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It's Not Who I Am

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Sara-Elizabeth to be presented with The 2010 Outstanding Youth in Philanthropy Award

Recently unbeknownst to me, I was nominated by Mr. David J Ringwood, Vice President of Development at the Community Foundation and a member of the Association of Fundraising Professionals to be the recipient of the '2010 Outstanding Youth in Philanthropy Award' for the Mid-Hudson Chapter of the Association of Fundraising Professionals (AFP). I was notified on August 30th that I am to be the recipient of this honor.

The AFP's purpose is to

recognize the great contributions of philanthropy and those people active in the philanthropic community & to the enrichment of our world.

'The Youth in Philanthropy Award' is designed to recognize an outstanding youth or youth group who has demonstrated the true spirit of philanthropy through time, treasure & talent. Achievements include: quality of leadership and organizational ability in fundraising campaigns; extent of time and efforts

contributed to cause(s);

financial results proportionate to efforts; success in recruiting and motivating others; participation in other non-profit organizations.

This award and others will be presented at the AFP's inaugural National Philanthropy Day Awards Luncheon on November 10th, in Poughkeepsie, NY.

For more information on the AFP please visit <http://afpmhv.afpnet.org/LocalNationalPhilanthropyDay.aspx>

The Ask Sara Page

Many people have asked me a lot of questions over the years about epilepsy: "Can I swallow my tongue when I'm having a seizure?" "How do I help someone when they're convulsing?" "Is epilepsy contagious?" "What type of anti-convulsion medication is best?" "What exactly IS epilepsy??" I've heard all these and many more.

This are all great questions and I am always happy to answer them. Do you have any unanswered questions? If you have any, head over to my newly updated "Ask Sara-Elizabeth" page on my website www.itsnotwhoiam.com or email me at sara-elizabeth@itsnotwhoiam.com and send me your questions. I hope that more people plan to use it and gain the insight that they are looking for. I promise that I will answer ALL the questions you have as soon as I possibly can.

Q: How is epilepsy treated?



A: Epilepsy may be treated with drugs, surgery, a special diet, or an implanted device programmed to stimulate the vagus nerve (VNS therapy). Of these treatments, drug therapy is by far the most common, and is usually the first to be tried. A number of medications are currently used in the treatment of epilepsy. These medications control different types of seizures. People who have more than one type of seizure may have to take more than one kind of drug, although doctors try to control seizures with one drug if possible. A seizure-preventing drug (also known as an antiepileptic or anticonvulsant drug) won't work properly until it reaches a certain level in the body, and that level has to be maintained. It is important to follow the doctor's instructions very carefully as to when and how much medication should be taken. The goal is to keep the blood level high enough to prevent seizures, but not so high that it causes excessive sleepiness or other unpleasant side effects.