

# It's Not Who I Am

[www.itsnotwhoiam.com](http://www.itsnotwhoiam.com)

November 1, 2011

Vol. 6 ISSUE 13

## Sara's Strikes for Seizures

Come one, come all, to our newest fundraising event, Sara's Strikes for Seizures! It is being held on November 19th, 2011 at the Hoebowl Bowling Center in Wappinger Falls, New York from 11am to 1pm.

Along with the fun on the lanes, there'll be a silent auction, where we'll be auctioning off some great collectables and merchandize. In addition, we'll be holding a Bowling

Pin Decorating Competition, which will be judged by the Kingston Kohls "A-Team". The top three teams will be awarded the coveted Sara's Strikes Trophies!

I would like to remind everyone that lane space is limited, and you can pre-register for the event on our SECURE SITE, [www.itsnotwhoiam.com](http://www.itsnotwhoiam.com).

The First Annual Sara's Strikes for Seizures will be a fun filled day for the

entire family and a great opportunity to meet new friends. The proceeds will benefit the It's Not Who I Am Fund, a certified fund of the Community Foundation of the Hudson Valley. Your donations to support this event will go towards epilepsy educational services in the Hudson Valley.

Hope to see you all on November 19th at the Hoebowl Bowling Center in Wappinger Falls.

## What Was He Thinking?!

Jeremy Hollinger, a special education teacher in Mobile, Alabama, is facing criticism after allegedly posting material on Facebook mocking special needs students, WALA-TV reports.

According to WALA-TV, one of the pictures posted on his Facebook page shows Hollinger, a teacher at Eichold-Mertz Elementary School, wearing a seizure helmet that belongs to one of his second-grade students.

"My son wears a helmet for seizures during P.E.," Celeste Dennis told WALA-TV. "He had a picture of himself with my son's helmet on, making fun on him like that was some type of a joke."

An official from the school told WALA-TV that "the appropriate measures were taken," although Hollinger still works at Eichold-Mertz Elementary School.

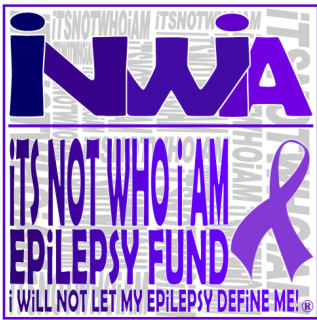
This type of behavior is unacceptable. We are living in the 21st Century, and those with different abilities should not be made a mockery of. We are normal people, the only difference being how we live. With people out there, talking and acting like this man, Epilepsy Awareness should be more well known than just in the month of November.



**Q:**What should I do if I suspect a seizure disorder?

**A:** If you think you or a loved one might be having seizures, it is important to discuss with your physician what has been happening. Keep a record of how often the unusual episode occurs, the time of day it happens and what form it takes. Giving the doctor this information will help him or her determine if what you are describing might be a type of epilepsy.

Quote of the Month: "Keep Moving Forward." – Walt Disney



SARA-ELIZABETH@ITSNOTWHOIAM.COM

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## November 2011 is National Epilepsy Awareness Month! Get Seizure Smart!

This November in recognition of National Epilepsy Awareness Month, the Epilepsy Foundation is challenging America to *Get Seizure Smart!* This nationwide public awareness campaign sets out to educate America about epilepsy. Epilepsy affects nearly 3 million Americans. Despite this alarming number, most Americans do not know how to properly recognize and respond to someone having a seizure. Did you know that one in every ten Americans have had, or will have, a seizure at some point in their lives? Do you know what to do?

The purpose of National Epilepsy Awareness Month is to:

- Dispel common myths about the disorder
- Promote public awareness and understanding of the condition
- Inform people with seizure disorders and their families about service programs and informational resources available nationally and in their local areas
- Educate the public about the symptoms of epilepsy and seizure disorders to help eliminate the stigma unjustly associated with the condition

Throughout the month, people can visit, [www.GetSeizureSmart.org](http://www.GetSeizureSmart.org), a clearinghouse of information containing downloadable fact sheets, web PSA's and resources to arm Americans with tools that will you identify a seizure and know how to respond. You can meet the ultimate challenge and test your knowledge by taking the Seizure Smart Quiz.

