



#EpilepsyEquity for African Americans on #TeamKentucky

Welcome readers, to the 2021 Issue 1 edition of the Illuminator. The Epilepsy Foundation of Kentuckiana (EFKY) staff hope you and your loved ones are taking good care of yourselves as we continue to fight COVID-19 throughout Kentucky and Indiana. We are so excited that the vaccine has begun to be administered, however, we ask that you remain vigilant and be sure to wear your masks, socially distance, and wash your hands often. Continuing these best practices will give you and your loved ones the best chance of steering clear of COVID-19 so that you can all remain #HealthyAtHome, #HealthAtWork, and #HealthyAtSchool.



This work has included a PSA that will be aired on local and network television/radio stations throughout our service territory, as well as bus advertisements on two buses each in Lexington and Louisville that have reached over **1.7 million** riders, drivers, and pedestrians to date! To watch the PSA, go to www.efky.org.

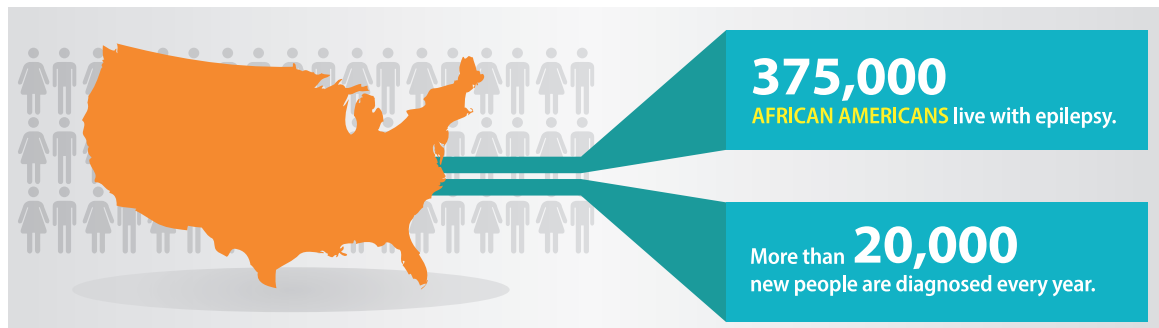


Did you know that over **375,000 African Americans** are living with epilepsy and that more than **20,000 African Americans** are diagnosed with epilepsy each year? Did you know that African Americans are more likely to develop epilepsy over their lifetime than white Americans? Sadly, these statistics are all true. Alarming as well, African Americans are also more likely to be diagnosed with epilepsy in an emergency room and more likely than white Americans to have uncontrolled seizures.

Last summer, we were one of ten agencies throughout the nation that received a minority outreach grant through the national Epilepsy Foundation and the Centers for Disease Control and Prevention (CDC). Through our minority outreach program, **#EpilepsyEquity for African Americans on #TeamKentucky**, we have been diligently working over the last six months to raise awareness of the prevalence of epilepsy in the African American community. This program is an effort to ensure **#EpilepsyEquity** for African Americans throughout Kentucky and to point all individuals with epilepsy throughout Kentucky and southern Indiana to the EFKY for support.

Unfortunately, all these facts add up to inequities in treatment outcomes for African Americans living with epilepsy. Through this minority outreach program, the EFKY is addressing these issues to ensure that there is **#EpilepsyEquity for African Americans** and all minorities in Kentucky, southern Indiana, and beyond! Our work has included hosting a number of virtual educational programs, including ten Seizure Recognition and

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KENTUCKIANA

MISSION STATEMENT

To lead the fight to overcome the challenges of living with epilepsy and to accelerate therapies to stop seizures, find cures, and save lives.

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The Illuminator is edited by Beth Stivers. Design by Clever Fox Design Services LLC. Questions and comments about the Illuminator may be directed to Beth Stivers via phone or email.

