It’s now fall, and this season brings lots of great ways to make a difference. I hope everyone that participated in the Purple Pumpkin Project to spread epilepsy awareness had fun! For those who haven’t painted their pumpkin yet, there is still time to get involved so you can earn your 2021 Purple Pumpkin Project pin.

Remember, November is National Epilepsy Awareness Month. It’s the perfect time to get out and create awareness. We have a few things we are asking members to do. One of them is to share your story about how epilepsy affects you, a family member, or a friend. Keep reading for some tips that will help you create and tell your story.

Right now, the Kids Crew has over 3,900 members which is awesome! But we still have a lot of future members to find. As more kids sign up, it becomes harder to do some of the things we have done over the last few years. We need to update certain parts of the program to keep it running smoothly while making sure we are helping as many of you as we can. There are some changes coming that we want to tell you about. Check out the Hot Topics section to learn more.

I hope you all have a safe and fun holiday season!

Your friend,

Hailey Scheinman
Chair of Kids Crew Leadership Council
Epilepsy Foundation

November is National Epilepsy Awareness Month! We are asking Kids Crew members to do three things to spread awareness and make communities safer.

1. **Tell Your Story** – Share your story about how epilepsy affects you with as many people as you can.

2. **Learn the Facts**
   - 1 in 26 people will develop epilepsy in their lifetime.
   - 3.4 million people in the United States have epilepsy.
   - 150,000 people are diagnosed with epilepsy every year in the United States.
   - 65 million people around the world have epilepsy.

3. **Mail the Seizure First Aid Ready Postcard**
   Remove the Seizure First Aid Ready course postcard from the last page of this newsletter, write a personal note on it, and mail it to a family member so they can take a 30-minute course about helping people with seizures. If you want to take the class yourself, visit our learning site at learn.epilepsy.com with a parent.

After mailing your postcard, have a parent complete your pin submission form at epilepsy.com/kids-crew-pins to let us know so we can send you your Created Awareness pin.
HOT TOPICS

FIRST 2021 WORLD CHANGER

We are happy to announce that we had our first 2021 World Changer in September. Jackson, from Oregon, who was a World Changer in 2020, earned all 8 Kids Crew themed pins again this year and made a big difference in his community. He educated his classmates about epilepsy, spread awareness, advocated for change, and more. Jackson says, “Being a World Changer is important to me because I want to help others the best I can. I want to help the community. I want to teach everyone about epilepsy.” There is still time to earn all your pins in 2021 and become a World Changer. If you make a plan and put your mind to it, you can do it! Visit epilepsy.com/kids-crew-pins with a parent to see what you have to do to earn all of the pins. All themed pin submission forms for 2021 completed activities must be received by January 9, 2022.

CHANGES COMING TO THE KIDS CREW

There are changes in the works for the Kids Crew. We’re trying to reach more kids who want to be involved and that means we have to do some things differently in 2022. Starting in January, here are some of the adjustments that will be made:

- The newsletter you receive in the mail every three months will be sent out through email. You can have a parent print it so you can read it and play the games. This digital version will give us more options to make it even better than it has been.

- We are stopping the themed pins starting in January while we work out a better way to recognize members for what you have done. You will still be able to participate in Lemonade for Livy, the Purple Pumpkin Project, and other important activities.

Members tell us that the most important things about the Kids Crew for them are learning about epilepsy and connecting with others. We will be spending our time making the experience better.

STILL TIME FOR PURPLE PUMPKIN PROJECT

Remember, it’s Purple Pumpkin Project season! Kids all over the country are painting their pumpkins purple and hosting in-person (if it’s safe to do so) and virtual Purple Pumpkin Parties to spread awareness. By participating, you will earn your Purple Pumpkin Project pin. For those of you who have never heard of the Purple Pumpkin Project, visit epilepsy.com/purple-pumpkin with a parent for more information. No registration is necessary to participate, but if you do, you will receive a page to tell your story, raise funds, and download some tips and tricks about how to decorate your pumpkins.

KIDS CREW ITEMS

Visit epilepsy.com/shop with a parent, and search Kids Crew to find some cool gear!
HOW TO SHARE YOUR Story

During National Epilepsy Awareness Month in November, it’s important to share your story. Telling your story is one of the best ways to spread awareness. It helps people to better understand epilepsy, the challenges that people face, and how much more still needs to be done to help the epilepsy community.

1. Everyone has a story
   You may not believe you have a story to tell, but that isn’t true. Each of us does. There’s a reason you joined the Kids Crew.

2. Answer the question: What is your story about?
   Try to focus on one or two parts of your journey. You may have many stories to tell, but if you try to tell too many of them at once, it may be hard for people to understand.

3. Focus on speaking from your heart
   When telling your story, be as honest and thoughtful as you can.

4. Use Your Story to Show That Others Are Affected
   After you figure out what your story is about, try to include how others may share a similar experience. That’s when you can use some of the facts that were on the cover of this newsletter.

5. Make It Inspiring
   Try to inspire people. Let them know that even though you have epilepsy, you won’t let it stop you. If you don’t have epilepsy, you can inspire people by letting them know what you are doing to help others.

6. Write Your Story Down
   Make sure to write your story down so you can see that it makes sense. Then have a parent read it so they can help make some final changes.

7. Practice, Practice, Practice
   Once you feel good about your story, make sure to practice it with your family until you feel comfortable with it. The more you practice, the better you will get at sharing it. You may even decide to present it in front of a lot of people!

