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www.itsnotwhoiam.com



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It's Not Who I Am

# This IS Who I am - Who are you?

Have you had the opportunity to visit the This IS Who I Am page on my website? If not, you are really missing out on learning what some really cool people have done to make a difference in their communities and around the world. Take a few minutes and read what some of them have done. I was, and still am impressed! I hope that this section on my web page will inspire others to go out and make a difference themselves.

I personally feel rewarded when I am helping others. I feel good knowing that what I have done will make a difference, no matter how small. Here is your chance to shine. What have you done to help others?

Here is your challenge. If you have already done something to make a difference, **KEEP DOING IT**, and

send me an email telling me what you are doing and I will share it with everyone. If you are not making a difference right now, I am sure you can come up with something. With a little hard work, you too can make a difference, just like all the people that wrote into my website have done.

If you are having a hard time coming up with ideas here are a few; volunteer at a soup kitchen, help out at a local animal shelter, participated in a coat drive, stop using plastic water bottles, run a race for a cause, etc. Basically find a cause that has personal meaning to you, organize an event around it and get others involved to make a difference in your community.

I hope to hear from everyone!

## Epilepsy Front

Again, I want to thank everyone that emailed me well wishes after sending my June 2008 e-news letter. I should update you all on what is happening.

I went to a new neurologist on August 13. His name is Dr. Parvez, his office is in Sleepy Hollow and he was very nice.

He said given that I only had the one seizure since the beginning of June, we should not be alarmed and this may happen from time to time throughout my life. It is something that we need to keep an eye on, but no medications or treatment is required.

We do not expect any further occurrences any time soon, but I will be keeping in contact with Dr. Parvez as needed.

## In Memory of My Friend, Kyle Meek 1994—2008



Kyle and O'Toole

I have known Kyle for almost seven

years, half of my life. Kyle had Duchenne Muscular Dystrophy. After a long battle, Kyle passed away on September 4, 2008. He was a great friend and we will all miss him.

Kyle had a quote that he often repeated; "Pain is inevitable, but suffering is optional". I believe that this quote kept Kyle going. He knew life with pain, but he knew that he could not let it control his happiness. This statement is one of the things that kept Kyle strong.

Kyle was not only a friend, but a brother and an inspiration to me. He never was able to make it to my walks, but he was still one of the top supporters. He supported me in everything I did. He was a

strong person. His friendships with everyone was phenomenal and was a great influence on everyone he met, including me. Having our paths crossed has changed my life forever. I cherish what time we spent together.

He was also a very strong supporter of Canine Companions for Independence, [www.cci.org](http://www.cci.org). In his memory I ask all that knew Kyle to please visit [www.cci.org](http://www.cci.org) and make a donation in Kyle's memory, he would have liked that, and so would O'Toole, his working dog, who is now retired and living with Kyle's mom & dad, Tina and Jeff. We love and miss you Kyle!

## Epilepsy Q & A—

**Q: Which doctors treat epilepsy?** A: Neurologists, pediatric neurologists, pediatricians, neurosurgeons, internists and family physicians all provide treatment for epilepsy. Specialized care for people whose seizures are difficult to control is available in large medical centers, neurological clinics at university and other hospitals, and from neurological specialists in private practice.

**Q: Is epilepsy ever contagious?** A: No, epilepsy is never contagious. You cannot catch epilepsy from someone else and nobody can catch it from you.