

April 2015
Spring Edition



EPILEPSY AND SEIZURE ASSOCIATION OF MANITOBA

Epilepsy Educator

News from ESAM

Purple Day 2015



ESAM at Manitoba Hydro for Purple Day 2015



Wear purple to show support for epilepsy



Mike and Melissa Danis, and their children Owen and Caileigh, are encouraging people to wear purple on March 26. Purple Day is an initiative to spread awareness about epilepsy. Photograph By Kelly Oswald

Kelly Oswald-Flin Flon Reminder-March 18, 2015

Epilepsy affects more than 50 million people world-wide, more than 300,000 Canadians and numerous families in the Flin Flon community.

Melissa Danis, of Creighton, was diagnosed with Juvenile Myoclonic Epilepsy in 1995 and was recently named the ambassador for the north with the Canadian Epilepsy Alliance. Danis not only lives with the disease herself, but also has two children with different forms of epilepsy.

Purple Day has continued to bring awareness about epilepsy since it's inception in 2008 by a girl in Nova Scotia. Danis now wants to show the same support from the Flin Flon, Creighton and Denare Beach area by participating in the Mar. 26 event. The mother of two is encouraging all area residents to wear purple next Thursday and to help "dispel the myths of epilepsy."

Danis' daughter Caileigh, five, attends Ecole McIssac School and was diagnosed with Generalized Epilepsy in July 2013. Her son Owen, four, was diagnosed with Occipital Epilepsy in January 2014. The mother of two hopes that by hosting Purple Day the "nasty stigma" that surrounds epilepsy can be removed.

"Epilepsy is more prevalent than cerebral palsy, multiple sclerosis and a lot of cancers," said Danis, noting that one person in 100 has been diagnosed with a form of epilepsy.

"People don't realize how many people they know that actually have epilepsy, because there is still such a nasty stigma attached to it. People are afraid to talk about it. Even telling people about my kids and all the challenges they have gone through, like getting Caileigh in a happy, healthy position in school -- it's like you walk into the conversation guarded already.

"You're afraid of what people are going to think because they are afraid of it. It's the unknown," said Danis. "It's not like a lot of other diseases that are, for lack of a better term, predictable."

Source: <http://www.thereReminder.ca/community/social-news/wear-purple-to-show-support-for-epilepsy-1.1797201>

Wear purple to show support for epilepsy continued

Purple Day started in 2008 when a young Nova Scotia girl wanted to help spread awareness about a disease she knew all too well. The now-global initiative has built over the past eight years, with a sea of purple making its way through office buildings, schools and large centres.

Some area schools and businesses are already on board to participate in Purple Day, 2015.

“It’s not asking a lot of people,” said Danis, hoping to see lots of people in Flin Flon, Creighton and Denare Beach dressed in purple on Mar. 26. “We’re not asking you to buy something, we’re not asking you to fund-raise, we’re not asking you to stay up all night. [We’re just asking you to] wear something purple, read the pamphlet and make yourself aware,” she said.

As a mother of two children with epilepsy, Danis hopes to bring a form of normalcy to not only her family life, but also those in the community dealing with similar issues.

“I’m just hoping it will make a difference, spread the word and that people will begin to realize that it’s not just some guy’s cousin. It’s not just a random person. It’s people close to you, in your community, that are dealing with this,” she said. “People can function with epilepsy,” said Danis. “There doesn’t have to be this nasty stigma surrounding it.”

Danis is the community’s first ambassador for epilepsy, a title she takes very seriously.

“It’s a pretty emotional thing to be the first person in this community to kind of carry the torch for it, so to speak,” she said. “It’s scary. As an epileptic and a parent of two epileptic children, it’s scary to have the potential of confrontation with anything, and having to fight a disease like this in a remote community, it’s almost like every time it comes up, it’s another fight, another battle.”

Danis moved to the Creighton area with her two children and husband Mike in 2012 from Saskatoon.

Danis received her diagnosis at the age of 15, and is no stranger to epilepsy support groups in the city, which offered a continuous outpouring of support.

Run For Epilepsy is a series of runs held in various Canadian cities, and as the new ambassador for the North, Danis hopes to bring a run to the community in due time.

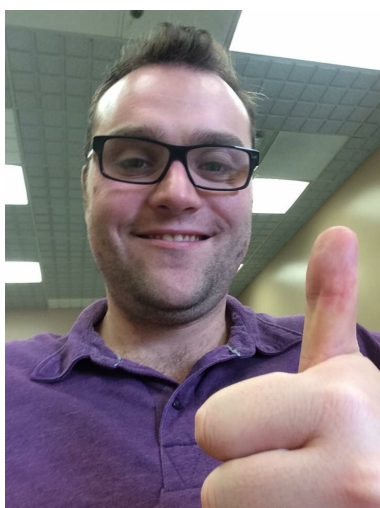
Danis also hopes to someday be able to bring a chapter of Canadian Epilepsy Alliance to the Flin Flon, Creighton and Denare Beach area.

For now, Danis encourages everyone to wear purple on Mar. 26 and to become more aware about epilepsy.

For more information about epilepsy and Purple Day, visit www.purpleday.org.