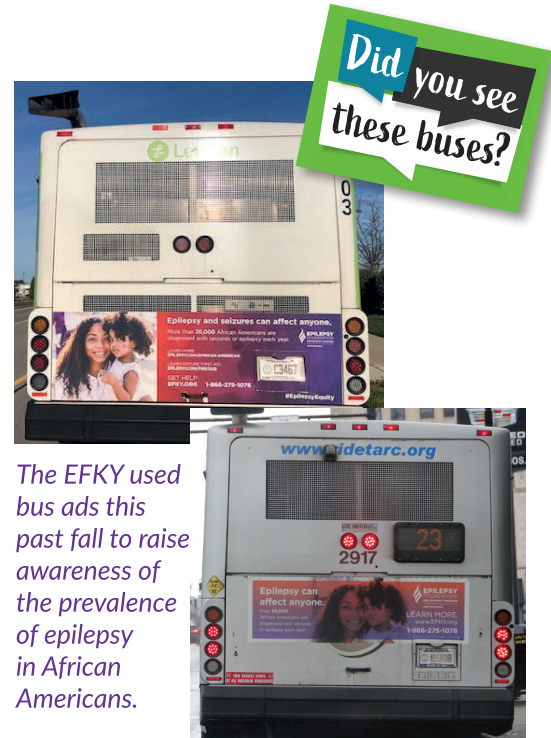
#EpilepsyEquity

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First Aid Certification programs for African American individuals, schools, and other agencies that serve African Americans. To date, we have trained over 340 individuals as a part of this minority outreach initiative. To see more about how you can become certified in seizure first aid, go to page 5.

Another virtual educational program that was hosted by the EFKY as a part of this minority outreach program was held Friday, January 18, 2021 on Zoom with over 40 healthcare professionals joining us who are wanting to make a positive change in the treatment outcomes for African Americans with epilepsy. This learning opportunity, **#EpilepsyEquity for African Americans in the Treatment of Epilepsy**, was a round table discussion that featured the following panelists:

- **Meriem Bensalem-Owen, MD**, Epileptologist and Director of UK HealthCare Kentucky Neuroscience Institute's Comprehensive Epilepsy Program
- **Carey D. Ruiz, PhD**, Associate Professor of Sociology and Justice Studies, Director of Diversity and Community at Campbellsville University
- **Ima Ebong, MD**, Epileptologist at UK HealthCare Kentucky Neuroscience Institute and founder of UK's Minority Education Development program
- **Rachel Ward-Mitchell, RN**, Epilepsy Nurse Coordinator at UK HealthCare Kentucky Neuroscience Institute
- **Trenika R. Mitchell, PharmD, BCPS**, Clinical Pediatric Staff Pharmacist at Kentucky Children's Hospital Pharmacy, Associate Professor and Assistant Dean of Diversity & Inclusion at UK College of Pharmacy, Epilepsy Patient
- **Regina Hamilton, PhD**, Assistant Professor of English and African American & Africana Studies at UK, Epilepsy Patient
- **Deb McGrath**, Executive Director, Epilepsy Foundation of Kentuckiana
- **Beth Stivers, MS**, Director of Education, Epilepsy Foundation of Kentuckiana



The EFKY used bus ads this past fall to raise awareness of the prevalence of epilepsy in African Americans.

Healthcare professionals from across the nation participated to learn how **implicit racial bias** negatively affects **treatment outcomes** for African American epilepsy patients and how healthcare professionals can be aware of the unconscious stereotypes and beliefs they have learned and how these barriers can be overcome to **ensure #EpilepsyEquity** for minorities. We were sure to record this program and uploaded it on to YouTube for those to watch who were unable to attend. We encourage all our readers to watch this insightful program to learn how we can all work together for #EpilepsyEquity. You can watch this program by going to <https://www.youtube.com/watch?v=9hGXDsr4jyc>.

Although the grant period ended at the end of January, we are continuing our work, especially throughout February which is Black History Month. If you would like to learn more about how epilepsy affects African Americans or have any questions about our **#EpilepsyEquity for African Americans on #TeamKentucky** minority outreach program, please go to our website (www.efky.org) or contact Beth Stivers, director of education at 502-907-1533 / 866-275-1078 x14 / bstivers@efky.org.



Epilepsy and seizures can affect anyone.

More than **20,000** African Americans are diagnosed with seizures or epilepsy each year.

