

EDMONTON EPILEPSY ASSOCIATION

EEA

Ask Me Why

SERVING THE COMMUNITY SINCE 1960

THE EDMONTON EPILEPSY ASSOCIATION



2025

ANNUAL REPORT

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This annual report was created and shared at the Annual General Meeting by the Edmonton Epilepsy Association, EEA, in February 2026. Questions about the report can be directed to info@edmontonepilepsy.org.

Message from the President

Dear Members,

I hope this message finds you in good health and spirits. It is with great pleasure that I present to you the Annual Report for the Edmonton Epilepsy Association. This document represents the collective efforts, achievements, and milestones we have accomplished together throughout the past year.

As this annual general meeting will mark my first year as the President of the organization, I am proud to reflect on the meaningful progress we have made in advancing our mission to support individuals living with epilepsy and their families across the region. This year has been marked by renewed commitment to our core values: advocacy, education, and community support.

What a year it was! From the gala and symposium to celebrate our 65th anniversary, to the move to a new location it was an eventful one. Throughout the past year, we have expanded our educational outreach initiatives - including more informative displays at hospitals, strengthened our support networks, and increased our presence within the community. We have hosted informational sessions, facilitated peer support groups, and collaborated with healthcare professionals to ensure our members receive accurate, evidence-based information about epilepsy management and treatment options.

The Edmonton Epilepsy Association exists because of dedicated members like you. Your continued involvement, whether through volunteering for events like our walk-a-thon or casino, participation in our programs, or simply spreading awareness about epilepsy, has been instrumental in creating a supportive community for those affected by this condition. We recognize that epilepsy impacts not only individuals diagnosed with the condition but also their families, caregivers, and loved ones. Our work is centred on ensuring that no one faces this journey alone.

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Message from the President

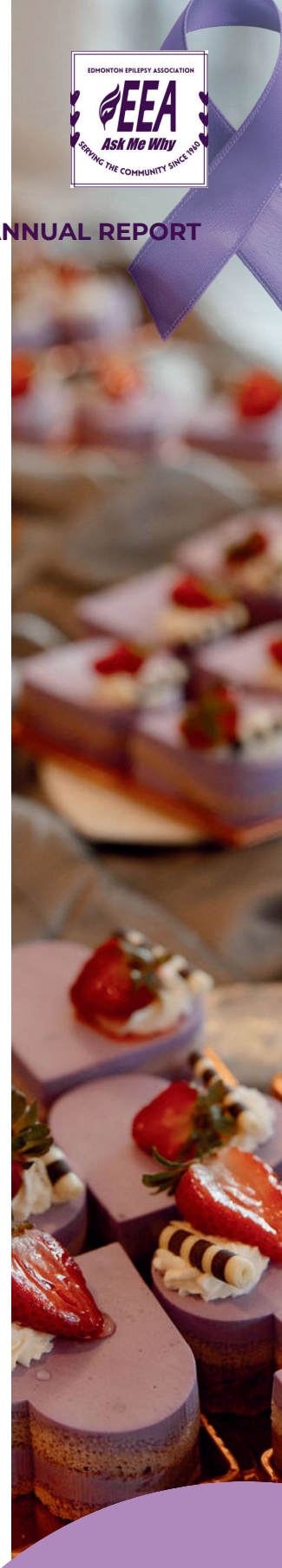
As we move into the coming year, we remain committed to enhancing our services and expanding our reach. We are exploring new opportunities to support our membership and to advocate for improved access to epilepsy care and resources. While our roots are firmly in Edmonton, our reach and impact extend well beyond the city, supporting individuals, families, and communities across northern Alberta. As you will read in this package, the board is exploring the possibility of a name change that fully reflects this broader regional presence. The intent is twofold: to ensure that all members and partners across northern Alberta feel seen, welcomed and represented, and to position the organization to pursue additional funding and partnership opportunities that are tied to regional service areas. This discussion is an opportunity to gather member input, perspectives, and ideas as we have put forward several names - including the option of keeping our existing name. We value your voice and look forward to a thoughtful conversation about how our name can best reflect our mission, our community, and our future.

I would like to extend my sincere gratitude to our board members, volunteers, staff, and partners who have dedicated their time and expertise to our cause. Your passion and commitment make our work possible.

Thank you for your continued membership and support of the Edmonton Epilepsy Association. Together, we are making a difference in the lives of those affected by epilepsy.

Warm regards,

Susan Wilkie
President
Edmonton Epilepsy Association



Message from the Executive Director

The year 2025 was one of reflection, celebration, and meaningful transition for the Edmonton Epilepsy Association. As we proudly marked 65 years of service to our community, we also took deliberate steps to strengthen and adapt our organization for the future. Major initiatives were successfully completed, new projects were launched, and thoughtful organizational changes were implemented to support long-term sustainability and growth.

Throughout the year, a central focus of our work was maintaining strong human connections. While digital tools and online resources continue to play an increasingly important role, in-person programs, community gatherings, and face-to-face advocacy remained at the heart of what we do. These personal interactions fostered a deep sense of belonging and support—an essential foundation for individuals and families affected by epilepsy.
Celebrating our 65th anniversary also prompted a meaningful journey into our history and roots.

