I hope your summer has been going well. I’m sure it’s not what you’re used to. It’s been hard to go places and find new things to do at home. But I want you to know that you are not alone. During this time, be strong and don’t lose hope! We will get through this together.

For those of you who are new to the Kids Crew, the program was started in April of 2016. At the end of that year, we had 92 members. I’m so excited to say that we now have over 3,000 members! It’s been amazing to see and read about the awesome things you are doing to earn your pins and to make a difference in your community!

Over the past few months, we’ve been bringing members together online, and I hope you have enjoyed it. Our latest event in June was the Kids Crew End of School Luau, with some great performers, fun games, and a pie in the face! Watch out for more virtual events coming soon.

Remember, each of you has the power to help others. It doesn’t matter who you are, what your age is, or what abilities you have. We can all change the world!

Your friend,

Hailey Scheinman
President & CEO
Epilepsy Foundation
Kids Crew

The summer is going by quickly and many of you will be back to school soon. That means either in-person classes, virtual learning at home, or a combination of both.

The coronavirus is still affecting many towns and cities across the country which is making it hard to return to your normal routines. If you are going to be in a classroom, make sure to listen to your parents and teachers so you stay safe.

If you have epilepsy, it’s also a good time to make or update your seizure action plan. Your plan should list:

- Your type of seizures
- How long they last
- How often they happen
- What they look like
- What to do

You and your parents can find a plan at https://bit.ly/2NDtswh if you are looking for a new one.

Finally, everyone should review the steps for seizure first aid (Stay, Safe, Side) so you know what to do if you see someone having a seizure. You can also tell your teacher or school nurse that you are willing to help other kids who have epilepsy to feel safe.
Kids Crew members, like Claire, are doing a wonderful job with Lemonade for Livy. If you have not yet registered, visit epilepsy.com/lemonadeforlivy with a parent. We are grateful to those of you who are working to spread awareness, raise funds, and Make A Stand Against Epilepsy! If you participated in Lemonade for Livy, let us know at Kids-Crew@efa.org so we can send you your Lemonade for Livy pin.

There is still time to qualify for the September Celebration! Remember, raise $100 or more on your Lemonade for Livy fundraising page by the end of August and you will receive an invitation to attend the virtual event.

IDEAS FOR VIRTUAL EVENTS

Do you have a fun idea for a virtual event? Have you thought about an online activity we can do as a group that is creative and fun? Is it something you think no one would want to miss? Is it crazy and out of this world? Great! We love those ideas and want to hear from you. Describe your event in a few sentences and send it to us at Kids-Crew@efa.org.

KIDS CREW SUMMER SALE!

All Kids Crew gear is on sale now in our shop for 10% off. Check it out with a parent at shop.epilepsy.com and get yours while supplies last!

Do you like receiving the Kids Crew newsletter in the mail? If so, it’s really important that you let us know. With a parent, please go to: https://bit.ly/2WP3aeq and tell us what you like and why by August 31. We need to hear from enough of you to keep it going!
This year, we’re asking Kids Crew members to hold virtual parties to paint your pumpkins. It’s a safe way to bring people together while having fun and talking about epilepsy at the same time. Also, you can visit epilepsy.com/purple-pumpkin with a parent for more information about the Purple Pumpkin Project. No registration is necessary to participate, but if you do, you will receive a page to tell your story and raise funds.

Organize Your Own Virtual Purple Pumpkin Party!

Here are some simple steps to follow:

- Choose how you want to hold your party online (Zoom, FaceTime, or other).
- Pick a date and time.
- Invite your family and friends.
- Make a list of all the things you will need including pumpkins, paints, paint brushes, decorations, and cleaning supplies.
- You can deliver the supplies to your guests or ask them to buy their own.
- Make a list of epilepsy facts you want to talk about during your party.
- Host your event and get painting!
- Encourage your friends to have their parents share pictures of the pumpkins on social media along with an epilepsy fact.

After you paint your pumpkins purple, make sure you have a parent email us at Kids-Crew@efa.org to let us know so we can send you your Purple Pumpkin Project pin.

Purple Pumpkin Project season is nearly here! Fall is coming and that means pumpkins will start appearing in stores and local pumpkin patches. The Purple Pumpkin Project is a fun and creative way to spread epilepsy awareness with family, friends, and your community. Kids from coast to coast will be getting out their purple paint, stickers, markers and more to decorate their pumpkins along with adding epilepsy facts to their designs.

Keep an eye out for more details soon about a national Kids Crew Purple Pumpkin Project Virtual Fall Festival that we will host in early November!
EVA, AGE 10

Eva is 10 years old and from Alabama. She likes running, reading, and doing Sudoku puzzles. Eva is a twin and also has an older sister. Both of her sisters have epilepsy, but she doesn’t. She was scared and confused when she saw them having seizures because she didn’t know what was happening. Now, Eva wants to do everything she can to help END EPILEPSY®! She has learned a lot and is excited to take more seizure first aid training very soon. She has earned 7 pins in 2020 and has only one pin to go before earning her World Changer Award! Eva wants other siblings of kids with epilepsy to know that being a part of the Kid Crew is a great way to learn more about epilepsy and to show your brother or sister how much you care about them.

JACKSON, AGE 7

Jackson is 7 years old and from Oregon. He was diagnosed with epilepsy when he was 1. Even though he has had a hard time with different types of seizures, he always has a smile on his face. He really likes games and playing with his toys. Jackson made a video to tell people about seizure first aid so they know how to help. He received his Created Awareness pin for the video and it has been his favorite of the 5 he has earned this year. He’s excited to earn the World Changer Award! He enjoys being in the Kids Crew with members just like him and wants you to know that, “You’re strong and a warrior like me. We can do this together!”

