Hey everyone! I hope you are all having a great school year! The weather is getting cooler, the leaves are falling, and the holidays are coming.

Welcome to our new members and thank you to all of you who have already worked to make a difference in your communities! We now have over 380 members and more kids keep joining.

The Purple Pumpkin Project is almost over. I hope you had an awesome time painting your pumpkins purple with family and friends this year! Remember, if you held a Purple Pumpkin Project event, make sure to tell us about it so we can send you a pin for your lanyard! Send an email to kids-crew@efa.org. We always love to see pictures, too!

November is here and that means it is National Epilepsy Awareness Month! I have some great ways that you can create epilepsy awareness so keep reading to find out more. Remember, epilepsy can affect anyone with a brain, but anyone with a brain can affect epilepsy. This means that anyone can have epilepsy, but no matter who you are, you can do something to push back against it. If we believe in ourselves and work together, we can End Epilepsy!

Your friend,

Hailey Scheinman
President & CEO
Epilepsy Foundation
Kids Crew

In October, the Epilepsy Foundation started something big called “Let’s Use Our Brains to End Epilepsy.” It puts a focus on the brain and lets everyone know about the connection between the brain and epilepsy. It is also meant to let people know that anyone can get involved to help end the many things that happen to people who have epilepsy like being bullied, losing their jobs, being afraid to be seen having a seizure, not receiving the correct first aid when they have a seizure, and more.

Here’s how you can help:

• **Build awareness** – spread the word that epilepsy can affect anyone with a brain and anyone with a brain can affect epilepsy

• **Educate others about seizure first aid** – show others how they can use their brains to take care of someone having a seizure

• **Encourage others to take action** – Ask people to visit EndEpilepsy.org and get involved
November is National Epilepsy Awareness Month. For the whole month, kids and adults will be spreading awareness so more people learn about epilepsy, understand how common it is, know what to do if someone has a seizure, and more. We have some ideas about how you can get involved to Use Your Brains to End Epilepsy.

PURPLE ROUGE CHALLENGE

Join us in the Purple Rouge challenge! Purple rouge is the color for End Epilepsy. It shows the range of different kinds of epilepsy by changing from purple to red, just like the Epilepsy Foundation logo and the brain image here. Bake something fun with these colors, draw a cool picture, wear purple rouge clothing, or decorate your house in purple rouge. Then take some photographs and have your parents share the images with family, friends, and online with some numbers about epilepsy.

65 million – people around the world with epilepsy
3.4 million – people in the United States with epilepsy
1 in 10 – will have a seizure in their lifetime
1 in 26 – people will be diagnosed with epilepsy in their lifetime
Learn about first aid for seizures and then share it with at least 26 people. It is really important to know what to do when someone has a seizure. We have broken it down into three easy steps...Stay. Safe. Side.

**FIRST AID FOR SEIZURES**

- **STAY** with the person until the seizure ends
- Keep the person **SAFE** and start timing the seizure
- Turn the person on their **SIDE** if they start shaking or are not awake

**CALL 911**
- If the seizure lasts longer than 5 minutes
- If another seizure starts or the person is hurt

**Do NOT**
- Hold someone down or stop them from shaking
- Put anything in their mouth

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**Your brain is amazing!**

**Color your brain.**

Write-in the “superpower” that you will use to help End Epilepsy. Find inspiration at EndEpilepsy.org.

Epilepsy can affect anyone with a brain. Anyone with a brain can affect epilepsy.™
Grace is 14 years old and was diagnosed with epilepsy when she was three. Her favorite color is purple and she likes to do art. She is creative and makes new things from old things. She loves owls and snuggling with her dog Fiona.

“Maybe you will have limits but don’t give up. Try and do what you can.”

Over the years, Grace’s seizures have limited some of the things she could do. Her seizures are still uncontrolled and she wears out very easily. She has to rest a lot. But to get through the hard times, she smiles and tells herself that everything will be okay. She receives a lot of support from both her family and her friends. They have helped her through the toughest times and they give her peace.

