HI EVERYONE!

I hope you are having an awesome summer! I am really happy to give you a Kids Crew update. We now have over 330 members from 45 states and Puerto Rico! Thank you all again for wanting to make a difference and welcome to our newcomers. I am so excited for the rest of the year!

Thank you to everyone who participated in Lemonade for Livy! It truly means so much to my sister Livy and so many families across the country that are dealing with epilepsy. Once again, someone from every state in the country registered. We couldn’t have done it without you. Remember, in order to receive your Lemonade for Livy pin, let us know you held a stand or event at kids-crew@efa.org. Sending pictures is great, too!

Our next major event is coming up in October. The Purple Pumpkin Project is a way you can bring your family and friends together to paint your pumpkins purple! It’s a chance for you to spread some awareness, have fun, and earn another pin, all while getting in the mood for fall. We talk more about it a little further into this newsletter.

That’s it from me. I wish you all a great rest of the summer and a wonderful new school year!

Your friend,

Hailey Scheinman
President & CEO
Epilepsy Foundation
Kids Crew
EVENTS

LEMONADE FOR LIVY

The Kids Crew played a big part in Lemonade for Livy this year. Many of you held lemonade stands to raise awareness and funds to support people living with epilepsy and their families. Thank you to those of you who participated! Make sure to send an email to kids-crew@efa.org if you held an event so we know to send you your Lemonade for Livy themed pin. **There is still time to get involved!** Lemonade tastes good any time of the year. So, if you want to hold a stand, party, or event, please have your parents help you and register at epilepsy.com/lemonadeforlivy.

NEVADA BOWLING

Kids Crew members in Nevada got together for an evening of eating, talking, and bowling! The event was filled with smiles, laughs, and family. It was a night for Crew members to talk to old friends and to meet new ones. They got to hang out and to just be kids.

IOWA PICNIC

Kids and their family members attended Iowa’s first Kids Crew event to connect with other families, enjoy park activities, and eat ice cream on a beautiful spring day! They talked about seizure first aid, epilepsy camps, and what the Kids Crew program is all about. Two kids shared how they are earning their pins. They all learned, met new friends, and had fun!
This fall, people all over the country will be hosting **Purple Pumpkin Parties** to raise awareness about epilepsy. It’s an annual event that you can do by yourself, with your family, or with a whole group of people. It is a fun and creative way to tell people about epilepsy and share your story with them. You can also earn your Purple Pumpkin Project pin or your Second Year Ribbon if you have your pin already.

### Host a Purple Pumpkin Party!

- Host a party in your home or in a location somewhere in your town
- Provide pumpkins, paint, decorations, and snacks
- Paint your pumpkins and then share pictures of your pumpkins with others
- Each person takes home their pumpkin and displays it to help spread awareness

If you would like to register your event so you can write about it and share your story, have your parents help you by going to [epilepsy.com/purple-pumpkin](http://epilepsy.com/purple-pumpkin) and entering your information.

Start planning today so you are ready to get painting in October!

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### How the Purple Pumpkin Project Began

Many of you have likely painted pumpkins purple over the years. But do you know how it started? While on a drive through Connecticut one Sunday morning with his family, a dad, named Ron, was thinking about ideas of how to spread epilepsy awareness. The local pumpkin patch was the answer. Since kids would soon be carving and decorating pumpkins, he thought why not make one purple and tell people about epilepsy when asked, **“Why is your pumpkin purple?”**

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### Why is Ron’s Pumpkin Purple?

Ron’s son was diagnosed with epilepsy in 2009 at the age of four. Since then, Ron has seen how epilepsy affects his son. Although he appears like an average kid on the surface, his son has had big challenges at school, physically, and socially. Also, some family members don’t understand epilepsy and that has been hard.

