I hope you are enjoying the spring and getting ready for a fun summer. I am so happy to announce that Kids Crew now has over 1,000 members in all 50 states! We even have members in other countries! It makes me happy to see that so many awesome kids want to learn more and change the world. Since summer is right around the corner, that means it is time for Lemonade for Livy. You can help make a huge impact for the epilepsy community by spreading awareness and raising funds for programs, services, and research. Lemonade for Livy is super fun and easy to do. This year, you can even win a prize! Turn the page to find out more.

I also have some other exciting news. We have finally finished our Kids Crew digital project and it is now ready for you to watch! Look for information inside to find out where you can see it. Finally, keep an eye out over the next few months for some news about how we are going to help you connect with other Kids Crew members. Soon, you will be able to ask questions and see what other kids, just like you, are going through.

Enjoy the newsletter!

Your friend,

Hailey Scheinman
President & CEO
Epilepsy Foundation
Kids Crew
KIDS CREW UPDATES

KIDS CREW SHOW

We would like to welcome you to the Kids Crew Show and introduce you to Professor Sarabell who is an expert on the brain. It just so happens that she IS a brain! In the show, the professor is joined by Kids Crew member, Will, from Indiana. Will shares his story about having epilepsy and then the two discuss more about seizures and how to get involved with the Kids Crew. Visit epilepsy.com/kids-crew to watch it. We would like to thank Will and his family for being a part of the project. Also, we would like to thank the other Kids Crew members who are in the video, including Will’s sister, Charolet; Jameson from California; Olivia from North Dakota; and Tatumn from Ohio. We hope that you enjoy watching, learning, and sharing the show with others. A very special thank you to Sunovion for their support of this project.

WALK TO END EPILEPSY

We had so much fun at the Walk to END EPILEPSY® in Washington, D.C. The Kids Crew had a table set up and we loved meeting some of our members that were there. The day was inspirational and filled with hope. If you weren’t able to attend, look for a Walk to END EPILEPSY near you at WalkToEndEpilepsy.org. Or call your local Epilepsy Foundation to find out about other walks, strolls or runs that are close to where you live. Go to epilepsy.com/local. Remember that you can earn your Walked Together pin if you go to a walk or are a virtual walker.

T-SHIRTS

We now have official Kids Crew merchandise available in our new online store. Check out the store at shop.epilepsy.com and search for Kids Crew. Right now, we have shirts, hats, and bags. The shirts are really comfortable and can be worn when you educate your class about epilepsy, create awareness, or share your story with a video. The lunch bag is perfect for school and the draw string bag is great for traveling.
It’s time to squeeze those lemons, break out the cups, and set up your stand!

Lemonade for Livy 2019 has started! You can hold a lemonade stand, party, or event to spread awareness and help support programs like the Kids Crew, services, and research at the Epilepsy Foundation. The big week is July 20th - 28th but you can hold your event when it works for you.

Why kids participate: Many kids have said that they participate each year because they know they are doing something good for others. They like to be part of a big initiative that is happening across the United States and around the world. They also say it has helped them feel more comfortable when talking about their epilepsy or a loved one’s seizures. When you hold an event, it can be in honor of yourself or someone else living with epilepsy.

LEMONADE FOR LIVY KIT

Kids Crew members who register on the Lemonade for Livy website by June 30th will receive a kit in the mail with a banner, straws, epilepsy information handouts, coloring sheet, tips and tricks guide, and thank you cards. (Kits can only be shipped to the United States but digital kits are available for members in other countries). Make sure to list Kids Crew as the way you heard about Lemonade for Livy when you sign up.

GETTING STARTED

1. VISIT: EPILEPSY.COM/LEMONADEFORLIVY
   Register & setup your personal fundraising page.

2. PLAN YOUR EVENT
   Come up with a name, pick a date, and set a fundraising goal. Then, spread the word to your family, friends, and community.

3. HOST YOUR EVENT
   If people can't make it, remind them they can donate to your fundraising page.

WIN PRIZES!

This year, we are trying something fun for Kids Crew members...prizes! We will have 1st, 2nd, and 3rd place winners for whoever raises the most money. The first place winner will receive a party for you and your family and friends valued at $250. The second place winner gets $100 to spend in our new online store. The third place winner will receive $50 in the online store. All funds must be deposited to your fundraising page by August 30, 2019. You must be a Kids Crew member to win.

EARN A PIN/RIBBON

After you deposit your money to your page, send us an email to kids-crew@efa.org to let us know so we can mail you your Lemonade for Livy themed pin. If you earned your pin last year, we will send you your 2 YEARS ribbon to attach to your pin.
KIDS JUST LIKE YOU...

ANDREW, AGE 8 & ADDISON, AGE 10

Andrew is 8 years old and from Tennessee. He was diagnosed with epilepsy in 2018. He plays baseball, bikes, swims, and loves spending hours building LEGO®. Addison, Andrew's sister, is 10 years old. She is always watching out for him at school to make sure he is doing okay. Together, they are making a difference in their community. Both of them have participated in a walk, painted their pumpkins purple, and created awareness. Addison educated her class about epilepsy, and Andrew and his mom talked to his class about seizures.

