

FOCUS ON EPILEPSY

Magazine

THE Stories We

CELEBRATE

"If we had no winter, the spring would not be so pleasant: if we did not sometimes taste of adversity, prosperity would not be so welcome."

Anne Bradstreet



APR-JUN 2026

EDMONTONEPILEPSY.ORG

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About this publication

The EEA has been publishing an online and in-print version of our quarterly magazine since 2013. All archived copies can be found on our website at

<https://edmontonepilepsy.org/eea-newsletter/>.

We fund this project on our own, and always welcome sponsors to help us continue our mission to support the epilepsy community.

GENEROUS CONTRIBUTIONS

This issue of the Focus on Epilepsy Magazine was made possible thanks to these individuals and their generosity, in sharing research and editing skills, ideas sharing and formatting and mailing support: Valeria P.; Sam H., Angie C.; Susan W.; Mai H.; Sasha M.; Justine B. and Ramneek P.

MESSAGE FROM THE PRESIDENT

Dear members,

As we head into a new season, I am filled with pride and gratitude for all that our community has accomplished together over the past few months. This issue of our magazine captures a time of momentum for EEA—one marked by connection, visibility, and meaningful progress.

One of the true highlights was our Step Up 4 Epilepsy event at West Edmonton Mall. While I was unable to attend, it was clear from the images and anecdotes shared that the energy, participation, and sense of shared purpose were incredible. We were able to build on last year's participation with more teams, and more money raised. It is so wonderful to see so many individuals, families, and supporters come together in such a visible and vibrant space. May our presence in the mall be a powerful reminder that we are not alone—and that together, we can raise both awareness and hope. Thank you to everyone who walked, volunteered, donated, and cheered in person or from afar. Events like this strengthen our community in ways that extend far beyond the day itself.

I am finalizing this message on the eve of Purple Day, a moment each year when we stand in solidarity with people living with epilepsy around the world. Across our community, we see purple lighting, awareness events, and important conversations taking place. Every action—big or small—helps break down stigma and build understanding. My own family will be wearing our purple and my son and his hockey team are taping their sticks purple for their Purple Day playoff game - Go Mustangs! It is inspiring to see his teammates come together to support him and we are thankful to have the ability to spread awareness - especially with teenagers, who have the power to truly disrupt any patterns of stigma. Before heading to the rink, I will spend my day in a school where it will be lovely to see so many students wearing purple and asking questions to learn more about this important day.

This past quarter also marked an important milestone in the evolution of our organization. At our AGM, members voted in favour of a name change resolution, a decision that reflects both who we are today and the direction we are moving toward. This change is about clarity, inclusivity, and ensuring that our identity fully represents the people and communities we serve. We will be sharing more details in the coming months as we move thoughtfully through this transition, and we are excited for what it will mean for our future.

As you move through this issue, you'll see the many ways our work continues—from community programs and educational initiatives to personal stories and advocacy efforts. Each piece reflects the dedication of our members, volunteers, staff, and partners.

Thank you for being part of this journey. Your involvement, support, and belief in our mission are what make all of this possible. Together, we are building something strong, visible, and deeply connected.

Warm regards,

Susan Wilkie



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APR-JUN 2026

Stronger Together: Energizing 2026 for Epilepsy Awareness

This second issue of our magazine, Focus on Epilepsy, arrives just before the Easter break. I will be taking a short time off to visit family and friends back home in Italy. However, the EEA remains close to my heart, and I will not stop planning and envisioning new and meaningful ways to advance our work throughout the rest of 2026. Together, we will continue to increase awareness about epilepsy, expand education on living with seizures, and promote seizure first aid, while supporting all aspects of life with this neurological condition.

We started 2026 with a bang! First, we held a fabulous Annual General Meeting, where we engaged in a thoughtful discussion that led to the approval of a new name for our charity: The Epilepsy Association of Edmonton and Northern Alberta (EAENA). Yes, it is quite a mouthful, and we will eventually land on a shorter version to reflect the great work we do. Interestingly, and without any prior coordination, we adopted our new name at the same time as our sister agency to the south—Epilepsy Association of Calgary is now known as Epilepsy Southern Alberta. Great minds truly think and act alike!

March greeted us with unpredictable weather—but also incredible energy—as we worked to amplify awareness of our mission and highlight how the community can support the more than 30,000 individuals in our region living with epilepsy. Our StepUp4Epilepsy walkathon, along with a full day of activities at West Edmonton Mall, made for an unforgettable experience.

Our favourite time of year came and went in the blink of an eye. While this season demands more effort than quieter times, the energy invested in a full month of awareness activities fills us with joy. There is nothing quite like the excitement of sharing our message and creating a buzz about epilepsy. We may look a little different during this time—but that is simply our passion shining through!

This past March, we delivered a mix of longstanding programs and new initiatives with a uniquely Edmonton Epilepsy flair. Our traditional efforts included the Mayor of Edmonton's Proclamation for Purple Day on March 26, 2026, and the lighting of the High Level Bridge in purple. Throughout the month, we shared daily social media posts highlighting the many resources we have developed over the years, while joining sister agencies across Canada to raise awareness and promote education on life with seizures.

We also expanded our distribution of purple ribbons, Purple Day posters, and other themed materials during presentations and community events. On March 24, 2026, we hosted a special Purple Lunch Hour Insights session featuring our honoured guest, Cassidy Megan, founder of Purple Day.

Sasha, volunteer manning a table at the University of Alberta Hospital.



Stronger Together: Energizing 2026 for Epilepsy Awareness (cont.)

The culmination of our efforts was a full day of activities at West Edmonton Mall. Highlights included our second annual StepUp4Epilepsy campaign, the walkathon, our E360 community booth, and four free shows at the LEGO Stage featuring our KOB performances. Attendees also benefited from interactive presentations by the Big Hearts First Aid team, learning how to provide seizure first aid for convulsive seizures.

Our fundraising results for this campaign were remarkable. We raised \$13,000—an incredible increase from last year's \$2,500. This significant growth reflects our efforts to expand our reach, increase visibility, and ensure more people can learn about our programs, services, and how to access support.

Already, one quarter of the year is behind us, and we continue to move forward with strong momentum. You may have heard about our new Tuesday Purple Lunch Hour sessions on Zoom, as well as the funding we received from Blue Cross to create two new quilts for members of our association. Additional support through sponsorships and donations is detailed in our Financial Updates section.

While challenges remain as we work to expand the frequency and quality of our offerings, we are firmly committed to a new and exciting direction that is increasing our visibility and impact.

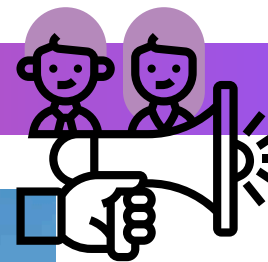
The first few weeks of April will be quieter, but planning continues in the background. Be sure to learn about our upcoming June initiative—we hope you will mark your calendars and join us. We are also launching a small competition within our community, open to all ages and skill levels, to design a new logo and tagline for our evolving identity. **On June 20, 2026**, we will mark this new chapter with a symbolic purple ribbon-cutting ceremony, celebrating our renewed identity and reaffirming our dedication to the epilepsy community.

I wish you all a wonderful Easter break—and a happy spring break to those still in school. Please read on and discover something that sparks your interest and meets your needs.

Valeria



High Level Bridge in Edmonton, lit purple for Purple Day. Photo by Angela W.



AGM 2026 AND OUR NAME CHANGE



PURPLE LUNCH HOURS



MENTORSHIPS AND HOBSCOTCH



KOB SHOW IN MORINVILLE



**MENTAL HEALTH FOR KIDS PROJECT
UPDATE**



FRENCH AUDIO BOOKS FINAL UPDATE



SENIORS PROJECT UPDATES



**ART SESSIONS IN JANUARY
BINGOS**



AWARENESS TABLES

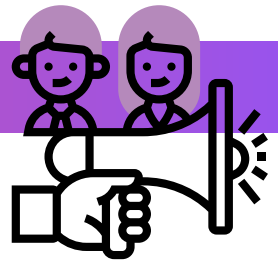


**EPILEPSY 101 SESSIONS AND TEACHERS'
CONVENTION**



MARCH EPILEPSY AWARENESS MONTH





AGM 2026 AND OUR NAME CHANGE

Each year we hold an Annual General Meeting (AGM). This allows us to engage in yearly operational and project planning with our membership, reflect on past activities, review how we managed funds from the previous year, pass important motions and resolutions, and offer all participating members a chance to ask questions and put forward suggestions for future activities and programs. After all, we are here to support a community of nearly 30,000 individuals living with epilepsy in Northern Alberta.

Our EEA office staff and core volunteers, alongside our Board of Directors, are always proud of the progress we showcase at the meeting. We demonstrate how funds were spent in the previous fiscal year and how our work aligns with a strategic plan carefully developed by the Board in preparation for the meeting.

Members attending the AGM in person at the EEA office.

On February 26, 2026, we held another successful AGM for the EEA. We measure success by several important standards: first, the high-level goals set in our strategic plans, and second, how we implement those plans while respecting our core values of Empowerment, Respect, Compassion, Dedication, and Integrity. The projects we complete, the vision we implement, and the programs we offer all reflect our commitment to treating everyone who reaches out—via phone, email, online form, or in person—with respect, compassion, and a genuine desire to make each individual feel like an integral part of our community.

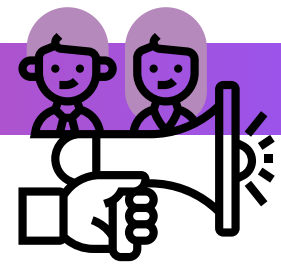
In addition to the regular business items we address annually, we had an extremely important topic to consider at the 2026 AGM: reviewing and voting on a special resolution that would bring about significant changes to our charity. The resolution read as follows:

BE IT RESOLVED AS A SPECIAL RESOLUTION OF THE MEMBERS THAT:

Pursuant to Section 18 of the Societies Act (Alberta), the legal name of the Society be changed from “The Edmonton Epilepsy Association” to “The Epilepsy Association of Edmonton and Northern Alberta,” subject to approval by the Registrar of Corporations.

In other words, we voted on a name change that more closely reflects the reality of what we do as a registered charity supporting people with epilepsy in our region. The focus of our presentation and discussion was to adopt a legal name that better represents not only the geographic areas our members come from, but also strengthens our connection with those who reach out for support—helping them feel more included in a community that reflects where they live.





AGM 2026 AND OUR NAME CHANGE (CONT.)

The Edmonton Epilepsy Association (EEA) was originally named as a chapter of United Way in 1960. At the time, this name served our community well, reflecting its role as an Edmonton-based chapter of a larger charity focused on locally available epilepsy services through hospitals and clinics.

More than 65 years later, our outreach has expanded significantly. Many medical services, including epilepsy care, are now available remotely, allowing individuals to access support more effectively across a broader region. We now have Board members who live outside the Edmonton area, bringing forward perspectives that reflect both urban and rural realities—sometimes requiring more flexible and tailored approaches.

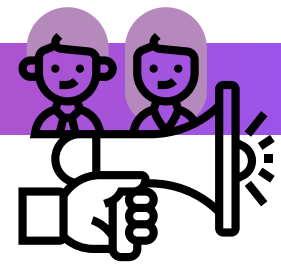
The special resolution passed, and we have fulfilled all necessary legal obligations on our end. We are now working with legal counsel to complete the formal name change.

While we recognize that the new legal name is quite long, it will better serve us in the long term, particularly in accessing funding opportunities across Northern Alberta. A shorter trade name—along with updated website domains—will likely follow. Similar to our sister organization in the south, formerly known as the Epilepsy Association of Calgary and now called Epilepsy Southern Alberta, we may adopt a more concise name for everyday use, such as “Epilepsy Alberta North,” or something similar.

In direct connection with the legal name change already underway, we will be launching a special competition for our members to design a new logo and tagline. This initiative will culminate in a special Purple Ribbon ceremony at our next awareness event on June 20, 2026, at our current office location (9915 148 Street).



Other members at the AGM.



PURPLE LUNCH HOUR INSIGHTS - HIGHLIGHTS

As part of our newest initiative to build community and increase direct engagement with individuals interested in epilepsy, we launched a one-hour lunchtime conversation series in January 2026 called Purple Lunch Hour Insights.

Once a month, we offer an opportunity for people to connect via a Zoom video call and interact with specialists, as well as individuals and organizations that help shape access to resources and improve the quality of life for those impacted by epilepsy. Before each session ends, participants are invited to share topics of interest, which we then explore in future sessions.

In our first session, we introduced the EEA and answered questions about our programs and the various ways we provide support.

In February, we focused on epilepsy and anxiety. We invited two specialists—Dr. T. Snyder (retired) and Dr. Deighton, both experienced clinical neuropsychologists with a focus on epilepsy and pediatrics—to share key introductory insights. This was followed by an open Q&A session with parents, caregivers, and adults living with epilepsy.

On March 24, 2026, we featured two additional guest speakers: Jansen Ziola, a representative from LivaNova, the company that produces and supports the VNS device for intractable epilepsy, and Cassidy Megan, founder of Purple Day.



