

# Foundation Quarterly

**Delaney  
Kraemer**  
Book Author and  
Epilepsy Warrior

The Kids Issue

+ In Your  
Community,  
News Briefs,  
and Recipes  
for the fall

## LETTER FROM THE CEO

# It's Back to School and We Celebrate You!

That's right, we dedicated this issue to you — all the kids and young adults in our epilepsy community. Whether you, a sibling or a friend has epilepsy, you'll enjoy flipping through the pages of Foundation Quarterly.

But first, I'd like to introduce myself. I am Bee and I am the new chief executive officer of the Epilepsy Foundation. One interesting fact about me — I have epilepsy too! I know what it is to struggle with seizures, and like you, I continue to fight and am committed to making a difference.

Speaking of making a difference, in this magazine we spotlight kids who are doing amazing things in their community to create awareness. Oliver, for example, is a young man from Washington, D.C. who is using his experience to help pass a law in his state to keep kids with epilepsy safe at school. The story on the cover is about a young book writer with epilepsy who recently published a book for kids about epilepsy and seizures. And we also feature a young woman who has a little brother with epilepsy, and she is helping a researcher study different types of treatments to control seizures.

Finally, check out some fun facts about other kids around the country. I hope all these stories inspire you. Remember, you can make a difference no matter how old you are!



*Bee Martin Lee*

Bernice "Bee" Martin Lee  
CEO, Epilepsy Foundation

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**I believe in the impossible because  
that gives me an excellent**



because no one else does, and  
chance at accomplishing it.

- Florence Griffith Joyner





The First German Shepherd  
Who Howled at the Moon  
DELANEY KRAEMER

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# Book Author: Delaney Kraemer

*By: Jackie Aker*

## **Foundation Quarterly: Tell us about your epilepsy journey.**

**Delaney:** I was adopted from Guangxi, China, at 13 months old. My mom suspected I had cerebral palsy, with which I was eventually diagnosed. When I was 5 years old, I had my first seizure. My mother enrolled me in school, and I went through kindergarten. Then, she switched me to homeschooling because I was having too many seizures. During that time, my neurologist was trying to find the right medication for me to control my seizures. Being homeschooled and on a self-paced schedule has been very helpful to my writing, since I'm allowed more time for my passions. It's also beneficial because I require about 15 hours

of sleep at night. Additionally, I need to take breaks when I'm not feeling well because of my seizures.

I have tonic-clonic seizures, and focal onset aware seizures; I've had focal aware seizures since I can remember. My seizures always get worse when I am stressed out, don't sleep well, don't eat, or if I miss my meds. They got worse when I was 13 and hit puberty. My tonic-clonic seizures are now better controlled with medication; my focal aware seizures are refractory. My seizures sometimes cause tingly sensations in my face, back, and limbs, and a tight feeling like I'm having a charley horse.

## COVER STORY

### **FQ: Tell us how you became a book author.**

**Delaney:**When I was 9 years-old, my goal for the school year was to write and publish a book. I have written the “German Shepherd” series, which is a Christian middle-grade series with a little bit of fantasy. It features a brother, Adam, and a sister, Caithlin, and their dogs, Bailey and Leese. One day, they find a magic wolf tooth on a family camping trip. It leads them into a lot of trouble. There are four books in the small series.

### **FQ: Why did you decide to publish a book on epilepsy?**

**Delaney:**I wanted to educate people about my type of epilepsy, and what’s actually happening. There’s a stereotype about epilepsy. Many people believe the only type of seizures are the convulsing kind. So, I decided to write a book that would appeal to an audience like me. Most books I found were dystopian, dramatic, or depressing. Since I hadn’t found any books that educated readers about epilepsy or neurodivergence in a good light, I decided to write “Mountains of Our Own”. I wanted to show a character who has epilepsy that impacts her life, and more importantly, it doesn’t magically disappear when it was convenient for the character. People often say to me: “Would it help to turn off the lights?” “Do you want a glass of water or a snack?” “You’ll feel better once you get out into the sunshine,” “Maybe if you lie down,” or “Oh, you’ll forget about it,” I understand that they’re trying to help me, but it gets tiresome.

Showing that it’s more important what someone can do than what

someone can’t do is very significant and powerful. In society, there should be an emphasis on individuals’ gifts instead of their challenges. In the book, I show the importance of an invisible challenge. I mean, I look neurotypical from the outside. Just because someone can’t see someone’s difficulty doesn’t mean it’s not there. All the main characters in the book have some challenge — whether it’s neurological or another challenge in their lives. Yet, they don’t let it consume them, and they support each other through it. But it doesn’t make their difficulties go away or any less hard. I highlight the importance of inclusivity. That’s what humankind wants. This book is very special to me because it touches on the topics I love most: inclusivity, performing arts, kindness, honesty, neurodivergence, being yourself, loving Jesus, and leading with our strengths. In the future, I hope to write more stories with similar themes.

I wanted to educate people about my type of epilepsy, and what’s actually happening. There’s a stereotype about epilepsy.

