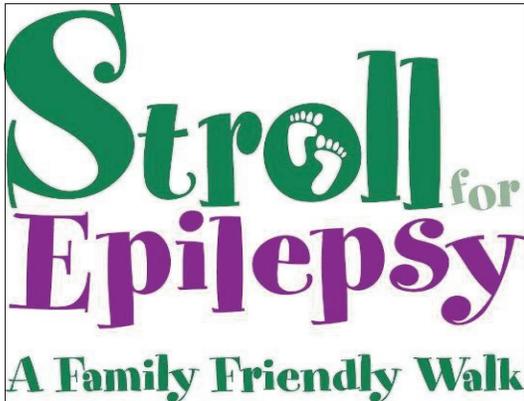




# The Update

2017, Volume I



Polaris Fashion Place  
1500 Polaris Pkwy, Columbus, OH 43240  
8:30 A.M- 11:30 A.M.

\$15 Child Registration (12 & under)  
\$30 Adult Registration (13 & over)  
Children under 2 are free

[Register Online Now!](#)

The Epilepsy Foundation of Greater Cincinnati and Columbus will be hosting the 14th annual Stroll for Epilepsy on January 28th, 2017. This family-friendly event will take place at the Polaris Fashion Place. Walkers will stroll through both levels of the mall stopping along the way at designated stations to answer questions in our treasure hunt quiz and become eligible to win prizes.

## Emerald Miles 2017

Mark your calendar and lace up your running shoes for our 16<sup>th</sup> annual Emerald Miles 5K Run/Walk at Newport on the Levee on Saturday, March 11<sup>th</sup> at 9:00 a.m. With your help we hope to reach our goal of \$100,000!! We have been very close in the past, but feel that with everyone working together, we can reach this goal and make it our best event ever.

The power of this event is in the team building approach. Please consider setting up a team on our website and then encouraging family and friends to join your team by taking part in the run/walk or just donating to the cause. Our website makes it very simple and easy. Don't delay, set up a team now and encourage everyone you know to support a great cause!



This year we are hosting a special meeting for team captains on Tuesday, January 31<sup>st</sup> at 7:00 p.m. at Hofbrauhaus in Newport. Come and enjoy appetizers and drinks and learn how your team can help us reach our goal. The meeting is intended for all team captains, both past and present. Please RSVP to 721-2905 so we know how many people to expect.



## **My Life in Two Parts - by Bob Miller**

### **Part One: The Life I knew**

Like a bull in a china shop, like an unwanted guest at a party, epilepsy came barging into my life unexpectedly and dramatically. It was a cool August morning in 1974. My Boy Scout troop woke up at 4 a.m. to hike up *Mt. Baldy* to experience the sun rise. As we stood in line getting ready to leave camp I felt like I was struck by lightning. No pain. For a millisecond, I had lost consciousness and was lying on top of my backpack, on the ground, flat on my back. People around me were confused and assumed I was horsing around. I made a joke of it to defuse the situation, and we all moved on.

Over the next few months, things actually got worse. I experienced night time seizures (grand mal) that caused me to lose consciousness that left me terrified and confused. Epilepsy stirred up a lot of negative emotions in me. I felt alone, victimized, and stigmatized. I was convinced fellow students, teachers, even friends and family only saw me as an accident waiting to happen. I felt like damaged goods.

To say that I was not emotionally equipped to handle life with epilepsy is more than an understatement. But at the time, I didn't know any better. There is a lyric from the popular film *Frozen* that resonates with my story—Elsa learns to deal with her special power when she is told to "conceal, don't feel." I think, in some ways, this is the path I chose for myself for many years to come. Unfortunately, by hiding my condition, it meant a lot of bad things. I either denied my condition to myself or others, or worse, I envisioned and created a life that was framed by all the activities I felt I could not do, for fear of triggering the next seizure. In short, I lived in fear for twenty-five years.

### **Part Two: A Better Life**

I finally decided that I needed to take charge of my life. I hadn't had a full blown grand mal seizure in years, but I lived each day feeling an aura, thinking any physical or even cognitive action could unleash a debilitating episode. I checked myself into an epilepsy lab where they weaned me off my current medicine and induced a seizure under controlled conditions. What came out of this hospital visit was life changing. Doctors determined I have Juvenile Myoclonic Epilepsy. It turns out, the medicine I was taking actually produced mini, controllable seizures at the same time that it prevented the larger, violent ones.

