As we near the end of 2016 we can’t thank each of you enough for just being friends of the Epilepsy Foundation of Kentuckiana. As we near the end of 2016 and enter this time of giving, we hope you will consider donating today to the Foundation. Your gift makes a HUGE difference to the nearly 153,000 children, adults, and veterans living with epilepsy in Kentucky and southern Indiana.

1 in 26 are diagnosed with epilepsy at some point – please consider helping the 1.

1 gift = 1 life changed. Your tax-deductible donation will help the children, adults, veterans, and families touched by epilepsy. No gift is too small and please know that 85¢ of each $1 of your donation will directly help make a difference so not another moment or life is lost to seizures. Donations can be made online at www.efky.org or by mail using the donation form located on page 3 of this newsletter. (Kosair Charities Centre, 982 Eastern Parkway, Louisville, KY 40217).

Thanks to the continued generosity of our supporters we can provide education, advocacy, outreach, support, and funds for research for individuals and families affected by epilepsy and seizures throughout Kentucky and southern Indiana. We hope you have found and continue to find comfort in knowing that you are not alone in the fight against epilepsy, and remember that you have a devoted team at the Foundation who is ready and willing to offer help, hope, and support at a moment’s notice. We are here for you and your family.

To learn more about ways to donate and provide your time, talent, and/or treasure to the Foundation, please contact Donna Wooten, development manager at 502-637-4440 / 866-275-1086 x17 / dwooten@efky.org.

We hope everyone has a healthy and happy Holiday season and thank each one of you for continuing to support the Foundation. Thank you.

From the Executive Director

From all of us at the Epilepsy Foundation of Kentuckiana (EFKY), we wish you and your family the merriest holiday season ever! It is hard to believe 2016 will soon come to an end! It seems as if we were just beginning to plan the year’s activities to help you #DareTo live as well as you possibly can with epilepsy. I do hope you were able to incorporate this national year-long initiative into your daily or weekly activities and found it to be a helpful and empowering tool to improve your life, or the life of a loved one! This coming year, I hope you embrace the #AimForZero campaign by including the four actions people with epilepsy can take to reduce their risk of sudden unexpected death in epilepsy (SUDEP): take epilepsy medication(s) as prescribed; get enough sleep; limit alcohol; and strive to stop seizures.

In 2017, the EFKY will celebrate its 24th anniversary of providing vital advocacy, educational, outreach, and support services to those in need. Throughout the years, countless individuals have received help, hope, and support from the EFKY and it is humbling to know our efforts have had an intricate role in improving lives. I can honestly say, my staff and I are very grateful for the opportunity to serve the over 153,000 children, adults, and veterans living with epilepsy and seizure disorders in Kentucky and southern Indiana.

I’m pleased to announce plans are being made for our annual Speak Up! Speak Out Kentucky (SUSOKY) advocacy initiative. We are very thankful to those of you who have participated in the past. You have all made a difference by coming together to share your epilepsy stories with legislators to help them understand the scope of your epilepsy and the impact this neurological disease has had on you and your family. Your involvement in SUSOKY is what truly makes this a very successful advocacy program and we are grateful to you for this!

Please mark your calendar to join us in Frankfort on Thursday, February 23 to once again come together with others affected by epilepsy and to meet with legislators, letting our voices be heard, and continuing our advocacy efforts to raise epilepsy awareness and improve access to care in the treatment of seizures. We believe you and your physician should have full access to every FDA approved treatment, diagnostic testing, and surgical options in the fight against life-threatening seizures. If you believe this too, then I encourage you to sign up to participate. We will also be focusing on a new state-wide advocacy initiative, the “Seizure Smart Schools” program. This program brings together students, teachers, school nurses, staff, and families to foster a better understanding of epilepsy in Kentucky’s schools and to teach seizure first aid for this potentially life-threatening neurological disease. Epilepsy was identified as one of four potentially life-threatening chronic health conditions in the school setting through a state-wide study by Kentucky’s Legislative Research Committee (LRC). Understandably so, as one in 10 students will have a seizure and one in 26 will develop epilepsy. We sincerely hope you will join our advocacy efforts to speak up and speak out as we continue our work to defeat epilepsy.

Register to attend by going to www.efky.org and clicking on SUSOKY.