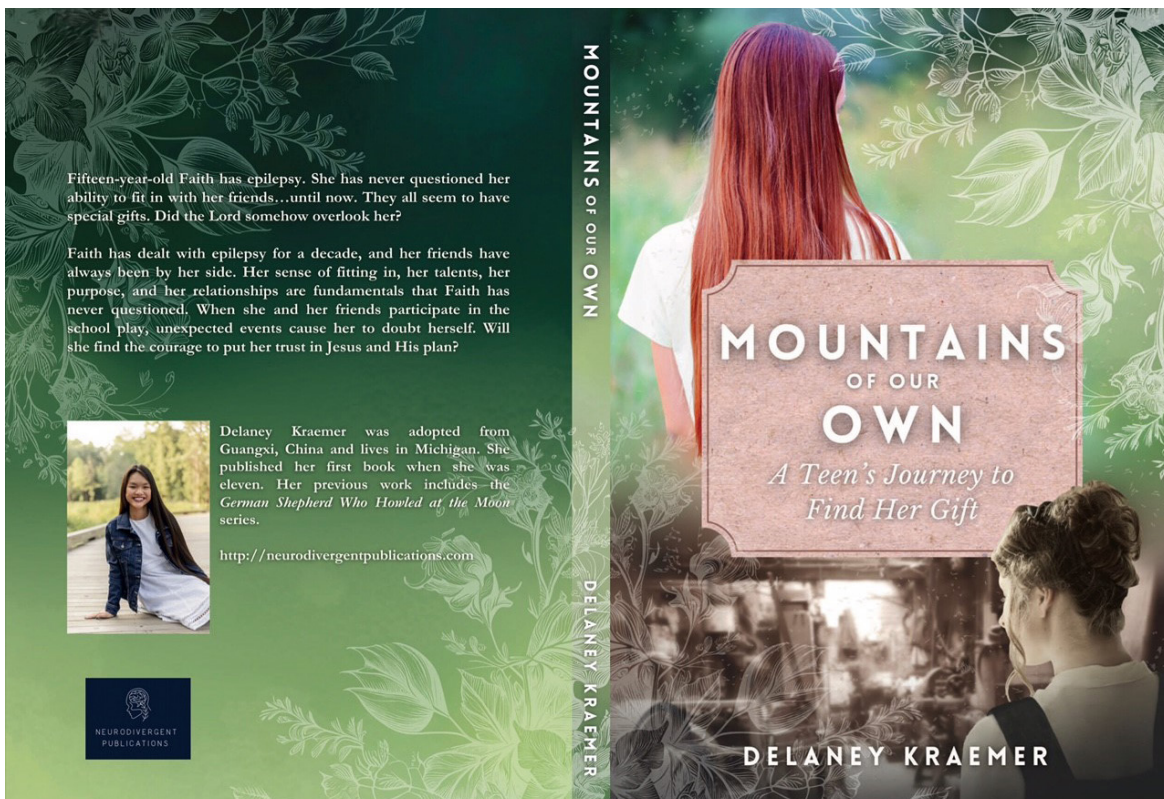


**FQ: What else do you hope to accomplish in the next five years?**

**Delaney:** I want to write more books, finish my senior year of high school, and go to college for English to learn how to write better stories. I'm going to take one course at a time, so I'm not overwhelmed. It will take a longer time than the normal four years. But everything has always taken me longer, and somehow I still get to the finish line.

**young adults who may be interested in writing their own book?**

**Delaney:** If you want to write a book, go for it! You have to be committed, find the time, and don't let anything make you quit. Spelling and grammar mistakes don't matter because your manuscript can always be edited. As long as the plot is well-written and well-thought out, then that's all that matters.



Book Cover. Picture provided by Kraemer Family

**FQ: What would you tell other**

# An Epilepsy Journey to Washington D.C.

By: Oliver Tineo Coppola



Oliver. Photos provided by the Coppola family.

As I lay in the hospital bed, I looked around the room at the “Finding Nemo” stickers. When am I going to finally stop having this done in the pediatric ward, I wondered? I feel like a male Medusa with wires coming out of my head instead of snakes. I really wish they were snakes because they might lose interest and loosen up, unlike the bandages that makes you feel like your brain is being suffocated. I sigh and pull out my laptop to watch a little YouTube even though I know screens are not good for the brain, and my brain is undergoing an electroencephalogram — or EEG (a test that measures electrical activity in the brain). I know I’ll switch soon to something else, but first I pull up a video about epilepsy, and I put my AirPods in. The video starts playing. I feel smug that I have an ad-blocker and don’t have to watch an annoying Grammarly ad. These 24-hour hospital stays, every few months, have been my reality for as long as I can remember.

Seizures can affect your memory, and I don’t remember a lot of things that happened the first year I had epilepsy. One of my earliest memories after having clinical seizures leaves me questioning reality. I was 6 years old, and I remember our class was outside by the entrance to the school where kids get picked up, and there was a police officer on a horse.

It is strange — and I question whether it was a dream or something that really happened — out of the blue, one of the teachers told me to get into an ambulance, and I thought I was really cool. I’m pretty sure at the time, I thought we were going on a field trip or something. But why was there a horse and where did the ambulance come from?