PURPLE LUNCH HOUR CHATS



Last Tuesday of the month - 12:00 - 1:00 pm. MST

Join us through the link! Let's talk epilepsy!

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MENTORSHIP SESSIONS HOBSCOTCH TRAINING, AND NEW APPLICATIONS

Our first update on events and programs from the first quarter of 2026 highlights a significant increase in participation in our Mentorship Program and the HOBSCOTCH memory coaching program.

We love to begin by celebrating the ways both long-standing and newer members of the Edmonton Epilepsy Association (EEA) find each other through shared experiences with epilepsy.

Mentorship Program

The Mentorship Program is a long-standing initiative at EEA. We match trained volunteers—who have experienced epilepsy firsthand, either as a patient or caregiver—with individuals newer to the journey. The belief behind this program is simple: we learn a lot from people who have walked similar paths. Mentorship helps participants feel validated, heard, and supported. As the saying goes, “Nobody gets epilepsy until they get it!” Here’s how the program works:

1. A trained mentor is matched with a new mentee.
2. A short introduction session clarifies program parameters and expectations.
3. The mentor and mentee take it from there, connecting independently.

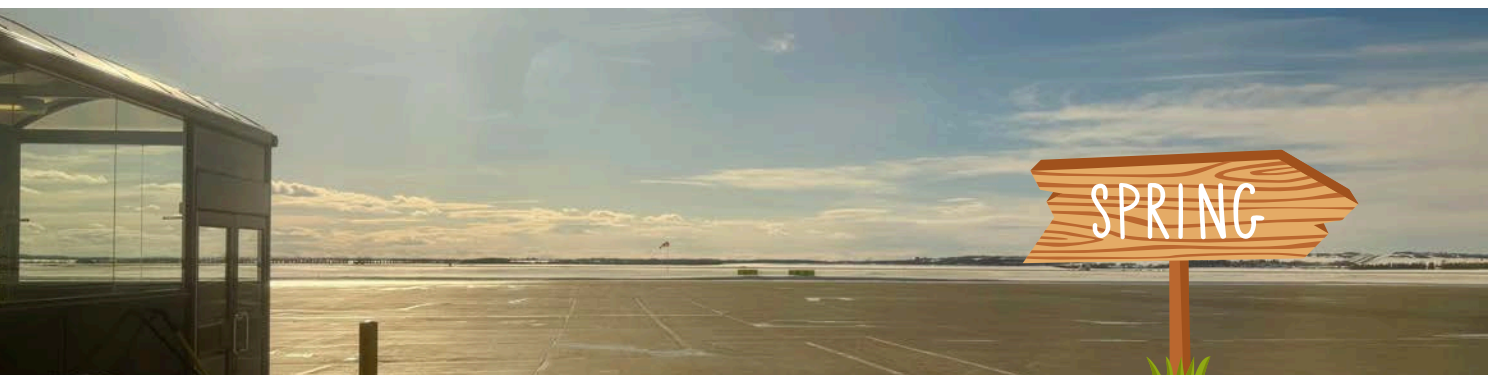
Most interactions occur over Zoom, which offers a video option to enhance communication, but phone calls work just as well. Anyone interested can simply contact the EEA office to express their interest by email at info@edmontonepilepsy.org

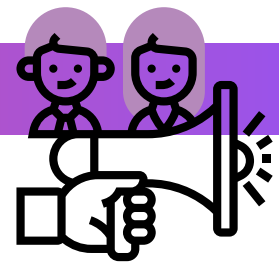
HOBSCOTCH Program

The HOBSCOTCH program addresses one of the most common challenges for people living with epilepsy: memory difficulties. Volunteers are trained through Dartmouth-Hitchcock Medical Center in the U.S. Training is offered three times per year, and EEA volunteers who complete it then offer the program to members seeking to improve memory skills. The program involves an 8-week commitment:

- The first session occurs via Zoom.
- All subsequent sessions are conducted over the phone.
-

We currently have a short waiting list for new EEA members who want to enroll in HOBSCOTCH. To learn more, visit: [HOBSCOTCH Program](#)





KOB SHOW IN MORINVILLE



Artists preparing for the Kids on the Block show in Morinville.

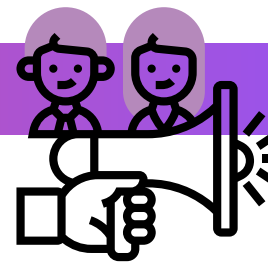
We held our first Kids on the Block show outside of the Edmonton region on March 12, 2026 at Morinville Public School. The performance was delivered to two Kindergarten classes in the early afternoon.

As this was a request for an in-person show for a smaller group, our artists and Executive Director, Valeria, traveled together to the location and presented the performance to a group of very eager students. The children were highly engaged throughout and asked thoughtful and interesting questions during the final portion of the show.

One particularly meaningful moment came when a student proudly shared that he lives with epilepsy. He made a strong connection to the show’s message, expressing pride that his classmates were learning about seizures, seizure first aid, epilepsy, and how to be a supportive friend—key themes of the presentation. We are also preparing for two public

performances at West Edmonton Mall as part of our StepUp4Epilepsy Awareness Campaign. We are excited to welcome new artists who are supporting this program, which continues to bring joy, education, and a fun learning experience to audiences of all ages.

[To request a free performance at your school or community centre, please click the link here..](#)



KIDS WITH EPILEPSY MENTAL HEALTH CHALLENGES, EXPLORATIONS AND SOLUTIONS

PHASE 1 UPDATES

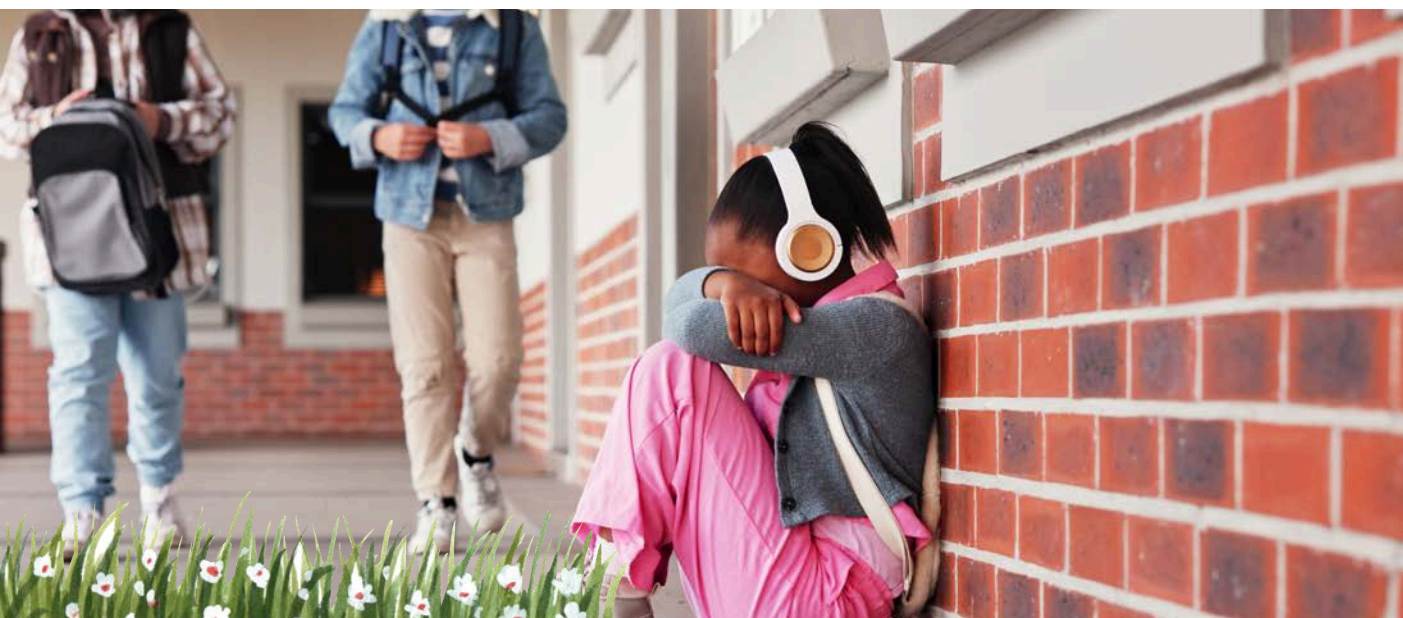
We are pleased to share updates on several special projects our association has recently completed or is transitioning into a new phase.

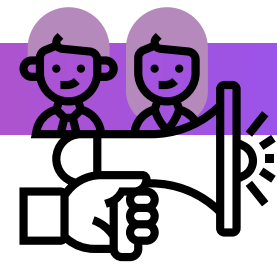
The Mental Health for Epilepsy project reached an important milestone at the end of March, marking the completion of the needs assessment and research component of Phase 1. During this stage, members of our association engaged with children living with epilepsy, their families, and professionals—including psychotherapists—to better understand the mental health challenges experienced by youth with epilepsy.

This foundational work has provided valuable insights and positioned us to begin imagining meaningful ways to address these challenges. The next step is to translate what we've learned into practical support. Our long-term vision is to develop a comprehensive set of resources hosted on an online learning platform. This space will be designed, piloted, evaluated, and ultimately launched for public access.

Through this platform, children and their parents or caregivers will be able to explore available resources, search for specific topics, and access tools that support their mental health journey, particularly as it relates to living with unpredictable and unprovoked seizures.

Consider the experience of a high school student newly diagnosed with epilepsy. Alongside the uncertainty and fear that often accompany the diagnosis, they may begin to feel a loss of control, knowing seizures can disrupt even the most carefully made plans. This uncertainty can lead to anxiety, social withdrawal, avoidance of school, and fear of high-stakes situations like exams. Even spending time with friends may begin to feel overwhelming.





KIDS WITH EPILEPSY MENTAL HEALTH CHALLENGES, EXPLORATIONS AND SOLUTIONS



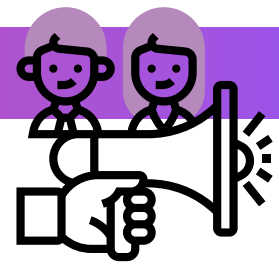
PHASE 1 UPDATES (cont.)

Research shows that adolescents and young adults with epilepsy are nearly 50% more likely to experience anxiety. While anxiety is not the only mental health impact, it is a significant one. Our goal is to create youth-informed resources that encourage reflection, build understanding, and offer practical coping strategies. We are grateful to our Phase 1 funders, Canada Post and the Edmonton Oilers Community Foundation, for their support in making this work possible.

As we move forward, Phase 1 will continue through September, while we begin preparing for Phase 2. This next stage will focus on developing proof-of-concept ideas and materials to support the final phase: building a robust digital platform to house these resources. By creating an accessible online space, we aim to extend our reach beyond our local community and provide meaningful support to youth and families wherever they are. How can you help?

Stay tuned for upcoming brainstorming sessions in late spring and early summer. These sessions—both in person at our office and online—will invite children and youth to share their experiences and ideas about what support would be most helpful to them.

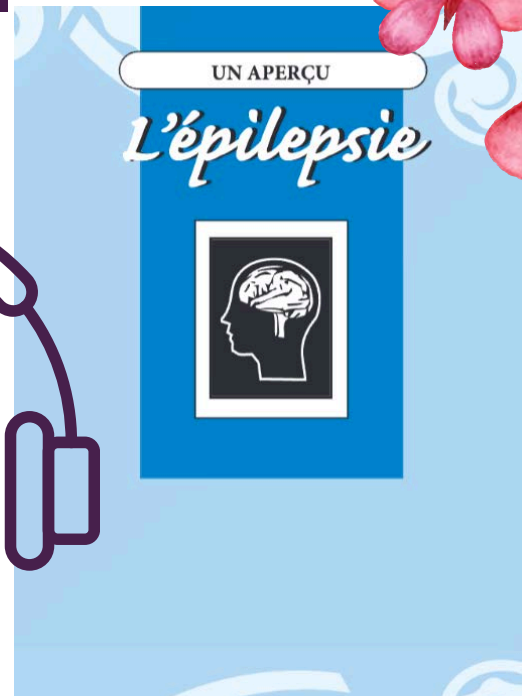
For more information or to get involved, please reach out directly to our office (call 780-488-9600 or email info@edmontonepilepsy.org)



FRENCH AUDIO BOOKS FINAL PROJECT UPDATE

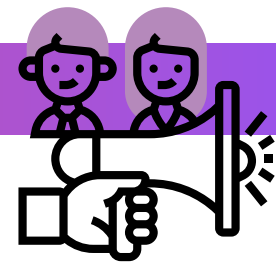
This project officially concluded on March 31, 2026. With funding support from the CIP program through the Government of Alberta, we successfully produced two audiobook titles from our Epilepsy Book Collection.

Thanks to the dedication of our two outstanding volunteers, Hella Ntambwe and Céline Holtsma, along with the technical expertise of our IT support specialist, Rob Beghin, we completed the French audiobook versions of Living with Epilepsy and Epilepsy: An Overview. These are now available as *Vivre avec l'épilepsie* and *L'épilepsie – Un aperçu*.



