



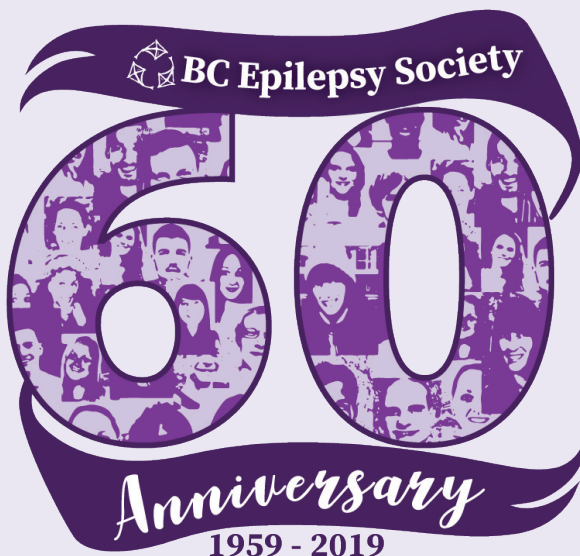
BC Epilepsy Society

Welcome to the March 2019 edition of the BC Epilepsy Society Newsletter. This issue includes information on the 60th Anniversary of the BC Epilepsy Society, articles on various epilepsy related topics as well as feature articles on our March is Purple Month campaign!

The BC Epilepsy Society Celebrates 60 Years!

Since 1959, the BC Epilepsy Society has served people living with epilepsy - including infants, children, youth, adolescents, young adults, adults and seniors - in BC and their families!

2019 marks our 60th year and we want to unveil our rebranded logo. Check it out below:



Be sure to check out our website, blog and social media platforms for the exciting initiatives that we will be doing for our 60th year anniversary! ▴

Dating is a normal part of life, with challenges that everyone faces. However, people with epilepsy not only face these challenges while dating but may also face additional challenges. If you have epilepsy and are dating or would like to start dating, read on for some of our tips on how to deal with any challenges that may arise:



Disclosing Epilepsy:

- If you have epilepsy, you may worry about when to disclose that you have epilepsy to your date
- Disclosing epilepsy should only be done when you feel comfortable to do so, and not based on others pressuring you to do so
- The decision of whether or not to disclose epilepsy to your date is made solely by you

Dealing with Fear:

- Don't be worried if the person you are dating is fearful or apprehensive at the revelation that you have epilepsy
- Many people fear things that they don't understand, and epilepsy can often be misunderstood
- To decrease the fear and misunderstanding surrounding epilepsy, you can try sharing information about epilepsy with the person who you are dating

continued on page 2

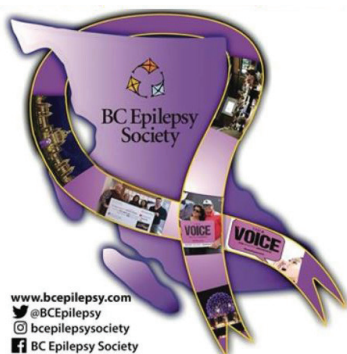
Dealing with Rejection:

- Rejection is a normal part of dating for all people, not just for people with epilepsy
- Keep in mind that if you are rejected by a date, it may have nothing at all to do with epilepsy and could be for any number of reasons
- Even if being rejected does have to do with your epilepsy, remember if someone does not want to date you because you have epilepsy, they are not the right person for you to date

Staying Safe:

- You can prevent seizures while on a date by trying to avoid triggers for your seizures and remembering to take your medications/treatments on time and as prescribed by your physician
- However, if a seizure does occur, it is important to stay safe
- Share information on seizure first aid with the person who you are dating so that they know what to do to help you in the case that a seizure does occur

No matter what happens on your dating adventure, don't let your epilepsy prevent you from having a good time! ▾



Every student has the right to a safe and supportive environment at school, including students with epilepsy. Unfortunately, it has been found that students with epilepsy are at an increased risk of being bullied by their peers.

The more that people and schools learn about epilepsy and help to educate others, the easier it will be to prevent the bullying of students with epilepsy and reduce stigma. Through the Partners in Teaching program, the BC Epilepsy Society does just that.

Partners in Teaching student workshops look to increase knowledge and understanding of epilepsy and empower students to learn how to be good friends to peers living with epilepsy. Peer education is an important first step in decreasing the bullying of students with epilepsy. It has been found that classmates who understand epilepsy and seizures are better able to provide friendly and positive environments for their peers living with epilepsy. Find out more about the Partners in Teaching program and how to book a student workshop at your school on the Programs section of our website. We are currently booking workshops taking place in April. ▾



Vancouver remains one of the largest cities in North America without access to ridesharing services like Uber and Lyft. As a member of the Ridesharing Now for BC coalition, the BC Epilepsy Society understands the need for Vancouver to provide accessible transportation options to its residents, especially for residents who face barriers to transportation, such as people living with epilepsy, many of whom do not have drivers licenses due to their condition.

