

Wave Length



January, 2011

Inside this issue:

| | |
|------------------------------------|---|
| From the Desk of Rick Wallin... | 2 |
| Epilepsy Issue: Health and Fitness | 3 |
| Stroll in the Park | 4 |
| Epilepsy Foundation Youth Council | 4 |
| 2010 Yearbook | 5 |
| Calendar of Events | 6 |

SHARE THE FLAME SILENT AUCTION And Gala! "Simply Fabulous!"

The 10th Annual Share the Flame Silent Auction and Gala Dinner was held December 7th, 2010 at Fanny Hill in Eau Claire. The evening was a lovely, and elegant event, which always brings in the holiday spirit! It was grand to hear all of the socializing done by the guests in the filled dinner theatre!

We are thankful beyond words for the generous sponsorship of WEAU 13, and the continued support and incredible presentation from our Master of Ceremonies, Sports Director, Bob Gallaher.



EFWW Staff with Bob Gallaher



EFWW Staff with Sarah Carlson

Our guest speaker Sarah Carlson, a television newscaster who recently had brain surgery for her seizures. and has faced many challenges with epilepsy ! She spoke with grace, confidence, and emotion as to how she reached her goals while dealing with her seizures disorder. She is an amazing young woman and we were fortunate that she was able to share the evening with us. The EFWW Scholarship award was presented to Sophie Poeschel, who will in the nursing program at Chippewa Valley Technical College in the fall.



Sophie Poeschel



The Silent Auction was absolutely phenomenal this year! The over 150 incredible ,diverse items were well received and attracted all of our guests! The lovely jewelry donated by Lasker Jewelers for the Champagne Raffle was a great lure! The delightful harp music by Kate Thompson, brought in the ambiance, Bill Hoepner took lovely photographs to create memories for all. The dinner was extraordinary , truffles by Obsession Chocolates absolutely scrumptious, and the Fanny Hill were there for every need throughout the evening. This Gala was the greatest success ever and this event has become we hope that it grows every year! We would like to thank our guests, and sponsors, for all of their support which created a magical evening for us all!! Please mark your calendars for December 6, 2011 for Share the Flame next year!



NOTE:

Due to the Economy....

Our Wave Length Newsletter will be only be sent via email and will be out periodically instead of quarterly.

If you would like to get the Wave Length please call our office at (715) 834-4455 or send me an email at efww_info@sbcglobal.net to be placed on our email list.

~Jennifer

EFWW MISSION STATEMENT

The Epilepsy Foundation of Western Wisconsin will ensure that people with seizures are able to participate in all life experiences, and will prevent, control and cure epilepsy through services, education, advocacy, and research.



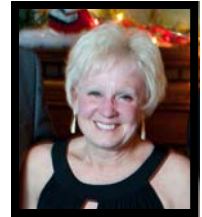
From the Desk of Rick Wallin...

2010 was year of staff changes at EFWW, people you may remember have gone on to other jobs and we thank them for their years of service. My name is Rick Wallin and I am the Interim Executive Director. You may remember me as the “bean man” at the Stroll and Cavalier’s game. I have been involved with the Foundation for the last 13 years as a board member, volunteer, and now as Interim Executive Director.



We also have a new office manager, Jennifer Green. Jennifer is a nursing student and mother of a daughter with epilepsy.

Still not all has changed, after nearly 8 years, we are still blessed to have Lou Kelsey here as our Client Services and Community Resources Director.



Even though there have been changes in staff, what has not changed is the support, dependability, and dedication we all here have to our clients, community, and to the Foundation. I invite everyone to come with us as we explore what 2011 will bring us. I am asking you all for your support because it is only with your help that we can move forward.

Thank you - Rick

2010 Epilepsy Scholarship Opportunities

UCB (Keppra) Scholarship Apply Now!

Download application at: www.ucbepilepsyscholarship.com

A one-time \$5,000 scholarship

** 20 scholarships available for students of any age with epilepsy

** 10 scholarships available for family members or caregivers of people

.....

Pfizer Scholarship Application Acceptance Begins Late February 2011

Download application at: www.epilepsy-scholarship.com

A one-time \$3,000 scholarship

** 25 scholarships available for students of any age with epilepsy

.....

Epilepsy Foundation Scholarship Application Deadline: November 4th, 2011

Download application at: www.epilepsywesternwi.org

A one-time \$1,000 scholarship



Health & Fitness

Staying Healthy

Staying healthy is important for people with epilepsy. Diet, physical fitness and sleep are all critical components in a healthy lifestyle.

Physical Fitness & Exercise

Leading an active life is good medicine for most people with epilepsy. If you find that getting overheated or physically tired triggers seizures, then you may want to avoid exercising when it's very hot. Take breaks when you feel you need them.

But if you are like most people with seizures, you will find that exercise is good for you in a number of ways. It makes you feel good and fights depression. It keeps your weight at reasonable levels so you look your best, and it builds self-confidence and self-esteem.

Diet and Eating Healthfully

In most cases, epilepsy isn't the kind of condition that can be treated with large doses of vitamins or mineral supplements. In fact, large quantities of either could be bad for your health. Check with your doctor before taking more vitamins than are in typical one-a-day multivitamins. If you are a woman who might become pregnant, ask your doctor about folic acid and how much you should be taking.