We are currently finalizing a few additional steps before making these audiobooks publicly available, following the same approach used for the English titles released two years ago.

At its core, this project represents an important step in expanding our library and improving accessibility. Our goal is to ensure that everyone has access to essential resources that help individuals better understand epilepsy and provide effective support to those living with the condition.



NAVIGATING EPILEPSY: SENIORS INSIGHTS AND STORIES

PLANS FOR SENIORS FAIRS IN JUNE

The workshops in this series are now ready to be delivered, and we are currently focusing on coordinating dates for early summer and fall. Volunteers and EEA staff will be attending special fairs during the first week of June in celebration of Seniors' Week.

We invite you to take a moment to review an important section of our flyer. If you believe your community could benefit from a special workshop, we encourage you to reach out. These sessions are offered free of charge and provide valuable opportunities to socialize, learn, and engage in a fun and welcoming environment.

Participants will gain insight into epilepsy, how seniors live with this neurological condition, and how they can support one another.

Be sure to read the poster on this page and click the special promotional link below—you may find it engaging and entertaining.



NAVIGATING EPILEPSY: SENIOR INSIGHTS AND STORIES

A presentation by the Edmonton Epilepsy Association (EEA)



Join this engaging and interactive workshop designed for seniors living with epilepsy, those who know someone with epilepsy, or caregivers supporting a senior with epilepsy. This half-day session answers common questions about seizures, epilepsy, and seizure first aid. Through games, crafts, and interactive activities, participants learn in a fun and meaningful way. All participants receive a special gift package, enjoy light games, and are provided with resources to continue the conversation after the session ends. Registration is free.

OUR PRESENTERS



Val Gabert is Alberta born and bred, with a lifelong commitment to service and community. A Psychology graduate of Grant MacEwan, her career has spanned outreach work, specialized learner support, and job coaching, alongside decades of hands-on volunteering in education, healthcare, agriculture, and the arts. A strong and passionate leader within the Edmonton Epilepsy Association, Val is known for her positive outlook and deep dedication to supporting others. She looks forward to sharing her story and walking alongside others on their epilepsy journey—because support is stronger when it's shared.

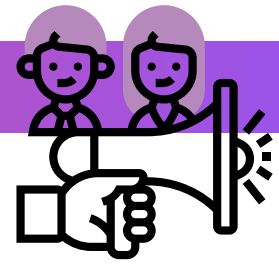


Valeria Palladino is the Executive Director of the Edmonton Epilepsy Association (EEA), where she is dedicated to serving the epilepsy community across Northern Alberta. With university degrees in education and communication technologies, she brings decades of academic and corporate leadership to her work in advocacy and community engagement. Valeria is passionate about helping people feel confident in their own skin by increasing understanding of medical conditions, building practical coping strategies, and fostering strong, supportive communities—often where answers have been overlooked or dismissed. She looks forward to supporting the lead presenter during senior workshops throughout the region and is always ready to help.

CONTACT US TO BOOK YOUR NEXT FREE WORKSHOP
INFO@EDMONTONEPILEPSY.ORG OR CALL 780-488-9600

VISIT OUR WEBSITE FOR MORE INFORMATION AND REGISTRATION

edmontonepilepsy.org



ART SESSION IN JANUARY

We kicked off the new year with a fun and engaging workshop for our members, focused on learning new painting techniques. Thanks to the expertise of Dr. Heikal, a volunteer with EEA, participants of all skill levels were guided with a gentle and empowering approach.

Everyone spent a few enjoyable hours at our office exploring how colours mix together and discovering simple techniques to create beautiful works of art.

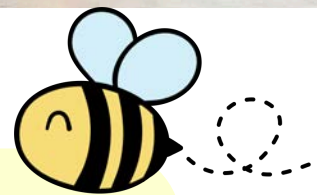
We plan to host more of these sessions throughout 2026, as we believe art is a powerful way to bring calm into our lives, spark creativity, and help us better understand and express our emotions.



Participants showcasing their art at the EEA office.



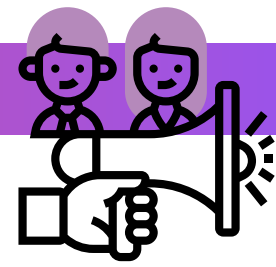
BINGOS



We're excited to announce that our Bingo game returned on February 26, 2026, at the EEA office! Our dedicated group of members is already enjoying the new schedule, with games now offered every two months. Upcoming dates for this quarter:

- April 28, 2026 – 12:30 to 2:30 p.m.
- June 30, 2026 – 12:30 to 2:30 p.m.

Spots are limited, so reach out to reserve your place for this free, fun activity!



AWARENESS TABLES AND EVENTS

One important element of our conversations with the board committees for Communications and Advocacy and Education and Awareness is ensuring we make the most of every opportunity to engage with the public. This includes participating in community fairs, marketplaces, and other local events where we can set up epilepsy awareness tables, answer questions, and share stories and insights about life with seizures.

We have been very active in the first quarter of 2026, connecting with individuals who were often unaware of our programs and services. Being present at these events allows us to serve as a first point of contact for people seeking support, resources, or simply a conversation about living with epilepsy.

Looking ahead, we have a full schedule of upcoming events and tables for our charity. We warmly welcome volunteers to help staff these tables and serve as spokespersons, representing EEA and the programs we offer to the community.

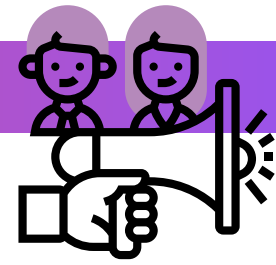
If you would like to get involved and include this in your future plans, please reach out to our office. We will coordinate your participation and provide support at the next convenient event.



Sasha at the hospital awareness table for epilepsy.

- WEM JANUARY 17, 2026
- UNIVERSITY HOSPITAL JAN 6, 2026
- KAYE CLINIC JAN 13, 2026
- BOUNTIFUL MARKET FEB 6-7-8, 2026
- TRI-MUNICIPAL NIGHT STONY PLAIN FEB 19, 2026
- UNIVERSITY HOSPITAL 10, 2026
- KAYE CLINIC MARCH 17, 2026
- WEM ALL DAY MARCH 21, 2026 (STEPUP4EPILEPSY)





EPILEPSY 101 SESSIONS AND TEACHERS' CONVENTION IN GRANDE PRAIRIE

We are pleased to share a final account of our programs and services for the first three months of 2026, highlighting an increase in requests for our Epilepsy 101 Professional Development sessions. These sessions are a unique offering from our association, providing a comprehensive introduction to epilepsy, including:

- High-level understanding of the brain
- Types of seizures and epilepsies
- Treatment options
- Seizure first aid

We offer these sessions free of charge to a wide range of participants in diverse settings and for multiple purposes.

Flexible and Tailored Learning

Our presentation can be modified to suit the desired format: in-person, hybrid, or fully online via Zoom. We also accommodate a variety of scheduling needs, including evenings and weekends. Our goal is to ensure people have access to essential information about epilepsy in any environment.

- Academic institutions often request these sessions to support staff and students.
- Employers seek them to better understand epilepsy and provide meaningful accommodations for employees.

Recent Sessions

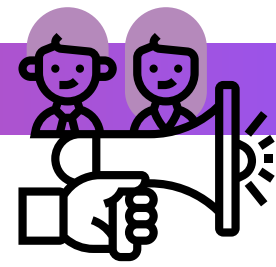
To date, our sessions have reached numerous communities, including a trip to Grande Prairie where we presented at the Mighty Peace Teachers' Convention on March 5, 2026.

For more information or to schedule a session for your area or workplace, please contact us at: info@edmontonepilepsy.org.

Sessions offered:

- January 26, 2026 - Insight Psychological
- February 17, 2026 - For Edmonton Public School Educational Assistants
- February 25, 2026 - MAKAMI College
- March 5, 2026 - Grande Prairie - teachers' convention





MARCH EPILEPSY AWARENESS MONTH

Organizing events to raise awareness about epilepsy is always an adventure for the Edmonton Epilepsy Association (EEA). Each year, we are driven by a shared goal: to ensure that individuals and families impacted by epilepsy know they are not alone, and that support is available right here in our region.

March, recognized as Epilepsy Awareness Month, is a time we look forward to. Yet, bringing the community together during this season comes with its own challenges—especially when faced with unpredictable weather. That’s where creativity, determination, and community spirit come into play.

In 2025, EEA explored a new opportunity by partnering with West Edmonton Mall (WEM). The idea was simple but powerful: host an indoor walkathon on a Saturday morning close to Purple Day (March 26), paired with engaging programming such as the Kids on the Block puppet performances. With the mall generously providing space and support at no cost, we knew it was an opportunity worth pursuing.

After a promising first year, expectations were high—but nothing could have prepared us for what happened on March 21, 2026.

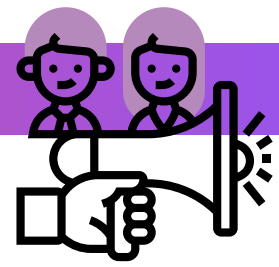
For the second year in a row, StepUp4Epilepsy exceeded all expectations. Fundraising efforts soared, increasing by an incredible 400% compared to the inaugural event—an achievement that is truly remarkable for our community. More than 70 walkers showed up bright and early, many before 9:30 a.m., bringing energy, enthusiasm, and plenty of smiles to start the day.

Thanks to the dedication of our volunteers, EEA staff, contractors, and board members, the event transformed the mall into a vibrant sea of purple. With the help of talented artists and technical support teams, hallways were filled with purple flags, clothing, and displays—creating a powerful visual reminder of the cause we all share.

At one end of the mall, our community booth welcomed visitors, sparking conversations and providing information. At the LEGO stage, families gathered to enjoy Kids on the Block puppet performances and learn valuable seizure first aid techniques through presentations by Big Hearts First Aid.

Throughout the morning, countless individuals stopped by—some curious, others personally connected to epilepsy. Many shared their stories, asked questions, and expressed appreciation for the work being done. These moments of connection are at the heart of everything we do.





MARCH EPILEPSY AWARENESS MONTH

The second annual StepUp4Epilepsy was more than just a successful event. It was a testament to what can be achieved when a community comes together with purpose and passion. It stands as a shining example of awareness in action and a hopeful step forward for everyone impacted by epilepsy.

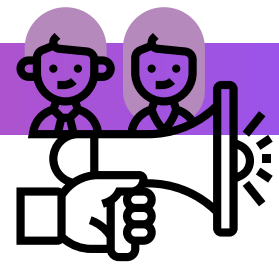


EDMONTON EPILEPSY ASSOCIATION PRESENTS
KIDS ON THE BLOCK

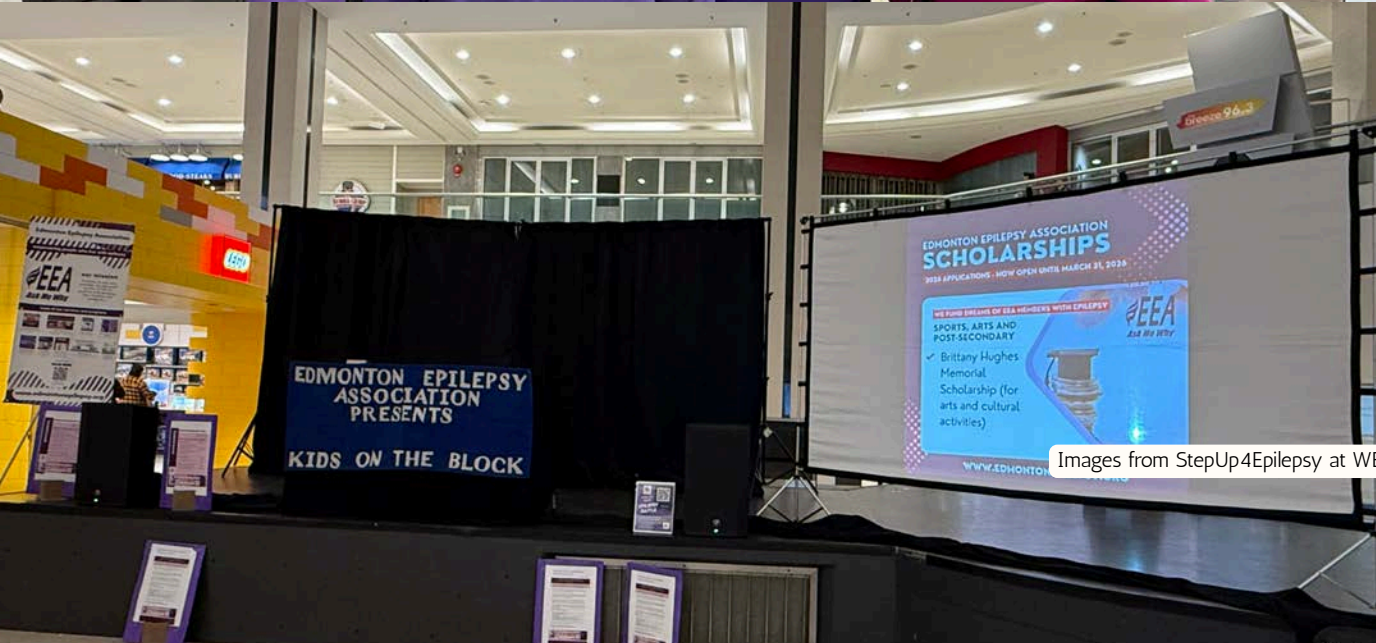
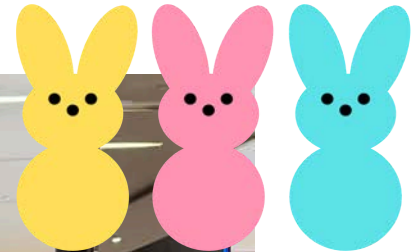
EDMONTON EPILEPSY ASSOCIATION PRESENTS
KIDS ON THE BLOCK

StepUp4Epilepsy

Images from StepUp4Epilepsy at WEM.