There are over 40,000 people living with epilepsy in BC with over 15,000 people living with epilepsy in the Lower Mainland alone. Many of these people have limited transportation options, which can continue to negatively impact their quality of life. Bringing ridesharing to the province will not only make our roads safer and result in a stronger economy and a cleaner environment but will also give people living with epilepsy a more reliable and affordable method of transport, which can greatly increase their quality of life.

The BC Epilepsy Society hopes that decision makers will choose to bring ridesharing to the province, but we can't do it alone. Help bring ridesharing to the province by filling out the petition (found on the Ridesharing Now for BC coalition website) and be a voice for people living with epilepsy in BC! ▾

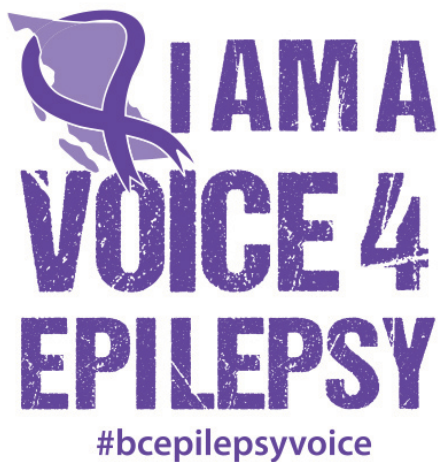


We are excited to announce a partnership with Gold's Gym for Purple Month!

As part of their Purple Month campaign, Gold's Gym will be donating \$10 to the BC Epilepsy Society for every membership sold at Gold's Gym West Broadway in March and will help us support people in BC living with epilepsy and their families and raise awareness of epilepsy in the community.

Did you know that the BC Epilepsy Society will be hosting two free workshops at Gold's Gym West Broadway on epilepsy awareness and seizure first aid?

For more details on these two free workshops that are open to the public, check out the poster on the next page. ▾



We are excited to announce a partnership with Vida Spa for Purple Month!

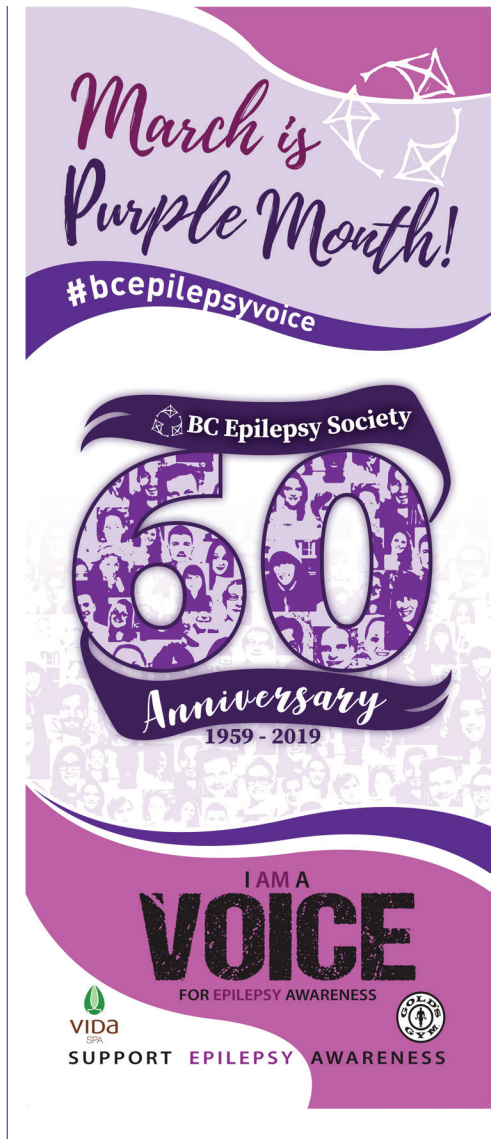
Vida Spa will be offering a Mindful Massage, which incorporates a medium pressure Swedish style technique on the body paired with pressure point movements throughout the scalp to relax the mind. \$22 of each Mindful Massage sold will go towards the free programs and services provided by the BC Epilepsy Society

The price of the Mindful Massage is as follows:

- Vancouver:
 - 60 Minutes: \$160
 - 90 Minutes: \$230
- Whistler:
 - 60 Minutes: \$180
 - 90 Minutes: \$260

The goal of the Vida Spa Mindful Massage is to encourage our society to be more mindful of a very misunderstood neurological disorder while raising funds for the BC Epilepsy Society for the support they offer individuals and families living with epilepsy. Vida Spa is mindful of the difference this massage will make to both people living with epilepsy and the BC Epilepsy Society.