LEARN MORE:
EPILEPSY.COM/AFRICAN-AMERICAN

LEARN SEIZURE FIRST AID:
EPILEPSY.COM/FIRSTAID

GET HELP:
EFKY.ORG 1-866-275-1078



#EpilepsyEquity

From the Executive Director



Deb McGrath

image: Business First

Hello! The Epilepsy Foundation of Kentuckiana took a hiatus from sending out the Illuminator to our readers last year, so I hope this long-awaited print newsletter finds you and your loved ones well and staying safe from COVID-19. We were steadfast in sending out weekly e-newsletters once COVID-19 hit, to keep those of you who had signed up to receive our email

alerts informed and engaged. With this New Year and new hope, now that there are vaccines available to combat the virus, my team and I felt it was time to once again be in contact with ALL our friends and supporters.

I first want to extend our sincere condolences to those of you who have lost loved ones to COVID-19. For those who have been significantly impacted by this horrendous virus, our hearts also go out to you. Too many lives have been changed and/or lost because of COVID-19, as well as the lives that have been impacted and lost because of SUDEP, or other seizure-related deaths. Seizures have not stopped during this pandemic, but neither has the Epilepsy Foundation of Kentuckiana.

While we are all very tired of wearing masks, social distancing, chapped hands, not being able to gather with friends and family, and not being able to do many of the things we enjoyed before the onset of the pandemic, we must continue to be vigilant and stay the course with the recommended prevention methods. There is hope with the vaccines and just like many of you, I am anxiously waiting for my turn. It is still going to take time to get back to some normalcy, but we can breathe a little easier knowing that this time will come, and we will be ever so grateful when it does.

As we approach the first anniversary of our lives being suddenly disrupted, I am thankful the Epilepsy Foundation of Kentuckiana was able to transition quickly to working from our respective home offices to continue providing the same high-quality education and support services, as always, to help you overcome the challenges of living with epilepsy and seizures. Like many nonprofits, we accomplished this through expanding our virtual programming via Zoom and Facebook Live for multiple fundraising initiatives, education, and client support programs. We have continued our fight to advocate for individuals who have been discriminated against or in need of support services, as well as advocating to strengthen state and federal laws to improve access to care for children, adults, and veterans with epilepsy.

We would have normally come together during the month of June for our **Walk to END EPILEPSY**, but unfortunately in 2020, this could not happen in person. We know that shifting this annual, fun-filled event to a virtual format left many of you feeling disconnected from your epilepsy community, however,

it was imperative that everyone remained safe and free from COVID-19 exposure. For 2021, we are reimagining the **Walk to END EPILEPSY!** Make sure to read the Walk article on page 5 to see what I am talking about. I do hope you will join us as we work together to raise funds to support our vital programs and services through our largest fundraising and awareness building campaign. To help keep you connected, we will be ramping up our program offerings via Zoom and Facebook Live in the coming months to ensure that you and your family can remain connected to the EFKY and to receive any support needed during these difficult and trying times. Please be sure to check our website (www.efky.org) and Facebook page ([@EpilepsyFoundationOfKentuckiana](https://www.facebook.com/EpilepsyFoundationOfKentuckiana)) frequently as we work diligently to develop this year's **Walk to END EPILEPSY** and other virtual programs and events.

“We must do better”

Dr. Ima Ebong

We know this past year has been difficult for many in Kentucky, southern Indiana, and our country, yet our commitment to you has never wavered. The pandemic by itself is a nightmare, but the divisiveness haunting our country has been heartbreaking – whether it be systemic

racism, healthcare bias, or political strife. No matter what your stance may be, I truly believe there is one thing we can all agree on - we need to **END the EPILEPSIES!**

I continue to think about what Dr. Ima Ebong, Assistant Professor of Neurology and Clinical Neurophysiology, and Director of Diversity and Inclusion at the Department of Neurology at the University of Kentucky, said during our recent program for healthcare professionals, “**#EpilepsyEquity in the Treatment of African Americans with Epilepsy**” (which is the cover story of this edition). She said, “We must do better,” and I couldn't agree more!

We can all start doing better by becoming certified in seizure first aid. Please take time to register for one of our upcoming Seizure Recognition and First Aid Certification training programs at www.efky.org/first-aid-training-form. This training will certify participants for two-years, much like CPR, in first aid response for epilepsy and seizures. This certificate training was developed by the national Epilepsy Foundation and supported by the Centers for Disease Control and Prevention (CDC) and you can read more about the **#SeizureFirstAid Challenge** on page 5.



Dr. Ima Ebong

We are all in this together, and we will get through this together with kindness, compassion, and understanding toward one another! Take care and stay well.

