



**BC Epilepsy
Society**

E-NEWSLETTER

*Improving lives.
Inspiring courage.*

October 15, 2014

Shakin' Not Cured: November 6th

A FUND RAISER FOR THE BC EPILEPSY SOCIETY

Agent 007...also known as James Bond. The films about this fictional British Secret Service agent are renowned for a number of aspects. This includes the theme music, cars, gadgets, and his beverage of choice.

Bond has a preference for martinis and his instruction on how it must be prepared is, "shaken, not stirred"

It is his legacy and this catchphrase that has inspired the title and theme of our fund raiser called "Shakin' Not Cured."

Our Shakin' Not Cured gala fund raiser is on Thursday, November 6th in The Loft at Earls Yaletown (1095 Mainland Street).

Tickets are \$100 each. If you purchase 10 tickets you will get an additional two free tickets. Ticket price includes:

- Live entertainment
- Hors d'ouerves
- Your first drink
- Access to premium auction items
- James Bond themed surprises

We will also have two Black Jack tables, one poker table, and one roulette table. Attendees will be given free chips to play for prizes.

Doors open at 6:30 pm and the festivities will start at 7 pm. Please note that due to licensing regulations this event is for ages 19 and up. There will be street, lot, and valet parking.

Funds raised go towards the programs, services, and research funded by the BC

Epilepsy Society.

We are currently collecting auction items for this event. Please submit our [auction donation form](#) if you have items that you would like to donate. Thank you to the [sponsors](#) that have already donated auction items.

[Click here](#) to access a feature about this event on the Jon McComb show on CKNW. It is titled Epilepsy Fundraiser.

You can order tickets by contacting our office at 604-875-6704 Ext. 12 or at laari@bcepilepsy.com

Be sure to also RSVP on our [Facebook event page](#). You can also forward the event page to your friends and family.

Lecture on Epilepsy and Memory

MONDAY, OCTOBER 20TH

It is not uncommon for people with epilepsy to report problems with their memory. Sometimes these problems are the result of difficulties forming new memories and sometimes they are due to difficulties retrieving or remembering information. These can happen for many reasons, including seizure type, medication side-effects, mood, lack of sleep, age, or as a result of epilepsy surgery.

Learn about how epilepsy and seizures could affect memory, as well as ways to improve it, at our lecture about epilepsy and memory. The speaker will be Dr. Jing Ee Tan, a Registered Psychologist with expertise in this topic.

Epilepsy and Memory Lecture:

Monday, October 20th

7:00 pm - 8:30 pm

Chan Centre for Family Health Education, Room 2108

[Children's and Women's Health Centre of BC](#)

4408 Oak Street, Vancouver, BC

This event is \$10 or free with a current [BC Epilepsy Society membership](#).

For more information and to RSVP please contact the BC Epilepsy Society at 604-875-6704 or at info@bcepilepsy.com

On Tuesday, November 18th we will be hosting a lecture about epilepsy medications at the same venue and time.

Happy Halloween!

SEASONAL SAFETY TIPS

Halloween is considered amongst most kids (and adults) as one of the best events of the year. Dressing up in costume, trick or treating, going to parties, and indulging in treats are fun for all ages.

The majority of people with epilepsy are able to participate in typical Halloween celebrations. Even if a child has uncontrolled seizures, health problems, and/or special needs it is still important for them to be included in social activities with their peers.

Halloween doesn't have to be scary, particularly if you follow generally accepted seizure and Halloween related safety tips.

Some tips are below:

- Travel with someone who knows what to do if a seizure occurs.
- Wear medical ID and/or carry a wallet card with emergency contact information, names and dosages of medications, and other important information.
- Avoid sleep deprivation and alcohol use.
- Take children to familiar homes or environments to help avoid undue stress or anxiety.
- If a child is on the Ketogenic diet, you can have them exchange candy for a toy.
- If you are sensitive to bright or flashing lights consider participating in activities and going to locations that you are already familiar with. You can also contact places like haunted houses in advance to get information about the environment.
- Do not use fireworks or candles when you are alone.

Lastly, if you haven't decided upon a costume, how about dressing up as a famous person who had epilepsy, such as Julius Caesar or as a part of the body, such as the brain or a neuron?

Enjoy the celebrations!

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BC Epilepsy Society

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which provides education, advocacy, and support.*