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Cassidy Megan receives International Golden Light Award for raising epilepsy awareness



Cassidy Megan, Purple Day Founder, holds the Golden Light Award that she recently received from the International Bureau for Epilepsy.

Please join us in congratulating Cassidy Megan on receiving international recognition of her work to raise awareness of epilepsy. On September 1, in a virtual ceremony, she accepted a 2021 International Golden Light Award from the International Bureau for Epilepsy (IBE), along with recipients from 18 other countries.

Cassidy says, “I love seeing how much Purple Day has grown and how many people it has helped; how it has empowered people with epilepsy to stand up, share their stories and be proud of who they are and know that they are not alone,” says Cassidy. “While I work to raise awareness of epilepsy, I don’t let it define me.

There is more to me than living with epilepsy.”

“Cassidy exemplifies the spirit of the Golden Light Awards by not being defined by her epilepsy, and makes a positive impact on the lives of others by sharing her story and offering support and understanding,” says Deirdre Floyd, Vice Chair of the North American Regional Committee, IBE, and Honorary Director, Epilepsy Association of the Maritimes.

Adds Monica Jordan, Executive Director of the Epilepsy Association of the Maritimes, “Cassidy shares her story and her passion with others in an effort to end the stigma of epilepsy. She...exemplifies the spirit of the Golden Light Awards.”

Please take our Stakeholder Survey!

The Epilepsy Association has been providing education, resources and support to persons living with epilepsy and their communities around Nova Scotia since 1980. In 2019, the Board approved a mandate to serve NB and PEI and we became the Epilepsy Association of the Maritimes (EAM).

As a small health charity, we rely on dedicated volunteers, donors and partners to serve our community. As we look to the future, our Board of Directors wants to hear directly from the epilepsy community about your priorities, and how EAM can support and engage you.

We’re delighted to launch our

Stakeholder Engagement Survey. The survey will be open from November 1 – 30, 2021.

This survey will take about 10 minutes to complete. It will ask about your experiences living with epilepsy and your opinions on EAM. Your feedback will help us plan activities and programs for the future.

Survey results will be shared in early 2022. The survey is available online at <https://bit.ly/EAM-Survey>. The link is case-sensitive. If you need a paper copy, or would like to complete the survey over the phone, please call 1-866-EPILEPSY or email info@epilepsymaritimes.org.



Congratulations to our Scholarship and Bursary winners



Kayla MacKinnon

Kayla has been awarded the EAM Memorial Scholarship for \$1,000. From Dartmouth, NS, she is attending Dalhousie University, majoring in Health Promotion. Her future plans include working in research, community health, or child injury health promotion.

Good luck, Kayla, in whatever you decide to do.



Samantha Griffin

Samantha has received the Di Setchell Memorial Bursary for \$1,000. She comes from Dominion, NS, and is enrolled in the BA Community Studies program at Cape Breton University. Samantha is planning to become a Child Psychologist, and would like to help “kids like me who struggle every day”.

Good luck with your future plans, Samantha.



Meaghan Duguay

Meaghan is the recipient of the 2nd Di Setchell Memorial Bursary for \$1,000. From Moncton, NB, Meaghan is attending Kingswood University in Sussex, NB, where she’s majoring in Evangelism and Social Justice. In two years, she plans to switch to Youth and Family Ministry and hopes to become a youth pastor.

Best wishes, Meaghan, as you to work to reach your goal.



Rachael Liddell

Rachael is the winner of the J. Russell Kline Memorial Bursary for \$750. From Amherst, NS, she is studying psychology in the BA program at St. Stephen’s University.

Rachael plans to continue to postgraduate studies in psychology, social work, or International Development.

All the very best, Rachael, in your studies and your future career.

Volunteer Showcase #17: Leslie Hazel-Avis



Leslie in her iconic “Purple Fairy” outfit, which she wears to every Unicorn Purple Hike.

A lot of the credit for the success of Unicorn’s recent Purple Hike goes to one of its organizers: Leslie Hazel-Avis.

Leslie and her husband

Dan have been involved with Unicorn Theatre for more than 11 years, and Leslie is an active supporter of Unicorn’s Official Charity, the Epilepsy Association of the Maritimes, through Unicorn’s Purple Hike for Epilepsy.