Reflecting on where we began and how far we have come strengthened our commitment to serving the epilepsy community across our region and reinforced the values that continue to guide our work.

As we move forward, the Edmonton Epilepsy Association remains firmly guided by its mission and values. The experiences of 2025 reaffirmed the importance of listening to our community, responding to evolving needs, and remaining flexible and innovative in how we deliver programs, services, and support.



Warm regards,
Valeria Palladino
Executive Director
Edmonton Epilepsy Association

OUR VISION

Empowering people who live with epilepsy.

OUR MISSION

To assure the wellbeing of persons with epilepsy through increased public awareness and education and further, to address specific concerns, both personal and social, that these individuals experience. The objective of the Edmonton Epilepsy Association is to promote, in any way possible, an improved quality of life for persons with epilepsy, their families and caregivers. In order to work towards this objective, the Association may establish, maintain, assist, or promote:

- Programs of assistance and support for persons with epilepsy and their families;
- Programs of education for persons with epilepsy and their families;
- Programs of public education;
- Fund raising programs;
- Recreational activities for persons with epilepsy, their families and friends;
- Programs of research.

OUR VALUES

Empowerment | Respect | Compassion | Dedication| Integrity

About us

The Edmonton Epilepsy Association (EEA) is a community-based, member-driven charitable organization dedicated to improving the lives of individuals and families affected by epilepsy across Edmonton and Northern Alberta. For over six decades, EEA has provided trusted information, compassionate support, and meaningful opportunities for connection to people living with epilepsy, their caregivers, and the broader community.

Our work is grounded in education, advocacy, and community engagement.

We help individuals better understand epilepsy and seizure management, support families as they navigate diagnosis and daily life, and work to reduce the stigma that too often surrounds neurological conditions. By creating safe, informed, and inclusive spaces, EEA ***empowers people living with epilepsy*** to participate fully in their communities.

The year 2025 marked a historic milestone for our organization—our “65th Anniversary”. This anniversary year offered an opportunity to reflect on our roots, celebrate our progress, and renew our commitment to supporting the epilepsy community with compassion, innovation, and hope.







Our Board of Directors



Susan Wilkie
President



Shandea Patras
Vice-President



Tammy Humphreys
Secretary



Tammy Tkachuk
Past President



Valeria Palladino
Executive Director



Sherri-Lee Emiry
Director



Noella Desaulniers
Treasurer



Angela Wilm
Director



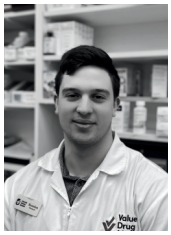
Anna Pagliuso
Director



Terry Mahon
Advisor



Dr. Kassiri
Director



Brandon Brost
Director



Kimberly Angus
Director

Directors, Staff and Volunteers

The Edmonton Epilepsy Association (EEA) is proud to operate with a dedicated team, including Valeria Palladino, our Executive Director, a new part-time contractor for fundraising, Patrina Moore-Pierre and the help of very valuable volunteers, including NorQuest students during their practicum.

In 2025, over 85% of our activities and programs were directly influenced by the commitment and enthusiasm of these incredible individuals.

Collectively, our **volunteers contributed over 1394 hours**—equivalent to more than $27,000 in salary value—offering their time, skills, expertise, fundraising efforts, and leadership in governance. We are deeply grateful for their dedication, which continues to drive our mission forward.

Thank you to everyone who gives so much to the Edmonton Epilepsy Association!

65th Anniversary Highlights

In celebration of 65 years of service, EEA planned and delivered several landmark initiatives that honoured our history while highlighting the voices and experiences of our community.

The ***"Epilepsy Community Symposium"***, held on June 20, 2025, brought together medical professionals, researchers, individuals with lived experience, caregivers, and advocates for a full day of learning and connection. The symposium provided valuable education, encouraged dialogue, and strengthened relationships across the epilepsy community.

On June 21, 2025, EEA hosted its ***"65th Anniversary and Fundraising Gala"***, an evening dedicated to celebrating our journey, recognizing supporters, and looking ahead to the future. The gala was a powerful reminder of the collective effort that has sustained the organization for more than six decades.

The **"Epilepsy Portraits Project"** was a deeply moving anniversary initiative that featured 11 community members sharing their personal stories through photography and written reflections. Displayed publicly, these portraits fostered understanding, empathy, and meaningful conversations about life with epilepsy.

To mark this milestone year, EEA also published the ***"65 Years of Hope" Commemorative Book***, a visually rich coffee-table publication capturing the organization's history, community voices, and artistic contributions. Together, these projects celebrated resilience, connection, and the enduring spirit of the epilepsy community.



Programs and Services in 2025

Mental Health for Epilepsy Project (2023–2025)

Mental health support remained a critical focus for EEA. The Mental Health for Epilepsy Project successfully concluded in March 2025 after 24 months of funding. Through this initiative, more than 50 adults living with epilepsy accessed professional mental health support in a safe and supportive environment.