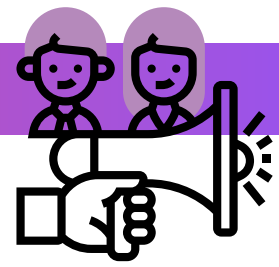


MARCH EPILEPSY AWARENESS MONTH



Images from StepUp4Epilepsy at WEM.



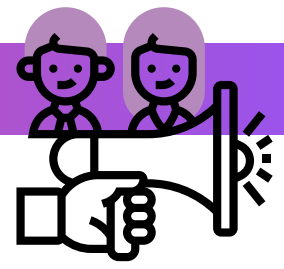


MARCH EPILEPSY AWARENESS MONTH



Images from StepUp4Epilepsy at WEM.





MARCH EPILEPSY AWARENESS MONTH



Images from StepUp4Epilepsy at WEM.





2026 FINANCIAL UPDATES

This section of our publication is dedicated to keeping our members and the broader community informed about our finances, which are essential to sustaining and growing our mission.

As we often share, our organization can thrive within its current operational model with a baseline of approximately \$200,000 in new funds each year. At the end of the first quarter, we have reached about 18% of this goal. While this represents a slower start than anticipated, several encouraging signs in our operations indicate that we are on the right track.

The EEA Board of Directors has reviewed how we operate as an association and has decided to invest in hiring part-time support for our Executive Director. This step will strengthen our ability to plan and execute fundraising events and initiatives, enhance our grant writing efforts, and implement new strategies to connect with both current supporters and prospective major donors.

One particularly positive trend is that we have already reached the average annual donation amount typically collected in a full year. This is an exciting and promising milestone that we aim to build upon moving forward.

The StepUp4Epilepsy campaign was a significant success, raising over \$13,000 from a single event—an all-time high for our organization.

Looking ahead, our next major fundraising initiative is the Birdies program. Longtime supporters will recognize this as one of our favorite campaigns, running from March through August. Through this program, donations can be increased by up to an additional 50% for the first \$30,000 raised, providing a valuable opportunity to amplify community support. More details about Birdies can be found in the following pages.

Ongoing donations remain a steady and meaningful source of income. While some contributions may be modest in size, we recognize that generosity is not measured by dollar amounts alone, but by the personal stories and motivations behind each gift. We are deeply grateful to every individual who supports our work.



2026 FINANCIAL UPDATES

(CONT.)

We are also actively preparing for our upcoming awareness and fundraising events, including Fun at the Park on June 20, 2026, and our Purple Halloween Campaign on October 24, 2026. Both events will feature raffles and additional opportunities to support our mission.

To learn more about our fundraising and sponsorship policies, please visit our website:
<https://edmontonepilepsy.org/donate/>

IN MEMORIAM

This month, we take a moment to remember two members of our community whom we lost to epilepsy. We are deeply grateful to the many individuals who have made donations in their memory. While we continue to mourn their loss, we also honor the lasting impact of these legacy gifts. Through these contributions, their memory lives on by supporting the programs and services that make a meaningful difference in the lives of others. Read below the obituary of one of these members. Click on the link for more information about Dustin upcoming memorial service.

BROWN, Dustin Douglas

Dustin Douglas Brown, sadly succumbed to SUDEP (Sudden Unexpected Death in Epilepsy) on Feb 12, 2026. Westbank BC. Though his life was cut short, the impact he left on our hearts is immeasurable.

Born in Camrose, Alberta April 11, 1985 to Doug and the late Lynda Brown. He is survived by his Father Doug Brown; Sister and Nephew Jacqueline and Owen D'Ippolito. He also leaves behind a close-knit circle of extended family and dear friends and colleagues who will forever cherish the memories of their adventures together.

Dustin was highly accomplished, achieving a diploma in Criminal Justice Policing and Years later by a Degree - Bachelor of Professional Arts in Governance, Law and Management with Distinction on May 21, 2021. He was a rare blend of a street-smart officer and scholarly professional. Dustin, an avid athlete, his life was a whirlwind of sports. To Dustin sports weren't just about the game, they were about the brotherhood and lifelong friends he made with every season. His co-workers and teammates alike knew him as a person who always had their back- the first to arrive, the last to leave, and the one who kept everyone laughing in between.

Dustin's adventurous spirit led him across the globe, spanning the great wall of China to the vibrant energy of Rio's Carnival. He embraced every culture he met, finding beauty and connection in every corner of the world.



You can access the full obituary at this link.





2026 FINANCIAL UPDATES (CONT.)

A SPECIAL THANK YOU FOR NEW QUILTS FOR EPILEPSY!

We would like to extend our sincere thanks to Alberta Blue Cross Hearts of Blue for generously donating funds to create two unique quilts for members of our epilepsy community.

Blue Cross approached us with the intention of contributing to our program, which supports individuals who share their personal journeys with epilepsy—often involving brain surgery plans or the challenges of living with uncontrolled seizures. When adjusting to life with epilepsy becomes especially difficult, we collaborate with our supporters to create a custom quilt designed specifically for these individuals.

Each quilt is a meaningful work of art, thoughtfully crafted by a quilter to reflect the recipient's preferred colours, hobbies, passions, and even heroes. Every quilt is accompanied by a special dedication from both the funders and our organization—a warm embrace to remind them that they are not alone and that we are in this together.

We expect the quilts to be completed before summer, and we look forward to sharing the recipients' stories in our next magazine issue.



HOW TO SUPPORT US

We strive to provide everyone who wishes to support us financially with the best possible ways to donate. By visiting this page: <https://edmontonepilepsy.org/supporters/>, you will discover all the ways you can contribute to the EEA.

For potential sponsors, please reach out to us directly—we would be happy to work with you to tailor a sponsorship that offers the best possible exposure and meaningful connection to our community.



50/50 Raffle Winner Announced!

Congratulations to Judie H., the lucky winner of our latest 50/50 fundraising raffle! She took home \$570 in cash. We matched this amount, adding it to our casino fundraising pot to directly support epilepsy education programs.

Thank you to everyone who participated—your support helps make a real difference in our community!



WAYS TO SUPPORT US IN 2026!

We strive to provide everyone who wishes to support us financially with the best possible ways to donate. By visiting this page: <https://edmontonepilepsy.org/supporters/>, you will discover all the ways you can contribute to the EEA. For potential sponsors, please reach out to us directly—we would be happy to work with you to tailor a sponsorship that offers the best possible exposure and meaningful connection to our community.



- Sign-up for an account with **SkipTheDepot** and donate the profits from your recyclables to the EEA.



- You can donate to us through **PayPal Giving Fund**. This is an easy way to use your credit card.



- **CanadaHelps** is also a very popular way folks like to donate to us.



- Our preferred option remains **Zeffy** - as this platform gives us 100% of every dollar you donate to us.



- We also accept donations from **DONATE A CAR Canada** - just check the link for details.



- We accept donations for our **QUILT** program to embrace a newly diagnosed person with epilepsy with community warmth.



- We always **accept cheques or cash** and ensure you get your tax receipt for your contributions.



- And for those wishing to sponsor any one of our events, activities and programs, check out our **sponsorship page**.



RESEARCHERS CLARIFY HOW KETOGENIC DIETS TREAT EPILEPSY, GUIDING FUTURE THERAPY DEVELOPMENT

Featuring the work of CURE Epilepsy grantee Dr. Manisha Patel.

This study reviews the benefits of ketogenic diets for individuals with epilepsy. Researchers have found that for many people this low-carb and high-fat diet is able to help control seizures by providing a more efficient fuel source for the brain. Normally, the brain utilizes sugar for energy, but during a low-carb diet the brain switches to another energy source called ketones which has been shown to help stabilize overactive brain cells. By further understanding how these ketones can affect epilepsy, scientists hope to identify ways these ketones can be used in therapy beyond just altering the diet which can be difficult to maintain for some patients. This leads to promising new therapies on the horizon.

A new publication from the University of Colorado lab of CURE Epilepsy grantee and former Scientific Advisory Council member Dr. Manisha Patel offers the latest scientific explanations for why ketogenic diets reduce seizures in people with epilepsy. The report brings together insights from both laboratory discoveries and real-world patient outcomes, showing that ketogenic diets do far more than reduce seizures.

The review outlines how these strict high-fat, low-carbohydrate diets strengthen the brain's energy systems, reduce inflammation, and protect neurons – providing therapeutic benefits that current medications do not offer. The authors synthesize research from the past five years examining the clinical efficacy of ketogenic diets and the underlying mechanisms that drive their effects. They explain that ketogenic diets significantly limit carbohydrates, so the brain no longer relies on glucose as its main fuel. Instead, the body shifts to produce ketones, which provide a steadier, more efficient source of energy. That change helps stabilize overactive neurons and supports healthier energy regulation in the brain. Together, these effects can help make seizures less likely to occur.

These insights, the authors say, not only clarify how ketogenic therapies work but also open the door to new therapies that could replicate the diet's effects without requiring patients to follow strict, long-term eating plans. The review also identifies a major gap: most ketogenic diet research focuses on children. However, while some pediatric studies have compared different ketogenic diets and evaluated them against standard epilepsy care, these studies are still relatively limited. In adults, the evidence gap is even wider, and studies comparing ketogenic diets to standard care epilepsy treatments are extremely scarce, with only one randomized controlled trial conducted in adults in the past five years.

A key factor highlighted in the review is how the body's ability to break down fat changes over time. Adults can develop liver changes, often influenced by long-term antiseizure medications, that can affect how well they tolerate or respond to ketogenic diets. This may be one reason early initiation, especially in childhood, appears most effective. The authors emphasize the importance of starting the diet early on to get the most benefit. This review underscores the need for earlier adoption of the ketogenic diet, additional large-scale randomized controlled trials to assess long-term effects, continued innovations that improve how and when the diet is implemented, and the development of diet-mimicking therapies that are easier for patients to sustain.

BRAIN MAY REINFORCE SEIZURES DURING SLEEP, MAYO CLINIC STUDY SUGGESTS

MARLA BROADFOOT, PH.D.

PAGE 29

Recent research done at the Mayo Clinic has identified a connection between sleep and seizures. Normally, when individuals sleep, the brain cycles through different stages of sleep. Some of these cycles are beneficial for things such as memory and learning. Interestingly, after a seizure occurs, the brain mimics these stages of sleep with emphasis on the same stages that normally strengthen memory and learning. Therefore, this may create a cycle of learning in the brain which causes it to remember the seizures and worsen symptoms in the future hence why some individuals experience worse seizures as they age. However, by discovering this connection, scientists now have a new target for therapy which are the days after a seizure. There may be ways to disrupt this learning process and prevent this cycle from occurring which is promising for further treatments and avenues of study.

ROCHESTER, Minn. — The brain may inadvertently "learn" to have seizures by treating them like important memories to be stored, according to new research from Mayo Clinic.

The study, published in the Journal of Neuroscience, found that after a seizure, the brain enters a deep sleep state that mimics memory storage — and that this effect can persist into the following night's sleep. In effect, this "saves" the seizure's path like a normal memory, strengthening the disease. The findings suggest new opportunities to prevent epilepsy from worsening by targeting brain activity during the hours immediately following a seizure and during the subsequent night of sleep — a critical period when harmful brain changes may occur.

"Sleep is one of the brain's most powerful tools for learning and memory," says Vaclav Kremen, Ph.D., a neuroscientist and engineer at Mayo Clinic and lead author of the study. "What we're seeing is that after a seizure, the brain may be engaging the same biological processes used to consolidate memories, but instead reinforcing the networks that generate seizures."

Epilepsy affects an estimated 50 million people worldwide, and many patients continue to have seizures despite medication. Understanding the relationship between seizures and sleep could help explain why epilepsy can worsen over time and why memory, mood and sleep problems are common in people with the condition.

The study analyzed long-term brain recordings from implanted devices in 11 people with epilepsy. Using these recordings, researchers compared sleep patterns on nights following seizures to nights when no recent seizures occurred.