Vida Spa understands that many seizures can be increased or triggered by stress or lack of sleep. Alongside proper medication, massage therapy will help to relax the mind and body to encourage



better sleep and well-being. Vida Spa believes that this may help reduce the frequency of seizures.

Did you know that the president of Vida Spa, Allison Hegedus is an epilepsy advocate and a voice for epilepsy? In fact, in the Fall of 2019, the book that she has authored, entitled *Unashamed and Unafraid: My Journey with Epilepsy*, will be released, with proceeds being donated to the BC Epilepsy Society! It is sure to be a great book for everyone - those that live with epilepsy and those that do not - to check out so keep your eyes out for that book to hit bookshelves in Fall 2019! ▾



GOLD'S GYM VANCOUVER
FITNESS ACADEMY



EPILEPSY 101 AND SEIZURE FIRST AID WITH SONIA ALI

INSTRUCTOR / HOST

SONIA ALI

DATE OF EVENT

MAR 26 / 6:30PM

MAR 30 / 9:30AM

LOCATION

**GROUP FITNESS
STUDIO**

REGISTER AT

**RSVP AT THE
FRONT DESK**

COST OF EVENT

FREE

**Open House:
Non Members
Welcome**

1 in 12 people will experience a seizure in their life time. Epilepsy is a neurological condition that involves recurring seizures, and affects more than 40,000 people in BC, 300,000 Canadians and 65 million people worldwide.

More people have epilepsy than those who have Multiple Sclerosis, Parkinsons and Cerebral Palsy combined, yet it is the most underfunded.

Please join Gold's Gym West Broadway and BC Epilepsy Society in raising awareness and educating yourself on how you should react and act when somebody is having a seizure to help ensure their safety.

This seminar is conducted by BC Epilepsy, and will teach you about epilepsy, how to recognize seizures, about first aid and safety considerations if someone is having a seizure. Learn how you can help!

Sonia Ali is the program coordinator at BC Epilepsy, and has a Masters in Public Health from University of Victoria.

"I am a voice for Epilepsy"

Sign up at the front desk to join the event or email Jean at jean@goldsgymbc.ca

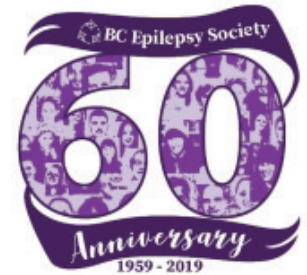
**GOLD'S GYM WEST BROADWAY
709 WEST BROADWAY, VANCOUVER
604.620.4653**



**BC Epilepsy
Society**



Eat Your Way ... Through Purple Day!



Attention Vancouver Restaurant Owners: The BC Epilepsy Society would like to invite you and your establishment to take part in our 2019 **Eat Your Way ... Through Purple Day!** campaign.

Purple Day™ is an international day for epilepsy awareness. Every year on March 26th, people in countries around the world wear purple and raise awareness about epilepsy.

It is our hope that the **Eat Your Way...Through Purple Day!** campaign will get people talking about epilepsy, raise awareness of epilepsy in the community and inform people living with epilepsy that they are not alone. Simply by participating in the **Eat Your Way ... Through Purple Day!** campaign, you will be helping the over 15,000 people in the Lower Mainland living with epilepsy and their families. To better understand the reach and scope that epilepsy has, please check out our Sabrina's Story video on our YouTube channel, where you will be able to see the direct impact that epilepsy awareness has on the individual, the society and the community.

As an extension of our appreciation, the BC Epilepsy Society will:

- Post the names of participating restaurants across all of our web-based social media platforms and the BC Epilepsy Society blog and website
- List and acknowledge each of the participating restaurants in a press release
- Speak about and acknowledge each of the participating restaurants on one of our two confirmed four-minute long segments on Breakfast Television
- Supply participating restaurants with purple bracelets, purple ribbons and purple necklaces for staff and patrons
- Supply participating restaurants with **Eat Your Way ... Through Purple Day!** branded table signs and business cards for promotional purposes

If you are interested in participating in the **Eat Your Way ... Through Purple Day!** campaign, please email Sonia at sonia@bcepilepsy.com to receive more information, including exclusive access to instructional videos created by the BC Epilepsy Society with restaurant owners in mind! We hope that many restaurants in Vancouver will participate in the **Eat Your Way ... Through Purple Day!** campaign and help the BC Epilepsy Society celebrate our 60 Year Anniversary! ▲