- Deb McGrath

Take Time for YOU! Make Your Mental Health a Priority

Now, more than ever, we need to take time to make our mental health a priority. 2020 and 2021 (so far) have been years for the history books! We have all had our daily lives changed drastically because of the COVID-19 pandemic, and many of us have experienced significant challenges. This time last year, we all had to quickly adapt to a new way of living, from wearing masks in public, to socially distancing from family members and loved ones, to setting up classrooms and offices at home, or dealing with the loss of employment. On top of these challenges, many also grieved and continue to grieve the loss of a loved one. While the shock has worn off and we are all familiar with “the new normal,” these challenges continue to impact many of us. It is important to remember that any or all these things can cause your mental health to suffer.

We know that being mindful of mental health is especially important to our readers because many people living with epilepsy and seizures also suffer from depression and anxiety. We believe that now more than ever before, it is important for us to show the world that no one should ever feel alone. We encourage you to reach out to a mental health professional if you are in need, but we also want to provide you with a list of resources that may help you if you are dealing with stress, depression, and/or anxiety.

- Are you dealing with **stress**? If so, go to www.health.harvard.edu/mind-and-mood/six-relaxation-techniques-to-reduce-stress for a list of relaxation techniques from the Harvard Medical School that may be helpful. Practicing these techniques even a few minutes a day can provide a reserve of inner calm.
- If you find yourself caught in a moment of **anxiety or panic**, go to www.youtube.com/watch?v=9tOJZQhO_Uw for a breathing exercise that can provide you with a meditation exercise that will help you relax and focus in just two minutes. (Full disclosure, this

exercise is approved by our Director of Education! She uses it and finds it very helpful for calming the mind in moments of anxiety.)

- Feeling **worried**? Worry is a cognitive process that involves thinking about problems that might happen in a way that can leave you feeling apprehensive or anxious. If you suffer from anxiety, you may worry more often than others and spend time anticipating ways around potential obstacles. The **Worry Tree exercise** will help you discern whether you can do something about what you are worried about. If so, you can follow the steps to fix your problem, if not, you can let your worry go. If you are a worrier, go to www.thinkcbt.com/images/Downloads/THINK-CBT-THE-WORRY-TREE-V-29.01.16.pdf, print the worksheet, and keep it handy!

- Practicing **mindfulness and meditation** can help combat anxiety, help you focus, and allow you to get better sleep. There are many apps available to help guide you through meditation exercises, but many come with a price tag. If you would like to try one for free, go to www.mindful.org/free-mindfulness-apps-worthy-of-your-attention/ to check out a list of free mindfulness apps that you might find helpful.

Lastly, if you are in **crisis** (ANY painful emotion for which you need support), you do not have to go through it alone! Please **text HOME to 741741** and within minutes, a crisis counselor will text you back to start a conversation. The Crisis Text Line serves anyone, in any type of crisis, by providing access to free, 24/7 support through texts, a medium that people already use and trust.

make
YOUR mental
Health a
Priority

1ST VIRTUAL CONCERT RESULTS



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\$40,000
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EPILEPSY FOUNDATION | KENTUCKIANA
END EPILEPSY TOGETHER

We cannot say, “Thank you!” enough! We are so humbled that our first virtual concert raised just under \$40,000. We could not have done this without the talent of Sara Gettelfinger, Gayle King, & the band, our host for the evening, Bill Menish, and our wonderful sponsors:



As much fun as this event was, we cannot wait until you hear what is next! We will be announcing our next virtual event on Facebook Live on March 11th at 6pm. See you then!

Let's Make History Together throughout Kentuckiana!

Walk to **END EPILEPSY**[®]

EPILEPSY FOUNDATION[®]



The world is a little different right now, but one thing has not changed, our commitment to supporting the epilepsy community. That is why this year's **Walk to END EPILEPSY** is being reimagined.

In Kentuckiana, and throughout the country, we are all joining forces to make history as we complete the 2.6 Million Mile Challenge together! No matter where you live, each step and fundraising dollar helps the epilepsy community. Join our Walk TODAY by going to www.efky.org/walk to learn more and get registered to participate in this year's reimagined – **Walk to END EPILEPSY!** Our goal is simple – to raise \$126,000 for the 1 in 26 diagnosed with epilepsy throughout Kentucky and southern Indiana. We need you, more than ever, to help us achieve this goal! Along with raising vital funds, we will also be raising epilepsy awareness together!