APR-JUN 2026

BRAIN MAY REINFORCE SEIZURES DURING SLEEP, MAYO CLINIC STUDY SUGGESTS

MARLA BROADFOOT, PH.D. (CONT.)

PAGE 30

They found that after a seizure, the brain consistently entered a prolonged and intensified state of deep sleep, known as non-rapid eye movement (NREM) sleep. During this period, slow brain waves became stronger and steeper – key features of memory consolidation – particularly within the specific brain regions where seizures originate.

At the same time, rapid eye movement (REM) sleep, which is important for emotional processing and cognitive health, was reduced. On average, patients slept longer and spent more time in deep sleep after seizures, but they experienced less REM sleep compared with seizure-free nights.

The researchers call this process seizure-related consolidation, a phenomenon in which seizures appear to hijack the brain's normal learning mechanisms. Rather than helping the brain recover, this post-seizure sleep state may strengthen abnormal neural circuits, creating a vicious cycle in which each seizure increases the likelihood of future seizures.

"Instead of treating seizures as isolated events, this research shows they may actively shape the brain in ways that promote disease progression," says Dr. Kremen.

Importantly, the findings point to a potential new window for treatment – the hours and nights after a seizure – when targeted intervention could disrupt this harmful learning process.

"If we can safely intervene during this post-seizure window, we may be able to weaken seizure networks rather than reinforce them," says Gregory Worrell, M.D., Ph.D., a neurologist at Mayo Clinic and senior author of the study.

These insights support Mayo Clinic's Bioelectronics Neuromodulation Innovation to Cure (BIONIC) initiative, which aims to devise personalized neuromodulation therapies to prevent, treat, and potentially reverse neurological disease. By combining long-term brain sensing, advanced analytics and an understanding of how the brain adapts after seizures, the study highlights the potential for bioelectronic approaches to promote healthier brain function.

Future research will focus on translating these discoveries into BIONIC-enabled therapies, including adaptive closed-loop brain stimulation systems designed to respond to seizures and sleep states in real time. Mayo Clinic researchers have already begun designing next-generation approaches aimed at breaking this cycle and restoring normal brain activity.

Retrieved at <https://newsnetwork.mayoclinic.org/discussion/brain-may-reinforce-seizures-during-sleep-mayo-clinic-study-suggests/> on March 25, 2026.



APR-JUN 2026

THE INTERSECTIONS BETWEEN EPILEPSY AND RARE DISEASES



February was Rare Diseases Awareness month, and this is a field which the Epilepsy community can relate to. Rare diseases are a category of conditions, each of which affect less than 200,000 individuals worldwide. They include 7,000-10,000 different diseases, most of which have genetic background and 90% do not have an FDA approved treatment. Nearly half to two thirds of these diseases appear in childhood.

Rare diseases are mostly chronic and have a considerable effect on the quality of life and survival of individuals. They also impose psychological and financial burdens, not only on the patients but also their caregivers and health systems that have to deal with needs of chronic patients who require long periods of investigations, diagnosis and treatment.

Rare diseases are challenging as they have a wide variety of symptoms and signs that mimic the common diseases, and they have a wide variety of presentations within the same diseases. Most rare diseases are not yet well understood on a pathological basis and the number of patients suffering from some of them is very few so they are not candidates for studies or therapeutic trials that can be generalized. There are many other challenges that make their diagnosis very difficult in addition to those already mentioned. A resulting “Diagnostic Odyssey” develops, which is the long journey a patient travels seeking many doctors, specialities, investigations and tolerating wrong diagnosis and unavailable resources, until they reach the right diagnosis that explains their condition.

These challenges can be faced by raising awareness of rare diseases among people, physicians and nations, the breakthrough in genetic testing and studies, community advocates and governmental policies that support scientific research and pharmaceutical companies to produce therapies.



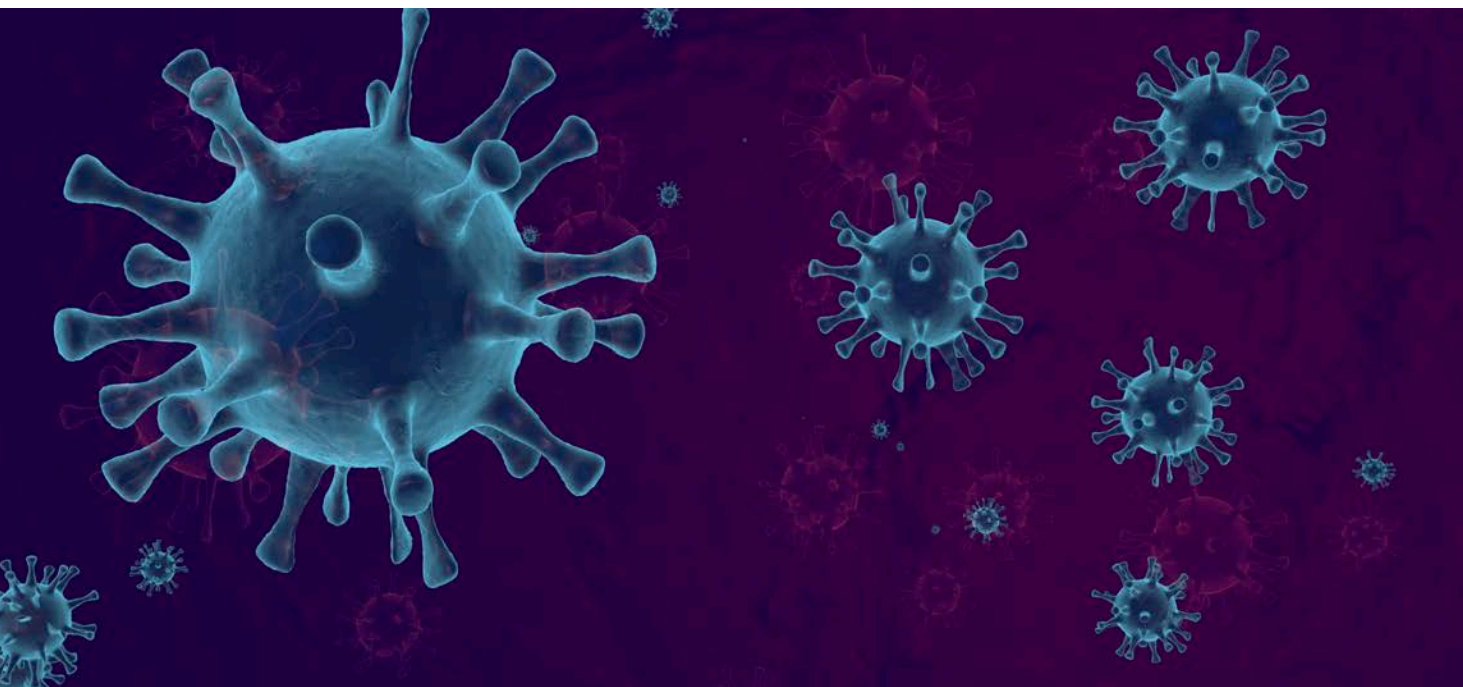
THE INTERSECTIONS BETWEEN EPILEPSY AND RARE DISEASES (CONT.)

Around 62% of Rare Diseases are neurological or have neurological presentations. Epilepsy is a common feature in many rare diseases, particularly those that are genetic, metabolic, or neurodevelopmental in origin, with some specific conditions presenting with seizures in over 85–95% of cases. While epilepsy itself affects roughly 0.6–1% of the general population, it is highly prevalent in specific rare, complex syndromes like

- Aicardi Syndrome: ~92%
- SCN8A-related epilepsy: ~95%
- Angelman Syndrome: ~85%
- Tuberous Sclerosis Complex (TSC): ~85%
- Dravet Syndrome: ~82–94% (often referred to as severe myoclonic epilepsy of infancy)
- Rett Syndrome: ~70%
- Peroxisomal Disorders: 70–90%
- Mitochondrial Disorders: 35–60%
- Prader-Willi Syndrome : 25%

Among children under 3 years old with new-onset epilepsy, about 54% can be classified by a specific syndrome, and 20–34% have a known genetic cause. A study of 500+ patients in specialized epilepsy centers found that 44% of them had a condition classified as a rare disease. For infants under 12 months with severe epilepsy, a genetic or metabolic cause is determined in 64–67% of cases. Rare diseases associated with epilepsy are frequently Developmental and Epileptic Encephalopathies (DEEs), where the genetic defect causes both developmental issues and seizures.

By Dr. M. Heikal





IN OUR COMMUNITY

Everything We Do Begins with a Story

ADVERTISEMENT

Stories of individuals, families, and entire communities whose lives have been shaped—sometimes suddenly, sometimes quietly—by epilepsy. Each diagnosis marks a moment when life shifts: a parent holding their breath as their child seizes for the first time; a teenager masking fear with determination and sometimes isolation; an adult searching for confidence after the world changes without warning—driving and working no longer an option. A senior who gets confused and dismissed because of an incorrect diagnosis. These moments

carry weight. And these are the “stories we carry” with us, in our community. They remind us why our work matters.

COMMUNITY SUPPORT WHEN LIFE CHANGES

The challenges faced by people with epilepsy are deeply personal and often invisible to others. Seizures don’t just interrupt routines; they can stir anxiety, sadness, or a quiet sense of loss that only those closest truly witness. Yet even in the hardest moments, community can be a powerful force. While government support and, of course, medical interventions have

their place, many families cannot face the new life realities with epilepsy alone. That is where we come in! Our community of staff, volunteers, board of directors, and supporters bring the compassion, patience, and generosity needed to truly make a difference in these people’s lives!

Our grassroots foundation has always been our strength. Since 1960, our charity’s spirit shines in our programs—from our epilepsy book series to Kids on the Block, a puppet show that teaches elementary school students about empathy and inclusiveness through storytelling that

feels accessible and fun. Sixty-five years later, we’re still here—without core operational funding and with a small but mighty staff. What has carried us through is the determination of volunteers, doctors, caregivers, and individuals living with epilepsy. Their commitment has built an organization that is vibrant, compassionate, and adaptable, one that evolves with the needs of the community, while staying true to its original mission.

We won’t pretend the road has been easy. Uncertainty about future fundraisers or sponsors is a constant part of our reality. There are days when continuing the work feels heavy. But we move forward because we are anchored by the values that guide every conversation and every decision: empowerment, respect, compassion, dedication, and integrity. These principles are the reason people trust us—and the reason we endure.

The Edmonton Epilepsy Association may be the little charity you’ve never heard of.

But chances are, you know someone with epilepsy: a

colleague, a friend, a classmate, a family member. And whether they’ve needed support or not, our work has always been for them—and for you.

You may never need us. We hope you never do.

But if one day life changes—if fear creeps in, if questions feel overwhelming, if you simply need someone who understands—we’ll be here. Ready to listen.

HOW CAN WE HELP?

Reach out. Call our team. Talk to our volunteers. Ask your questions—big or small. If we don’t have the answer, we’ll find it. That’s the power of connection.

HOW CAN YOU HELP?

Connect with us.

Call 780-488-9600, email info@edmontonepilepsy.org, visit our website at edmontonepilepsy.org, or follow us on social media. Every act of support strengthens the next 65 years of direct, essential, and heartfelt service to those living with epilepsy.

Together, we turn shadows into light—one story at a time.



A SUMMER EVENT AT THE PARK IN JUNE 2025 - WE OFFICIALLY CELEBRATED OUR 65TH BIRTHDAY FOR OUR 65TH ANNIVERSARY © COURTESY OF EEA

EDMONTON EPILEPSY ASSOCIATION

Ask Me Why
SAVING THE COMMUNITY SINCE 1960

DID YOU KNOW?

EPILEPSY AFFECTS 1 IN EVERY 100 PEOPLE.

Edmonton Epilepsy Association

The Epilepsy Association of Northern Alberta!
Visit our website to find all the resources you need to become educated about epilepsy.

780-488-9600

edmontonepilepsy.org

DISCOVER WHAT WE CAN DO FOR YOU TODAY!



In this section, we share initiatives, programs, and events in our community that align with our mission and epilepsy-related goals. We recognize that meaningful impact is never achieved alone. That’s why we value collaboration with individuals and organizations whose work supports our shared vision of empowering people living with epilepsy in our region.

We also use this space to highlight how the EEA is expanding its visibility and presence within the community through broader outreach efforts—beyond social media, email communications, and our quarterly magazine.

Global Heroes Presence

In the February issue of Global Heroes—a multi-format publication that celebrates everyday individuals making a difference through consistent and meaningful actions—the Board of Directors chose to invest in an opportunity to increase awareness of our work on a larger scale. This initiative allowed us to share our story not only within our local community but also on a global platform. The issue reached over 400,000 readers through major Edmonton and Calgary newspapers, including The Globe and Mail. You can read our featured page and explore the full issue here:

https://issuu.com/globalheroes/docs/0226_-_global_heroes_february_2026

We also published a couple of promotional pieces through the publication YEGParents, which our Fundraising Specialist, Patrina Moore-Pierre, leads as editor in chief. Learn more about it here:

<https://www.yegparents.ca/digital-issues>



IN OUR COMMUNITY

(CONT.)