So, new medicine, new lease on life. I have remained seizure free these last eighteen years of my life!!! Waking up each morning, knowing that my condition is now stable has opened up new ways for me to live my life. I have become more physically active—I run, golf, and now walk for distance—and I have a positive attitude that thinks in terms of what I can do rather than the opposite. I also got rid of the Elsa baggage. It's not 1974 anymore. I would like to think that we live in a culture that allows us to talk openly and honestly about our medical conditions.

# Save The Dates



RUN  
TO

# ERASE EPILEPSY

5K Run/Walk • 4.22.17

Genoa Park in downtown Columbus



Eagles for Epilepsy

September 25, 2017

The Golf Club at Little Turtle

Westerville, Ohio

## Taylor Huth Scholarship Fund



The Taylor Huth Scholarship Fund was established by the family and friends of Benjamin "Taylor" Huth to remember and celebrate Taylor's zeal and love of life. This is a one year, \$1,500 scholarship honoring local college-bound students or student's already in college who have epilepsy.

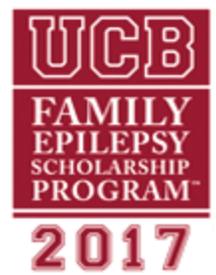
Go to our website at [www.epilepsy-ohio.org](http://www.epilepsy-ohio.org) to find information to apply. Be sure to include ALL the requested information. Every year someone misses out on this scholarship because of a lack of documentation.

Applications are due **February 22, 2017.**

In 2017, UCB will award thirty-two scholarships to people living with epilepsy, their family members and caregivers pursuing higher education. Thirty applicants who demonstrate academic and personal achievement will receive scholarships of up to \$5,000 each. In addition, two applicants will receive Epilepsy Leader Scholarships of up to \$10,000 each honoring the late Sandra Helmers, MD, MPH and the late John M. Pellock, MD, two prominent figures in the epilepsy community who passed away in 2016.

The recipients of the Epilepsy Leader Scholarships will demonstrate academic and personal achievement and will also exemplify some of the qualities that Drs. Helmers and Pellock were best known for including a desire to advocate for and serve others, an interest in positively contributing to the epilepsy community and a persevering spirit.

Applications for the 2017 scholarship program are due **March 10, 2017.**



# Camp Corner

## Camp Programs in 2017



This year looks to be another exciting year for our camp programs. We will be providing camping opportunities for both children and adults in the Cincinnati and Columbus areas and we hope you can join us.

Below is a listing of our camps. Please check it out and call or email us if you would like more information or to register. Many happy memories have been made over the years at our camps and we hope you will join us in making more in 2017!



- Spring Camp for Youth at Camp Kern, near Cincinnati – April 7-9
- Day Camp for Youth at Shane Center in Centerburg, Ohio – June 26-30
- Summer Camp for Youth at Camp Kern – July 9-13
- Fall Camp for Youth at Camp Kern – September 22-24
- Fall Camp for Adults at Lutheran Memorial Camp, north of Columbus – September 22-24

## Double Play on Golf this Year

For the past 6 years we have been hosting a golf tournament in the Cincinnati area and are happy to announce that in 2017, we will also be hosting an outing in the Columbus area. These events are key to our agency as they help us provide the needed funds for our many services. We hope you can join us as either a player or sponsor at one of these outings. Please put these dates on your calendar and check out our website at [www.epilepsy-ohio.org](http://www.epilepsy-ohio.org) for more information.

Taylor Huth Memorial Golf Outing – Friday, June 9th- Elks Run Golf Course, Batavia  
Eagles for Epilepsy – Monday, Sept 25<sup>th</sup> - The Golf Club at Little Turtle, Westerville





## **Come Out and Support Each Other! You Are Not Alone!**

Epilepsy can be a very challenging diagnosis and sometimes you could use a little extra support. We are here to help with that. We have a number of support groups to give you a chance to meet with others who have epilepsy as well as their family members. It is a great opportunity to share your frustrations, questions, successes, and resources as well as be a support to others new to epilepsy.