My memory ends there. I know from what my parents have told me I had multiple seizures at school and went by ambulance to Children’s Hospital. Over the coming days and weeks in the hospital, I would have lots of different kinds of seizures: absence, tonic, and electrical status epilepticus during sleep (ESES). At its worst, I had more than 50 seizures a day. I was treated with anti-seizure medicine, steroids, and immunoglobulin therapy. Eventually, I found a mixture of anti-seizure medicines that worked. The medicine made me miserable. It slowed my brain and made it harder to talk, and I still sometimes have trouble with word retrieval. My appetite was nonexistent, and I vomited a lot. I was forced to drink protein shakes that I hated. I lost so much weight that I had to be force-fed, and still have nightmares about the doctors trying to put a feeding tube up my nose. While the medicine greatly impacted my brain, it stopped my seizures from occurring, which was critical.



I stayed out of school for the rest of the year, and when I returned, the school told my parents they were really nervous that I'd have a seizure at school. My mother spoke to another school about transferring, and when she told them I had epilepsy and they said they wouldn't admit children with active seizures. Camps said the same thing. No one wanted to deal with seizures, which is nuts because seizure first aid is very simple.

Even when I was seizure-free, kids made fun of how slowly I spoke while I was still on the medicine. But I was lucky. Even though my medicine had lousy side effects, it stopped the seizures so I could live an easier life.

More than one million people in the U.S. live with uncontrolled seizures, affecting their lives and what they can do. The discrimination I faced based on a health issue is not uncommon, yet people with other health issues are praised for their bravery and allowed to continue to go to school. There is a history of misunderstanding about epilepsy and people with it are often

mistreated. It has always been surrounded by prejudice and myth. Even today, epilepsy continues to have a social stigma.

Last year, I was selected to be a Teen Ambassador for the Epilepsy Foundation. With teens from all over the U.S. I attended a two day training about epilepsy education and advocacy. Meeting other kids with epilepsy made me feel like I had a community of people who understood what I went through and also that I was lucky to be seizure free. I saw, for the first time in my life, someone have a tonic clonic seizure. There was no danger because everyone there knew what to do.

I saw, for the first time in my life, someone have a tonic-clonic seizure. There was no danger because everyone there knew what to do.



Oliver with his mom at 2023's Teens Speak Up in Washington D.C.

I learned at the training about Seizure Safe Schools legislation. I started thinking about my own experience, how my teacher didn't recognize I was having absence seizures, probably for months, before the tonic clonic started. If she had the training, she would have been able to recognize them. I found myself wondering whether it could have made a difference to start medicine sooner, and maybe never have had ESES.

Following the Teen Ambassador training, I decided to try and get Washington D.C. to pass Seizure Safe Schools legislation. I started writing to my local council member and to the State Board of Education. One State Board of Education member replied, and he told me about his own experience, where his friend had a heat-induced seizure and he felt helpless. He agreed to help push for a resolution.

In May I testified to the D.C. State Board of Education. Even though Seizure Safe Schools legislation wasn't on the agenda, a majority of the Council members used their time to talk about their own experiences of students having seizures. A lot of them said they had no idea what to do. They said they would support a resolution. In June, DC State Board of Education passed a unanimous resolution asking the D.C. Council to adopt Seizure Safe Schools legislation. It included a reference to my testimony. The next step was reaching out to D.C. Council members. My ward member committed to initiating the legislation, and other Council members, including the Chair of the Health Committee, agreed to support the legislation. Today, I'm working closely with Council members to gather additional support from DC lawmakers. I hope this year, D.C. will pass legislation to make schools safer for kids with epilepsy.



Learn about our advocacy efforts: [epilepsy.com/advocacy](https://epilepsy.com/advocacy)



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Get to know...

# Kian LaMar

14-year-old from Salem, Oregon



**What's your favorite food?**

Fruit in general

**What's your favorite game?**

NBA 2K

**Do you play any sports or play an instrument? If so, what?**

Basketball

**What's the silliest thing you carry inside your backpack or have in your room?**

My sister's toys and dresses.



Kian at camp.

Photos provided by the LaMar family.

**What do you want to be when you grow up?**

An NBA basketball star.

**You just found out you have epilepsy. Now what?**

I was worried, but open to listening about what it was.

**What would you tell other kids who just found out they have epilepsy?**

To be careful, but not to be afraid.

**What are you doing in your community or at school to teach others about epilepsy and seizures?**

I asked the nurse at school to explain what it is to others.

**What's the most challenging thing about living with epilepsy?**

For me not much besides having to make sure to take my meds and be careful about how I'm feeling.

**If you could create a movie or a video game about your epilepsy journey, what would you call it?**

The mighty journey of the helpful and careful one.

# Everyone has a story

By: Jackie Aker

You may not believe you have a story to tell, but that isn't true. Each of us does. Telling your story is one of the best ways to spread awareness. It helps others better understand epilepsy, the challenges that kids face, and how much more still needs to be done to help the epilepsy community. If you'd like to share your story, first check with your parents to make sure they agree. Then, get pen and paper (or your tablet or laptop) and follow the below steps:

## 1. What is Your Story About?

Answer the question by focusing on one or two parts of your epilepsy journey. You may have many stories to tell, but if you try to tell too many of them at once, it may be hard for people to understand.

## 2. Focus on Speaking from Your Heart.

When telling your story, be as honest and thoughtful as you can be. You may want to include how others may share a similar experience.

## 3. Make It Inspiring.

Try to inspire people with your story. Let them know that even though you have epilepsy, you won't let it stop you. If you don't have epilepsy, you can inspire people by letting them know what you are doing to help a friend or loved one.