ADAP Updates

We began this conversation following the Provincial Government's decision to replace the current program, AISH (Assured Income for the Severely Handicapped), with a new program: the Alberta Disability Assistance Program (ADAP), set to take effect on July 1, 2026.

This change continues to generate significant concern and debate across community halls, online spaces, and through formal advocacy efforts. Disability organizations—including CP Alberta (Cerebral Palsy Alberta) and others—have raised serious issues about the lack of clarity surrounding ADAP and the additional hardships it may create. One of the most pressing concerns is the proposed automatic reduction of \$200 from the current AISH baseline support. Over the past several weeks, we have shared actions and updates led by these advocacy groups, and we will continue to keep our membership informed as this situation evolves. At this time, the legislation has been passed and is scheduled to come into effect on July 1 of this year.

While not everyone living with epilepsy is directly impacted by these changes or requires access to income support programs to maintain independence, we recognize that many within our community do. As a community, we stand together—supporting those who are most vulnerable, amplifying their voices, and advocating for their rights, dignity, and well-being.

ASSOCIATIONS WE ENGAGE WITH



This issue includes updates on the agencies we collaborate with, including the International Bureau for Epilepsy (IBE). Our Executive Director, Valeria Palladino, serves as a representative on behalf of the Canadian Epilepsy Alliance (CEA). The IBE is a global organization that coordinates international efforts to raise awareness and provide reliable education about epilepsy, life with seizures, and access to resources and advocacy for those impacted by epilepsy worldwide. We are honored to be in direct collaboration with such a respected organization, as it allows us to stay informed about global policies and better understand the realities faced by communities affected by epilepsy. By sharing perspectives and initiatives, we can work together to strengthen support in our local regions.

Monthly meetings with the CEA and the Alberta Abilities Network (AAN) have also continued over the past few months. As part of our ongoing engagement, we are preparing for Volunteer Day at West Edmonton Mall (WEM) on April 25, 2026, where we will be hosting an awareness table.



ANGELA'S

STORY

Finding Light Through the Seizures: A Mother's Journey of Advocacy, Community, and Hope

Angela Wilm's story unfolds as a decades-long journey shaped by resilience, learning, and community. A mother of four and an educator by profession, she has been connected to the Edmonton Epilepsy Association for over 30 years—a connection that became a lifeline when her son Zach began experiencing seizures as a toddler. What started as febrile seizures during an illness soon revealed itself to be something far more complex. By the time Zach was a young child, he was diagnosed with complex partial seizures, later understood to involve both sides of his brain, ruling out surgical options. In an era before easy internet access, Angela sought knowledge wherever she could—tracking down resources, inviting experts to speak, and immersing herself in medical terminology so she could better advocate for her son.

Her journey was not only medical but deeply personal. Navigating neurologists, medications, and developmental challenges required persistence and emotional strength. Some clinical experiences were discouraging, while others offered the compassion and attentiveness that made all the difference. Through it all, Angela found that having a reliable source of information—and someone to call during uncertain moments—was invaluable.



ANGELA'S

STORY

(CONT.)

Finding Light Through the Seizures: A Mother's Journey of Advocacy, Community, and Hope

Growing up with epilepsy was especially difficult. Many of Sydney's epileptic seizures presented as sudden drop attacks, making everyday life unpredictable and often unsafe. Even the simplest tasks required careful planning, and eventually, daily routines became overwhelming. When doctors identified her as a candidate for left front temporal lobe surgery, Sydney embraced the opportunity, hopeful that the procedure would bring her closer to a more typical and manageable life.

In her own words, Sydney shares that the challenges extended far beyond medical appointments and treatments. Making plans with friends or keeping up with schoolwork became increasingly difficult, and frequent last-minute cancellations took a toll on her relationships. Over time, friends drifted away, and feelings of loss, isolation, and confusion became part of her daily reality. Yet, even when reflecting on the darkest periods of her medical journey, Sydney speaks with a sense of hope and determination for the future.

That support came not only from organizations like the Edmonton Epilepsy Association and the Epilepsy Foundation, but also from connections with other parents walking similar paths. These relationships became a source of shared understanding and mutual care, whether through conversations, community events, or simply being there in moments of crisis.

Balancing family life with the unpredictability of epilepsy brought its own challenges. Plans were often interrupted, routines reshaped, and stress accumulated. Angela learned the importance of carving out space for herself—finding solace and restoration in unexpected places, like a stained glass class that offered both creativity and a sense of being cared for.

“Epilepsy changed our path, but it never defined our life—because with knowledge, support, and connection, you learn you’re never walking it alone.”

[Click Here](#)[TO WATCH THE
WHOLE VIDEO
INTERVIEW](#)



Click Here
TO WATCH THE
WHOLE VIDEO
INTERVIEW

ANGELA'S

STORY

Finding Light Through the Seizures: A Mother's Journey of Advocacy, Community, and Hope

Over time, her role evolved from parent to advocate and community member. As a board member and volunteer, she now helps others who are just beginning their journeys, offering reassurance that while the path is not easy, it is not one they must walk alone. She emphasizes the importance of epilepsy awareness, particularly in rural communities where knowledge gaps can lead to misunderstanding or inadequate care.

At the heart of her story is Zach—not defined by his diagnosis, but by his personality, humor, and kindness. Now an adult, he brings joy to those around him, whether through heartfelt gestures, playful jokes, or his love of creating art. For Angela, his life is a reminder to look beyond limitations and focus on what brings meaning and connection.

Her message is ultimately one of perspective: epilepsy is part of the human experience, not something to fear. With awareness, support, and compassion, individuals and families can build lives filled with purpose, joy, and community.

Watch the full interview at our special page here:
<https://edmontonepilepsy.org/memberstories/>

(CONT.)



NEW TO OUR COMMUNITY

GOODBYE AND GOOD LUCK!



Sasha and Cleo at the office.

We asked our NorQuest Practicum student, Sasha McDonald, to share her thoughts and reflection as she completed her time working with EEA.

A Meaningful Journey: Reflections from My Time at EEA

As my time at the Edmonton Epilepsy Association (EEA) comes to a close, I find myself reflecting with genuine gratitude on what has been an incredibly meaningful experience. Coming into my practicum, I had a personal connection to epilepsy, but I quickly realized how much more there was to learn. This journey has deepened my understanding of the condition in ways I could not have anticipated, while also opening my eyes to the vital work being done every day at EEA.

One of the most rewarding aspects of my time here has been the opportunity to connect with members of the community. Meeting individuals and families, hearing their stories, and building those connections has left a lasting impression on me. It is these human moments that truly define the impact of EEA's work.

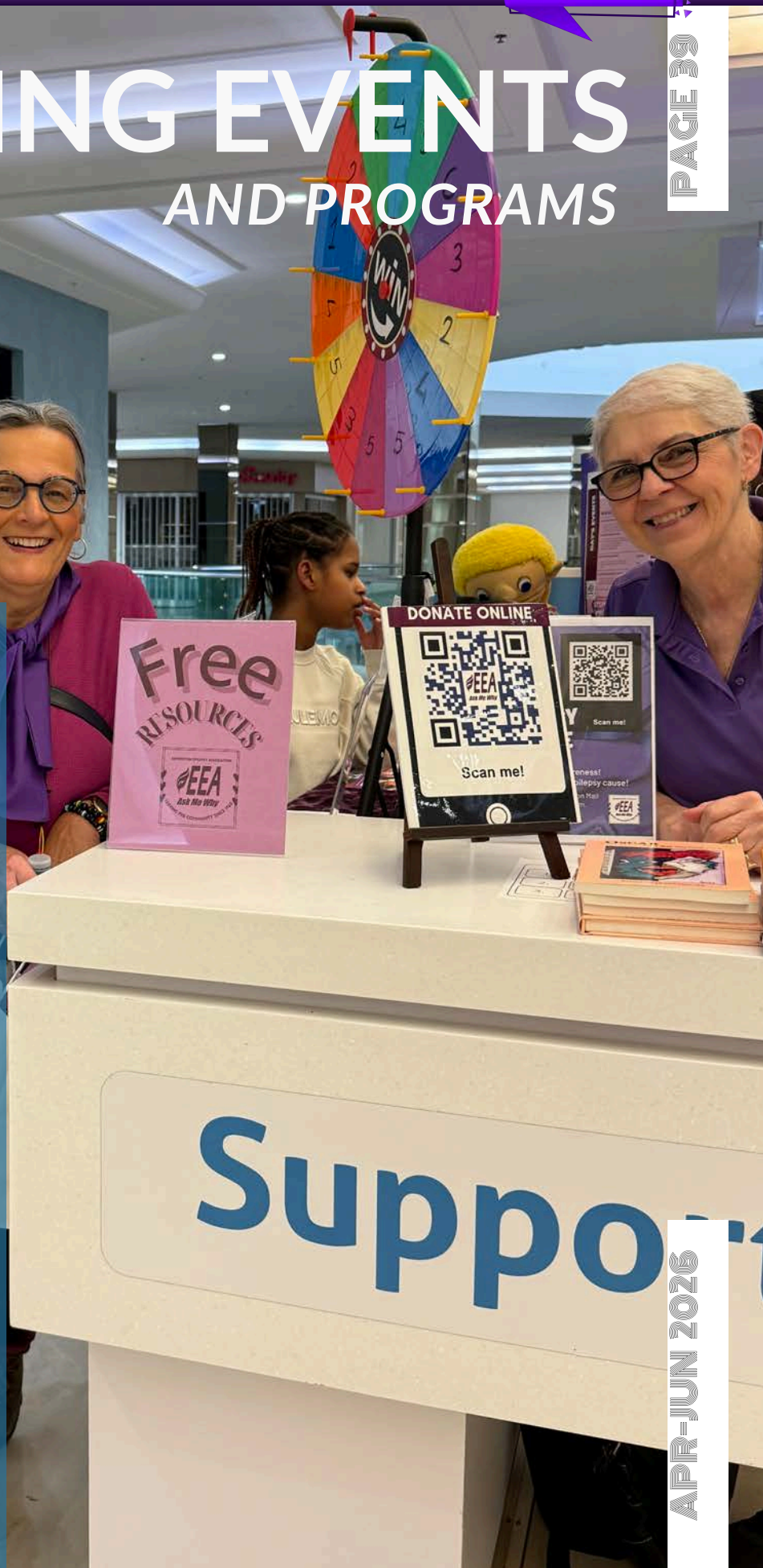
I am especially grateful for the trust and mentorship I received from Valeria Palladino. Being given the opportunity to refine my technical skills and take on meaningful responsibilities made my practicum both empowering and memorable. Facilitating seizure first aid workshops and participating in Purple Lunch & Learn sessions were highlights of my experience. These opportunities allowed me to draw on my previous work experience while continuing to learn, grow, and contribute in new ways.

Through this practicum, I have gained not only knowledge, but also a deep appreciation for the dedication and compassion that drive EEA's mission. I have no doubt that the organization will continue to grow, expand its reach, and empower individuals living with epilepsy across our community.

Sasha

UPCOMING EVENTS AND PROGRAMS

- CALENDAR PAGES
- UPCOMING BINGOS
- PURPLE LUNCH HOURS
- SEIZE THE DAY!
- COMMUNITY FUN FEST
- BIRDIES 2026
- SPECIAL PROJECTS



Suppo

APRIL

2026



Education about epilepsy and seizures is at the heart of the EEA community!



APRIL

Seizures are broadly classified into two main groups as either focal (partial) or generalized based on the region of onset.

Learn all about it at www.edmontonepilepsy.org

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

KEY ACTIVITIES THIS MONTH:

- April 3 - Good Friday - Office Closed
- April 6 - Easter Monday - office closed
- April 25 - ECVO Volunteer Fair at West Edmonton Mall (VOLUNTEER OPPORTUNITY)
- April 28 - Purple Lunch Hour Insights
- April 30 - Bingo at EEA office

Please note the EEA office will be closed until April 20, 2026 inclusive. All inquiries will be addressed after that date.

MAY

2026



MAY

For some individuals, having epilepsy will require few changes in lifestyle. For others with uncontrolled seizures, their lives change significantly.

Learn all about it at www.edmontonepilepsy.org



Donations and hard work make everything we do at EEA possible!

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

KEY ACTIVITIES THIS MONTH:

- May 1-2 - Western Canadian Workshop in Kananaskis
- May 12 - Awareness table at Stollery Children's Hospital
- May 18 - Victoria Day - EEA Office Closed
- May 26 - Purple Lunch Hour Insights

JUNE

2026



EEA celebrates community life!



JUNE

There is an increased risk of depression in people with epilepsy. Depression may be a side effect of medication, or it may occur just before, just after, or between seizures.