In her spare time Leslie loves to run marathons, so she was the obvious person to set up the Trail for the Purple Hike and monitor it on the day.

But Leslie did much more than this. She helped to create a dozen roadside

signs then put them up around the community. She also monitored the online registrations, sending out numerous emails to Hike participants. In short, anything that needed to be done, Leslie took it on with a smile.

Leslie and Dan live in Seabright, NS with their two daughters: Jordan, 21 and Hannah, 19.

Thank you, Leslie, for all your contributions to Unicorn’s Purple Hike over the last three years. We so appreciate your hard work and enthusiasm!

Moncton family do Purple Hike



On October 16, David Gingras and his sons, Jack and Simon, took a hike on the Riverfront Trail to show their purple colours for Epilepsy Awareness.

Unicorn’s 3rd annual Purple Hike a big hit!

On October 17, 55 people gathered on the St Margaret’s Bay Trail for Unicorn’s Purple Hike. \$6,200 in pledges was handed in on the day, and donations are still coming in!

FALL 2021 PROGRAMS

Project H.O.P.E.



Project H.O.P.E. supports the Health Of Persons with Epilepsy. All the programs offered through Project H.O.P.E. share a goal of increasing social and support networks to reduce isolation and support positive mental health. Please register in advance for all programs: 1-866-EPILEPSY or info@epilepsymaritimes.org

Zoom Social Club (Virtual)

Connect with other people affected by epilepsy, without talking about epilepsy! Please join the casual conversation on Zoom the 2nd Wednesday of each month from 10 am - 11 am. Discussion will be informal, with

suggested topics to get the conversation started: November - Virtual Roadtrip: Share something interesting about your community. December - Holiday Traditions. **November 10, December 8.**

Crafty Mornings (In-Person)

Join our social group on the 2nd Friday of the month for crafts and conversation! Crafts will be inspired by the season and your imagination! Registration is required because we have limited space. Please note: masks

will be worn and proof of vaccination required to comply with public health protocols. Sessions run from 10 am -12 noon at the Epilepsy Office (215 - 7075 Bayers Road, Halifax). **November 12, December 10.**

Shaping Self - An Intro to WRAP (Virtual)

EAM is partnering with SHC to offer this strength-based, wellness-focused program.

WRAP (Wellness Recovery Action Plan) is an evidence-based mental health and addictions program for EVERYONE.

WRAP is about self discovery and empowerment as we learn about all things (wellness tools, daily maintenance, triggers, when things

are breaking down and the magic, action plans) that make us feel our best (as defined by us).

This program is person centred and strength based. It is delivered over 4 weeks, one 2-hour session each week.

We will offer the program based on interest. Please call the office (1-866-EPILEPSY) or e-mail info@epilepsymaritimes.org to register and indicate your preferred time.

Youth Programs

Youth living with epilepsy face unique challenges. To connect and support them we are offering separate youth-focused programming this fall. Programs are virtual to be accessible for people across the Maritimes.

Shaping Self - An Intro to WRAP
WRAP is about self discovery and empowerment as we learn about all things that make us feel our best (as defined by us). Delivered over 8 weeks, 1-hour per week, 4 - 5 pm.

Music Therapy

This session will explore how music connects to our body, heart, mind and soul. We will bridge the connection between the beauty of music and our feelings and emotions. You do not need to have a background in music to participate in this program. All experiences will be tailored to your interest and comfort levels.

Register for both 1-866-EPILEPSY

Support

Join us for supportive sharing in this virtual group. Support group calls are open to people with a diagnosis of epilepsy, and their family members. Discussion often focuses on the challenges and triumphs of living with epilepsy. Calls are hosted via Zoom on the 3rd Tuesday of each month. Email info@epilepsymaritimes.org to receive the link.