## 4. Have a Parent Read Your Story.

After you have written (or typed) your story, have your parent read it to see if it makes sense, and so that they can help make some final changes.

## 5. Practice, Practice, Practice.

Once you feel good about your story, make sure to practice it with your family until you feel comfortable with it. The more you practice, the better you will get at sharing it.

## 6. Use Your story to Educate Others.

You may decide to present your story in front of a lot of people, like your classmates or with others in your neighborhood. Talk to your parents about how you can share your story. If you and your family would like to share it through the Epilepsy Foundation, you can ask your parent to submit it for consideration in our community blog, eJourney at [epilepsy.com/ejourney](http://epilepsy.com/ejourney).

# The more you know about epilepsy

By: Jackie Aker

Did you know that sharing related information with others can help them better understand epilepsy and seizures? Below are three facts you can share with your teachers, classmates, or people in your community. The more people know, the safer the place for everyone living with epilepsy.

## Fact: Epilepsy Can Affect Your Emotions

People with epilepsy are more likely to have changes in their emotions than people without epilepsy. They can become more nervous or sad than usual. Side effects of medicines may make things harder too. Family members taking care of someone with epilepsy may also go through a hard time. They often have to miss work, school, or other family gatherings. Trying to get everything done in their own lives and making sure their loved one is safe can be difficult.

## Fact: Epilepsy Can Be Caused by Many Reasons

People have epilepsy for a variety of reasons. One reason is the brain not forming correctly before a baby is born. Or because of changes in the brain that happen over time. Brain infections or head injuries may also cause epilepsy. Another reason is genetics, when a condition is developed before a baby is born and it is passed down from parents. However, more than half of people don't know why they have epilepsy.

## Fact: Different Things Can Trigger a Seizure

A trigger is something that occurs more often before a seizure than by chance. Some people may find that seizures happen in a pattern. Or some seizures are more likely to happen in certain situations. Whenever you have a seizure, note what time of day you have it, special situations before it happened, or how you felt. Keep in mind some of the common triggers like flashing lights or lack of sleep. Write these in your seizure diary. Do this whenever you have a seizure. Once you notice a similarity before each seizure, you need to find out if it also happens at other times. An example is do you always have a seizure when not getting enough sleep or just once in a while? If you see a pattern, talk to your parents and your doctor to see if there are ways to help with your triggers.





Get to know...

# Idriss Kylan Tou

12-year-old from Edmond, Oklahoma

**What's your favorite food?**

Burgers, complete with toppings!

**What's your favorite game?**

Connect 4

**Do you play any sports or play an instrument? If so, what?**

Soccer and horseback riding.

**What's the silliest thing you carry inside your backpack or have in your room?**

Slime, clothes that make my back appear huge because I like to appear intelligent.

**What do you want to be when you grow up?**

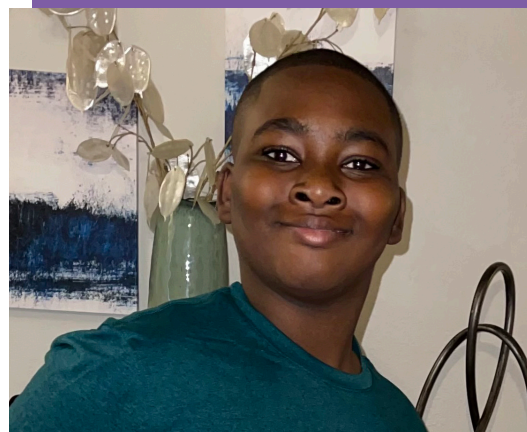
A police officer to catch the bad guys.

**You just found out you have epilepsy. Now what?**

I am different, but it's okay because my Mommy loves me to be different.

Idriss at camp.

Photos provided by the Tou family.



**What would you tell other kids who just found out they have epilepsy?**

Just remember to breathe. God made us to be distinct and different. If you have epilepsy, it's okay. You just need to take extra excellent care of yourself! Inform your loved ones that you suffer from epilepsy.

**What are you doing in your community or at school to teach others about epilepsy and seizures?**

I tell them about my journey with epilepsy and that my mother is like an epilepsy schoolteacher, and she can help you too!

**What's the most challenging thing about living with epilepsy?**

When I'm simply having fun or am very thrilled, I occasionally experience seizures. I'm unhappy since I enjoy playing.

**If you could create a movie or a video game about your epilepsy journey, what would you call it?**

Be brave, be bold, and don't be afraid to stand alone. Brave Boys with Potential, which is a group founded by my mother and me.

# Ashley Fitzgerald

16-year-old from New York who is inspired by her brother to be a researcher

By: Jackie Aker



## Foundation Quarterly: What's your connection to epilepsy?

**Ashley:** My brother has epilepsy; he was diagnosed 3 years after birth. He was having seizures at least twice a week up until three years ago. He is now 12 years old and seizure-free.

## FQ: Tell us about your school epilepsy research project.

**Ashley:** I'm currently doing a literature review on people with drug-resistant epilepsy and how some medicines may cause side effects. I'm also looking into different alternative therapies, such as the keto diet, that may help with seizure control in children and adolescents. As part of my three-year project for high school, I had to find a mentor that would help guide me in my research. My literature review is based on his research and other peer-reviewed published papers. I read through the published research, summarize my own conclusions based on the material, and present my findings to my class, teacher, and community members.

