



Now also on facebook at:

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# What Were They Thinking?!

I recently joined facebook and I have to say I am glad that I did. I have made contact with hundreds of people with or whose life has been effected by epilepsy. Many people have openly shared their personal experiences with epilepsy as well. I want to thank everyone who shared their stories for their openness and honesty!

Now I have to share a story not so pleasant. At no fault of facebook, or my facebook Friends, I have had one very negative encounter with one person. Early in November I received a message via facebook from a new friends

account, Matt. The note said a close friend of Matt's was using Matt's facebook to let everyone know that Matt had died overnight in an ambulance on the way to the hospital during a seizure.

I was devastated! I immediately posted an update on my facebook page sending out my condolences and expressing my sadness over this lose of life. Later that day when I returned home from school, I checked my facebook, and I had a message from Matt. He was alive and explained that someone hacked into his Facebook account and posted that awful, awful note. He said he

was safe and sound and calls and emails had been pouring in all day.

I was first relieved and sent a note to Matt saying I was glad he was alright. I also updated my facebook to say he was ok. Later I was outraged! Why would anyone think that was ok? What kind of sick person would do something like that?!

It's people like this that keep the stigmas that surround epilepsy going. We must find a way to end this type of behavior once and for all!

## itsnotwhoiam.com Has been "Tweeted"

Early in November my email went crazy and the "Hit" Counter on my webpage was almost going as fast as a car odometer! After reading several emails I found out why.

Actor Greg Grunberg from NBC's 'Hero's', received and read my book, "Being Sara". His son Jake has epilepsy and Greg is a huge advocate for people with epilepsy.

I guess that he enjoyed "Being Sara" because after he read it, he went on twitter and said "Want to meet a real HERO, visit [www.itsnotwhoiam.com](http://www.itsnotwhoiam.com)!

Greg must have an awesome following on twitter because that is just what people did. I normally receive somewhere around 80 hits a month on my webpage. This month I received well over 2000 hits (1500 were within hours of Greg's tweet).

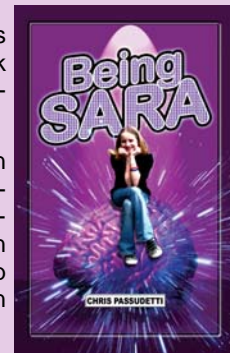
Thank you everyone who wrote me this month because of Greg Grundberg and if I have not answered your email yet, I promise I will! I have only a few more to go!

Thanks Mr. Grunberg!

## Being Sara

I have had the honor of being selected as the subject of the high interest fiction book titled 'Being Sara' written by Chris Passudetti and Published by Scobre Press.

'Being Sara' tells the story of my acting in community theater, appearing in a commercial and even my audition for a Hollywood movie. Beyond this it tells an even more important story of me growing up with a seizure disorder and becoming an activist for epilepsy.



'Being Sara', also explains what it is like to have a seizure in a most unique way to children who may not know what a seizure is or what someone might be going through during a seizure.

The author of 'Being Sara' Chris Passudetti was able to paint a story with words that is meaningful, insightful and important to the here and now for people whose lives have be touched by a seizure disorder, without lecturing or sounding preachy.

Chris also once told me that the most important message he would like his readers to come away with from 'Being Sara' is that "growing up is difficult, but if you see your difficulties as opportunities rather than burdens, there is no limit to the positive impact you can have on your community, no matter how old you are". Regardless of the disability, epilepsy or otherwise, his writing leaves the reader with no choice but to come away with that message.

Being Sara is available for purchase on-line at [www.amazon.com](http://www.amazon.com), key words 'Being Sara'.

## Epilepsy Q & A—

**Q:** How can I help someone who is having a seizure?

**A:** Stay calm- don't try to restrain or revive the person. If the person is seated, help ease him/her to the floor. Remove hazards such as hard or sharp objects that could cause injury if the person falls or knocks against them. Don't move the person unless the area is clearly dangerous, such as a busy street. Loosen tight clothing and remove glasses. Protect airways by gently turning the person on one side so any fluid in the mouth can drain safely. Never try to force something into the person's mouth! Don't call an ambulance unless the seizure lasts more than five minutes, or is immediately followed by another one, or if the person is pregnant, ill, or injured. When the seizure ends, let the person rest or sleep. Be calm and reassuring because the person may feel disoriented or embarrassed.