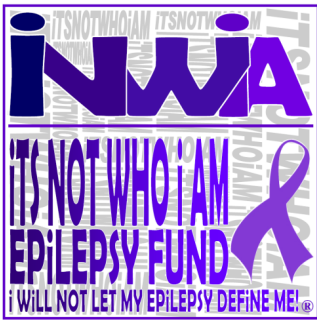
The Epilepsy Foundation and the local affiliates across the country will host awareness events to educate local communities about epilepsy. Supporters can visit Facebook, Twitter and the Epilepsy Foundation's eCommunities to learn daily facts and join in discussions with people affected by the condition.

Epilepsy, also known as a seizure disorder, is a medical condition that produces seizures affecting a variety of mental and physical functions. When a person has two or more unprovoked seizures, they are considered to have epilepsy.

The Epilepsy Foundation has celebrated National Epilepsy Awareness Month, since 1969. The observance has been recognized in most years by a White House message from the President. In 2003, Congress passed a formal resolution declaring November as National Epilepsy Awareness Month.

Join us to make America seizure smart. Help us spread the word by mobilizing your community. Visit [www.GetSeizureSmart.org](http://www.GetSeizureSmart.org) for tools you can use to Get America Seizure Smart.





# It's Not Who I Am



GetSeizureSmart.org

**IT'S NATIONAL EPILEPSY  
AWARENESS MONTH**  
Visit  
**GetSeizureSmart.org**  
to  
**Get the Facts**  
**Get Motivated**  
**Get the Stuff**  
**Get Connected &  
Get Seizure Smart!**

## Quiz

- 1. What is epilepsy?**
  - a) Head injury
  - b) Stroke
  - c) Mental illness
  - d) Recurring seizures
- 2. What is a seizure?**
  - a) Your heart stopping
  - b) Electrical discharges in the brain
  - c) Involuntary movement and convulsing
  - d) Falling on the ground
- 3. When a person is having a seizure, you should put this in their mouth:**
  - a) Spoon
  - b) Tongue depressor
  - c) Finger
  - d) You should *never* put something in the mouth of a person having a seizure
- 4. Epilepsy can be treated with:**
  - a) A special diet
  - b) Medication
  - c) Surgery
  - d) All of the above
- 5. What is a sign or symptom of a seizure?**
  - a) Jerking and convulsing
  - b) Staring
  - c) Picking at clothes
  - d) All of the above
- 6. What should you do if you see someone having a seizure?**
  - a) Shake the person
  - b) Give them liquids or medication
  - c) Gently direct the person away from hazards and remove sharp objects that may present danger
  - d) Put something in their mouth
- 7. What will you do to get people seizure smart?**
  - a) Hand out the *Get Seizure Smart* quiz to everyone in your community
  - b) Tweet out every day on Twitter to get your friends to take the *Get Seizure Smart* quiz
  - c) Write a letter to the editor of your newspaper about epilepsy and seizures during National Epilepsy Awareness Month
  - d) All of the above

# Sara's Strikes for Seizures 2011



**November 19, 11a.m.-1p.m.**

**(Lane Assignments begin at 10:30 a.m.)**

**Hoebowl Bowling Center**

**1677 Route 9**

**Wappingers Falls, New York**

Enjoy an afternoon of bowling as we all sponsor the "It's Not Who I Am – Epilepsy Fund" and raise awareness and donations to support services throughout the Hudson Valley.

**BOWLING:** We have room for 36 teams consisting of four or five bowlers each. Your \$25.00 per person donation includes: **TWO GAMES, SHOE RENTAL, AND A SLICE OF PIZZA OR A HOT DOG AND A SOFT DRINK.** Register early—space is limited!

**NOT BOWLING?:** Come join the fun and cheer on your friends and family with a \$5.00 Side-Lane Pass (this includes a slice of pizza or a hotdog and a soft drink). No reservations required—pay at the door.

**SPONSORSHIP:** Please consider sponsoring a lane for "Sara's Strikes for Seizures". Your personal message or company name, address and /or phone number will be displayed. Lane sponsorship includes a sign posted at a lane for everyone to see and you may bring your promotional material which can be displayed at the check-in table for distribution. Each Sponsorship Sign is a \$100.00 Donation.

