Hi everyone!

I hope you are having a great summer! All of this fun in the sun means that our annual Lemonade for Livy event is here. What better time than now to grab an ice-cold cup of lemonade?

For those who don’t know, Lemonade for Livy was inspired by my twin sister Livy, who has had epilepsy since she was born. My family wanted to help her and others, so we turned one lemonade stand into hundreds. Over the years, it has grown into a campaign that supports people with epilepsy across the country by raising money for research, programs, and services. You can get involved too!

I also wanted to let you know that I have been reading your stories you sent in when you signed up for the Kids Crew. I know that a lot of you are going through a tough time right now. For those of you whose seizures are under control, that’s wonderful and I hope it stays that way! But for those whose seizures aren’t as well controlled, I want to tell you to stay strong and not to give up. You can make it through!

Kids around the country are holding their lemonade stands for Lemonade for Livy. They are heading to the store to buy their supplies, squeezing their lemons, and baking their treats to sell with their lemonade. Posters are being designed and stands being built. There was a great story from New York about a group of kids who held a stand in honor of one of their classmates. Click here to see the video. Don’t forget, when you hold a stand, party, or event, just send us your fundraising page that you receive when registering at epilepsy.com/lemonadeforlivy and we will send you the Lemonade for Livy pin to add to your Kids Crew lanyard. The official weekend is July 28th - 30th but you can hold a stand anytime over the summer. Cheers to spreading epilepsy awareness, raising funds, having a lot of fun, and Making A Stand Against Epilepsy!

Epilepsy Facts

What causes epilepsy?

People have epilepsy for a number of reasons. Some of them are genetic (passed on from parents or conditions that develop before people are born), the brain not forming correctly before a baby is born or changes in the brain that happen over time, brain infections, or head injuries. However, more than half of people don’t know why they have epilepsy.
MEET DYLAN

Nine-year-old Dylan enjoys riding his four wheeler, playing games with his little brother, and he really enjoys fishing, hunting, and anything relating to fire trucks. He was diagnosed with epilepsy in November 2015 after having two seizures in two days. He went to a neurologist (a special kind of doctor) where they tested his blood, looked at how his brain was acting with a machine called an EEG, and took pictures of his brain with a kind of camera called an MRI.

Dylan's most recent bigger seizure happened in June. He also has small seizures during his sleep. He has to take two seizure medicines and they make him feel bad. He doesn't like taking them but he knows they help. He hopes that one day, he will outgrow his epilepsy.

Dylan sometimes finds it hard to stay positive but his parents encourage him and help him understand that even though he has seizures, he is still a very strong, courageous, independent little man. It’s his family that helps him the most to stay strong and to be positive. Dylan wants others to know that, “Just because you have epilepsy, it doesn't define you.” He believes that the qualities that should define a person are being strong, brave, confident, and loving. Dylan would like to tell other kids who may be going through something similar to, “Never give up, keep fighting the fight and you will win. We are all warriors and we can conquer anything!”

MAKE A DIFFERENCE

Nadia is 10 years old and was diagnosed with simple partial (focal) seizures when she was 9. She likes swimming, drawing, doing Girls On The Run, Girl Scouts, and going to Awana at her church.

Nadia says that being diagnosed with epilepsy has changed some things in her. Sometimes, it makes her scared but she knows she can get through anything. When she does have a seizure, she stays positive by not worrying too much, spending time with her family, praying, and cuddling with her dog, Chispita. She wants to encourage other kids out there being diagnosed. She wants them to know that epilepsy does not need to stop you from doing the things you like to do.

CREATING AWARENESS TIPS

If you are planning to have a lemonade stand during Lemonade for Livy, make sure to hand out information about epilepsy.

Include facts such as:
- Epilepsy is a disorder that effects the brain and causes seizures
- 1 in 26 people will develop epilepsy in their lifetime
- There are 3 million people in the U.S. with epilepsy
- 150,000 people in the U.S. are diagnosed with epilepsy each year
- If someone asks why you are holding a stand, tell them your story and how epilepsy affects you if you feel comfortable

HOW-TO TIPS

The summer is a time for camp. There are lots of them around the country that have dates for kids with epilepsy. If you have ever wanted a way to meet other kids living with epilepsy, this is an easy, safe, and fun way to do it. Click here to find a camp that is close to where you live.
**AT THE BEACH WORD SEARCH**

Q: What did the ocean say to the sailboat?
A: Nothing, it just waved!

Q: Why don’t fish go on vacation?
A: Because they are always in school!

Q: What letter is the coolest?
A: Iced T!

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**WRITE A CRAZY SUMMER STORY!**

Fill in this story with names of your summer friends and the correct parts of speech to come up with a truly outrageous story. Maybe some day this experience will happen to you!

One day, ________ and ________ decided to ________ while on their summer vacation. ________ grabbed a ________ and hit the road! ________ thought they should ________ which ________ thought was very wild. “It’s summer vacation! We have to ________!”

________ exclaimed. While on their journey ________ saw a ________ climbing a ________ and that scared ________. Later, ________ ________ and ________ ________ and drink ________ juice. Summertime is all about ________ experiences, and ________ and ________ wanted to make the most of it. After a quick ________ in the ________, it was time to ________. It had been another ________ summer day!

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**KIDS CREW NEWSLETTER**

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