I am also happy to report that the EFKY has been working with the Epilepsy Foundation of Indiana on an access to care issue that developed earlier this year. If you are enrolled in one of Indiana’s Medicaid managed care programs and have experienced an interruption in getting your epilepsy drugs, please contact me. This issue is a direct result of a vote taken by the Drug Utilization Review Board. Since 2005, epilepsy drugs have been protected (received open access). Since this vote, these potentially life-saving drugs are now restricted and are no longer available to be prescribed at the discretion of a physician. We feel the health and well-being of affected patients could be compromised by forcing them to fail once, twice, or even more times on a drug before their neurologist or epileptologist (epilepsy specialist) is allowed to prescribe the drug they feel is better suited for the type(s) of seizures their patient experiences. Our efforts have also involved a number of neurologists who are very interested and concerned about this access to care issue and would like to have others join our advocacy efforts. Patients should not have to settle for a drug because it costs less than one that is better tailored for their seizure type or syndrome. Epilepsy is a very serious and complicated neurological condition and requires open access to find the right treatment for each person’s fight against epilepsy. Please contact me at 502-637-4440 / 866-275-1078 x13 / dmcgrath@efky.org if you have experienced this issue or have a patient who has been negatively impacted. I would love to hear from you. Remember, your voice will not be heard unless you #DareTo share your epilepsy story.

If you have not signed up to receive e-mail alerts or joined us on Facebook or Twitter, please go to our website at www.efky.org to do so. We want to keep you apprised of the most current news in the fight against epilepsy, as well as the many different programs and services we offer throughout the year.

Wishing you and your loved ones a healthy and joy-filled Christmas and holiday season, and a very happy New Year!

– Deb
Donna Wooten Joins Staff

The Epilepsy Foundation of Kentuckiana is thrilled to announce that Donna Wooten has joined our team as the development manager. Donna comes to us with over 15 years of fundraising experience – 12 years at the Combined Federal Campaign and three years at the Metro United Way southern Indiana office. She is eager to share her deep passion for service, strong relationship building, and successful fundraising skills to benefit the more than 153,000 children, adults, and veterans living with epilepsy and those caring for them in Kentucky and southern Indiana.

When asked about her new position, Donna said, “I am so very excited to join the Foundation team and serve those in our community that need support. We, as a family, know first-hand how beneficial that support is as my husband suffered his first seizure nearly 15 years ago and Debbie was there to provide help and support during that time. I feel blessed to get to advocate for so many who need the Foundation’s services in our community and ask others to join and support so we can #AimForZero seizures and try to prevent another moment or life lost to seizures.”

Donna and her husband live in southern Indiana and have a daughter who is a senior at Floyd Central High School and a son studying to be a pharmacist at Purdue University. Donna loves spending time with her family, being outdoors, and going to arts and crafts fairs.

If you are interested in speaking with Donna to see how you can support the Epilepsy Foundation of Kentuckiana’s mission, please reach out to her at 502-637-4440 / 866-275-1078 x17 / dwooten@efky.org.

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 502.637.4440 / 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.

JOIN US FOR OUR MONTHLY ART GROUP GATHERING

If you have epilepsy/seizures and are 18 or older, we hope you will consider joining us at the Foundation office (982 Eastern Parkway, Louisville) one Friday each month as we meet in a support setting to create art, eat lunch, and enjoy fellowship 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.

Epilepsy Foundation of Kentuckiana Donation

Donor’s Name ____________________________________________
Address ________________________________________________
City, State, Zip __________________________________________
Phone number ____________________________________________
E-mail address ____________________________________________
__ In Honor of ____________________________________________
__ In Memory of __________________________________________
__ Shannon O’Daniel Memorial Scholarship Fund
__ Peggy Sherrell Memorial Scholarship 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.

YOUR CONTRIBUTION WILL TRULY MAKE A DIFFERENCE!
Thank You for Making the 2016 Walk Around Kentucky for Epilepsy a Smashing Success!!

The Epilepsy Foundation of Kentuckiana would like to thank everyone who participated in the 2016 Walk Around Kentucky for Epilepsy in Owensboro, Pikeville, Louisville, Lexington & Paducah! Thanks to our awesome walkers (both live and virtual) and our sponsors for helping us #dareto raise over $128,000! We are so very appreciative of all the hard work and dedication exhibited by all involved and look forward to next year. Since the Walk at Louisville Slugger Field was such a tremendous success, we have decided to reserve the ball park again in 2017!