Source: <http://www.there reminder.ca/community/social-news/wear-purple-to-show-support-for-epilepsy-1.1797201>

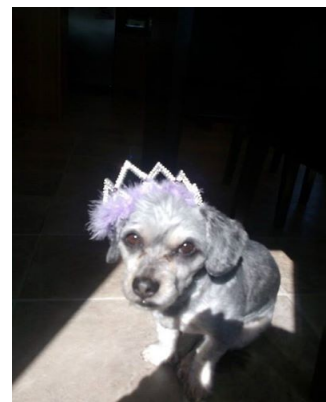
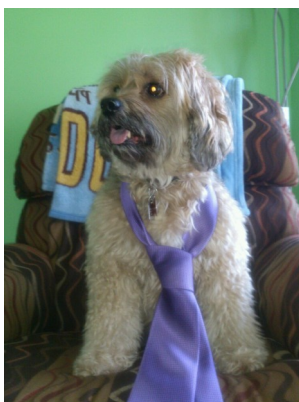
Purple Day 2015 in Creighton and Flin Flon



To see all of the pictures from Purple Day 2015 in Creighton and Flin Flon, check out our Facebook page!

Even furry family members can show support

Even furry family members showed their support for Purple Day! Thank you for the pictures of your purpletastic pets that were sent in!



2015 Purple Day Bunny Hop

Each year, as part of Purple Day, daycare centres across Manitoba are invited to participate in the Purple Day Bunny Hop. Children collect pledges and on Purple Day, they hop to raise awareness and funds for epilepsy. This year the response was amazing. Seventeen daycares and nursery schools across Manitoba registered to participate in the Bunny Hop!

Valleyview Kids Zone Inc-Brandon

St. Therese Childcare-Winnipeg

Minnedosa Community Child Care

Rosburn Early Learners-Rosburn

Kidz Korner-Winnipeg

St. Maurice Daycare-Winnipeg

Miami Children's Facility-Miami

Heritage Park Children's Programs-Winnipeg

Wild Strawberry Children's Centre-Winnipeg

Teekinagan Day Care-Thompson

Maples Day Care-Winnipeg

Riverview Early Learners-Brandon

Charlie Brown Daycare-St. Rose

Carpathia Children's Centre-Winnipeg

Happy Rock Children's Centre-Gladstone

South Park Child Care Co-op-Winnipeg

Fairlane Children's Centre-Winnipeg



Thank you to each and every one of the facilities who participated in the Bunny Hop! This year 881 children received Purple Day bracelets and learned about Purple Day.

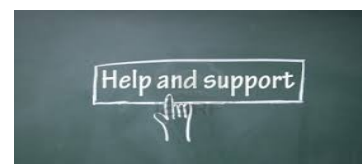
Brandon Epilepsy Support Group Welcomed Speaker from ADAM



The Brandon Epilepsy & Seizure Support Group hosted Deb Fisch at their March 19th meeting. She discussed her role with the Anxiety Disorder Association of Manitoba (ADAM) and shared strategies for anxiety reduction. She also explained how ADAM supports those in our community and tools they provide for these members. They hope to see her again!

Anyone in Brandon or the surrounding area who may be interested in attending group, please contact Sheena Ford at sheenaforndn@gmail.com.

Everyone is welcome!



Healthy Living Marathon

The 2015 Healthy Living Marathon fundraiser wrapped up February 28 2015. This year, just under \$8,000.00 was raised towards the purchase of the neuroimaging equipment for the Children's Hospital.

The grand prize of two tickets to see the Jets play the Montreal Canadiens on March 26th was awarded to Jaclyn McLean. Jaclyn raised over \$2500.00.

Thank you to everyone who entered the Healthy Living Marathon or sponsored a participant!

Membership Renewal

Just a reminder, if you haven't renewed your membership, now is the time!

Memberships are for the period of March 2015 to March 2016.

Membership fees are \$10.00 per year, per person.

If you are interested in becoming a member or renewing a membership please contact the office at 204-783-0466, or toll-free at 1-888-780-ESAM or email us at esam@manitobaepilepsy.org

**IT'S TIME TO
RENEW YOUR
MEMBERSHIP!**

Soy Harvest Candle Fundraiser

ESAM is pleased to share that we are testing out a new fundraising idea. We will be selling soy candles.

Candles are currently available in 3 scents: Pineapple Cilantro, Vanilla and Grape Soda. Each candle box contains a paper slip with seeds. After burning your candle, fill the holder with soil and the paper seeds and grow your own oregano or basil! Candles are provided by Soy Harvest Candles and seeds are provided by Winnipeg Botanicals.

If you are interested in ordering a candle, please contact the office. Depending on the response we get, we can always order more candles! At this time we are not shipping/mailing out candles.



Candles are 10.00 each.

Volunteer Board Members Needed

Are you looking to volunteer for a meaningful cause? **ESAM needs volunteer Board members.** Volunteer commitment is one night per month for Board meetings and helping out with special events.

To apply to be a volunteer Board member or for further information on the commitment required, please contact ESAM offices either by phone or email esam@manitobaepilepsy.org



23rd annual Maurice Dumontier Memorial Golf Tournament

Where: Transcona Golf Club
When: June 20, 2015
Time: Tee off time start at 10:00AM
Fee: \$95.00 per golfer, power cart rental is extra



The draw for the West Jet tickets will take place at the tournament!!!! A limited number of raffle tickets have been reserved for sale exclusively at the tournament.



Social auction to be held the night of the tournament.

To register a team, donate a prize, or sponsor a golf hole, please contact ESAM offices at 204-783-0466 or esam@manitobaepilepsy.org.