ZA'NYLA, AGE 7

Za’Nyla is almost 7 years old and from Arkansas. She started having seizures in 2014. She has had a difficult time with epilepsy but is a fighter! She is doing what she can to spread awareness. On Epilepsy Awareness Day, she asked her teacher to read epilepsy facts to her class and gave them a handout to take home to their families so they could learn, too. She is also staying healthy and getting active with the Athletes vs Epilepsy 10-Day Challenge (see the back cover for information).

CHARLES, AGE 4 & KAYLA, AGE 9

Charles is 4 years old and lives in Florida. He was 2 when he was diagnosed with epilepsy. His big sister, Kayla, 9, has been there every step of the way to hold his hand during all of his testing. Together, they are spreading awareness and helping their community. For Epilepsy Awareness Day, they made 52 mini seizure first aid cards with a purple bracelet attached to them to hand out to classmates and other friends. Kayla also educated her class about epilepsy and, as a result, has created an epilepsy club to continue spreading awareness!
BRENNAN, AGE 10

Brennan is 10 years old and from Hawaii. He doesn’t have epilepsy but has a friend who does. He has taken a huge interest not only in learning about seizures and taking care of her, but also in educating others. He plays baseball and has created and held an epilepsy awareness game for his league. Brennan wears an epilepsy awareness symbol on his helmet to remember that he is playing for his community. He also recently created a video to share his story and to tell others how important it is to spread awareness.

LOGAN, AGE 8

Logan is 8 years old and is from Wisconsin. He started having seizures when he was 1. With the help of a great doctor and the correct medicine, he has been able to control his seizures. He is a very active Kids Crew member. He loves teaching about epilepsy, has attended a few walks, did a very successful purple cupcake sale, and participated in Lemonade for Livy! Recently, for Epilepsy Awareness Day, Logan and his mom made purple key chains and gave them to their friends with epilepsy to earn his Act of Kindness pin. He wanted to give them a little reminder on those tough days that they aren’t alone!

XIOMYA, AGE 10

Xiomya is 10 and is from Arizona. She had her first seizure when she was 4. She continues to take medicine and, luckily, has not had a seizure in several years. She likes to be a part of the Kids Crew because she thinks it’s fun to earn pins and do the activities from the newsletter. She also finds the stories of other members inspirational. Kids Crew reminds her that just because she has epilepsy, it shouldn’t stop her from doing things that she wants to do. She is also reminded that kids just like her can teach others about epilepsy, raise awareness, and make a difference!
EPILEPSY FACTS

People with epilepsy are more likely to have changes in their emotions than people without epilepsy. They can become more sad or nervous 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.

BECOMING AN ADVOCATE

You can be an advocate for people with epilepsy, their family members, and those who take care of people with epilepsy. An advocate is someone who supports a cause or helps to be a voice for others. No matter how old you are, you can talk to people in your state government or in Washington, D.C., to make sure they know what it is like living with epilepsy. Passing laws that help people who have seizures is really important. The Epilepsy Foundation advocates all year long so if you want to help, take a look at epilepsy.com/advocacy.

SUMMER CAMPS

The summer is coming and that means it’s camp season. Attending a camp for a week or a weekend is a great way to meet new friends, learn, and have fun! Some camps are for kids with epilepsy; some are for both kids with epilepsy and their brothers and sisters; and some are for the whole family. If you haven’t been to a camp before, we highly suggest you give it a try. Most kids who are nervous about going often don’t want to leave once they are there because they have a great time! In case your parents are concerned, camps have doctors and nurses if you or a sibling has a seizure. Also, many are free or have scholarships available. For more information on camps and to find one near you, visit epilepsy.com/summer-camp.

“In a way, you’ve already won in this world because you’re the only one who can be you” - Mr. Rogers
JOKES & RIDDLES

Q: Why did one bee tease the other bee?
A: Because he was acting like a bay-bee!

Q: Which type of bow can’t be tied?
A: A rainbow.

Q: Why did the gardener plant a seed in the pond?
A: To grow a water-melon.

SPRING DAY COLOR

Use the color code to finish the picture.

3 = Yellow 4 = Orange 5 = Pink 6 = Green
7 = Red 8 = Blue 9 = Purple 10 = White

BIRD MAZE

Help the momma bird find her nest.

WORD SCRAMBLE

niar ______________________
ietk ______________________
utlip ______________________
dbirs ______________________
rnwioab ___________________
eegrn ______________________
amrw ______________________
dasyi ______________________
incpic _____________________
tfrblteyu __________________
saneso _____________________

Answers: rain, kite, tulip, birds, rainbow, season.
Did you see the news about the new Athletes vs Epilepsy Kids Crew pin? Do you like to participate in sports? Do you like to eat healthily and be active? Well, now you can earn the new Athletes vs Epilepsy pin by completing an activity that is a part of the Athletes vs Epilepsy 10-Day Challenge. The challenge asks you to be active and eat healthily for 10 days in a row. If you have trouble walking or your parents have to help you eat, not to worry. We can make this work for you, too. Visit athletesvs epilepsy.org/events/1016 to find out more and print your official tracking sheet.

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