## FQ: Why did you decide to pursue this project?

**Ashley:** Over the years, I saw my brother take all sorts of medicines to try and control his seizures, which usually occurred in the middle of the night. My brother took multiple seizure medications before bedtime, but they did not stop the seizures. Three years ago, my parents started to wake my brother up in the middle of the night to use the bathroom. This caused a disturbance in my brother's sleep cycle, which resulted in him not having any seizures while he was asleep. They took this information to my brother's doctor who also thought the interrupted sleep may play a role in his seizure control in addition to the combination of medicines he was currently on. I thought it was really cool how my brother's seizures were treated and how seizures can be controlled in different ways. I decided to look into drug-resistant epilepsy and different therapies that can help with seizure control.

## FQ: What is your goal at the end of the four years of your project?

**Ashley:** I would like to present the findings of my literature review to audiences outside of my school. I would like to major in biology on a pre-med track with a focus in neurology and/or radiology. I find devices to be another cool area of interest to help with diagnosis and treating seizures.

## What would you tell other young adults who may be interested in epilepsy research?

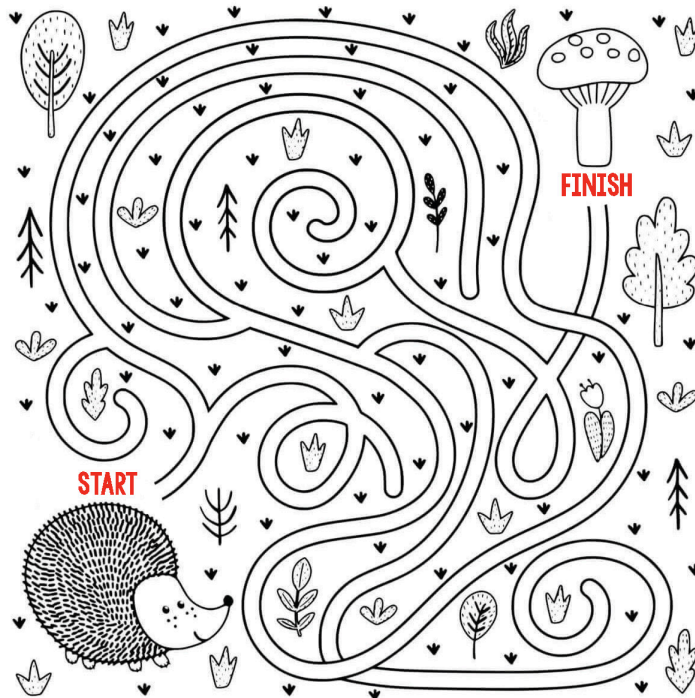
**Ashley:** I would tell them that they can't go wrong with the field of research. Once you start down that road, lots of doors start opening. In research you can also form your own conclusion based on published materials.





## AUTUMN HEDGEHOG MAZE

Help the hedgehog find his mushroom!



# AT THE BEACH WORD SEARCH



N Z F Z J K L F E U C N O E M  
H S I F Y L L E J D R D N A S  
S R E D A D K U Q Z P D J L K  
L G Z Y P Q Q F Z M D Q K L V  
Z H L R S A N D C A S T L E T  
M W E O W L Q U E F A D G R B  
C X V N I H P L O D W G P B B  
S G O T M S F G C D H X K M A  
U J H A S I R O C E A N Q U R  
N K S O U F W L S W L V P M C  
B Y Y B I S E A W E E D J O B  
L T X F T U B U C K E T W X A  
O Q C R E I P B V Z V M O Z L  
C K J U S E A G U L L X R X L  
K T G S E J K V S L L E H S A

|         |           |            |          |
|---------|-----------|------------|----------|
| BALL    | FISH      | SANDCASTLE | SUNBLOCK |
| BOAT    | JELLYFISH | SEAGULL    | SURF     |
| BUCKET  | OCEAN     | SEAWEED    | SWIMSUIT |
| CRAB    | PIER      | SHELLS     | UMBRELLA |
| DOLPHIN | SAND      | SHOVEL     | WHALE    |

