HI EVERYONE!

I am so happy to announce that there are now **over 2,000 members** in the Kids Crew! That's 2,000 kids who want to learn and make a difference. Many kids are coming together to do great things. I am proud of everyone who has worked hard to help people in their communities this year. You inspire others and show them that they can do anything they put their minds to. You are changing the world!

Thank you to everyone who has joined us for the **Purple Pumpkin Project**. It has been a great way to spread awareness. I love seeing all of the awesome pictures of your pumpkins and I hope that you had fun making them. Your pumpkins are an important way to get people interested in knowing more about epilepsy.

There are some other cool ways you can get involved to earn your themed pins over the next few months. They will show how strong we can be when we all work together. Keep reading to find out more.

As we come to the end of the year, I would like to wish you a very happy and safe holiday season. Let’s always remember to be kind and respectful of others and to help our communities whenever we can. **Thank you for being a Kids Crew member!**

Your friend,

Hailey Scheinman  
President & CEO  
Epilepsy Foundation  
Kids Crew

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**NATIONAL EPILEPSY AWARENESS MONTH**

November is National Epilepsy Awareness Month and is the perfect time to earn your **Created Awareness pin** by spreading awareness about what to do if someone has a seizure. The Epilepsy Foundation is asking everyone to teach others seizure first aid. Remember the three important words when it comes to helping someone having a seizure: **Stay, Safe, Side.**

Epilepsy can affect anyone with a brain. Each year, 150,000 more people are diagnosed with epilepsy. Over a lifetime, one in 10 people will have a seizure, and one in 26 will develop epilepsy. Stay, Safe, Side shows how easy it is to help someone who is having a seizure. Look inside your newsletter for a seizure first aid poster you can hang up in your house or somewhere else where people will see it. Asking your parents to share first aid information on social media is a great way to spread awareness, too. You and your parents can also watch a seizure first aid video with Michael and his basketball team at [epilepsy.com/firstaid](http://epilepsy.com/firstaid). We can all play a part in making our communities safer for people with epilepsy.
Seizure First Aid
What to do in the event of a seizure

1. STAY with the person and start timing the seizure. Remain calm and check for medical ID.

2. Keep the person SAFE. Move or guide away from harmful objects.

3. Turn the person onto their SIDE if they are not awake and aware. Don’t block airway, put something small and soft under the head, loosen tight clothes around neck.

4. Do NOT put anything in their mouth. Don’t give water, pills or food until the person is awake.

5. Do NOT restrain.

6. STAY with them until they are awake and alert after the seizure. Most seizures end in a few minutes.

Call 911:

▲ Seizure lasts longer than 5 minutes  ▲ Person is injured, pregnant, or sick
▲ Repeated seizures  ▲ Person does not return to their usual state
▲ Difficulty breathing  ▲ First time seizure
▲ Seizure occurs in water

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International Epilepsy Day is coming up on Monday, February 10th. We are talking about it early because we hope it can be another chance to show the world what kids can do to make a difference. Learning about epilepsy and educating others is one of the most important parts about being a Kids Crew member. With over 2,000 members in the program, you have the potential to help thousands more. This coming year, we are asking that you educate your classroom about epilepsy on International Epilepsy Day. We have a presentation you can use as well as some other information. If you have already taught your class this year, how about teaching other classes in your school in February? If you have questions, please have a parent email us at Kids-Crew@efa.org.

Purple Pumpkin Project

If you didn’t have a chance to paint your pumpkin purple for Halloween, don’t worry. Kids will be painting their pumpkins all the way through the end of November. Purple pumpkins make great centerpieces for your Thanksgiving table. When your guests ask why your pumpkins are purple, you can tell them facts about epilepsy. It’s a wonderful way to talk to your family and friends about some of the information you have learned as a Kids Crew member. Don’t forget to send an email to Kids-Crew@efa.org to let us know you have painted your pumpkins.
Vanessa is 6 years old and lives in Texas. She had her first seizure when she was 1. Vanessa enjoys dancing and is involved in hip hop, jazz, ballet, tap, and folklorico. She also likes swimming and playing ball with her bulldogs. She is going to kindergarten this year and although she has some hard days, she loves it! She enjoys being a part of the Kids Crew because she can see she is not alone in her battle. She likes sharing stories about other members so she can speak up for those who need help. Vanessa has attended multiple walks with her “Team Nessa,” created awareness, and educated others. She also loves doing the Purple Pumpkin Project. She is proving that you can be any age to make a difference!

Ellie is 12 years old and from Washington. She had her first seizure when she was 8. Ellie enjoys hip hop and tap dancing as well as playing baseball, painting, making papier-mache crafts, and solving logic puzzles. Ellie likes being a part of the Kids Crew because she can help others. She also is able to meet kids near her who have epilepsy. She used to be shy when talking to people about epilepsy after she was first diagnosed. But now she actively speaks up for herself and others and is happy to share her story. Ellie has attended multiple epilepsy walks, painted her pumpkins purple, performed an act of kindness for the epilepsy community, and participated in Lemonade for Livy. She is using her experience and what she has learned to give back!