RORY, AGE 1

Rory is 1 and from Ohio. She was only 4 months old when she had her first seizure. Rory is the happiest, smartest, friendliest little girl who likes to sing and dance. She loves playing outside and being with her puppies. Rory’s whole family is supportive and wants to help her. They have learned about epilepsy and what to do if Rory has a seizure. Rory is a little too young to understand that she is a part of the Kids Crew, but her family is taking lots of pictures so when she gets older, she knows that she’s had an army of support for her and her fight. So far, her mom and dad have helped her to earn 6 pins in 2020. They love that they are a part of something so big where everyone is trying to END EPILEPSY® for good.
Parker is 9 years old and from Illinois. He enjoys building with LEGO and plays soccer and basketball. Parker was diagnosed with epilepsy in 2019. He takes his medicine twice a day and has been seizure free for a year! He loves the Kids Crew because he knows many members understand what it’s like to have a seizure. He’s already completed 6 activities this year and his goal in 2020 is to earn the World Changer Award. Parker says that he and his family didn’t know much about epilepsy in the beginning and it made them scared. But they have learned a lot since then and taught others, too. Parker wants to remind you to listen to your parents and doctors and to always take your medicine. He says, “If you do that, it will make your journey a little less scary.”

Branson is 2 years old and from Ohio. Branson loves music, singing, and watching and playing with all types of construction vehicles, buses, and tractors. He likes volunteering at 4 Paws for Ability, an organization that trains and places service dogs for children and veterans with disabilities, including seizure-alert dogs. Branson was diagnosed with epilepsy a couple months before his second birthday. His family has learned a lot about epilepsy. They think knowing seizure first aid is really important. Branson has already earned 5 themed pins this year. His favorite activity last year was the Purple Pumpkin Project. He loved painting 50 wooden pumpkins purple, alongside his sister, to send out to friends and family across the country.

Emerson, Branson’s sister, is 6 years old and also a Kids Crew member. She loves to read and lay in the hammock in her backyard. She, too, enjoys volunteering at 4 Paws for Ability. Emerson has earned 5 themed pins in the Kids Crew as well, and her favorite, just like her brother’s, was the Purple Pumpkin Project. Emerson is a great big sister. She watches out for Branson and tells her mom or dad if she thinks he is having a seizure. She wants Branson to know he’s not alone and that he can count on her to stay with him. Emerson wants other kids who have a sibling with epilepsy to, “Always try to keep your brother or sister safe and if they have a seizure, be there for them.”
It's more important now than ever to keep your mind healthy as well as your body. Here are some things you can do while you are at home:

- Play outside and soak up the sun, but make sure to use sunscreen first and drink plenty of water.
- Eat at least one fruit and vegetable every day.
- Call or send a card to a friend or family member you are missing.
- Plan a family game night.
- Read a book or complete a puzzle.
- Go tech-free for a day (no TV, phone or video games). If you like it, try it for a week.
- Find one thing you are thankful for at the end of each day.

Remember, it's important to take care of yourself and to have fun while doing so.

For more tips on how to stay healthy, you can visit the Wellness Institute on epilepsy.com

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**When spreading awareness, remember these numbers. They help people understand how common epilepsy and seizures are.**

- **65 MILLION**: Number of people around the world who have epilepsy.
- **3.4 MILLION**: Number of people in the United States who have epilepsy.
- **1 IN 26 people** in the United States will develop epilepsy at some point in their lifetime.
- **150,000**: Number of new cases of epilepsy in the United States each year.
- **ONE-THIRD**: Number of people with epilepsy who live with uncontrollable seizures because no available treatment works for them.
- **6 OUT OF 10**: Number of people with epilepsy where the cause is unknown.

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**WHAT YOU CAN DO TO ADVOCATE FOR CHANGE**

The Centers for Disease Control and Prevention (CDC) is a part of the government and it has the only public health program that deals specifically with epilepsy. This program helps to raise epilepsy awareness and support programs that improve the lives for all people with epilepsy. The funding for this program comes from Congress and they need to hear from you!

This is your chance to advocate for change! Ask your Senators to support $11.5 million for the CDC Epilepsy Program for 2021. You can write them a letter, email them, or ask to meet with them virtually. With a parent, you can download a sample letter at [https://bit.ly/2Eea5Hx](https://bit.ly/2Eea5Hx). When you go to the link, the file will download automatically. After you have contacted your senators for their support, let us know at [Kids-Crew@efa.org](mailto:Kids-Crew@efa.org) so we can send you your Advocated For Change pin.
JOKES & RIDDLES

Q: What’s the king of all school supplies?
A: The ruler!

Q: Why is glue bad at math?
A: It always gets stuck on problems.

Q: What do elves learn in school?
A: The elf-abet!

COLOR BY NUMBER

Use the color code to finish the picture.

4 = Yellow  5 = Light Blue  6 = Purple
7 = Green  8 = Orange  9 = White
10 = Pink
EARNING PINS

Visit epilepsy.com/kids-crew to see how to earn your 8 themed pins this year. Make sure to email us at Kids-Crew@efa.org to tell us what you have done.

WORLD CHANGER AWARD

If you collect all 8 themed pins in 2020, you will earn the World Changer Award!

This is a very special recognition and means you have done a lot to learn about epilepsy, help your community, and give back. We look forward to seeing how many World Changers we will have at the end of the year!