We hope you will join us at one of the following groups:

**In Central Ohio** groups meet at the Dempsey Family Education and Resource Center located in the Silver Tower area of Riverside Methodist Hospital located at 3535 Olentangy River Road Columbus, Ohio 43214. Parking passes are provided.

**Columbus Adult Support Group** meets the 1st Wednesday of each month from 6:00pm-8:00pm

**Columbus Young Adult Support Group** meets the 2nd Wednesday of each month from 6:00pm-8:00pm

**Columbus Parent Support Group and TASSELS** (for those 10 to 17) meets the last Tuesday of each month 6:30pm-8:00pm

**Licking County Support Group** meets the 3rd Wednesday of each month from 6:00pm-8:00pm. The group meets at Licking Memorial Hospital in the Mound View Room, located by the cafeteria. The address is 1320 W. Main Street, Newark, Ohio 43055.

### **In Southwest Ohio**

**Warren County Epilepsy Support Group** – meets in Mason, Ohio, from 5:30pm-7:00 pm on the 2nd Wednesday of each month. Meetings are held at Kidd Coffee, 653 Reading Road, Mason, Ohio 45040.

**Hamilton County Epilepsy Support Group** – meets in downtown Cincinnati, Ohio, from 6:00pm-7:30pm on the 3rd Wednesday of each month. Meetings are held at the main office of the Epilepsy Foundation of Greater Cincinnati at 895 Central Avenue, Suite 550, Cincinnati, Ohio 45202.

### **In West Virginia**

**Huntington, WV Epilepsy Support Group** – meets at Enslow Park Presbyterian Church starting at 6:00pm on the 3rd Tuesday of the month.

**We hope to see you there!!**

# Calendar of Events

## **January 4, 2017 6:00-8:00 PM**

Columbus Adult Support Group:  
Dempsey Family Education and  
Resource Center (Silver Tower area of  
Riverside Methodist Hospital, 3535  
Olentangy River Road, Columbus, Ohio  
43214) \* First Wednesday

## **January 11, 2017 5:30-7:00 PM**

Warren County Support Group: Kidd  
Coffee (653 Reading Rd., Mason, OH,  
45040) \*2nd Wednesday

## **January 11, 2017 6:00-8:00 PM**

Columbus Young Adult Support Group:  
Dempsey Family Education and  
Resource Center (Silver Tower area of  
Riverside Methodist Hospital, 3535  
Olentangy River Road, Columbus, Ohio  
43214) \*2nd Wednesday

## **January 17, 2017 6:00 PM**

Huntington, WV Epilepsy Support Group  
(Enslow Presbyterian Church 1338  
Enslow Blvd Huntington, WV 25701)  
\*3rd Tuesday

## **January 18, 2017 6:00-7:30**

Hamilton County Epilepsy Support  
Group: Epilepsy Foundation's Main  
Office (895 Central Ave., Suite 550,  
Cincinnati, OH 45202) \*3rd Wednesday

## **January 18, 2017 6:00-8:00 PM**

Licking County Support Group: Licking  
Memorial Hospital (Mound View Room,  
1320 West Main St., Newark, Ohio  
43055) \*3rd Wednesday

## **January 28, 2017 8:30-11:30 AM**

[Polaris Fashion Place, Columbus, Ohio](#)

## **January 31, 2017 6:30-8:00 PM**

Columbus Parent Support Group and  
Teen Support Group: Dempsey Family  
Education and Resource Center (Silver  
Tower area of Riverside Methodist  
Hospital, 3535 Olentangy River Road,  
Columbus, Ohio 43214) \*Last Tuesday

## **February 1, 2017 6:00-8:00 PM**

Columbus Adult Support Group

## **February 8, 2017 5:30-7:00 PM**

Warren County Support Group

## **February 8, 2017 6:00-8:00 PM**

Columbus Young Adult Support Group

## **February 15, 2017 6:00-7:30 PM**

Hamilton County Support Group

## **February 15, 2017 6:00-8:00 PM**

Licking County Support Group

## **February 21, 2017 6:00-8:00 PM**

WV Support Group

## **February 22, 2017**

[Taylor Huth Scholarship Application Due](#)