**Q:** What did the ocean say to the sailboat?  
**A:** Nothing, it just waved!

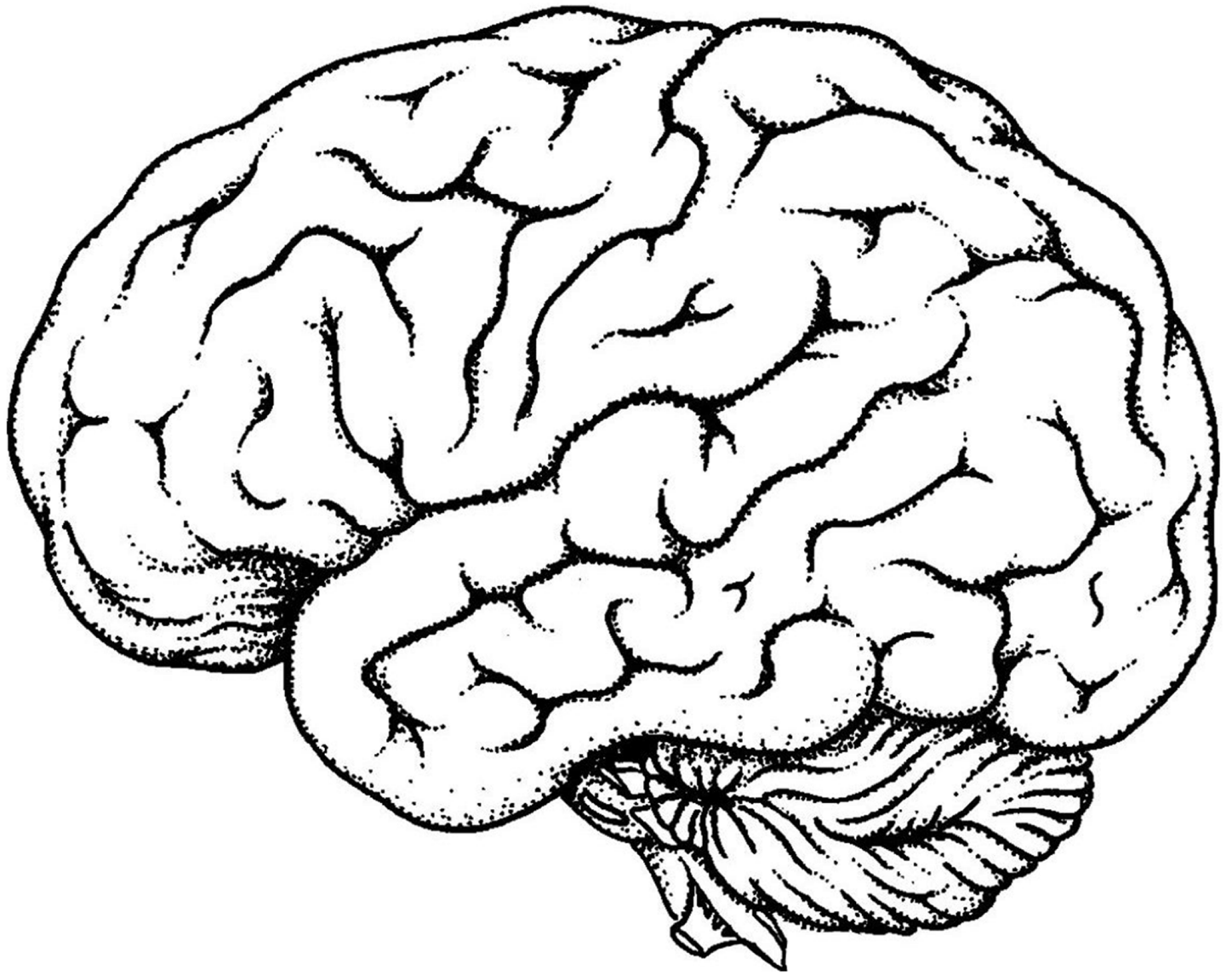
**Q:** Why don't fish go on vacation?  
**A:** Because they are always in school!

**Q:** What letter is the coolest?  
**A:** Iced T!





Color this brain and show  
how you are unique.



MY BRAIN  
IS AWESOME!

## IN YOUR COMMUNITY



### Epilepsy Foundation Awards \$150,00 in Shark Tank Competition

The Epilepsy Foundation recently awarded \$150,000 to two innovators who competed in the Foundation’s 2023 Shark Tank Competition held during the 17th Conference on Epilepsy Therapies and Diagnostics Development in Aventura, Fla. A \$100,000 prize was awarded to Dr. Angela Liedler, chief executive officer at Precisis GmbH, for EASEE™, a minimally invasive implant for bioelectrical treatment of epilepsy. A \$50,000 prize was awarded to Paul Loomis, chief commercial officer at BrainCapture for its portable Electroencephalogram (EEG) device and platform to increase access to diagnostics tools for healthcare providers in underserved countries. In addition to the Shark Tank competition, worldwide renowned epilepsy expert, Jacqueline French, M.D., was honored with the 2023 Lifetime Accelerator Award at the Conference reception. Dr. French is the chief medical and innovation officer at the Epilepsy Foundation, and the professor of Neurology at NYU Langone. Dr. French was chosen by a selection committee made up of past award recipients.

### Purple Peaks Retreat for Young Adults

The Epilepsy Foundation of Colorado and Wyoming recently hosted its first Purple Peaks Retreat, a three-day, two-night young adult retreat. The event gave 25 young adults living with epilepsy the opportunity to connect with others who have been diagnosed. The retreat also provided education on living with epilepsy and empowered attendees to live their life to the fullest.



Photo Courtesy: Epilepsy Foundation Colorado & Wyoming



## Ohio and Connecticut Pass Seizure Safe Schools Legislation



House Bill 33 (Sarah’s Law) was signed into law by Ohio Governor Mike DeWine in July, bringing Seizure Safe Schools legislation to nearly half the states in the nation. The law was named after Sarah Linardos (Springfield, Ohio) who struggled with seizures since the age of 15, and at 26, passed away from sudden unexpected death in epilepsy (SUDEP). Sarah’s Law helps school personnel manage students living with epilepsy, or a seizure disorder, and ensures that a Seizure Action Plan is in place. Similarly, in Connecticut, Governor Ned Lamont signed House Bill 6882 into law, which safeguards physician-directed care in a school setting and helps school personnel manage students living with epilepsy or a seizure disorder.