Eating a balanced diet is as important for you as it is for everyone else. However, if you think you are overweight, don't go on a crash diet without checking with your doctor first.

Sleep

Most people who have epilepsy need about the same amount of sleep as everybody else. There's usually no need to take extra naps or to go to bed early.

However, all-night study sessions, a series of late nights, or an overall lack of sleep can greatly raise the risk of seizures. In fact, that's one reason why doctors often ask adults or children suspected of having epilepsy to stay up late the night before an EEG examination. The lack of sleep increases the chances of seizure activity showing up on the tests. Another reason is to increase the chances that you will sleep during part of the EEG. Some seizure patterns are much more common in sleep than while awake.

On the other hand, people with epilepsy should not feel they need an excessive amount of sleep. If you feel tired and sleepy all the time, chances are your medicine needs adjustment in some way, or you may be depressed. Perhaps your dose is too high, or you are taking it at the wrong time of day. Don't make changes yourself, though. Tell your doctor about it.

"YOU CAN MAKE A DIFFERENCE!!!!"

JOIN EFWW'S NEW YOUTH COUNCIL!!!!



If you are a young adult who would like to make a positive difference in the lives of people who live with epilepsy-then the Epilepsy Foundation of Western Wisconsin Youth Council is looking for you!! You will work with EFWW staff to develop programs for mentorship, advocacy projects, fundraising events and services that will be beneficial and exciting for the youth of our community! You will become leaders and ambassadors in our community and state to promote our mission to ensure all people with epilepsy are given the chance to participate in all life experiences! You can learn more about what others are doing to help by reaching out to key political leaders about the importance of epilepsy awareness! You will have the awesome opportunity to meet with other youth council members in our state, make positive changes together, and **HAVE FUN!!!!**

If you are between the ages of 17 and 24 and have epilepsy, please give us a call. We will love to talk to you!
Please call 1-800-924-2105, 715-834-4455

STROLL IN THE PARK-2011!!!!



It's that time of year again !!! Time to get your walking shoes ready for the annual **Stroll in the Park for Epilepsy!** The Stroll will again be held at beautiful Irvine Park in Chippewa Falls on Saturday, May 7th, 2011!. Registration and all the fun will begin at 9:30am with strolling, a picnic, and prizes to follow.

It's time to start putting your team together! Be watching or contact us in the next months for registration forms, pledge sheets and more information on all the day!

Call our office at 834-4455 or 800-924-2105 or check our website - www.epilepsywesternwi.org for more information!

SEE YOU AT THE STROLL!!!!

525,600 minutes...A Year In Our Lives: A look back at 2010



Congressman Ron Kind-Public Policy Institute 2010



Kids Camp 2010 Graduates



"Our Kids" - Kids Camp 2010



Adult Retreat 2010



Leadership Conference, Long Beach, CA 2010



Stroll 2010



Epilepsy Foundation Night with the Cavs!



Our AWE-some Group at the Stroll!

Please help people affected by epilepsy by donating!

To donate by credit card, please log onto our website at www.epilepsywesternwi.org and click on "Donate" or contact us at (715)834-4455 or (800)924-2105

Send a check to our office at: Epilepsy Foundation of Western WI
1812 Brackett Ave, Ste. 5
Eau Claire, WI 54701

CALENDAR OF EVENTS

AWE-some Group Meeting
February 8th, 2011
6:30-8:00 pm
Valentine's Party
EFWW Office

Adult Retreat
August 26th-28th
Wisconsin Lions Camp
Rosholt, WI

Camp Phoenix-Kids Camp
July 24th-29th
Wisconsin Lions Camp
Rosholt, WI

Board of Directors Meetings
2nd Wednesday of each
month
5:30-7:00 pm
Sacred Heart Hospital
Information Systems
Room

**Stroll in the Park for
Epilepsy**
May 7th, 2011
Irvine Park
Chippewa Falls
9:00 PM

**Please note that we will be
closed for the following
holidays...**

April 22-Good Friday
EFWW Office Closed
May 30-Memorial Day
EFWW Office Closed
July 4-IndependenceDay
EFWW Office Closed

Schedule a Seizure Recognition & First Aid Training for your School or Workplace today!

The Seizure Recognition & First Aid training program is a comprehensive instruction session about epilepsy, seizures, and appropriate first aid responses. The 1 hour training defines epilepsy and what seizures can look like.

Participants will be able to:

- Recognize what seizures can look like
- Appropriately respond to seizures in three areas of first aid
- Know when to call for emergency assistance
- Understand their role as responder or observer

If you are interested in scheduling a training for your school or workplace, please call EFWW at **715-834-4455** or **800-924-2105**.

Donations are appreciated!

If you know of someone who would benefit from *Wave Length*, please forward their name and address to EFWW. If you no longer wish to receive *Wave Length*, return this label to EFWW, 1812 Brackett Ave, Suite 5 Eau Claire, WI 54701 or send an email request to efww_info@sbcglobal.net.