**DECORATE THE PIN CONTEST (TEAM ACTIVITY):** Reserve your Bowling Pin today! For an additional \$10.00 donation, your team will receive a Bowling Pin ready to be decorated by your talented team of bowlers/artists. We will supply the markers – you supply the imagination! Trophies will be awarded to the top THREE designs at 12:45pm! *Pin Decorating Suggestion: We will supply the markers, but you are not limited to this. Bring your own supplies to add to your pin for a totally unique pin. You are only limited by your imagination.*

**TO REGISTER:** *Per-Registration for Sara's Strikes for Seizures is required. Please visit [www.itsnotwhoiam.com](http://www.itsnotwhoiam.com) to complete your registration from. Teams must be paid in full to be considered registered.*

Sponsored by:

**The It's Not Who I Am Epilepsy Fund**

*'I will not let my epilepsy define me!'*

A fund of the Community Foundation of the Hudson Valley



# Sara's Strikes For Seizures

**OUR HOST**  
**Hoebowl Bowling Center**  
 1677 Route 9, Wappingers Falls, New York

Enjoy an afternoon of bowling as we all sponsor the 'It's Not Who I Am—Epilepsy Fund' and raise awareness and donations to support educational services throughout the Hudson Valley.



**Saturday, November 19, 2011**  
 Check In Begins At 10:30 a.m.  
 The Pins Start To Fall At 11am  
 \$25/PERSON - 4 or 5 PERSON TEAMS  
 INCLUDES 2 GAMES, SHOE RENTAL, AND A  
 SLICE OF PIZZA OR A HOT DOG  
 AND A SOFT DRINK

Team Contact: \_\_\_\_\_  
 Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_  
 Email Address: \_\_\_\_\_  
 Team Name: \_\_\_\_\_

Team Captain: \_\_\_\_\_  
 Team Member: \_\_\_\_\_  
 Team Member: \_\_\_\_\_  
 Team Member: \_\_\_\_\_  
 Team Member: \_\_\_\_\_

**Lane Sponsorship:** Please consider sponsoring a lane for "Sara's Strikes for Seizures". Your personal message or company logo will be displayed at one of our lanes for the day. Lane Sponsorship includes a sign posted at a lane for everyone to see, and we will display your promotional material at the check-in table for distribution.

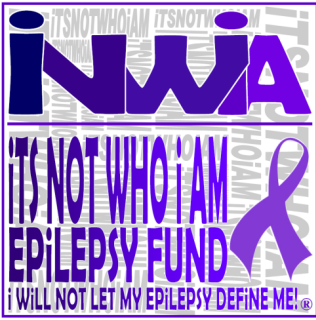
Lane Sponsorship Message: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

**Decorate the Pin Contest (Team Activity):** Reserve your Bowling Pin for an additional \$10.00 donation. Your team will receive a Bowling Pin ready to be decorated by your talented team of bowlers/artists. We will supply the markers – *Bring your own supplies to add to your pin for a totally unique pin. You are only limited by your imagination.* Trophies will be awarded to the top THREE designs at 12:45pm!

Mail registration And payment to: The Community Foundation P.O. Box 3045 Kingston, NY 12402-3046	No. of Bowlers:	_____	at \$25.00 each	_____	Total
	Lane Sponsorship:	Yes No	Lane(s) at 100.00 each	_____	Total
	Pin Contest:	Yes No	\$10.00 each	_____	Total
				_____	Grand Total

This registration form is for CHECK payment only, checks should be made out to:  
 The Community Foundation of the Hudson Valley (Note: Its Not Who I Am Epilepsy Fund in the memo field).  
 To register using a credit card please visit [www.itsnotwhoiam.com](http://www.itsnotwhoiam.com) and click on the 'Strikes for Seizures' tab.