Participants received between five and ten fully subsidized psychotherapy sessions, helping to address anxiety, depression, trauma, and the emotional challenges that often accompany epilepsy. Delivered in partnership with Cornerstone Counselling, the program demonstrated the importance of accessible, specialized mental health care and its positive impact on quality of life.

Ongoing Programs

In addition to time-limited projects, EEA continued to deliver a range of ongoing programs and services throughout 2025. These included information and referral services, educational workshops and speaker events, and community outreach initiatives designed to raise awareness and reduce stigma.

EEA also maintained its scholarship program to support students living with epilepsy as they pursue their educational goals. Community partnerships, including the Epilepsy Quilt Donations initiative, further strengthened connections and extended support to individuals and families across the region. Our most popular programs remain the Kids on the Block, free live puppet shows, we take to schools and community centres, to teach kids about epilepsy and seizures. The other popular porgam is our Epilepsy Information Books. All our English titles are now avaiable as audio books, and we started working on transforming the French titles into that format as well, with a partial grant.



Programs and Services in 2025

Advocacy and Awareness

Advocacy and public awareness remained central to EEA's work in 2025. During **"Epilepsy Awareness Month" in March,** EEA led and participated in a variety of initiatives, including bridge banner displays, Purple Day activities, the purple lighting of the High Level Bridge, and widespread public engagement campaigns.

The **"STEP UP 4 EPILEPSY Walkathon"** at West Edmonton Mall brought community members together to raise awareness, encourage physical activity, and support EEA programs. Legislative advocacy also continued, with a strong focus on improving access to anti-seizure medications, including progress related to Xcopri coverage.

Throughout the year, EEA staff and volunteers connected with the public through community booths and outreach at hospitals, markets, and regional events, ensuring that accurate information and resources reached those who needed them most.

Community Engagement and Events

Community connection is at the heart of EEA's mission. In 2025, engagement activities included **"Kids on the Block"** educational performances, participation in the **"Western Canadian Epilepsy Workshop" in Banff,** and member engagment events that created space for dialogue and shared learning.

Volunteer recruitment and recognition remained a priority, acknowledging the essential role volunteers play in delivering programs and events. EEA also continued to support student practicum placements through partnerships with institutions such as NorQuest College, helping to build future capacity in the non-profit and healthcare sectors.



Organizational Updates

Office Relocation

In 2025, EEA completed a significant organizational transition with the sale of its long-standing Groat Road property. The Association relocated to a new community-based space at St. Andrew's United Church. This move supports financial sustainability, improves accessibility, and creates opportunities for program growth and collaboration.

Governance and Volunteers

EEA benefits from the leadership and guidance of a dedicated Board of Directors and Executive Committee. Board members bring diverse skills, lived experience, and a strong commitment to good governance.

Hundreds of volunteer hours were contributed throughout the year, supporting programs, events, and organizational operations. Continued leadership transitions helped ensure stability and resilience during a year of change.

Financial Overview

Throughout 2025, EEA maintained responsible financial stewardship. Operational funding was balanced through a combination of grants, donations, fundraising activities, and memberships. Strategic investments were made in mental health services, public awareness campaigns, and anniversary initiatives, ensuring that resources were aligned with organizational priorities.

EEA remains committed to transparency, accountability, and ethical financial management. Detailed audited financial statements are available to all EEA members in good standing, in their AGM package, which they receive before the annual meeting in late February.



Gratitude and Acknowledgements

The work of the Edmonton Epilepsy Association would not be possible without the generosity and dedication of our community. We extend our sincere thanks to our members and families, volunteers and Board members, staff and practicum students, community partners and sponsors, and donors and funding organizations.

Your support enables EEA to continue providing education, advocacy, and compassionate support to those affected by epilepsy.



Looking Ahead

As we move beyond our 65th year, EEA remains focused on expanding access to mental health and support services, strengthening advocacy efforts, enhancing community partnerships, and continuing to reduce stigma through education and storytelling.

Together, we are building a future filled with hope, understanding, and meaningful support for everyone affected by epilepsy.



FIND US AND CONNECT

Our office, located at 9915 148 street, in Edmonton, Alberta, operates on weekdays, between 8:30 a.m. and 3:00 p.m. **We encourage appointments with office staff for in-person visits.** A phone call or an email and we can set up a time to chat in person.

Our website, www.edmontonepilepsy.org remains the most updated form of communication about activities, programs, initiatives and much more about the EEA.

You can also follows us on social media at these handles:

https://twitter.com/eedmonton

https://www.facebook.com/edmonton.epilepsy/

https://www.instagram.com/edmontonepilepsy/

Contact

EDMONTON EPILEPSY ASSOCIATION

9915 148 STREET EDMONTON AB T5N3G1

780-488-9600

www.edmontonepilepsy.org

info@edmontonepilepsy.org

Support us

If you appreciate our story and yearly accounts of all we do for the epilepsy community in our region, feel free to support us. We always welcome donations. Scan the QR code or visit our page at: https://edmontonepilepsy.org/donate/