## **February 28, 2017 6:30-8:00 PM**

Columbus Parent Support Group and  
Teen Support Group

## **March 1, 2017 6:00-8:00 PM**

Columbus Adult Support Group

## **March 8, 2017 5:30-7:00 PM**

Warren County Support Group

## **March 8, 2017 6:00-8:00 PM**

Columbus Young Adult Support Group

## **March 11, 2017 9:00 AM**

[Emerald Miles](#)

## **March 15, 2017 6:00-7:30 PM**

Hamilton County Support Group

## **March 15, 2017 6:00-8:00 PM**

Licking County Support Group

## **March 21, 2017 6:00 PM**

Huntington, WV Support Group

## **March 28, 2017 6:30-8:00 PM**

Columbus Parent Support Group & Teen  
Support Group

## **April 5, 2017 6:00-8:00 PM**

Columbus Adult Support Group

## **April 7-9, 2017**

[Spring Camp for Youth, Camp Kern](#)

## **April 12, 2017 5:30-7:00 PM**

Warren County Support Group

## **April 12, 2017 6:00-8:00 PM**

Columbus Young Adult Support Group

## **April 18, 2017 6:00-8:00 PM**

Huntington, WV Support Group

## **April 19, 2017 6:00-7:30 PM**

Hamilton County Support Group

## **April 19, 2017 6:00-8:00 PM**

Licking County Support Group

## **April 22, 2017**

Run To Erase Epilepsy, Columbus, Ohio

## **April 25, 2017 6:30-8:00 PM**

Columbus Parent Support Group & Teen  
Support Group

## **May 3, 2017 6:00-8:00 PM**

Columbus Adult Support Group

## **May 10, 2017 5:30-7:00 PM**

Warren County Support Group

## **May 10, 2017 6:00-8:00 PM**

Columbus Young Adult Support Group

## **May 16, 2017 6:00 PM**

Huntington,  
Huntington, WV Support Group

## **May 17, 2017 6:00-7:30 PM**

Hamilton County Support Group

## **May 17, 2017 6:00-8:00 PM**

Licking County Support Group

## **May 30, 2017 6:30-8:00 PM**

Columbus Parent Support Group & Teen  
Support Group

**Like us on Facebook to keep up  
with all of our events!**





## *Thank You*

We would like to extend our warmest thanks to the following foundations for their generous support by awarding the Epilepsy Foundation of Greater Cincinnati and Columbus grants for our many services. Thanks to their generosity we are able to continue to serve those with epilepsy and their families. The 2016 Grants that were received and the programs to which they were designated include:

### **Group Home Improvements:**

The Sutphin Foundation... \$16,000

### **Counseling Program:**

Columbus Foundation...\$750

Robert H. Reakirt Foundation, PNC Bank, Trustee...\$20,000

StudioE Art Therapy Lundbeck... \$8,000

The Daniel & Susan Pfau Foundation... \$20,000

The Epilepsy Foundation of America, "Peer to Peer Youth Outreach"... \$6,000

The Harry C Moores Foundation... \$9,000

### **Community Education Program:**

Charles H. Dater Foundation... \$10,000

Maxwell C Weavers Foundation... \$2,500

The Epilepsy Foundation of America, "School Nurse Training"...\$16,000

The Epilepsy Foundation of America, "African American Outreach"... \$10,000

The Epilepsy Foundation of America, "Asian American Outreach"... \$10,000

### **West Virginia Outreach:**

The Epilepsy Foundation of America, Underserved Area Grant... \$25,000

### **Mission statement:**

To lead the fight to overcome the challenges of living with epilepsy and to accelerate therapies to stop seizures, find cures, and save lives.

### **Epilepsy Foundation of Greater Cincinnati and Columbus**

895 Central Ave., Suite 550 ◇ Cincinnati, OH 45202 ◇ Phone: (513) 721-2905 / (877) 804-2241 ◇ Fax: (513) 721-0799

E-mail: [efgcc@epilepsy-ohio.org](mailto:efgcc@epilepsy-ohio.org) ◇ Web address: [www.epilepsy-ohio.org](http://www.epilepsy-ohio.org)