## Mindfulness Techniques Youth Workshops

The Florida Department of Health recently partnered with Florida Epilepsy Services (FES) to oversee the direct care and outreach services for all Central West Florida with the newest addition of Pinellas and Pasco County. This past summer, Tampa Heights Junior Civic Association (Hillsborough County) invited FES to talk about the benefits of mindfulness and epilepsy during its free community summer day camp series, “Mindfulness Mondays,” where local underserved youth and teens learn mindfulness techniques to improve stress management. The first mindfulness-focused youth seizure safety presentation featured a guided meditation where campers listened to a story about a child with absence seizures. Students also learned more about epilepsy, how to identify different seizure types, what to do if someone is experiencing a seizure, and more.





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**EPILEPSY FOUNDATION**  
is here to help you in  
your epilepsy journey.

With the **nationwide network of partners** throughout the United States, the **Epilepsy Foundation** connects people to treatment, support, and resources; leads advocacy efforts; funds innovative research and the training of specialists; and educates the public about epilepsy and seizure first aid.



Find your local office at  
[epilepsy.com/local](https://www.epilepsy.com/local)

## The Epilepsy Foundation Welcomes New CEO



Following an extensive search, the Epilepsy Foundation appointed a new president and chief executive officer in July. Bernice Martin Lee was selected based on her personal history with epilepsy, a profound commitment to health equity and social impact, as well as a comprehensive understanding of nonprofit management. She brings more than 25 years of diverse experience in the nonprofit and healthcare sectors.

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## Expanding Seizure First Aid Trainings to Educators Across the Country

The Epilepsy Foundation recently partnered with Vector Solutions, the leading provider of training and software solutions for K-12 and higher education institutions, to offer the Epilepsy Foundation's Seizure Recognition and First Aid Certification training in the Vector Safety and Compliance Course Library. The training will provide a convenient way for educators and school personnel, who are already contracted with Vector, to take the seizure first aid training to better serve their students.



Get Seizure Certified:  
[learn.epilepsy.com](https://learn.epilepsy.com)

### Changes to Medicaid and CHIP Eligibility

Medicaid provides healthcare coverage to millions of Americans and is administered by states according to federal requirements. Many people with epilepsy rely on Medicaid to receive the healthcare they need each year. Medicaid eligibility renewals were paused during the COVID-19 pandemic, but with the COVID-19 public health emergency's end, individual states may now be reviewing eligibility for Medicaid and Children's Health Insurance Program (CHIP). Medicaid and CHIP are run by each individual state. Members of the epilepsy community who rely on these programs may need to take action to avoid losing health coverage.



Learn more:  
<https://www.epilepsy.com/stories/state-medicaid-eligibility-renewal-2023>

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### Nebraska Neurologist First in the State to Receive Prestigious Award

The American Academy of Neurology recently awarded Geetanjali Rathore, MD, associate professor in the division of neurology at the University of Nebraska Medical Center Department of Pediatrics, with the “Kenneth M. Viste Jr., MD, Patient Advocate of the Year Award” for her leadership in state government lobbying efforts. She successfully piloted an initiative to have Spinal Muscular Atrophy added to the Nebraska state newborn screening. In addition, she helped in the efforts to pass Seizure Safe Schools legislation in the state. Dr. Rathore is the only neurologist from the state of Nebraska to receive this honor.



**You don't know**  
**it yet ...**

**But your story**  
**can help break**  
**stigma**

This November, we are launching an anti-stigma awareness campaign nationwide. We invite you to share your journey living with epilepsy, any stigma you may have experienced, and challenges you have overcome.

If you'd like your story to be featured as part of our campaign, please email [marketing@efa.org](mailto:marketing@efa.org) or submit your story at [epilepsy.com/ejourney](http://epilepsy.com/ejourney).

Learn more about the campaign at [epilepsy.com/ChangeOurStory](http://epilepsy.com/ChangeOurStory).





## Nationwide Walk to END EPILEPSY® Series Kicks Off this Fall

Register, create your team, and donate at your local events\*

Cheyenne, Wyoming -  
September 16

Austin, Texas -  
October 7

Lancaster,  
Pennsylvania -  
October 21

Northern Colorado -  
September 23

Charlotte,  
North Carolina -  
October 15

Fayetteville, Arkansas -  
October 28

Western Slope,  
Colorado -  
September 23

Coastal Bend, Texas -  
October 21

**\*Please check our website as more Walk to END EPILEPSY locations will be announced**

Colorado Springs, CO -  
September 17

Northeast  
Pennsylvania -  
October 21

Walk to  
**END EPILEPSY**  
EPILEPSY FOUNDATION®

Take action for our epilepsy community  
**WalktoEndEpilepsy.org**



# It's Snack Time

Whether from your garden or the grocery store, it's always fresh fruit and veggie season! Whip up some simple snacks with these kid-friendly recipes that are great on the go for your next family adventure or at home. They can also be included in your back-to-school lunchbox.

*Recipes courtesy of Charlie Foundation for Ketogenic Therapies*



[Click here for more recipes  
by Charlie Foundation](#)



## Berries and Cream Mini Popsicles

Yield: 1 serving; Macronutrient Ratio: 3.7:1

### Ingredients

- 5 grams fresh blueberries
- 5 grams fresh raspberries
- 15 grams 40% heavy cream optional: liquid stevia drops water if needed to fill the popsicle molds

### Directions

1. Place the berries in the popsicle molds.
2. Add the heavy cream and liquid stevia to the berries. Add water to the molds to fill to the top.

