Hi Everyone!

I hope you are all having a wonderful spring. Thank you to those of you who recently filled out the Kids Crew survey. We love your feedback. It helps make the Kids Crew better for everyone!

The first round of themed pins has been shipped out to members who have completed activities. It was so exciting to package them up and send them on their way. Keep up the good work!

It was awesome to meet some of you at the National Walk for Epilepsy! I hope everyone that went had a great time. I want to tell all the members that walked that they have earned their “Walked Together” pin. If you haven’t already, just send us a picture of you at the walk or the link to your fundraising page and we will send you your pin!

I am very proud to announce that the Kids Crew has over 110 members! Thank you all so much for joining. You might not know it, but you have the ability to make a difference! You just have to get out there and do it!

EVENTS

Lemonade for Livy is right around the corner! It started years ago in honor of Livy Scheinman, twin sister of 12-year-old Kids Crew President and CEO, Hailey Scheinman. Now you can Make a Stand Against Epilepsy, too! The event raises epilepsy awareness and the money raised helps the Epilepsy Foundation so we can work to stop seizures, find cures, and save lives. The big weekend is July 28 – 30. Kids and adults from around the country and the world will be having lemonade stands and parties. If you can’t hold your stand or party the last weekend in July, don’t worry. You can hold it any day you like. If you want to start planning now, ask your parents to help you register your stand at epilepsy.com/lemonadeforlivy. After you hold your stand, make sure you send us a link to your online stand so we can send you your Lemonade for Livy pin. We would also love to see pictures of your stand!

Epilepsy Facts

- There are three main groups of seizures depending on where a seizure starts: generalized seizures start in both sides of the brain, focal seizures start in one part of the brain, and unknown means doctors can’t tell where they start.
- You can’t swallow your tongue during a seizure. It’s just not possible.

Hailey Scheinman
President & CEO
Epilepsy Foundation
Kids Crew
Anders was diagnosed with epilepsy in June 2016, almost 5 years after his first seizure. It wasn’t easy to get enough information to help the doctors figure out what was going on. Anders started taking medicine after the doctor told him he has epilepsy and he has been lucky. The first medication he tried worked! Anders is not letting epilepsy stop him from doing the things he loves. He plays soccer, hockey, basketball, and rides his bike. He is active outside and enjoys building forts and catching crayfish in a nearby creek. He still does everything he wants to do. Before he started taking his medicine, he had tingling in his head and in his legs and he said, “My brain would feel funny sometimes.” Since starting his medicine, he feels better because it is helping him.

Now, Anders is teaching others about epilepsy. He wants kids to find out more so they know what a seizure looks like and can help if someone has one. He educated his class and they liked it! The kids were really interested in the pictures of him wearing his EEG and they thought the EEG printout was cool. He also wanted to tell other kids who may be nervous to teach their class that, “You might get a lot of questions and comments but they’re easy to answer. It made me feel better to tell my friends I had epilepsy. It was okay with them.”

Anders believes that supporting his community is important because it helps others. He will soon attend a local walk at a zoo and says, “It’s neat to be around people like me who have epilepsy. I’m looking forward to the walk in June!” Anders also made a video to share his story about epilepsy. He wants other kids to know that, “You can still have fun even if you have epilepsy!”

**Meet Emma**

Eight-year-old Emma loves animals and cheerleading. She plays softball and is on a local team as well as a travel team that visits different towns. She likes reading books like Harry Potter and Jane Austin. Emma is also into music. She sings and is learning to play the guitar. She is even auditioning for the school talent show in hopes of singing “Tomorrow” from Annie.

Emma was diagnosed with epilepsy in February of 2017. It all started one day when she had a seizure at her home shortly after waking up. She couldn’t breathe and her mom had to give her CPR. She was taken to the hospital where she stayed for almost 11 days.

Emma had many seizures while she was there and also had a lot of tests. She had a hard time adjusting to life with epilepsy and asked the question, “Why me?” Her mom told her that sometimes people with the biggest hearts have to go through some of the toughest times because they are the ones that will be able to help someone else one day. When Emma has a bad day now, she simply tells herself that tomorrow will be a better one.

Emma would like to tell other kids going through a hard time to, “Be strong!” She is a great example to follow for having courage. After leaving the hospital, Emma returned to school only a week later and caught right back up with her work. She even received an award for having good character and for being responsible! Emma showed everyone that nothing could hold her back, not even epilepsy.

**Make A Difference**

**Creating Awareness Tips**

- Start a conversation with a friend or a teacher and say: “You know why I wear purple? It’s the color for epilepsy and I want to spread awareness about it. It causes seizures which start in the brain. 65 million people around the world have epilepsy.”
- If you talk to your teacher, you can also ask if it would be okay to speak to your class about epilepsy.

**How-To Tips**

- Is there something that causes your seizures? Some causes can be a fever, missing your medication, flashing or flickering lights, not getting enough sleep, or certain foods. The next time you have a seizure make sure to write down what was going on or how you felt before it happened.
COLOR IN SPRING!

Q: What flowers grow on faces?
A: Tulips (Two-lips)!

Q: What goes up when rain comes down?
A: An umbrella!

SPRING I SPY
How many of each item can you find?