

# The Update



December 2025

## Please consider Epilepsy Alliance Ohio in your end of year giving.

There are several ways that you can support Epilepsy Alliance Ohio and you can even designate a program that you would like your donation to help fund if you would like to! EAO is a non-profit, charitable agency, designated as a 501(c)(3) organization by the IRS.

**Donations are tax deductible** as allowed by law.

Programs that you may designate:

Camp Flame Catcher  
Camp for Champs  
Community Education  
Counseling  
Advocacy  
Patient Assistance Fund  
Adult Activity Program

Group Homes: Arborview, Benton Center, Cedar Creek, and Sycamore Vista

You may make a gift in memory or in honor of a friend or loved one. Please provide us with the honoree's information so we can send an acknowledgement to the individual/family to let them know of your thoughtful gift.

Ways to donate:

1. You can donate [HERE](#) using any major credit card.
2. You can mail a check or money order to Epilepsy Alliance Ohio at 895 Central Avenue, Suite 550, Cincinnati, Ohio, 45202. Please include any designation information with your donation.
3. You can call Epilepsy Alliance Ohio 513-721-2905 or toll free (877) 804-2241 to use your American Express, Discover, MasterCard or Visa credit card by phone.

Any way you choose to donate, remember that **your gift is tax deductible**. We will send you a letter confirming the amount of your donation for your tax records.

Thank You!



**Our group homes are in need of a reliable car for use in the care of our residents. If you are considering parting with such a vehicle, we would like to talk with you. Please contact Mark Findley at 513-721-2905 or [mark.findley@epilepsy-ohio.org](mailto:mark.findley@epilepsy-ohio.org).**

**As always, donations to Epilepsy Alliance Ohio are tax deductible.**

## S.M.A.R.T. Program Managing Life with Epilepsy: An 8-Week Virtual Course

Are you an adult living with epilepsy or do you know someone who is? Would you like to learn strategies to help improve your quality of life? Epilepsy Alliance Ohio is holding a virtual 8-week, one-hour per week, class for adults with epilepsy focused on practical strategies for managing both physical and emotional well-being. The program involves educational and behavioral interventions intended to enhance epilepsy self-management.

Each week, the group leaders, which include a nurse and a trained peer educator, highlight different topics in wellness for epilepsy. Participants have an opportunity to share their experiences living with epilepsy and learn from each other. Groups will be limited to 10 participants. Participation is free of charge.



Upcoming 2026 Sessions:  
1st Session: January 27—March 17  
2nd Session: April 14—June 9  
3rd Session: September 1—October 20

To enroll click [here](#). For more information, contact Patty Trotta at 513-721-2905 or [patty.trotta@epilepsy-ohio.org](mailto:patty.trotta@epilepsy-ohio.org)



### Men's Epilepsy Support Group

Epilepsy Alliance Ohio has several in-person and virtual support groups for people with epilepsy as well as those affected by epilepsy. New to this list of support groups is the Virtual Men's Epilepsy Support Group. This group is open to all men affected by epilepsy to share their unique experiences and make connections leading to better understanding and management of the challenges faced by those with epilepsy.

This group will meet every month on the 2<sup>nd</sup> Tuesday from 4:30 - 5:30 PM. The next meeting is January 6, 2026.

For more info, contact Doug Simmons at 513-721-2905 or [doug.simmons@epilepsy-ohio.org](mailto:doug.simmons@epilepsy-ohio.org).

A link to this and all EAO Support Groups can be found [HERE](#).

**Save the Dates**  
Men's Epilepsy Support Group - January 6 - Virtual  
SMART - January 27 to March 17 - Virtual  
Stroll for Epilepsy - February 28 - Columbus

**Epilepsy Alliance Ohio**  
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(513) 721-2905 | (877) 804-2241 | Fax (877) 721-0799  
[EAO@epilepsy-ohio.org](mailto:EAO@epilepsy-ohio.org) [www.epilepsy-ohio.org](http://www.epilepsy-ohio.org)

### Mission Statement:

Epilepsy Alliance Ohio is dedicated to supporting those in our communities impacted by epilepsy by confronting the spectrum of challenges created by seizures.