The funds raised from the Walk Around Kentucky for Epilepsy campaign support the vital education, outreach, advocacy, and support services programs provided by the Foundation to the over 153,000 individuals living with epilepsy in Kentucky and southern Indiana and their family members. Stay tuned for exciting details of the 2017 Walk that will include a new name and logo!
The Epilepsy Foundation of Kentuckiana has received a grant from the national Epilepsy Foundation and the Centers for Disease Control and Prevention to provide free 40 – 45-minute epilepsy awareness programs for elementary school aged children (grades K – 5) throughout Kentucky and southern Indiana. Students who complete this training will: (1) Demonstrate a basic understanding of epilepsy as a medical condition; (2) Identify and learn about different types of seizures; and (3) Know what to do and what not to do when someone is having a seizure.

We will be scheduling the lessons on a first-come, first-served basis. If you are a teacher interested in this program, or would like this program to be implemented at your child’s school, please contact Beth Stivers, MS, director of education at 502-637-4440 / 866-275-1078 x14 / bstivers@efky.org.

Activities are made possible by a grant from the Epilepsy Foundation and the Centers for Disease Control and Prevention (CDC) under grant number 1U58DP00382-05. Its contents do not necessarily represent the official views of CDC.

Attention Educators and Parents: Seizure Education Program Now Available for Students K - 5

The Epilepsy Foundation of Kentuckiana has received a grant from the national Epilepsy Foundation and the Centers for Disease Control and Prevention to provide free 40 – 45-minute epilepsy awareness programs for elementary school aged children (grades K – 5) throughout Kentucky and southern Indiana. Students who complete this training will: (1) Demonstrate a basic understanding of epilepsy as a medical condition; (2) Identify and learn about different types of seizures; and (3) Know what to do and what not to do when someone is having a seizure.

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Activities are made possible by a grant from the Epilepsy Foundation and the Centers for Disease Control and Prevention (CDC) under grant number 1U58DP00382-05. Its contents do not necessarily represent the official views of CDC.
Three years ago, we began the Kentucky Veterans of the Year program to attract the media to our message concerning veterans and seizures, as well as celebrate the various contributions veterans are making across the Commonwealth. We did not know what to expect in terms of reception, attendance, and interest, but we were certainly optimistic. Our optimism, however, pales in comparison to how huge the Veterans of the Year has become. We have told our story of veterans and post traumatic epilepsy/seizures on numerous television and radio stations, as well as a respectable number of newspapers and magazines, while at the same time spotlighting how our Kentucky heroes are “Still serving…” their country by serving their communities and neighbors.

On November 7, 2016, over 300 people poured into the Brown & Williamson Club for the third annual Kentucky Veterans of the Year banquet. This is the second year in a row we have completely sold out the event, but this year definitely represents the largest attendance since the program’s inception. We were honored to have in attendance: Lieutenant Governor Jenean Hampton, Major General Karl Truman, MG (Ret.) Robert Silverthorn, Kentucky Department of Veterans Affairs Commissioner Norman Arflack, representatives from the offices of Senator Rand Paul, Congressman John Yarmuth, and Senator Mitch McConnell, Metro Louisville Mayor Greg Fischer, and many others. We were especially pleased to have in attendance, Woody Williams, the last surviving Medal of Honor recipient from the Battle of Iwo Jima. It was an amazing night that ended with our awarding Stormey Vanover as the Female Kentucky Veteran of the Year, and WWII veteran Marion “Joe” Carter as the Male Kentucky Veteran of the Year.

This year, we also successfully launched the Indiana Veterans of the Year banquet using the same format as the Kentucky Veterans of the Year. Mike Mustain, my brother and Clarksville, Indiana businessman, wanted to honor Hoosier veterans like the Epilepsy Foundation of Kentuckiana’s Operation Outreach has been doing in Kentucky, as well as help spread the word about veterans and post traumatic epilepsy/seizures in Indiana. Thus, the Indiana Veterans of the Year was born.

