HI EVERYONE!

For most of you, the cold weather is gone and the snow has finally melted. It is spring and that means it is a time for new life and for hope!

Thank you to everyone who took the most recent survey for the new Kids Crew digital project! I loved reading about how all of you want to learn and how you want to do it. It is really exciting to think about all of the possibilities! We will be discussing what this project will be, and you should hear more about it during the summer.

The National Walk for Epilepsy in Washington, D.C., was held in April and I had a great time talking to those of you who were there! It was very cool to see so many people walking to support each other. Remember, if you went to the National Walk or a local walk, you can get your Walked Together pin. Just let us know at kids-crew@efa.org. We also love to see pictures!

Summer is coming up, and do you know what that means...the international Lemonade for Livy event! It’s a great way to give back and have fun at the same time. This is our chance to show adults how it’s done! If you want to register now, ask an adult to help you and go to epilepsy.com/lemonadeforlivy. Look for more about Lemonade for Livy as you read. Enjoy!

Your friend,

Hailey Scheinman
President & CEO
Epilepsy Foundation
Kids Crew

SUMMER CAMPS

Local Epilepsy Foundation overnight camps are special places where kids with epilepsy can play, explore, and learn together. You can swim, climb, and do fun activities. The camps have great counselors to make sure you are safe and a number of them have doctors and nurses to help. For many kids who attend, what’s even more important than the activities, is the chance to make friends with others who are going through the same thing as you.

Local Epilepsy Foundation camps are located throughout the country. Most programs are one week. Some offer a weekend for the whole family! Have your parents contact your local Epilepsy Foundation or go to epilepsy.com/epilepsy-camps to find a camp near you.


**EVENTS**

**NATIONAL WALK**

The National Walk for Epilepsy in Washington, D.C., was an amazing event! The epilepsy community came together to spread awareness, to support each other, and to raise funds to improve the lives of people affected by seizures. The Kids Crew had a table at the walk and we got to speak to a number of members. Murphy, who does a lot in her community, stopped by to say hello. We loved talking to her and hearing about what she has planned for the Kids Crew in her home town. She wants to get all of her friends involved to make a difference and to have fun!

**BRETT HUNDLEY - NEVADA**

In February, Brett Hundley from the Green Bay Packers football team attended a local Kids Crew event in Las Vegas. Brett told his story about how his sister and his nephew both have epilepsy. The kids then got to talk to Brett and throw him some passes. Brothers, sisters, and parents were also invited. They got to know each other and share their experiences.

**INDIANA - SKYZONE**

Kids Crew members and their families in Indiana got together at a local SkyZone. Many met for the first time, shared stories, and had fun! It helped them realize that they are not alone on this journey. Gavin, pictured on the Skyjoust, is a strong advocate and helped organize the event. He is taking initiative and helping his community!
Summer is almost here and it's time for lemonade! People of all ages hold lemonade stands, parties, and events. As a Kids Crew member, you have a wonderful opportunity to give back to the community by participating in Lemonade for Livy. This year, the big week is from Saturday, July 21st - Sunday, July 29th. If those dates don't work for you, you can set up your stand or hold an event anytime. If you want to, you can ask your family and friends to help and have fun doing it!

The money raised during the campaign funds programs (like the Kids Crew) and services at the Epilepsy Foundation, as well as research for new treatments. It is also a perfect way to create epilepsy awareness by telling people facts about seizures when they attend your stand. You can even have a theme like:

- Hawaiian
- Lego
- Star Wars
- Sports
- Superhero
- Art

For those of you who haven’t heard of Lemonade for Livy, it is a campaign inspired by the Kids Crew President and CEO Hailey’s twin sister Livy. What started as one lemonade stand in their neighborhood is now an event that takes place in every state around America, as well as other countries.