Beckett is 9 and is from Nebraska. He was diagnosed with epilepsy when he was 18 months old. Beckett is in 3rd grade and loves school. He enjoys his friends, spending time on his grandparents’ farm, reading chapter books, and playing on his tablet. But his favorite activity is anything involving art! Last summer, Beckett went to Camp You Can (a camp for kids with epilepsy) and made some life-long friends. He stays in touch with them through video calls. Beckett loves being part of the Kids Crew and thinks it’s fun to earn his pins by spreading awareness and raising money to support a foundation that gives so much to his family! He is now thinking about how he can next help his community by planning an epilepsy talk at his school.
Reagan is 8 years old and from Pennsylvania. She was diagnosed with epilepsy right before her second birthday and recently started the ketogenic diet (special diet that can help with seizures). She is happy, caring, and fun-loving; and enjoys spending time with her cousins, cheerleading, and swimming. Her favorite activity is collecting stuffed animals (she has over 100!). Reagan likes being part of the Kids Crew because she earns pins while educating others about what it's like to live with epilepsy. Her favorite Kids Crew activity is the Purple Pumpkin Project. This year, she also held a Lemonade for Livy event and it was very successful. She raised the most money in the Kids Crew! She is helping people in her community as well as all over the country.

Paul is a 13-year-old from New Jersey. He is doing important advocacy work in his state. In June 2019, Paul met with state Senator James Beach to talk about the need for Seizure Safe Schools (training people in schools about epilepsy). Paul helped Senator Beach and as a result, a bill known as “Paul’s Law” was introduced in New Jersey! In October, Paul asked for a resolution (writing that shows the legislators believe in or don't believe in an issue) by his town leaders in support of his bill and his request was granted. Paul’s family keeps people up-to-date on his Facebook page, Paul’s Purple Warriors NJ. The bill is now working its way through the state government. Families from around New Jersey are helping to support it and get it passed!

Sailor, who is 8, also lives in New Jersey. She is one of those helping to make sure the bill gets turned into a law. Sailor went to a meeting with the Mayor of her town to explain Paul’s bill and why it is important. Sailor then asked that they create a resolution in support of Seizure Safe Schools. On October 23rd, Sailor’s mom got an email to say that they would be presenting Sailor with a proclamation (a public or official announcement) at the Council meeting on October 28th in support of the bill!

Although Paul and Sailor have not met, they are showing what can be done when kids work together! For more information about Seizure Safe Schools, have a parent help you and go to http://advocacy.epilepsy.com/seizuresafeschools.
Travel During the Holidays

If you or a family member has epilepsy and are planning to travel for the holidays, it’s good to put plans in place so you have a safe trip. Here are some tips to remember:

• Think about the way you are traveling and how often seizures may occur (planes, trains, and automobiles).
• Have an updated seizure action plan with you. It has all the information someone would need to know about you or your family member.
• Keep seizure triggers in mind while you are traveling.
• Remember medicines and bring extra if you are going somewhere it’s not easy to get more.

Enjoy yourself while you travel but always have a plan of action if something happens that you are not expecting.

How can I tell if something is a seizure trigger? Some people may find that seizures happen in a pattern or are more likely to happen in certain situations. A trigger is something that occurs fairly often before seizures and more often than by chance.

• Whenever you have a seizure, note what time of day you have it, special situations before it happened, or how you felt. Keep in mind some of the common triggers like flashing lights or lack of sleep.
• Write these in your seizure diary. Do this whenever you have a seizure.
• Once you notice a similarity before each seizure, you need to find out if it also happens at other times. An example is do you always have a seizure when not getting enough sleep or just once in a while?

If you see a pattern, talk to your parents and your doctor to see if there are ways to help with your triggers.

We are excited to tell you that Hailey, our Kids Crew President and CEO, was selected to be part of Marvel’s Hero Project, which is a new show that launched on the new streaming service Disney+ on November 12th. The 20 episode series reveals the remarkable, positive change young heroes are making in their own communities. Hailey was recently at New York Comic-Con where she participated in an interview with Marvel. She told them that, “Kids can change the world and you don’t have to wait for adults to do it. No matter who you are or what your age is, you can get out there and do something!” Always remember that by making a difference in the lives of others, you can be a hero! Keep watching for more information about Hailey’s episode.
AUTUMN ADVENTURE MADLIB

It is a ________ fall day, the sky is ________, and we are going

( adjective) (color)
to the ________ patch! They have ________ rides there where

(vegetable) (noun)
you can ________ your own ________. I like ________ my

(verb) (vegetables) (verb ending in ing)
way through the ________ maze, where the ________ are taller

(vegetable) (nouns)
than the adults. When we are done, we will ________ some hot

(verb)
_______ and enjoy a ________ slice of ________ ________.

(drink) (adjective) (fruit) (noun)

"IF YOU SEE SOMEONE WITHOUT A SMILE, GIVE THEM ONE OF YOURS." - DOLLY PARTON

COLOR THE LEAVES

JOKES & RIDDLES

Q: How do you fix a broken pumpkin?
A: With a pumpkin patch.
Q: Why did the apple pie cry?
A: Because its peelings were hurt.
Q: What kind of vest should you wear in the fall?
A: A har-vest.
November is National Epilepsy Awareness Month and it’s the perfect time to take action. Creating awareness can be as simple as wearing purple and telling your friends and family facts about epilepsy or as big as holding an event to bring a lot of people together to let them know about the challenges of seizures. You can do what is best for you. Remember, it is up to each of us to help people better understand epilepsy. Start by talking to one person at a time and grow from there.

If you have completed an awareness activity in November, have a parent send an email to Kids-Crew@efa.org and let us know what you have done so we can send you your Created Awareness pin.

There are now 8 different activities you can complete to earn pins for your lanyard.