On November 10, 2016, more than two-hundred people filled The Grand, a beautifully renovated movie theater, in New Albany, Indiana for the first ever Indiana Veterans of the Year banquet. We were honored to have in attendance Indiana Representatives Ed Clere and Steve Stemler, the Mayor of New Albany, Jeff M. Gahan, and former Marine Aviator, Silouan Green, as well as many others. It was a marvelous night that ended with our awarding Carrie Bridgewater as the Female Indiana Veteran of the Year, and Edward Parero as the Male Indiana Veteran of the Year.

We are so proud of our Kentucky and Hoosier heroes here at Epilepsy Foundation of Kentuckiana’s Operation Outreach, and we are proud of your support in helping to spread the message of how seizures affect the lives of so many...even veterans.

If you are a veteran experiencing seizures, are in need of assistance, or would like to learn more, please contact John Mustain, MSSW at 502-637-4440 / 866-275-1078 x16 / jmustain@efky.org.
Happy Holidays from the Epilepsy Foundation of Kentuckiana

The Holidays are almost here and Foundation staff is celebrating by sharing recipes for their favorite must-have holiday dishes with you! We hope these dishes will grace your family’s table this season and that you and your family enjoy them much as we do. We wish you and yours a fantastic and seizure-free holiday season!

Connie’s Marbled Peanut Butter Fudge
Ingredients:
- 4 cups sugar
- 1 can (12oz) evaporated milk
- 1 cup butter or margarine
- 1 jar (7oz) marshmallow cream
- 3 packages (6oz) semi-sweet chocolate chips
- 18 oz total or about 3 cups milk
- 3 Tbsp vanilla bean
- 1 cup peanut butter

Directions:
Combine sugar, milk, and butter in a heavy saucepan. Bring to a boil and cook for 8 minutes, stirring constantly. Add marshmallow cream, chocolate chips and vanilla and stir to blend. Pour half of the mixture into a buttered 13 x 9 x 2-inch pan and dollop with spoonfuls of peanut butter. Spoon the remaining chocolate mixture over the peanut butter and gently swirl the mixture with a knife to create a marble effect. Chill until firm, then cut into 1-inch pieces and store in an airtight container in the refrigerator.

Gary’s Sugared Pecans
Ingredients:
- 1 cup sugar
- ½ cup (1 stick) butter, melted
- 3 large egg whites
- 1 cup sugar
- ½ cup orange juice
- 4 Tbsp cornstarch

Directions:
Preheat oven to 350° F and grease an 8 x 8-inch casserole dish. Cut and quarter the yellow squash, then boil for approximately 20 minutes, or until softened. Drain the squash and smash so that all excess water is removed. Place in a bowl and mix with all other ingredients. Pour into casserole dish and top with additional cheese, if desired. Bake for 30 minutes.

David’s Mom’s No-Bake Fruitcake
Ingredients:
- 1 (4-oz) jar maraschino cherries
- 1 (14-oz) can Eagle Brand® milk
- 1 (15-oz) box raisins
- 1 lb graham crackers
- 1 lb chopped pecans
- 1 (14-oz) package of sweetened flaked coconut

Directions:
In a bowl, combine pecans, raisins, coconut, graham cracker crumbs, and cherries. Stir in Eagle Brand® milk then press the mix into a greased 9-inch pan. Cover with plastic wrap and refrigerate for 24-hours.

Beth’s Grandmother’s Chocolate Cake
Ingredients:
- 1 cup granulated sugar
- 4 Tbsp cocoa powder
- 1 cup mayonnaise
- 2 cups flour
- 2 tsp baking soda
- 1 cup water
- 1 Tbsp vanilla extract

Directions:
Mix granulated sugar, cocoa powder, and mayonnaise (trust me, it is good!). In another bowl, sift together flour and baking soda. Add to wet ingredients. Add water and vanilla mix until combined. Pour into greased and floured 9-inch pan. Bake at 350° F for 30 minutes or until toothpick inserted in the center comes out clean. While cake is baking, make the caramel icing.

Caramel Icing - Ingredients:
- 1 cup brown sugar
- 2 Tbsp butter
- 1/2 tsp salt
- 1/2 cup milk

Caramel Icing Directions:
In a pan, bring brown sugar, shortening, butter, and salt to a boil, stirring constantly. Add milk and cook for 8 minutes, stirring constantly. Cool and then add confectioner’s sugar and beat until ready to spread.

