I hope you are all having a fantastic start to 2019! The New Year brings so many great possibilities to learn and give back!

This year, try making a plan of how to earn your pins. You’ll find an activity planning calendar in the newsletter and pins on the back cover you can cut out and attach to the months. Remember, you can complete the activities each year. The first year you do one, you receive the themed pin. Each year after that, you’ll get a ribbon with the number of years you have participated in an activity. Keep an eye out for a new pin coming soon!

We’ll be adding some things to the Crew in the coming months that will help you learn, educate others, and get involved where you live. I look forward to giving you details soon.

I wish you all a great 2019! This could be the year that you change the world. Remember to stay positive, have hope, and help others!

Your friend,

Hailey Scheinman
President & CEO
Epilepsy Foundation
Kids Crew

NATIONWIDE
Walk to END
EPILEPSY

Epilepsy walk season is here already! The Walk to End Epilepsy is now happening across the country. One of the biggest events is taking place in Washington, D.C. on Saturday, April 27th.

We will have a Kids Crew booth at the walk so make sure you stop by and say hello if you attend. If you can’t make it to D.C., look for an Epilepsy Foundation walk near you at walktoendepilepsy.org. If you’re not close to a walk, you can be a virtual walker by getting some friends together and walking in your neighborhood to show your support for those with epilepsy.
*See back cover for themed pin cut outs for your calendar.
**Created Awareness** - When you create awareness, you help people to better understand epilepsy and seizures. Many people don't even know what epilepsy is or how many people have it. There are many ways to spread awareness like holding your own purple themed event at school, at a party, or at a sporting event and giving out epilepsy facts and information.

**Educated Others** - Ask your teacher if you can talk to your class about epilepsy. Most kids are open to learning. If you talk to them and teach them about epilepsy, you will help them understand what a seizure is, what some of the causes are, and what to do and what not to do if they see someone having a seizure.

**Shared My Story** - Making a video and sharing it is one of the best ways to describe an experience with epilepsy. Your video can show a personal journey with epilepsy, a sibling’s, a friend’s, or a parent’s. You can share your story and change the way people think about epilepsy.

**Act of Kindness** - Do something nice for a person (kid or adult) who has epilepsy or who is taking care of someone with epilepsy. Try completing a project for a bunch of people with epilepsy; that’s even better!

**Walked Together** - Going to a Walk to End Epilepsy or another local epilepsy walk is a wonderful way to help support the epilepsy community. You can join a walk team or start your own team. Then, walk to change lives, bring hope, and find a cure. For more information about local walks, go to walktoendepilepsy.org.

**Purple Pumpkin Project** - Get your friends together and paint your pumpkins purple. Then put them out for people to see and if someone asks why your pumpkin is purple, tell them your story or some facts about epilepsy. For more information about the Purple Pumpkin Project, go to epilepsy.com/purple-pumpkin-project.

**Lemonade for Livy** - This activity is one you can do all year long to raise money to support the Epilepsy Foundation. It is a great way for you to get involved and hold lemonade stands and lemon themed parties to support people around the country and to help find a cure. For more information about Lemonade for Livy, go to epilepsy.com/lemonadeforlivy.

**Earning Your Pins**

When you complete an activity, have a parent send an email to kids-crew@efa.org and tell us what you did. If you have a picture, please submit that as well. If you raised money for an activity and have a fundraising page, please email the web address for your page. After we review what you have done, we will send you your pin.

*Only one pin can be earned for an activity. For example, if you teach your class about epilepsy and also create awareness while you teach, only the Educating Others pin will be awarded.*
Charlie, age 4, and Archer, age 7

Charlie is 4 years old. He loves riding his bike without training wheels, playing on playgrounds, climbing, listening to music, reading books, going to birthday parties, and watching his favorite show, “Team Umizoomi.” He enjoys going to pre-kindergarten and all his therapies, where he is learning more and more each day. But his favorite thing is chocolate and ice cream!

Charlie was doing fine until he was 2, when he started having seizures. His parents, grandparents, friends and especially his big brother, Archer, helped him to stay positive. After more than a year of seizures, medications, and a special diet, Charlie finally had brain surgery in June 2017. It helped him a lot and stopped his bad seizures! His family is so excited that he has been doing better.

Archer, Charlie’s brother, is 7 years old. He plays football and soccer. He is almost a green belt in taekwondo. He likes video games and drawing. Archer was four when Charlie started having seizures. It was very scary and confusing for him. But, Archer was amazing through all that Charlie went through after being told he had epilepsy. Even though some things changed at home, Archer continued to do really well in school, sports, and with his friends.

