



Our new address:
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(614) 358-0874, and 1-800-878-3226

www.epilepsy-ohio.org

Foundation e-News - November 2008

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Calendar

From the President...

A Foundation on the Move

Friends and Members of the Epilepsy Foundation of Central Ohio

With the state of the economy and with the United Way funding cuts, I am pleased to tell you that we are making significant changes at the Foundation to better serve our clients throughout the community. First, we have hired a new Executive Director Irene Baird, who brings more than 25 years of experience to our organization. Under her strength and experience, I am confident that she will lead us in a direction that will help us accomplish our goals to provide greater access to resources, continue and strengthen our educational programs and improve the success of our fundraising activities.

Additionally, we are looking for ways to lower our administrative costs and conserve resources so that we can devote more to services for our families. Our new office at Strategic Health Care in downtown Columbus will allow us to reduce our day-to-day administrative costs and allow us to provide additional support to families with Epilepsy. While our office address will be different, our services will remain the same and our support groups will continue as usual.

Look for other positive changes to come over the next several months as we strive to strengthen our organization and improve our services. And as always, I ask that you continue to support our events and volunteers programs, and if you have any questions or concerns, please give us a call at 614-261-1100

December

December 6
-YAAC Wild Lights

January

January 7
-Adult Support Group

January 12
-Young Adult Support Group

January 21
-Adult Support Group

January 27
-Parent Support Group

January 27
-TASSEL Support Group

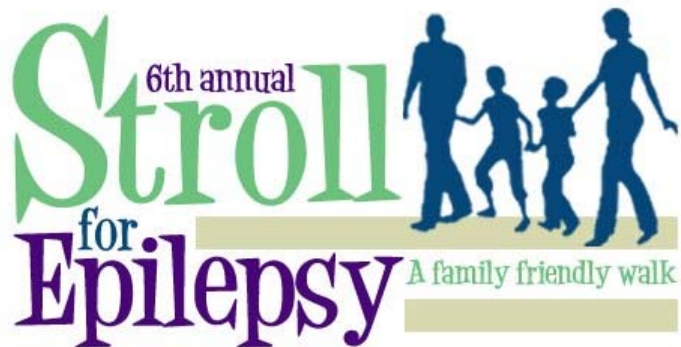
January 31
-STROLL

Quick Links...

- [Epilepsy Foundation Services](#)
- [Support Groups](#)
- [More About Us](#)
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Join Our Mailing List!

Tom Haner
Present, Board of Directors



Saturday, January 31, 2009
Polaris Fashion Place Grand Entrance
8:30 a.m. Registration
10:00 a.m. Stroll
11:00 a.m. Program

This family friendly walk takes strollers through both levels of Polaris Fashion Place.

Held in the wintertime, it's the perfect opportunity to get out of the house, get some exercise, and take part in making a difference for those affected by epilepsy. The walk includes lots of family fun and the chance to win some great prizes.

Register Online! Go to www.epilepsy-ohio.org and click on Stroll 2009. Registration is free but participants are encouraged to raise a goal of \$100.

For more information contact Executive Director, Irene Baird at 614-358-0874

Meet Amanda

Stroll for Epilepsy Ambassador



Amanda, a kindergartner at Schultz Elementary in Delaware City Schools, has suffered from seizures since she was six months old.

This determined and loving little girl has a big job ahead of her, as she will serve as the Honorary Child Ambassador at the upcoming Stroll for Epilepsy.

The Rainey family is thrilled to advocate, raise funds and help in every way for this year's event.

Being a close family unit, they love to camp, enjoy music together, and are members of St. Mary's Catholic Church. The Rainey family consists of mom (Maryann), dad (Matt), eight-year-old Sara, four-year-old Zachary, and six-year-old Amanda.

Come stroll with Amanda on Saturday, January 31st and help raise awareness and funding for others in central Ohio affected by epilepsy.

Support Groups Offer Help

Out-of-County Groups Needed

When dealing with epilepsy and all it involves, it is helpful to know you are not alone. The Epilepsy Foundation of Central Ohio currently facilitates four different support groups and an activity group to meet individual needs.

These monthly meetings include a parent support group for those with children with epilepsy, Tassels for teens between the ages of 12 and 17; both an young-adult support group for 18 to 30 year olds which also includes a social club, and group meetings for older adults and their spouses or family members.

In addition to these opportunities, the Foundation periodically offers a couples group to discuss marital issues that may occur when parenting children with a chronic health disorder.

According to Epilepsy Foundation's Program Director Carol Johnson, "The support groups provide a way for those affected by epilepsy to communicate and connect with others who have similar experiences. It also gives a group of people the opportunity to help others and share experiences in addition to providing a forum to vent frustrations, rejoice in accomplishments, and provide a sense of hope."

For many served by Foundation, the Franklin County area is too far

to travel. The foundation receives numerous calls from those in contiguous counties looking for support groups meeting in their areas.

Currently, the foundation is looking for persons willing to help facilitate a support group in other counties under the guidance of the Epilepsy Foundation of Central Ohio. Please call Carol Johnson, program director, at 614-228-9131 or e-mail her at cjohnson@epilepsy-ohio.org if you are interested in learning more about our community out-reach support group program or for questions about existing group meetings.

Upcoming Support Groups

Adult Support Group

First and Third Wednesdays each month

No meetings in December

January 7 and 21, 2009

February 4 and 18

March 4 and 18

Young Adult Group

Second Monday of each Month

January 12, 2009

February 9

March 9

Parent Support Group

Last Tuesday of month

January 27, 2009

February, (TBA)

March 31

TasselsGroup

Meets on same dates and times as Parent's Group

YAAC (Young Adult Activity Club)

December 6, Wild Lights

January 31, STROLL

Epilepsy...In the News

Recent News and Information on Epilepsy.

[Seizure-alert dogs give new freedom to epilepsy sufferers \(CNN\)](#)

[CDC Study Finds that Nearly 5 Million American Have Epilepsy \(CDC\)](#)

Get Involved! Have Fun!

**Volunteer Opportunities
available at the Foundation**

**Contact Rachel Sweatte
614.261.1100**



Epilepsy Foundation Holiday Party

Although not a snowflake in the air, preparations for the annual Holiday Party are already in progress.

Please come join us for this fun-filled family celebration that offers music, singing, wonderful food, special gifts and the opportunity to

celebrate with the Foundation family.

Wednesday, December 3, 2008

5:30 PM. Hors d'oeuvres

6:00 PM. Dinner

7:00 PM to 8:00 PM. Entertainment

Please RSVP to 228-9131 by November 28!