If you share your story with someone, have a parent submit your pin form at epilepsy.com/kids-crew-pins so we can send you your Created Awareness pin.

If you and your family would like to share your story with the Epilepsy Foundation, you can do so with our eJourneys. With a parent, visit epilepsy.com/ejourney to see what you need to do.
MEMBERS CHANGING THE WORLD

CHRISTIANE, AGE 10

Christian is 10 years old and from Georgia. She loves to draw, go swimming, take arts and crafts classes, and dance. She also enjoys track and field. She finished 6th in the nation for 10-year-old girls in one of her events with an All-American honor! Christiane had her first seizure when she was 6. She got involved with the Kids Crew so she could learn how other kids deal with their epilepsy and if they go through the same things she does. Seeing other kids’ stories helps her to not feel alone. Her favorite Kids Crew activity was the Purple Pumpkin Project and she got to talk to her neighbors about epilepsy. Christiane’s advice to other kids with epilepsy is, “Start and continue doing all the things that make you happy and do not let seizures stop you from enjoying those moments.”

ROBERT, AGE 6

Robert is 6 years old and from Oregon. He has been a BMX racer since he was 2 ½ years old. He also likes Kung Fu, computer games, and traveling. Robert was diagnosed with epilepsy a little over a year ago. It was scary for him but his family won’t let it bring him down. He got involved with the Kids Crew so he could teach people about epilepsy. Robert thinks it’s important for others to learn more so they know what to do if he or someone else has a seizure. Lemonade for Livy was his favorite Kids Crew activity because his whole family did it with him and raised $400. Robert wants kids to remember that, “Doing even small things can change someone’s world. You don’t have to do big things to make a difference!”

KAYLA & HANNAH, AGE 14

Twins Kayla and Hannah are 14 years old and from New York. Kayla enjoys trying different kinds of food, traveling, playing volleyball and basketball, and being a photographer. Hannah likes to clog dance, cheerlead, and sing. Kayla has had epilepsy since she was born. She joined the Kids Crew to advocate for those with epilepsy. Hannah got involved to support her sister and other kids who struggle with seizures. They have both completed a number of activities. Kayla’s favorite was Walked Together and Hannah’s was Educated My Class. They feel it’s important for people to learn more about epilepsy so they can keep others safe. Kayla wants to remind members that, “Everyone can change the world!” Hannah agrees and adds, “Every kid should keep trying!”
CELEBRATING MEMBERS

**EVA AGE 11, Alabama**
Recently painted her pumpkins purple. It was her final Kids Crew activity for the year and she is now a World Changer in 2021!

**CATHERINE, AGE 11, Virginia**
Participated in the Walk to END EPILEPSY this year. She made her own fundraising page and got her family into it. They walked for her and the millions of others impacted by epilepsy.

**ROYCE AGE 6 & LIAM AGE 9, Alabama**
Made a stand against epilepsy in memory of their brother, Jax. They had a lot of fun and raised more than $500 at their lemonade stand!

**LUCAS AGE 6 & HALEY AGE 4, Nebraska**
Decorated real and fake pumpkins to turn their porch purple for the Purple Pumpkin Project! They did a great job using epilepsy facts on their sign so neighbors know how many people are directly impacted.

**JAYLYN AGE 8, Michigan**
Hosted a lemonade stand for Lemonade for Livy. She spread awareness and raised over $200 for programs and services at the Epilepsy Foundation.

**RYLON AGE 4, Texas**
Painted his pumpkin purple and his parents posted it on social media to spread awareness with friends and family.

While we would like to celebrate all of our members, we can only select a small number for each newsletter. For a chance to be highlighted, please have a parent include a high quality photo along with a description of what you have done to earn your pin at epilepsy.com/kids-crew-pins.
People with epilepsy are more likely to have changes in their emotions than people without epilepsy. They can become more nervous or sad than usual. Side effects of medicines may make things harder too. Family members taking care of someone with epilepsy may also go through a hard time. They often have to miss work, school, or other family gatherings. Trying to get everything done in their own lives and making sure their loved one is safe can be difficult.

We have some activities coming up where you will be able to join other Kids Crew members and their families. Keep an eye out for an invitation for an End of Year Celebration in December. It will be a virtual event where we bring together Kids Crew families, Epilepsy Awareness Ambassadors, and Advocacy Champions. Also, starting in February of next year, we will be having Connect Events every three months. They will be a chance for you to learn about epilepsy, connect with other members, and have fun!

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 more energetic.

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 you less healthy.
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.

“CARRY LAUGHTER WITH YOU WHEREVER YOU GO.” - FLORA EDWARDS
JOKES & RIDDLES

Q: What do you get when you drop a pumpkin?
A: Squash!

Q: What room are ghosts not allowed to enter?
A: The living room!

Q: What is a scarecrow’s favorite fruit?
A: Straw-berries!

AUTUMN HEDGEHOG MAZE
Help the hedgehog find his mushroom!

COLOR THE SCARECROW

STEPS TO SPREAD AWARENESS

1. Tear out the Seizure First Aid Ready postcard.

2. Write a personal note on it.

3. Mail it to a family member so they can learn seizure first aid.

Place Stamp Here
To earn your World Changer Award for 2021, all completed pin activities must be sent to epilepsy.com/kids-crew-pins by January 9th, 2022.