Although Ron often talks about the challenges his son has, many others choose to keep their seizures private. But by raising awareness, Ron hopes to support those people so their lives will be better.
Keegan, age 9

Keegan is 9 years old and was diagnosed with epilepsy in March of 2015. He has been on several different medications to control his seizures but has an amazing attitude about it. Keegan loves to play baseball and has been doing so since he was 3 years old. He usually plays 1st base, but when he turned 8, he became a pitcher and recently pitched a No Hitter! He also likes to play basketball. His dad coaches high school basketball and Keegan has been dribbling since he could walk. Keegan also loves to read, especially Greek mythology, and watches documentaries about history and science. Since most of Keegan’s seizures happen at night, he was never allowed to sleep on the top bunk of his bunk bed. The first time his friends saw him have a seizure was at a school dance. The strobe lights triggered it. But he never felt bad about himself because he had a very sweet friend, Maggie, who had diabetes. To Keegan, her problems always seemed much worse. They were in the same class together in 2nd grade and they helped each other. They would talk about what was upsetting them and making them sick. Unfortunately, Keegan’s friend passed away at the end of 2nd grade due to her diabetes. They were “Battle Buddies” with their illnesses and that was super hard for him. After Maggie passed away, her mom gave Keegan Maggie’s favorite book and stuffed animal. Every time he had to go to the hospital for his seizures, he took her things with him, like she was still fighting beside him.

“Maybe, when I am old, we won’t have epilepsy. It can be cured!”
In addition to Keegan’s friend Maggie, he has a great group of friends and they accept him for who he is. No one teases him about seizures and they have learned a lot about what to do if they see him have a seizure. He has made new friends through the Epilepsy Foundation in Iowa. He loves meeting other kids who are going through something similar. It is a great way for him to know that he is not alone.

Instead of letting epilepsy get him down all the time, Keegan decided that he would teach everyone he knows about epilepsy and what his experience is like. Ever since he was diagnosed, Keegan has some other information he would like to share. He says that if you are ever scared that epilepsy may stop you from doing the things you like, find a best friend who will help you when you have a seizure and not let people tease you. It was hard for Keegan to get up and share his story at first. He said, “I want them to understand what I was going through, so that motivated me to talk to my class and different teams I played on.”

Keegan believes it is important for others to learn about epilepsy because when someone is having a seizure, they need help. They need a partner, someone who knows how to take care of them. He has hope that one day, others will not have to deal with seizures. He wants kids to create epilepsy awareness so, “Maybe, when I am old, we won’t have epilepsy. It can be cured!”

Keegan’s parents have taken him to the capitol in Iowa so he could talk to legislators, see the governor, and explain how epilepsy has affected his life. He thinks it is very important that they see someone who has epilepsy and hear his story. Keegan has also participated in the Purple Pumpkin Project, spread awareness in his community, and attended his local Epilepsy Foundation walk. His team’s name is Super Keegs Fights the E!
Epilepsy Facts

Physical Fitness

Being active is healthy for most people with epilepsy in a number of ways.

- Allows your body to work better.
- Helps you stay positive.
- It can give you confidence.
- Makes you feel better about yourself.

For these reasons, we think it's good for people with or without epilepsy to participate in sports and fun activities as part of a healthy life. But always keep in mind that you have to be careful with certain activities. For example, never swim alone and always wear a helmet when riding a bike.

How-To Tips

Educating your class

Heading back to school is the perfect time to talk to your class about epilepsy. Here are some tips on how to educate your class.

1. Talk to your parents and discuss doing a presentation.
2. Speak with your teacher and ask her or him if you can speak to the class.
3. Organize your presentation. You can use a computer or even big pieces of paper.
4. Describe what epilepsy is, where in the body seizures happen, and what a person’s body does when they have a seizure.
5. Give your class some first aid tips about what to do if someone has a seizure.
6. Share your story and how epilepsy affects you.

Never Let a Stumble in the Road Be the End of Your Journey

Creating Awareness Tips

Contacting the Media

Have you ever written a letter to or emailed TV stations, newspapers, or radio stations where you live to tell them about epilepsy? Try writing a story about how epilepsy has affected you and your family. Include some facts about seizures. You can even tell them you are a member of the Kids Crew and are doing your part to make a difference in the community. Then, find the media companies in your area and send them the information. If they decide to tell your story, it can be a very important way to spread awareness in your community.
JOKES & RIDDLES

Q: Why did the teacher wear sunglasses to school?
A: Because her students were so bright

Q: What do sheep do on nice summer days?
A: Go to a baa-baa-cue
Have you attended a walk to support people with epilepsy? Many walks take place around the country to create awareness and raise funds to help people with seizures. One of the beliefs at the Kids Crew is that when we work with others, we can make an even bigger difference. That is what walks are all about. Not sure if there's a walk near you? Check with your local Epilepsy Foundation or visit our new website www.WalkToEndEpilepsy.org. If you go to a walk, let us know at kids-crew@efa.org and we'll send you your Walked Together pin.