While we may be isolated geographically, we will be united in our hearts and mission to insist on hope and come together - as one - for our epilepsy community. Since it still is not safe yet to gather in person, we will be joining together for multiple uplifting virtual experiences during the month of June and offering some great incentives.

Let's do this together, throughout Kentucky and southern Indiana, to show how strong we are for the 1 in 26! Go to www.efky.org to get registered and create your Walk page, then begin sharing it with family and friends to join you in your fight to END EPILEPSY! If you have any questions, please reach out to Gary Zortman at gzortman@efky.org.

– Your Walk to END EPILEPSY team.

From the Western Kentucky Education Coordinator *David Pettit, MEd*

Take the #SeizureFirstAid Challenge in 2021

I have a selfish reason for wanting to reach as many people as possible with our **Seizure Recognition and First Aid Certification** training program. I figure if enough people know what to do for someone having a seizure, then hopefully someone will know what to do for me if I have a seizure when I am out and about. The Seizure Recognition and First Aid Certification training program was developed by the national Epilepsy Foundation and the Centers for Disease Control and Prevention (CDC) and provides information and skills to recognize seizures and safely help someone during a seizure. Participants who successfully complete the course will receive a two-year certification.

Participants will be able to meet the following learning objectives:

- Define seizures and epilepsy.
- Identify correct and incorrect steps for helping a person having a seizure.
- Identify when you should call for emergency help (911) in the event of a seizure.
- Increase confidence to help a person during a seizure.

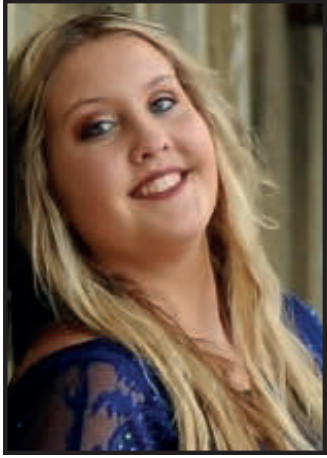
A seizure can be a terrifying experience for those of us who have them. That fear can be reduced when someone nearby knows what is happening and how to help us. I have been very fortunate in that most of my seizures have happened when my wife was with me, and her presence and her knowledge are comforting. Other times I have been lucky to have EMTs and a school nurse nearby, and their expertise and self-assurance were reassuring as well. But my dream is to have enough ordinary citizens trained in seizure first aid

that any time anyone experiences a seizure, there will be plenty of people around who know what to do and how to respond.

We are currently scheduling at least two virtual Seizure Recognition and First Aid Certification training sessions each month via Zoom. These programs are **free of charge** but registration is required to participate. Go to www.efky.org/first-aid-training-form to register so you can take the **#SeizureFirstAid Challenge** in 2021! Also, if your business, organization, club, or any other group would like to participate in a private virtual session, just let me know at dpettit@efky.org and I will schedule one for you.



2020 Peggy Sherrell Memorial Scholarship Recipient



Aaliyah Harrell

The Epilepsy Foundation of Kentuckiana is proud to announce that Aaliyah Harrell of Greenville, Kentucky was selected as the 2020 recipient of the Peggy Sherrell Memorial Scholarship. Aaliyah is a 2020 graduate of Muhlenberg County High School and is pursuing a degree in Engineering Graphics & Design at Murray State University. She one day hopes to become an Imagineer for Walt Disney World to design rides for people with mental and physical disabilities. Having epilepsy has inspired this career choice because she has experienced the disappointment of not being able to get on a ride or watch a show because of a medical condition that is outside of her control. She wants her work to help others avoid the same feelings of disappointment when they visit an amusement park.

Aaliyah is living with generalized epilepsy with photosensitivity. She must be careful to remember her medication in the morning and at night to make sure she does not have a breakthrough seizure, however, when she takes her medication properly, her seizures are controlled. When she was diagnosed, she was afraid to tell anyone for fear of people making fun of her. She eventually told her friends and family so they would know what to do if she had a seizure in front of them and was relieved at how accepting they were of her condition. She now shares her story so that she can help others living with epilepsy and their family members get through the process of being diagnosed and how to understand their feelings.