Learn all about it at www.edmontonepilepsy.org

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

KEY ACTIVITIES THIS MONTH:

- June 2 - NESA Fair (Seniors)
- June 4 - Westend Seniors Fair
- June 6 - Brain Injury Fair
- June 20 - "Seize the Day! Community Fun Fest" (VOLUNTEER OPPORTUNITY)
- June 25 - BINGO at EEA office
- June 30 - Purple Lunch Hour Insights



BINGO EVENTS

Join us for our upcoming bingo sessions this quarter:

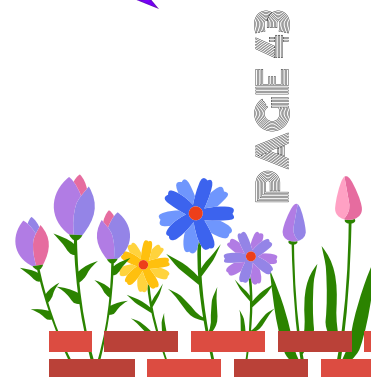
- April 30
- June 25

Our bingo gatherings are a relaxed and welcoming social event for members who enjoy coming together for a few friendly games. We gather around the table, share laughs, enjoy light snacks with coffee or tea, and have a chance to win small prizes.

Did we mention it's low-key? No flashing lights, no loud noises—just good company and an enjoyable way to spend time together.

To join us, simply let us know which date you plan to attend by calling the office at 780-488-9600.

We hope to see you there!



PURPLE LUNCH HOURS

Purple Lunch Hours – Upcoming Sessions

We are excited to continue our Purple Lunch Hours on the last Tuesday of each month for the next quarter:

- April 28
- May 26
- June 30

We will take a break during July and August. During these sessions, we focus on conversations about epilepsy and life. Topics are usually inspired by the previous session, and we often invite presenters and specialists to join the discussion.

Join us via Zoom: [Register here](#)

We look forward to seeing you at our next session!

LUNCH HOUR INSIGHTS



PURPLE LUNCH HOUR CHATS



Last Tuesday of the month - 12:00 - 1:00 pm. MST

Join us through the link! Let's talk epilepsy!

EDMONTONEPILEPSY.ORG

APR-JUN 2020

"Seize the Day! Community Fun Fest"

Mark your calendars for a day of awareness,
education and community fun!

06. 20. 2026

- Live concert by KINGSWOOD DRIVE
- Ballon artist on site
- Face painting
- Brain games with prizes
- Food trucks
- Kids on the Block shows
- ...and more!

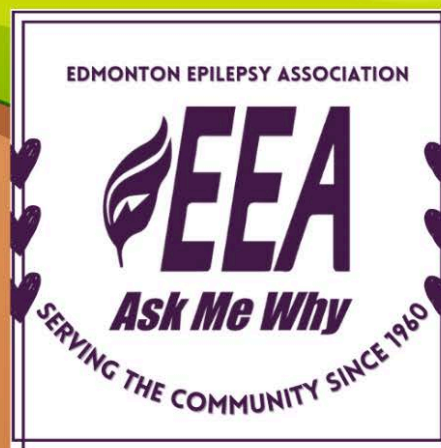
*Join us for a Purple
Ribbon Cutting
Ceremony for our
new name and to
announce the winners
of the logo and
tagline contest!*

Saturday, June 20, 2026 at Saint

Andrew's United Church

9915 148 street Edmonton

11:30 a.m. to 4:30 p.m.



edmontonepilepsy.org

“SEIZE THE DAY! COMMUNITY FUN FEST”

Seize the Day! Community Fun Fest Returns for Its 3rd Year

Join us for a vibrant day of epilepsy awareness, connection, and community celebration at our 3rd annual summer event—Seize the Day! Community Fun Fest!

On June 20, 2026, from 11:00 a.m. to 4:30 p.m., we invite you to gather with us at our new home—9915 148 Street, in the front yard and park space of Saint Andrew’s United Church in Edmonton. This exciting summer kick-off event brings together individuals, families, and community members for a day filled with fun, learning, and meaningful engagement.

This year, we are proud to introduce an expanded lineup of activities and performances designed to delight all ages. Enjoy a live concert, energetic KOB performances, and a special performance by a Cree dance group celebrating culture and tradition. A highlight of the day will be the purple ribbon cutting ceremony, marking the official introduction of our new name:

The Epilepsy Association of Edmonton and Northern Alberta.

Throughout the day, guests can take part in free brain games with prizes, explore offerings from local food trucks, and connect with neighbors and community partners. Families will love the face painting, balloon art, and other interactive развлечements happening on site.

We are also excited to reveal the winner of our Logo and Tagline Competition (see pages 58–59 for more details), showcasing the creativity and spirit of our community.

More than just a celebration, this event shines a spotlight on important conversations about epilepsy and living with seizures. It’s an opportunity to learn, share, and stand together in support.

**Bring your friends, your family, and your curiosity
and seize the day with us!**

BIRDIES 2026



Help Us Go Further: EEA Returns to Rogers Charity Classic

The Edmonton Epilepsy Association is proud to once again participate in one of our most impactful and well-loved annual fundraisers—the Rogers Charity Classic.

Each year, this remarkable event brings communities together in support of children and youth across Alberta. While world-class golf draws attention on the course, the true legacy of the tournament lies in its generosity. To date, more than \$164 million has been raised in support of over 316 charities, creating lasting change for thousands of families. This year, we are excited to build on that legacy with a focused and meaningful goal:

Supporting Phase Two of our Kids with Epilepsy: Mental Health Challenges, Explorations and Solutions

Why This Project Matters Now

Living with epilepsy is about more than seizures. For many children, it also means navigating:

- Anxiety and depression
- Social isolation and stigma
- Barriers at school and in friendships
- Uncertainty about the future

Families often tell us that mental health support is one of the most urgent and under-addressed needs in their journey.

Through Phase One of this project, we listened. We gathered insights from families, caregivers, and youth to better understand the real-life challenges they face.

Now, in Phase Two, we are taking action.

We are working to:

- Develop practical, accessible mental health supports tailored for children with epilepsy
- Equip families with tools and strategies they can use every day
- Collaborate with educators and healthcare providers
- Create solutions that are informed directly by lived experience

This is not just research—it is about building real, lasting supports that will improve quality of life for children and their families. [CLICK HERE TO DONATE](#)

BIRDIES 2026 (CONT.)

How You Can Make a Bigger Impact

From now until August 31, 2026, you can support this work by donating through our official online campaign. While donations must be made online (cash is not accepted for this initiative), there is a powerful incentive to give now:

Your Donation Grows by 50%

Through the Birdies for Kids presented by AltaLink program, every dollar donated to EEA will be matched:

- 50% matching on all donations up to \$30,000
- If we reach our goal, \$30,000 becomes \$45,000
- Additional funds beyond this amount will still be matched at a smaller percentage

This is an extraordinary opportunity to amplify your impact—one of the strongest returns on investment we see all year.

What Your Support Makes Possible

Your contribution will directly help us:

- Expand mental health programming for children living with epilepsy
- Provide families with guidance, tools, and community support
- Reduce stigma through education and awareness
- Build a future where no child feels alone in their diagnosis

Every donation—no matter the size—brings us closer to that vision.



Every birdie builds a brighter future.





SPECIAL PROJECTS

KIDS WITH EPILEPSY: MENTAL HEALTH CHALLENGES, EXPLORATION, AND SOLUTIONS

A key portion of this project was completed as of March 31, 2026. Specifically, the research phase has provided the EEA team—staff and volunteers alike—with a strong foundation for the next stage. As shared in our January issue, we conducted an environmental scan by gathering insights through anonymous online surveys, focus groups, and a dedicated presentation for parents and caregivers. Alongside this, we completed a thorough review of current clinical and psychotherapy models to better understand the supports already available.

To remind everyone, this project aims to develop a deeper understanding of the unique mental health challenges faced by children living with epilepsy. With this foundational research now in place, we are excited to begin translating these findings into meaningful action.

In the coming months, we will be inviting families and youth ages 12 to 18 who are living with epilepsy to participate in engaging and creative brainstorming sessions. These sessions will focus on imagining practical ways a small resource could directly address mental health challenges associated with seizures and epilepsy. We encourage you to review our volunteer opportunities and calendar pages. In the coming weeks, we will be sharing email invitations, offering everyone a chance to participate in the co-creation phase of this important project.

As shared in our last quarterly update, we're excited to announce that this project is now actively seeking venues and community spaces to host our engaging and thoughtfully developed workshop experience. We invite all senior centres and community organizations that serve older adults to connect with EEA and schedule a free session. Each session offers a welcoming and interactive experience that includes:

- Informative and practical learning
- Fun games and group activities
- Hands-on practice opportunities
- A creative take-home craft
- Snacks and social time

This is a wonderful opportunity to bring meaningful engagement and connection to your community. To book a session or learn more, please contact us at info@edmontonepilepsy.org. We look forward to connecting with you!



SENIORS' NEW HORIZONS

OUR REGULAR PROGRAMS



EEA PROGRAMS ONGOING

While we continue to run a variety of specialized projects each year, these core programs enable us to deliver on our strategic goals and uphold the vision that guides our work: Empowering People Who Live With Epilepsy! You will also find detailed reasons to become a member of our community. Although many of our awareness and education programs and resources will continue to be freely available to everyone – locally, regionally, and even internationally – our members enjoy a deeper level of connection and support. If you have any questions, please don't hesitate to contact our office.



EDUCATION RESOURCES
EDUCATION PROGRAMS
INFORMATION BOOKLETS
RESOURCE LIBRARY
SUPPORT SERVICES
EEA NEWSLETTER
KIDS ON THE BLOCK

EPILEPSY BOOKS

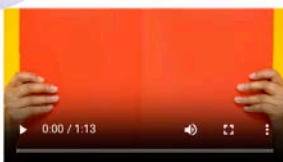
We run a comprehensive 11-titles epilepsy information books. [Learn more at this link.](#) The books are in English and in French. All English copies are always available as audio books and audio files, and can be ordered online for free (large orders will require postage payment). We also have several titles with short video clips that can be used for learning purposes.

EEA EPILEPSY INFORMATION BOOKS

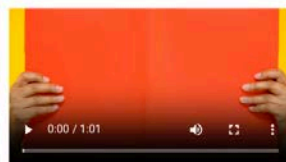
Order Books for free!

EPILEPSY: AN OVERVIEW - VIDEO CLIPS

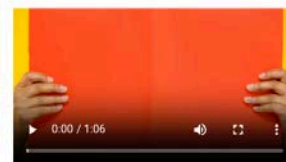
Access short video clips from the book. These short video clips illustrate key points from the book and can be used for educational and awareness goals without requesting for permission, as long as they are used as is. For any questions contact us at info@edmontonepilepsy.org
EPILEPSY: AN OVERVIEW by EDMONTON EPILEPSY ASSOCIATION is licensed under Attribution-NonCommercial-NoDerivatives 4.0 International



How do people get epilepsy? What causes epilepsy? Do many people have epilepsy?



At what age does epilepsy begin? What is a seizure threshold?



Does epilepsy run in families?



OUR REGULAR PROGRAMS



PAGE 50

EEA PROGRAMS ONGOING



KIDS ON THE BLOCK

Book your elementary-grades live puppet show today. [More info at this link.](#) The program is offered free of charge to schools, community centres, daycares and any other spaces that can benefit from an engaging live show, teaching younger kids the basics about epilepsy, seizures and how to be a good friend.



HOBSCOTCH MEMORY PROGRAM

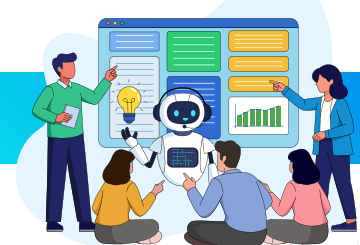
Free memory-coaching program for people with epilepsy. [Click here for more info.](#) The Home Based Self-Cognitive Training Changes lives is a cognitive program and memory coaching training program for people with Epilepsy. The EEA is pleased to launch the offering of this new service for all its members living with epilepsy. Members who apply will be screened to ensure they qualify for the 8-week program.



MENTORSHIP PROGRAM

Inquire with us about connecting with a trained EEA mentor, to get individualized support about life with epilepsy. [More info here.](#) We are accepting applications for this program from any EEA member in good standing. We also always look forward to recruiting new Mentors. To learn more about either role, connect with our office at info@edmontonepilepsy.org

APR-JUN 2026



EEA PROGRAMS ONGOING



SCHOLARSHIPS

Applications for these scholarships close March 31 every year. [Learn more at this link.](#) Scholarships are an essential part of our work, reflecting our commitment to recognizing and celebrating the achievements of people living with epilepsy across all ages. We offer three scholarships: two are open for applications from January to March each year, and one is available year-round.



AWARDS

We recognize special contributions by EEA members living with epilepsy. [More info here.](#) In 2026, the EEA will honour two outstanding members – the recipients of the Cam Reid Volunteer of the Year and the EEA Achiever of the Year awards. Each recipient will receive a prize valued at \$250, and their names will be added to our commemorative trophies in recognition of their contributions.



FAMILY PROGRAMS

We offer education sessions tailored to families with kids diagnosed with epilepsy. Throughout the year we organize and deliver sessions specifically towards families with kids diagnosed with epilepsy.