Grace’s 11-year-old sister, Hope, is also in the Kids Crew and helps Grace when she is having a hard day. She encourages Grace to focus on good things and to try and do something fun when she is having a bad day. Hope says that epilepsy has caused a lot of stress for her family but it has also been a way for her family to travel, meet new people, and to make a difference in their community. It was hard at first when she saw Grace receiving a lot of attention because of her seizures but once she understood why, she got used to it.

Grace colored her hair purple for awareness.
Both girls are actively creating awareness in their community and have become advocates for people living with epilepsy. They have participated in local epilepsy walks and Lemonade for Livy. They helped a family impacted by epilepsy who recently lost a family member. They brought the family meals and school supplies. Grace colored her hair purple to create awareness so people would ask about it, and Hope sang a song at a school performance. She dedicated it to her sister and all those living with seizures.

Grace and Hope think it is important to create epilepsy awareness in the community because the more awareness that is spread, the less afraid people will be of a seizure when they see one. Through awareness and education, people learn that there is more than one type of seizure and also what to do if they see someone having a seizure. Many in the community have epilepsy but a lot of people still don’t know what to do to help a person who has a seizure, especially at school. Grace believes that when kids know more, there are less chances for bullying to take place.

To other kids who have epilepsy, Grace wants you to know, “Maybe you will have limits but don’t give up. Try and do what you can. Just remember there is always good to come out of bad. People with epilepsy are no different than anybody else.” Hope also has a message. For other siblings of those living with epilepsy, she says, “Try to be patient, listen, and understand.” When asked why it’s important for kids to create epilepsy awareness, Hope says, “We are the next generation. We need to be the ones taking a stand!”

“JUST REMEMBER THERE IS ALWAYS GOOD TO COME OUT OF BAD. PEOPLE WITH EPILEPSY ARE NO DIFFERENT THAN ANYBODY ELSE.”
Epilepsy Facts

Healthy Eating

The holidays are coming and that means you may have candy or foods that you don’t usually eat. Eating a balanced diet, especially one low in sugar, can make you feel better and have more energy.

Here are three important steps that are good for all people with or without seizures:

1. Eat less or stop eating foods high in sugar – foods high in sugar can make your health worse.
2. Unless you are on a special diet for seizures, eat lots of fruits and vegetables.
3. Start learning about what you eat by reading food labels. When eating food from a package, look for natural, whole foods with only a few ingredients.

How-to Tips

Being Kind to Others

Many people perform acts of kindness at the end of the year. It is a time for good deeds and thinking about others. Do you know an individual or family who is having a hard time with seizures? Why not make them the center of your giving this year?

Here are some easy steps to think about:

1. If you don’t know anyone else with epilepsy, contact your local Epilepsy Foundation to ask if there is a person or family going through a hard time.
2. Ask what they need or come up with a creative idea to show that you care. Some ideas are cooking them a meal, writing cards, or even doing some yard work.
3. Deliver what you have made or help with whatever they may need.
4. Let us know at kids-crew@efa.org so we can send you your Act of Kindness pin.

“YOU ARE MORE POWERFUL THAN YOU KNOW” – MELISSA ETHRIDGE
JOKES & RIDDLES

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

Q: How do trees get onto the internet?
A: Easy, they just LOG on.

Q: What happened when the turkey got in a fight?
A: He got the stuffing knocked out of him.

SCARECROW MAZE

Help the scarecrow find his way to the corn fields.
Did you have a Purple Pumpkin Party or paint your pumpkins purple? Don’t forget to send a photo to kids-crew@efa.org and let us know. We will then send you your Purple Pumpkin Project themed pin. If you already received your pin last year, we will send you your 2 YEARS ribbon. Haven’t painted your pumpkins yet this year? Not to worry. You can still do so in November. Creating awareness across the country takes a lot of people. That’s why it is important to participate in the activities year after year.