Connie’s Marbled Peanut Butter Fudge
Ingredients:
- 4 cups sugar
- 1 can (12oz) evaporated milk
- 1 cup butter or margarine
- 1 jar (7oz) marshmallow cream
- 3 packages (6oz) semi-sweet chocolate chips
- 18 oz total or about 3 cups milk
- 3 Tbsp vanilla bean
- 1 cup peanut butter

Directions:
Combine sugar, milk, and butter in a heavy saucepan. Bring to a boil and cook for 8 minutes, stirring constantly. Add marshmallow cream, chocolate chips and vanilla and stir to blend. Pour half of the mixture into a buttered 13 x 9 x 2-inch pan and dollop with spoonfuls of peanut butter. Spoon the remaining chocolate mixture over the peanut butter and gently swirl the mixture with a knife to create a marble effect. Chill until firm, then cut into 1-inch pieces and store in an airtight container in the refrigerator.

Gary’s Sugared Pecans
Ingredients:
- 1/2 cup (1 stick) butter, melted
- 3 large egg whites
- 1 cup sugar
- 1 teaspoon ground cinnamon
- 4 cups pecan halves

Directions:
Preheat oven to 350° F. Line a large baking sheet with sides with aluminum foil. Pour the butter onto the lined sheet. In a large bowl, mix the egg whites, sugar, and cinnamon. Add the pecan halves and toss until they are fully coated. Spread the pecans onto the baking sheet. Bake for 25 minutes, stirring the pecans every 10 minutes. Cool on the baking sheet for 10 to 15 minutes before serving.

Happy Holidays from EFKY!

Donna’s Squash Casserole
Ingredients:
- 8 medium yellow squash
- 1 cup sour cream
- 2 large eggs
- 1 (16-oz) package shredded cheddar cheese
- 2 tsp Wyler’s® chicken bouillon powder
- 1 tsp garlic salt

Directions:
Pre-heat oven to 350° F and grease a 2-qt casserole dish. Cut and quarter the yellow squash, then boil for about 20 minutes, or until softened. Drain the squash and smash so that all excess water is removed. Place in a bowl and mix with all other ingredients. Pour into casserole dish and top with additional cheese, if desired. Bake for 30 minutes.

Deb’s Orange Juice Cake
Ingredients:
- 5 eggs
- 1/2 cup butter, melted
- 1/4 cup granulated sugar
- 1/4 cup orange juice
- 1/4 cup milk

Directions:
Pre-heat oven to 350° F. Line a large baking sheet with sides with aluminum foil. Pour the butter onto the lined sheet. In a large bowl, mix the egg whites, sugar, and cinnamon. Add the pecan halves and toss until they are fully coated. Spread the pecans onto the baking sheet. Bake for 25 minutes, stirring the pecans every 10 minutes. Cool on the baking sheet for 10 to 15 minutes before serving.
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Happy Holidays from the Epilepsy Foundation of Kentuckiana

Phone 502.637.4440 • Toll-Free 866.275.1078 • Fax 502.637.4442 • Web www.efky.org

An independently incorporated affiliate of the Epilepsy Foundation

MAKING A DIFFERENCE by becoming a sponsor, registering your team, or playing individually in the 12th Annual Golfer’s Gauntlet on Monday, April 24, 2017. All participants will enjoy a fun-filled day at Fuzzy Zoeller’s Covered Bridge Golf Club in Sellersburg, Indiana, a hearty breakfast, raffle, a cookout, cash bar, and awards presentation. All proceeds from this event will benefit the vital services and programs provided by the Epilepsy Foundation of Kentuckiana to individuals affected by epilepsy living in Kentucky and southern Indiana. To register or for more information, please go to www.efky.org.

EPILEPSY FOUNDATION
Kentuckiana
Kosair Charities Centre
982 Eastern Parkway
Louisville, KY 40217

UPCOMING YOUTH EPILEPSY ALLIANCE! EVENTS

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: Changes each month, so call for details, or to be added to the email/mailing list!

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.

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For more info or to attend, visit www.efky.org or contact Gary Zortman, events manager at gzortman@efky.org.