KIDS AND YOUTH PROGRAMS

We run regular outings and kids-focused programs. These range from crafts and games sessions and events, to conversations about specific challenges, such as mental health. [Visit our page for updates on events and resources.](#)



OUR REGULAR PROGRAMS

EEA PROGRAMS ONGOING



SOCIAL GATHERINGS

We organize regular social gatherings for children, families, and adults living with epilepsy. These events provide a safe, welcoming space to connect, share experiences, and build supportive relationships within the community. Activities are designed to be inclusive and enjoyable for all ages. Please check our calendar for upcoming dates, times, and locations.



EPILEPSY 101 ON-DEMAND SESSIONS

We offer engaging online and in-person, on-demand educational sessions designed to build understanding and awareness of epilepsy. These sessions are suitable for individuals living with epilepsy, families, caregivers, educators, workplaces, and community groups.

Our Epilepsy 101 sessions cover essential topics such as:

- What epilepsy is and how it affects people
- Common seizure types and first aid
- Reducing stigma and supporting inclusion
- Practical tips for everyday life, school, and work

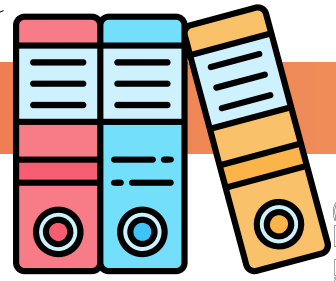
Sessions can be tailored to meet the needs of your group and scheduled at a time that works for you.

To learn more or to request a session, please contact us at info@edmontonepilepsy.org



INDIVIDUAL SUPPORT

Every person affected by epilepsy has unique experiences, challenges, and needs. That's why our support is personalized, compassionate, and flexible. Whether you are living with epilepsy, supporting a loved one, or seeking information, we are here to listen and help. Reach out to connect with our team and learn how we can provide guidance, resources, and support tailored specifically to you.



FROM OUR ARCHIVES

STORIES FROM THE PAST

In this issue, we reflect on language and attitudes. We generally refrain from referring to people who live with epilepsy as “epileptics.” The main reason is the connotation the word “epileptic” can take on when used to describe a person. We work hard to support people in understanding that the disease they have does not define who they are.

But things were not always this way. In fact, around the time the EEA was founded, the word “epileptic” was not only common, but people with epilepsy were often automatically considered “less,” much like many individuals with disabilities. For a long time in Canada, an epilepsy diagnosis—especially in cases where seizures were not well controlled—could result in institutionalization, reflecting a misunderstanding of epilepsy as a mental illness rather than a physiological condition.

Life changes, and so does society. This page offers a glimpse into the past. Reflecting on how far we have come from a point in history that now seems surreal can help us appreciate the progress made—and recognize how far we still have to go to fully integrate and support people with epilepsy within our communities. We invite you to explore these archival articles and reflect for yourself.

New Life On Horizon For Epileptics

APR 9 1965

By DAVE WHITE
Of The Journal

A new life is on the horizon for the epileptic . . . a life that hinges on a progressive attitude and medication.

And the Edmonton Epilepsy Association is one organization with a modern attitude.

“Our association must speak louder,” said President Mrs. Doris McKay, “We must do what we can to educate the public about epilepsy.

“Significant strides have been taken because of new anti-convulsant drugs,” she said. “In fact 50 per cent are so amenable to modern medicine that many times the problem is practically eliminated.

LABELLED BY PREJUDICE

“In this group,” said Mrs. McKay, “are thousands of people who are successfully employed. Prejudice has labelled the epileptic as handicapped, though the majority are not.”

Mrs. McKay joined the association after her daughter Diedre was afflicted with the disease in 1962.

“I still expect 15 or 16 seizures a year,” said Diedre, “but a system has been devised where a girl friend assists me during an attack at school.”

Seizures may range from an occasional brief, unseeing stare to a condition where the afflicted lapses into unconsciousness. “I enjoy a normal school life,” said Diedre, “and see no reason why it should change.”

It is only in recent years that the outlook for epileptic school children has changed. At one time children were either taken out or forced out of school because of their affliction. As a result, many missed their education.

“Today,” said Mrs. McKay, “many epileptics are completing their education with assistance from the federal government. In fact, several have registered for classes in Edmonton.”

Another of Edmonton’s progressive epileptics is Mrs. Joyce Reddick. APR 9 1965

“Our family baffled doctors,” said Mrs. Reddick, “because out of five children, three of us are sufferers of epilepsy.

“It was discovered I had the disease when I was 11,” she said. “Now with medication, seizures are limited to about one a year.”

The 30-year-old mother of an eight-year-old daughter, Dianne, controls her epilepsy with three drugs, mesantoin, sodium dilantin and phenobarbital.

MAJOR PROBLEM

“Despite these successes,” said Mrs. McKay, “public ignorance and employment are still major problems. More often than not, employers turn down epileptics because they don’t want to take the risk.”

Such is the case of a 28-year-old transient who arrived in Edmonton over the weekend. He is a lonely young man who has worked at various jobs from a helper in a Vancouver Mission to a spray painter, steam cleaning operator, taxi dispatcher and handyman.

“It’s a complex problem,” said Mrs. McKay. “But we are hopeful that with new public attitudes, epileptics can carry on normal lives.”

STAY IN TOUCH



BECOME A MEMBER!

The best way to stay connected with us is by becoming a member. Our flexible membership options make it easy to join—whether you're signing up as an individual, family, or agency, and whether you prefer a one- or three-year term. You can register **آنلاین** in just a few clicks, or, if you'd rather, contact us and we'll gladly send you a paper form and assist you through the process.

Membership comes with access to a wide range of programs and services. Members also benefit from discounted rates whenever there are fees for events or activities.

On the following pages, you'll find more details about what we offer and how we continue to expand the value of membership. Fees are affordable: \$20 for one year or \$50 for three years for individuals. If cost is a concern, please reach out—your first year can always be free. Our goal is to build a strong, supported community whose collective voice helps us advocate for funding and new opportunities.

Member benefits include:

- Exclusive member programs
- Mentorship opportunities
- Focus groups
- Special projects
- Community events and social gatherings
- Volunteer opportunities
- Memory coaching programs
- Psychotherapy sessions (when funding permits)
- Scholarships and awards
- Personalized system navigation support
- Access to our library and resource center



You can explore these programs in more detail on the following pages. If you have any questions, feel free to contact us—we look forward to welcoming you!





STAY IN TOUCH

VOLUNTEER WITH US!

We are all about volunteers. In fact, over 85% of everything we organize and deliver is made possible because of the generosity of community members—many of whom have deeply personal reasons for getting involved.

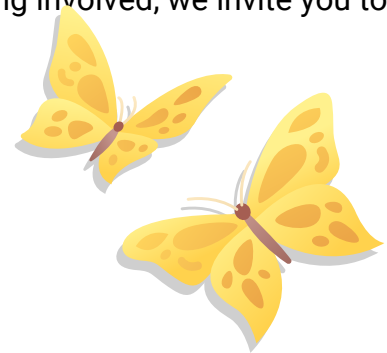
We often encounter new people and agencies who connect with us for various reasons. When we take the time to explain what we do, they are often amazed to learn that our office consists of just one full-time staff member and a part-time fundraising specialist. We are not surprised—because at the heart of our work is a commitment to stand with everyone in our community who is or has been impacted by epilepsy.

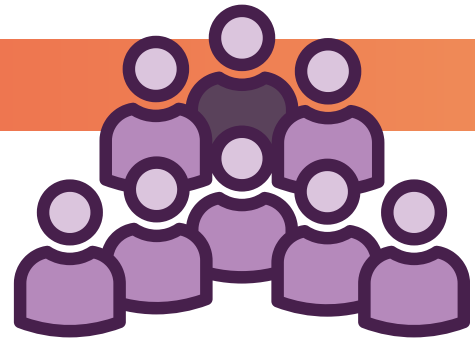
We deeply value real stories and shared experiences—they are the foundation of our collective strength. In uncertain times, we face challenges together. Not always at the same time—and that’s okay. Those of us further along in the epilepsy journey pause to listen to those who are just beginning. We show compassion and support one another with patience and understanding.

Sometimes, despite careful planning, a volunteer living with epilepsy may face unexpected challenges—such as a breakthrough seizure or sudden fatigue. That’s okay. We adapt. We create backup plans and reschedule when needed. Imagine how different the world could be if we all took a little more time to support one another before judging a missed call or absence. In our community, people feel embraced by understanding and acceptance.

We are seeing a transformation in our presence in the community, with a surge of interest from new members eager to join our volunteer teams. If you’re curious about getting involved, we invite you to visit our volunteer page:

<https://edmontonepilepsy.org/volunteer/>





STAY IN TOUCH

VOLUNTEER WITH US!

Upcoming Projects & Opportunities

Kids & Youth Team

Help create proof-of-concept resources for our Kids Mental Health Project. We're looking for creative volunteers to develop ideas from scratch and imagine innovative designs together.

June 20, 2026 Event

We are planning an exciting event at the EEA office and need volunteers—especially younger members of our community—to step up and help shape a full day of activities.

Mentorship Program

Mentoring remains one of our most in-demand roles. If you have lived experience with epilepsy—as a patient or caregiver—we invite you to connect and support others on their journey.

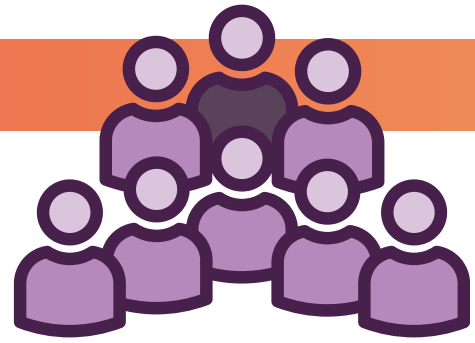
Editors & Writers

We are always looking for volunteers to help edit this magazine and contribute to other major publications we are involved in.

If any of these opportunities—or others listed on our website—spark your interest, we'd love to hear from you. The best way to reach us is by email at: info@edmontonepilepsy.org



STAY IN TOUCH



EEA BOARD OF DIRECTORS 2026

2026 EEABOARD



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Chief Operating Officer

EEA AGM 2026 | THURSDAY, FEBRUARY 26, 2026

This page is dedicated to recognizing the invaluable contributions of a special group of volunteers: the Board of Directors of the Edmonton Epilepsy Association. These individuals generously share their expertise and commitment to the EEA, helping to guide our charity in the right direction.

Meeting monthly online and once a year for an in-person retreat, the Board actively engages with the vision, mission, and lived values of our association. Their leadership ensures we stay on course and have the resources needed to achieve our goals. We are pleased to welcome two new directors to the Board: Kimberly Angus and Nicholas Rheubottom, who were confirmed at the 2026 AGM. Their energy and passion for our cause are palpable—they have already made meaningful contributions through committee work and active involvement in major events.

We currently have one open position on the Board. If this opportunity interests you, we encourage you to learn more on our dedicated Board page and reach out to Valeria for further details.

Looking ahead to 2027, we will be saying goodbye to several current directors who will be stepping down after six years of service. By welcoming new members during this transition period, we aim to maintain the strong, collaborative spirit that makes our association the best version of itself. To learn more about becoming a director, please visit our website: <https://edmontonepilepsy.org/about-us/board-of-directors/>

DESIGN THE FUTURE: EEA LOGO & TAGLINE CONTEST



WHAT WE'RE LOOKING FOR:

- Logo: A fresh, original design that represents hope, awareness, and community for our new name:

THE EPILEPSY ASSOCIATION OF EDMONTON AND NORTHERN ALBERTA

- Tagline: A short, memorable phrase (10-12 words max) that captures who we are and what we do.

HOW TO PARTICIPATE

1. Create your masterpiece (logo, tagline, or both!)
2. Send it to info@edmontonepilepsy.org.
3. Include your name, contact info, and a brief description of your idea
4. Deadline: MAY 31, 2026

www.edmontonepilepsy.org

Help Shape the Face of the Epilepsy Association!

We're thrilled to launch our Logo & Tagline Competition, and YOU are invited to be part of it! This is your chance to leave your mark and help define how our community looks and speaks to the world.

Who Can Join

Everyone! Members, volunteers, individuals living with epilepsy, and their families or caregivers—if you're part of our northern Alberta community (north of Red Deer), we want your creativity!

What We're Looking For

Logo: Original, eye-catching designs that reflect our mission of awareness, support, and community. Don't forget—purple is our signature colour!

Tagline: A short, punchy phrase (10–12 words max) that inspires and captures what we stand for.

How to Enter

Email your submission to info@edmontonepilepsy.org

Include:

- Your name & contact info
- A brief description (50–100 words) of your design or tagline

Deadline: May 31, 2026

Judging & Prizes

Our EEA Board of Directors will review submissions. Finalists will be invited to our June 20, 2026 event at the EEA office—where we'll unveil the winners and officially introduce the new logo!

Prizes include: recognition in our newsletter, on our website, and at EEA events.

This is more than a contest—it's your chance to help tell our story and inspire our community. We can't wait to see your ideas come to life!

Full details & guidelines: edmontonepilepsy.org





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EDMONTON ALBERTA

www.edmontonepilepsy.org

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