Tuesdays, 6 pm, November 16, December 14 (a week early)

**THE EPILEPSY ASSOCIATION
OF THE MARITIMES**
215 - 7075 Bayers Road
Halifax, NS B3L 2C2
Ph: 902-429-2633/Fax: 902-425-0821
Toll-free: 1-866-EPILEPSY (374-5377)
e-mail: ed@epilepsymaritimes.org
Website: www.epilepsymaritimes.org

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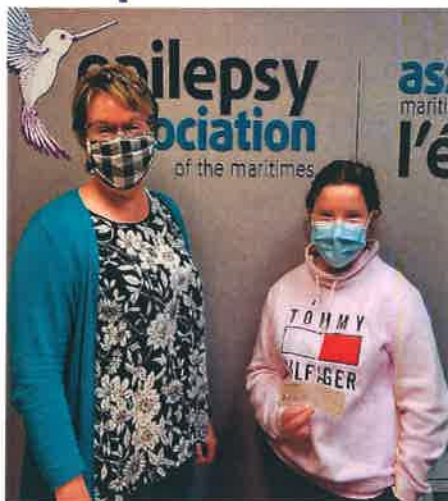
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Harper's Dreamers do it again!



Harper presents the cheque to EAM's Executive Director, Monica Jordan.

We had two very welcome visitors to our office recently: Harper Eisan and her mother, Amy, who had come to drop off a cheque for \$1,044.25 – the proceeds from the Harper's Dreamers Girls' Softball Tournament in Pictou County in early October.

This was Harper's 3rd Annual Tournament for Epilepsy Awareness. A special shoutout to Harper, her family, the coaches, the players, the umpires, and all the volunteers who made this event possible.



Action shot!



Just for fun!

Nominations sought for The Cassidy Megan Award

This award celebrates outstanding volunteers who have made a significant impact on raising awareness of epilepsy across the Maritimes. The Cassidy Megan Award is presented annually at the Purple Day Gala in March. Nominations are accepted from individuals, organizations and self-nominations. Application forms are available for download, or by request from the EAM office 1-866-EPILEPSY.

Nominations will be reviewed based on the following criteria:

- Led efforts to promote epilepsy awareness in their school, workplace or community.

Please provide two examples (i.e. education requests, promoting epilepsy awareness events such as the Purple Hike for Epilepsy) and must have given at least 30 hours promoting epilepsy awareness over the course of a year.

- Actively involved in promoting Purple Day in their school, workplace and or community.
- Please give at least one example of an event or action, with a photo and a description of the outcomes (where, when and how many attended).
- Explain why epilepsy awareness is important to the nominee
- BONUS: Attended epilepsy awareness and fundraising initiatives put in place by the Epilepsy Association of the Maritimes. Please include details and any photos.

Application deadline: Please submit applications to the EAM Office by Friday, February 4, 2022.

The Epilepsy Association is proudly supported by:





YOU'RE INVITED TO THE
EPILEPSY ASSOCIATION OF THE MARITIMES'

Holiday Dinner.



Sunday, November 28 at 2 -4 PM
St. James Anglican Church Hall
2668 Joseph Howe Drive, Halifax



RSVP: info@epilepsymaritimes.org or 1-866-EPILEPSY

Please note: proof of vaccination is required in compliance with public health directives.

The venue is fully accessible

There is plenty of parking or take Metro Transit Route #14

The event is free and there is no obligation to bring anything. If you wish to contribute, we welcome donations of small gifts (under \$10) for Santa to give out



www.epilepsymaritimes.org

1-866-EPILEPSY



215-7075 Bayers Road,
Halifax, NS B3L 2C2
Ph: 902-429-2633 or Fax: 902-425-0821
info@epilepsymaritimes.org
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Membership Form

Helping people in your community since 1980

Your membership does or will include:

- Information about Epilepsy
- Your subscription to our newsletter which is published in the Fall, Winter and Spring
- Programming
- Opportunities to learn new skills through volunteering
- Counselling, referrals and advocacy
- Education programs to schools, employers, institutions, etc.
- Invitation to participate in Purple Day
- Social Functions

Thank you for your Support

Membership Information

**Please inform us about any
change of address**

Name: _____

Address: _____

Community, Province _____ Postal Code: _____

Home Phone: _____ Cell Phone: _____

Email Address: (please print clearly) _____

New membership _____ Renewal _____

MEMBERSHIP FEE IS 'PAY WHAT YOU CAN'

Amount enclosed: _____

Office Use Only

- Letter
- Receipt
- Mem. Card
- Database