Note: The ring pop molds are slightly different sizes. Start with the smallest mold and adjust your snack calculation to fit your specific needs, making sure the ingredients fit into the mold. For the larger molds, dilute the cream with water to fill the remaining headspace.

## Spinach Bites

Calories: 322; Macronutrient Ratio: 4:1

### Ingredients

- 50 grams frozen spinach
- 15 grams egg whites
- 15 grams butter, melted
- 15 grams olive oil
- 7 grams almond flour
- 4 grams parmesan cheese, hard, grated
- salt/pepper/pinch of garlic powder

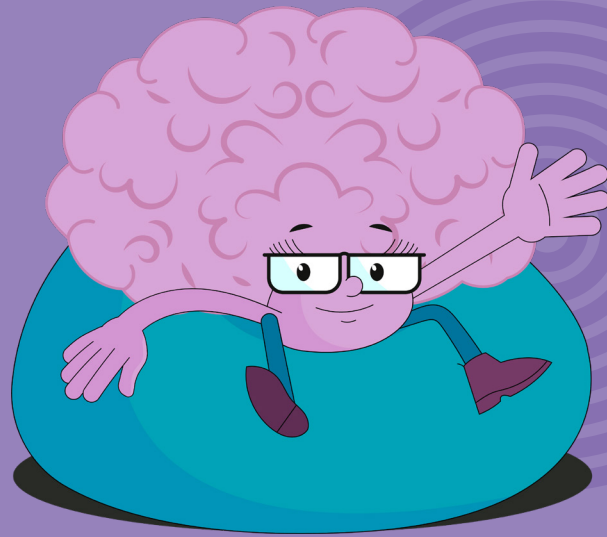
### Directions

1. Pre-heat the oven to 350 degrees.
2. Cook spinach, weigh it, drain the water and chop it small.
3. Mix in all the ingredients and season it to your liking.
4. Make sure that the mixture is very well combined. It will be on the "wet" side, you can put it in the freezer for 15 minutes to let it firm up a little.
5. Scoop out bite size portions of the mixture and drop them onto a parchment lined cookie sheet.
6. Bake for about 15-20 minutes.
7. Let them sit on the cookie sheet to cool and reabsorb any oil that has cooked out for a few minutes.
8. Serve with a dipping sauce if desired.

*Please remember, the ketogenic diet should only be used under close medical supervision. Always check with your healthcare provider before making any keto recipes.*

# Taking Care of Your Amazing Brain

By: Kaitlyn Gallagher



**Your brain is very important** - it helps you think, learn, play, and make friends. But have you ever wondered how your brain works? Imagine your brain is like a magical control center for your whole body. It's like a big switchboard with lots of tiny messengers called "brain signals" that help different parts of your body talk to each other. Your brain cells send electrical messages to your body to tell you to move, think and do things. But when brain cells stop working the way they are supposed to, and send too many electrical signals at one time, that's called a seizure. It's like a giant electrical storm! These seizures cause a change in how you see things, how you move and how you feel. Epilepsy is when people have one or more seizures over time. Seizures can last a short while and look different over time. Just remember, you're not alone - there are doctors and experts who can help you manage epilepsy and seizures.

Taking care of your brain is essential, especially if you have epilepsy. Think of it as giving your brain the best tools to help control those electrical storms. Below are some tips to keep your brain healthy:



## **Take Your Medications:**

Your doctor might give you special medications to control your seizures. Taking your medication exactly as your doctor says can help control your seizures and keep your brain safe. This may mean having your family and friends remind you to take your medicine if you're feeling forgetful!

**Get Enough Sleep:** Like a battery, sleep is everyone's time to recharge. Getting enough sleep helps your brain stay strong and lowers the chances of having seizures. Stick to a regular sleep schedule and try to get at least 8-10 hours of sleep every night.

**Be Active:** Exercising helps keep your brain healthy too. Whether it's playing tag, riding your bike, or dancing to your favorite song, staying active is fun and is great for your brain. Talk to your family and your doctor before you start a new activity to make sure it's safe for you to do in case you have a seizure while you're doing it.

**Drink Water:** Drinking plenty of water helps your brain stay hydrated and work its best. Pick a fun cup featuring your favorite character, tv show, movie, or band to remind yourself to keep drinking water throughout the day.

Remember, everyone has a support team, and your family, friends, and doctors are here to help you on your brain-healthy journey. Living with epilepsy might have some challenges, but with the right care and a positive attitude, you can conquer anything. Your brain is incredible, just like you!





## Words from the epilepsy community

I learned seizure first aid and how to use monitors and watches. Now I'm confident that I can help Emmie, even though I am still in high school. I would say have hope that your current situation will get better. It takes time to find the right medicine and dosage and to feel better under the right conditions.

-- Henry, sibling of a child with epilepsy



The mission of the Epilepsy Foundation  
is to lead the fight to overcome  
the challenges of living with epilepsy  
and to accelerate therapies  
to stop seizures, find cures, and save lives.

Learn more at [epilepsy.com](http://epilepsy.com)