Have an adult help you register at: epilepsy.com/lemonadeforlivy

Once you register, send your page link to us at kids-crew@efa.org with your name and we will send you a lemonade stand kit that has helpful information about planning your stand, a banner, and more. After you complete your stand, make sure to let us know so we can send you your Lemonade for Livy pin. If you earned your pin last year, we will send you your “2 YEARS” ribbon that you can attach to your pin.
GABE, AGE 8

Gabriel is 8 years old and was diagnosed with epilepsy when he was 6 months old. Gabe loves to play with toys that have music, lights, and vibrations. He also enjoys his little sister, Grace, who is a Kids Crew member as well. He loves her snuggles. Gabe’s special talent is that he is known as the “Switch King” at school! He loves pushing switches to make objects move and tries his best to use them to make choices. Gabe’s mom wants people to know that Gabe is a person just like them. He may not speak, he may not walk, he may not fully understand everything that a child his age would typically get, but he’s still a person and he’s usually a very happy boy. His parents do all they can to make his life enjoyable. They feel blessed to have him as their son.

Gabe’s mom and dad call him their “miracle child.” He has a type of epilepsy called Lennox-Gastaut syndrome. Gabe tends to have the most seizures early in the morning as he is waking up and later in the evening when he is tired and falling asleep. Even though Gabe has a really hard time, he always finds a way to smile. It is very difficult and emotional for his parents to see him having so many seizures. They are constantly on “high alert.” Someone has to be with Gabe at all times to make sure he is okay. But anyone who is with Gabe is really lucky because he has one of the best spirits a child could have!
Gabe has been a proud member of the Kids Crew since the beginning. He is a part of Lemonade for Livy each year and has painted pumpkins purple for the Purple Pumpkin Project. He has helped to educate others and to spread epilepsy awareness. Gabe’s family thinks other families should know about epilepsy, too. It’s a good idea to tell people that not all seizures look the same and that there are many different types. They also believe that it is important to know first aid so you can help someone else having a seizure.

Gabe’s mom has a special message for the Kids Crew. She says, “You are our future! You can learn and educate others. You are the voice that my son Gabe doesn’t have. You are heroes! Gabe and His Family

KIDS CREW...YOU ARE THE VOICE THAT MY SON GABE DOESN’T HAVE.

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I’d like to tell any child going through epilepsy...stay strong and know you have people fighting for you and a cure!”
**Epilepsy Facts**

**Who gets epilepsy?**

Epilepsy and seizures can develop in any person at any age. More than 3.4 million people, or about 1 in 100 people, in the U.S. has been diagnosed with epilepsy.

1 in 26 people will develop epilepsy in their lifetime.

New cases of epilepsy are most common among children, especially during the first year of life, and in adults who are 55 and older. What happens in a seizure may look different from one person to another.

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**How-To Tips**

**How to tell your story with a video**

Telling your story is one of the best ways to spread awareness and to help people learn more about epilepsy. It’s also how you earn your Shared My Story pin. Here are some easy steps to create your own video.

1. Ask a parent if it’s okay to do a video. Use a video camera or a mobile phone.
2. Plan what you want to say. Then practice, practice, practice.
3. Have a parent or friend film it for you.
4. Edit your video (ask a parent if you need help). You can add pictures and other videos, too.
5. Ask your parent if they can share it with friends and family. Never post anything online without their permission and help!

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**Creating Awareness Tips**

**Plant an Epilepsy Awareness Garden**

Here’s a fun and informative idea to spread awareness during the spring. Plant purple flowers in a pot or in an area where people can see them. Paint rocks purple and then paint some facts on them like 1 in 26 (1 in 26 people will develop epilepsy) or 65 Million (the number of people with epilepsy around the world) or other facts. Add some purple flags or purple awareness ribbons. Then take a picture and have your parents share it on social media. And share them with us, too!

**When you think that you can’t make a difference, remember that one raindrop raises the ocean.**
JOKES & RIDDLES

Q: April showers bring mayflowers, but what do Mayflowers bring?
A: Pilgrims!

Q: What did the big flower say to the little one?
A: You’re really growing, bud!

Q: What do you get when you plant kisses?
A: Tulips!
Have you already earned one of the themed pins last year but want to complete the activity again? We encourage you to do so. There is a lot to be done in the community to help those who are affected by epilepsy. You can complete the activities each year and we will send you a new ribbon each year to attach to your pin. The 2 YEARS ribbon is purple. Next year, we will have a different color ribbon for 3 years. See how many ribbons you can collect along with your pins!