Hi everyone!

October is here, and that means it is time for some fall fun! Our annual Purple Pumpkin Project event has arrived! It’s a perfect way to celebrate Halloween and spread epilepsy awareness at the same time! Make sure to send a picture of your pumpkins to kids-crew@efa.org and tell us what you did so you can earn your Purple Pumpkin Project pin.

November is National Epilepsy Awareness Month! People from all over the United States will be holding purple themed events, dressing in purple, and decorating in purple. Buildings will light up purple, epilepsy walks will be held, and awareness sporting events will be played. There are many things that you can do. Try to come up with your own idea about how to spread awareness.

The important thing is to do an activity that helps you learn about epilepsy and teaches others as well. The more we work together, the stronger we will be. And don’t forget to have fun!

 EVENTS

This fall, people all over the country will be hosting purple pumpkin parties to raise awareness about epilepsy for the Purple Pumpkin Project. Register your party and you will get a personal webpage to tell your story, raise money if you choose to, and spread awareness. During your party, you can share epilepsy facts like: 1 in 26 people will have epilepsy during their life; there are 3.4 million people in the United States with epilepsy; and 150,000 new people in the United States will be told they have epilepsy this year.

- Host a party. Give out pumpkins, paint, decorations, and snacks.
- Ask people to donate at your decorating party if you want to raise money.
- Paint your pumpkins and have your parents share pictures of the pumpkins with their friends.
- Each person takes home their pumpkin and puts it where people can see it to help spread awareness.

 EPILEPSY FACTS

- Treating Epilepsy

The goal of treating epilepsy is to have no seizures and no bad effects from medicine. Seeing a doctor who knows about the brain is very important. If you have epilepsy, the first step is usually medicine. If you still have seizures, your doctor may try adding different medicines. If that doesn’t work, some other options are devices that help your brain, special diets, or surgery.
Holden is 8 years old. He started having partial complex (focal aware) seizures right before his 5th birthday. It took a few months to find a medicine that worked for Holden and that was a very scary time. But once he found one that worked, he had control of his seizures. He went more than two years without having a seizure! In January 2017, the seizures suddenly started happening again and this was sad for everyone who is close to Holden. Luckily, after a change to his medicine he’s back to his regular self and learned that little setbacks can happen, but you have to stay positive, keep smiling, and do all the things you love to do!

Epilepsy does not keep Holden from doing the things that he loves. He plays video games, rides his bike, and reads comic books. He’s an actor and has been in many TV shows, commercials, a movie, and will be in another movie this fall called “Wonder Wheel!” He’s also a competitive dancer on a very supportive and loving dance team that always has his back.

When Holden had to raise the amount of his medicine in January, it took him a few weeks to get used to it. He wasn’t feeling like himself, and during a solo performance at a dance competition, he ran offstage in front of a lot of people. He felt bad, but his friends were really kind. They told him not to worry and that he could do it. When Holden had to perform in a group dance later that day, they won first place overall! He might not have gone back onstage without the love and support of his friends. Holden would like to tell other kids who have epilepsy that you should do all of the things you enjoy. Don’t give up on your dreams and goals just because of epilepsy. And with friends by your side, you can tackle anything!

“NO BEAUTY SHINES BRIGHTER THAN THAT OF A GOOD HEART” – ANONYMOUS

CREATING AWARENESS TIPS

November is National Epilepsy Awareness Month! It’s a perfect time to talk to people about epilepsy.

- Ask your teachers if the class can wear purple one day.
- Have a purple themed fall party or festival.
- Hold a Kick-A-Thon Epilepsy Awareness Game. Click here for more information.
- Show your friends a video about epilepsy to help them understand. Click here for the video.
- Share your story through a video or teach your class about epilepsy.
Murphy is 8 years old and was diagnosed with epilepsy four years ago on New Year’s Eve. One night, her parents saw her sit up, make a loud noise and fall back down. After she fell over, her legs and arms started moving on their own. Other times, she has had absence seizures or complex partial (focal impaired awareness) seizures. Now, her medicine controls her seizures. Her doctor even said she might be able to stop taking it very soon!

Murphy likes to act, dance, and sing. She takes acting classes twice a week. She loves history, especially the Revolutionary War. Murphy has stayed positive despite her seizures. She keeps hoping that one day, she no longer needs her medicine. She knows it helps. Although like many kids, she doesn’t like the way it tastes. She thinks that epilepsy may make her a little bit different than other kids, but believes, “Diversity is what makes people special.” Along the way, Murphy has been able to talk to people about epilepsy and knows it’s important because, “If someone sees a seizure, how else will they know what to do? How else will they be able to help?” She doesn’t want people to be scared of those with epilepsy and teaching others about it is a great way for them to better understand.

Murphy likes to give back to her community. She helped start a group with her parents called “Murphy’s Heroes.” With it, they help raise awareness and money for people with epilepsy. She loves doing events with her group. They walk in their local epilepsy walk and they paint their pumpkins purple. Most recently, Murphy held a Lemonade for Livy event at a nearby restaurant called TJ’s Hero Shop. She was interviewed by a local news station and it was advertised all over town. Her friend Tamia and her mom volunteered at the stand along with many others who helped them get ready for the big day. They sold lemonade, baked goods, awareness bracelets, and pins. By the time Murphy’s stand was closed, they had raised over $1,100! Murphy was even in the national Lemonade for Livy video that showed people from around the country getting involved. Click here to see Murphy in action. She is busy planning more events for the fall and winter because she knows that, “If you give back to the community, the community always give back to you.”

**Make a video about your story to help people better understand epilepsy.**

1. Ask a parent if it’s okay to do a video
2. Plan out what you want to say
3. Have a parent or friend film it for you (use a video camera or a mobile phone)
4. Edit your video. If you need some help, ask a parent. You can add in other pictures or video to tell more about yourself.
5. Ask a parent to share it
6. Make sure to share it with us, too, so we can send you your “Share Your Story” pin.
AUTUMN WORD SCRAMBLE

Unscramble the letters to find the words

1. aehrstv __________________________
2. behlissu __________________________
3. ikmnppu __________________________
4. aegnor ____________________________
5. aeelsv ____________________________
6. ellowy ____________________________
7. bceoort ____________________________
8. amntuu ____________________________
9. aekr ______________________________
10. acnor ____________________________

Q: How do you fix a flat pumpkin?
A: With a pumpkin patch!

Q: Why did summer catch autumn?
A: Because autumn had a fall.

Q: What did one leaf say to the other?
A: I’m falling for you!