She is most inspired by her great grandmother, Nanny Ruth, who is 98 years old. Nanny Ruth believes that education is very important, and even got her GED at 85 because she did not finish high school. She made all her grandchildren make a promise to her that they would all go to college and Aaliyah is proud to honor this promise to Nanny Ruth. When asked what advice she has for other young people living with epilepsy, Aaliyah said, "Never give up, even when you feel like nothing will ever get better. I promise it will. Something I continue to tell myself through my epilepsy journey is to be like a sunflower and to always look for the light in every situation. No matter how dark things may seem, there is always something good in everything we do."

Aaliyah is excited to represent Peggy through this scholarship and looks forward to carrying on her legacy with her future career. The Foundation is proud of her and hopes she keeps fighting to reach her goals!

Peggy Sherrell was a 46-year-old wife and mother of two adult children who died suddenly on August 28, 2010 from what was attributed to sudden unexpected death in epilepsy (SUDEP). Peggy believed that education was extremely important and therefore, her family determined that a scholarship would be the perfect way to carry on her legacy. Her family strives to assist the Foundation in educating people about SUDEP. To date, her family has raised over \$186,000 through their annual Peggy Sherrell Golf Scramble to support the EFKY's programs and services. The EFKY would like to extend a heartfelt thank you for this support.



From the Veterans Outreach Coordinator *Donald Bow, MCPO, USN, Ret.*

It is hard to believe that we are approaching one year since the COVID-19 restrictions began to be put into effect. Everyone has had to adjust not only their work schedules but also their children's school schedules, vacation, and holiday plans, and even spending time with loved ones. These drastic changes can have a significant impact on one's mental health. For veterans, especially those that struggle with their mental health, this can be a recipe for disaster. Luckily, there are still plenty of events for veterans to come together to get the personal interaction that all of us need. There are still numerous opportunities for in-person events such as equine sessions, visits to the gun range, jeep build events, and honor missions for fallen veterans. For those that feel safer staying away from other individuals, various veteran groups offer Zoom sessions that can help alleviate stress and fulfill your need for personal interaction.

One awesome educational training program that was completed on December 14, 2020 was the Seizure First Aid Certification Program for the Volunteers of America Mid-States. 38 staff members were trained on seizure recognition and first aid to ensure the highest

level of assistance to their clients with epilepsy and seizure disorders. This training just may save the life of a loved one and/or fellow veteran. There are additional opportunities to attend and earn this two-year certificate training program so do not be the lone veteran organization that neglects becoming certified in Seizure First Aid! If you are interested, reach out to me at dbow@efky.org so we can arrange it.

I am optimistic that with the introduction of the vaccines, the COVID-19 positivity rate will continue to decrease to the point that large gatherings will once again be safe. I look forward to the day we can all safely get back to face-to-face events. For information on any of the events mentioned, please reach out to me at dbow@efky.org.

Nominations for the 2021 Kentucky Veterans of the Year are currently being accepted at: www.kentuckyveteransoftheyear.org.

Be sure to "Like" and "Follow" us on Facebook, Kentucky Veterans of the Year & Operation Outreach EFKY, to stay up to date on event information.

**OPERATION
OUTREACH**



If you are a veteran experiencing seizures, are in need of assistance, or would like to learn more, please contact Donald Bow, MCPO, USN, Ret. at 502-907-1536 / dbow@efky.org.

2020 Shannon O'Daniel Memorial Scholarship Recipient

The Epilepsy Foundation of Kentuckiana congratulates Makailyn Sullivan for being awarded the 2020 Shannon O'Daniel Memorial Scholarship. Makailyn is a 2020 graduate of Spencer County High School in Taylorsville, Kentucky. She is currently attending the Jefferson Community & Technical College with plans to transfer to the University of Louisville. She is majoring in nursing and ultimately plans to get her master's degree and become a nurse practitioner. She was inspired to pursue this career because of her mother, also a nurse, who would talk about her work over dinner and even gave old lab coats and scrubs to Makailyn so she could play nurse with her baby dolls. Her mother has also been her biggest supporter through her epilepsy journey, going with her to her doctor appointments and always being there to celebrate the good news and to cheer her up when the news was bad.