Questions? Please contact Sara-Elizabeth at [sara-elizabeth@itsnotwhoiam.com](mailto:sara-elizabeth@itsnotwhoiam.com)



SARA-ELIZABETH@ITSNOTWHOIAM.COM

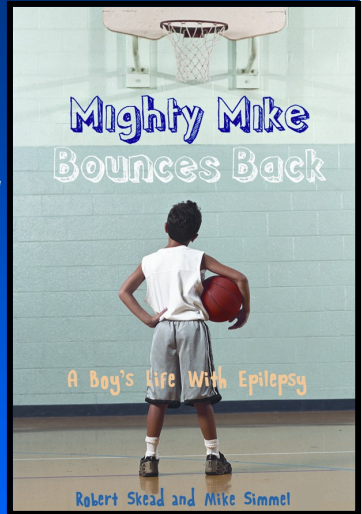
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## A Note from Mighty Mike Simmel

My new book has just launched called *Mighty Mike Bounces Back*. It is a children's story for ages 8-13 published by *Magination Press*, an imprint of the American Psychological Association. I call it "my story with a little bit of fun".

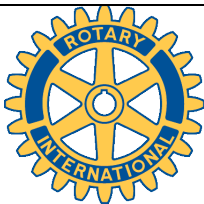
"Mike has epilepsy and sometimes it's hard to feel like a "real" kid. He is scared of letting people know of his condition- or even worse be see having a seizure! He is often worried and afraid of what others may think . . . Soon Mike's father buys him a basketball, and things begin to change. Mike starts playing basketball at his school, at home—everywhere! Through his growing love and talent for basketball, Mike learns to overcome his worries and to be courageous in the face of obstacles including his epilepsy."

This book is co-written with my friend Rob Skead in an effort to help kids with epilepsy, adversities, and those faced with peer and health challenges. Our goal is to assist children in feeling comfortable, have coping skills and be able to work with loved ones and not be afraid. Besides self-help, this is a great basketball story!



Currently, we are out promoting the book and hope you consider purchasing one for a special child in your life. Thanks for your continued support and please email this to friends who may be interested.

Visit [www.mightymikebasketball.com](http://www.mightymikebasketball.com) for more information and PLEASE don't forget to become a fan on [facebook.com/mightymikesimmel](http://facebook.com/mightymikesimmel). -Mike Simmel



## Radio Rotary

Aired October 28, 2011 at 9:00 a.m.

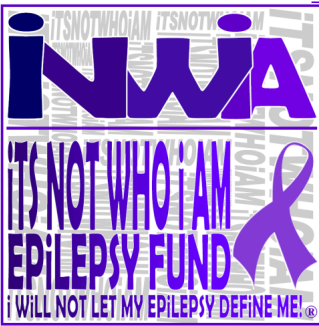


Radio Rotary Co-hosts,  
(left) Jonah Triebwasser  
(right) Sarah O'Connell  
with (center) Sara-Elizabeth Clark

A couple weeks ago I was lucky enough to be invited to record a 40 minute radio show for Radio Rotary to discuss what I have been doing with everyone's assistance to raise awareness for epilepsy. Since November is National Epilepsy Awareness Month Radio Rotary wanted THIS show in time for the big events of the month. If you missed the show you can still listen to the show online at <http://www.radiorotary.org>.

Co-hosts Jonah Triebwasser and Sarah O'Connell were gracious, easy and fun to talk with! We ALL had a great time. I don't want to give away to many details about the interview but, some topics of discussion include, how I felt growing up with a seizure disorder, how it has effected who I am, bullying, the upcoming Sara Strikes for Seizures, My Biography 'Being Sara' and so much more.

I hope you listen in and enjoy the show! I sure enjoyed recording it. <http://www.radiorotary.org>.



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# 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

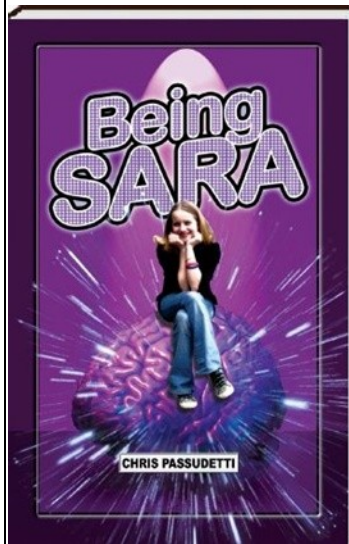
## Our Mission

"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"!



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

### 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'.

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)