Archer is kind to his brother and is always there for him. He knows it’s important to help Charlie when he needs it. He called 911 when his mom asked him to during some of Charlie’s really bad seizures. He visited Charlie in the hospital and stayed next to him in the bed to keep him company. Also, he “sticks up” for him by explaining to others on the playground when Charlie doesn’t understand something or needs more time to get something done. Archer never wants Charlie to feel like he is alone.
Archer remembers when Charlie started having seizures. He says, “It was a normal part of our lives because he had seizures so often.” Even though Charlie got a lot of attention, Archer never minded it. He knew that it took extra time to deal with the medicines and doctors’ appointments. He thinks he has learned a lot over the years because of the experience. He understands that all people are different but that everyone should be treated with kindness.

The boys enjoy being a part of the Kids Crew. The program gives them a sense of belonging since their dad is in the Army and they move around a lot. They can do things no matter where they are. They like earning the themed pins because they feel they have done something good and helped others.

Archer and Charlie have been hard at work making a difference in their community. On Epilepsy Awareness Day, they wore purple and they talked to kids in their school and their taekwondo class about what seizures look like and what to do when someone has a seizure. Over the summer, the boys ran in the Strides for Epilepsy race in Colorado. Then they held a lemonade stand for Lemonade for Livy to raise money to help the Epilepsy Foundation. Later in the year, they painted their pumpkins purple for the Purple Pumpkin Project. Archer brought his pumpkin into his 2nd grade class and taught them about epilepsy when they asked, “Why is your pumpkin purple?” His teacher said he did a great job and it was clear that Archer had practiced a lot ahead of time.

Archer has some advice for other siblings. He says, “Don’t worry, your brother or sister will be okay. You’re going to have a harder time, but the doctors and your parents will help.” Their family believes that kids need to create epilepsy awareness so it isn’t a scary subject. The more kids know, the more accepting they will be. Also, Charlie and Archer like to give back because they feel it motivates other kids and teaches them lessons that stay with them as they get older.

“All people are different but everyone should be treated with kindness.”
Epilepsy

When a person has one or more seizures over time.

Neuron

A nerve cell in the brain. Information is passed from one neuron to another to tell your body to do something. When too much information is passed from one neuron to the next, it can cause a seizure.

Seizure

A sudden rise of electrical activity in the neurons that can cause a person to stiffen, shake, twitch, drop, stare off, have uncontrolled repeated movements like clapping or rubbing of hands, or have changes in emotions or thinking.

Epilepsy

When a person has one or more seizures over time.

Diagnosis

When a doctor tells a person they have a medical condition, like epilepsy, based on certain signs and symptoms.

Seizure Focus

Where a seizure begins and usually the part of the brain that is causing the seizures.

EEG (Electroencephalogram)

A test of brain electrical activity; it is often used to help in the diagnosis of epilepsy.

MRI (Magnetic resonance imaging)

A tool that creates pictures of the inside of the body and the brain. It is often used to find a seizure focus.

Neurologist

A doctor with specialized training in diagnosing and treating disorders and diseases of the brain, spinal cord, nerves, and muscles. Neurologist are usually the doctors that diagnose someone with epilepsy.

Epileptologist

A neurologist who has a specific interest in, and focuses on, epilepsy.

To see more words, visit epilepsy.com and search for the word glossary. (Glossary means a list of words with their meanings.)
WINTER WONDERLAND MADLIB

Winter is so much fun because you can ________ and ________ in the ________ snow. It’s important to dress in ________ and ________ in order to stay ________ outdoors. There are many ________ winter sports, like ________ and _________. It’s also fun to build a ________ and dress him in a ________, with a ________ for a ________. It’s nice to ________ by a warm ________ and enjoy a cup of ________ ________ after ________ in the snow all day.

COMPLETE THE SNOWFLAKE

JOKES & RIDDLES

Q: What do snowmen like to eat for dinner?
A: Iceburgers!

Q: What do mountains wear to keep warm?
A: Snowcaps.

Q: How does a penguin build a house?
A: Igloos it together!

Q: Where does a polar bear keep its money?
A: In a snow bank!
Themed Pin Cut Outs for Your 2019 Kids Crew Activity Planning Calendar

*Cut out the activity pins and place them on the months in the Kids Crew Calendar inside. Plan your year and get started!