Makailyn Sullivan

Makailyn is currently living with generalized tonic-clonic seizures. Epilepsy has impacted her life negatively in many ways, however, compared to the positive things she has experienced, as a result, feels the negatives "seem small." When asked to describe the positive ways epilepsy has impacted her life, she said, "For instance, I got to skip school for a cool ride in an ambulance, had valid excuses to pull fun all-nighters before a sleep-deprived EEG, epilepsy has also brought me closer to my friends



and family, and even strengthened my Faith. Epilepsy has led me to so many wonderful people, opportunities, and experiences in my life and depending on how you look at it, affected it positively!" The advice she would like to share with other young people living with epilepsy is, "Epilepsy cannot stop you from being great and achieving big things, so don't let it! You can be ambitious, you can be successful, you are strong, and you are talented! So, go out and dream big, and do not let epilepsy hold you back. Instead, use it! Use your story to inspire, create, and achieve great things!" Makailyn is honored to represent Shannon O'Daniel through this scholarship and hopes to carry on her legacy through her educational endeavors.

Shannon O'Daniel was a senior in college and just credits away from graduating when she died from what was attributed to SUDEP (Sudden Unexplained Death in Epilepsy). Shannon struggled to overcome the seizures that frequently disrupted her life. She did so with a determination to achieve her dreams, one of which was to receive her college diploma. In the aftermath of her tragic death, this scholarship was created to honor Shannon and her achievements.

Would you like to save paper and help the Foundation at the same time? Please sign up to receive the Illuminator in your inbox instead of your mailbox by contacting Connie Costelle, administrative assistant at 502-907-1530 / 866-275-1078 x10 / ccostelle@efky.org.

If you wish to donate to the Foundation via credit/debit card, you may do so at www.efky.org or by calling Connie at the number above. If you would like to make a donation via check, please fill out the form below, cut it out, and mail it to us using the address on the form.

Epilepsy Foundation of Kentuckiana Donation Form

Donor's Name: _____

Address: _____

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In Honor of: _____

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Shannon O'Daniel Memorial Scholarship Fund

Peggy Sherrell Memorial Scholarship Fund

Hope for Hadley Jo Project Fund

Epilepsy Research Project Fund

My employer has a matching gift program. Enclosed is the required form.

Please contact me/us about including the Foundation in my estate plans.



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982 Eastern Parkway • Louisville, KY 40217

Web: www.efky.org • Phone: 502-637-4440

Toll-Free 866-275-1078 • Fax 502-637-4442

Your Contribution Will Truly Make a Difference!



The Epilepsy Foundation of Kentuckiana is now accepting applications for the 2021 Peggy Sherrell Memorial and Shannon O'Daniel Memorial Scholarship Awards. These one-year, \$1,000 scholarships will be awarded to the finalists selected who meet the specified criteria. Details and applications can be found at www.efky.org/scholarships

If you have additional questions, please contact Beth Stivers, MS, director of education, at 502-907-1533 / 866-275-1078 x14 / bstivers@efky.org or visit www.efky.org.

**Application Submission Deadline:
MUST be post-marked by June 23, 2021.**



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Louisville, KY 40217

Return Service Requested

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An independently incorporated affiliate of the Epilepsy Foundation



ART GROUP

Please Join Us for our Virtual Monthly Art Group Gathering

If you have epilepsy/seizures and are 18 or older, we hope you will consider joining us on Zoom one Friday each month as we meet in a support setting (without an art therapist) to create art and chat with other people living with epilepsy.

If you are interested in joining us please contact Beth Stivers, MS, director of education at 502-637-4440 / 866-275-1078 x14 / bstivers@efky.org.

Youth Epilepsy Alliance!

WHO: School age & affected by epilepsy...maybe you have epilepsy, or your brother, sister, or parent does. If so, we're just the group for you!!!

WHEN: Monthly. **WHERE:** All events are currently virtual!

WHY: To have fun, make friends, and talk & hang out with those who understand! **COST:** Free to youth, thanks to Kosair Charities!

EPILEPSY FOUNDATION KENTUCKIANA'S YOUTH EPILEPSY ALLIANCE! IS SUPPORTED BY A GRANT (#774C) FROM KOSAIR CHARITIES.



UPCOMING YOUTH EPILEPSY ALLIANCE! EVENTS

All Youth Epilepsy Alliance activities are meeting virtually via Zoom.



Contact Gary Zortman at gzortman@efky.com for details.