a class for children 7-11 years old called Finding Your Voice for Youth. In this class I will be helping children from all over the United States to form their own personal message for when they visit Capitol Hill on the following Monday.

I will also join them on Monday and deliver my own message to my Senators and Congressional Leaders.

I will share more when I return from D.C. on April 2.

Important Dates

March 28—Participating in the 3rd National Walk for Epilepsy, Washington D.C.

March 29-April 2—Participating In Kids Speak Up and Visiting Congress, Washington D.C.

April 25—Sara's Walk and 5K Sprint Kick off Breakfast, Apple Bee's Restaurant, Kingston, N.Y.

May 2—Sara's 4th Annual Walk and Sara's 5K Sprint for Epilepsy, SUNY New Paltz.

Grand Opening EFNENY Satellite Office

On March 20, 2008 my family and I attended the Grand Opening and Ribbon Cutting of the Epilepsy Foundation of Northeastern New York's (EFNENY) satellite office in Highland New York.

While the Foundation has been in the region for over 25 years they wanted to make a larger presence in their southern region.

The new offices will provide services that are tailored to children, adults and families that have been touched by this disorder. Some of the programs include professional in-service training, advocacy, service coordination, and School Education.

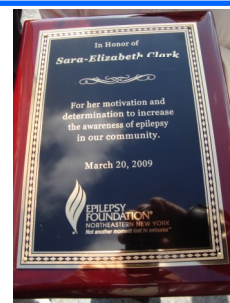
While attending the Grand Opening,

the president of EFNENY made two special dedications for the new office.

The first was in the memory of a young woman named Melissa who lost her life several years ago to her seizure disorder. The second dedication was a total surprise to me and my family. I was honored with a plaque for my support to the foundation. Melissa's plaque and my Plaque are proudly displayed in the office.

The EFNENY's new satellite office is located at 60 Park Lane in Highland. Their contact phone number is (845) 883-6320.

(Top R, The Plaque honoring Dedication to bring awareness. Bottom Right, receiving the Plaque).



Epilepsy Q & A—

Q: What is epilepsy?

A: 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.