The year gets more challenging all the time. The Epilepsy Foundation of Michigan has been hearing from people who are having problems getting the medication they need, either because they do not have insurance or the means to purchase it. We are also hearing of people who are having problems paying for doctor visits or tests.

We continue to hear from more people who have found their medication switched at the pharmacy for a generic medication and then find they are having an increased number of seizures or side effects.

The Foundation is here to help people with all of these problems and more, and we plan to be here until there is a cure for epilepsy. Meanwhile, like many charities this year, we are also experiencing problems. The Epilepsy Foundation of Michigan has fully diversified its funding, meaning that we do not depend on only one or two sources for funding. However, because of the effect of the overall economy, we have found that all our sources of revenue are being challenged.

Many non-profits have decided to either tone down or eliminate events. Earlier this year the Foundation cancelled our second largest fundraiser, the Mardi Gras gala. Instead, the Foundation has reached out to you, asking that you continue your support. Because you heard our cry, the Summer Stroll for Epilepsy™ had more people participating with slightly more support than last year. Thank you!

Our allocation from various United Way agencies has either been drastically reduced or eliminated entirely. The Epilepsy Foundation of Michigan will continue to receive money from individuals who directly designate to the Foundation through the United Way. If you have been supporting us through the United Way, we hope that you will continue to designate us in this fall’s campaign.

We will weather this economic storm. The Foundation will continue to tighten its belt and think out of the box to provide the best services possible. With your support, the Foundation will fulfill its mission of ensuring that people with seizures are able to participate in all life experiences.

Register Today!

Epilepsy Today
Conferences

The conferences are designed for individuals with epilepsy, their families, educators, social workers, nurses, and other professionals serving people with seizures. The objective of these conferences is to enhance the ability of attendees to manage epilepsy and related problems.

DATES AND LOCATIONS

November 7, 2009 – Kalamazoo (The Fetzer Center)
November 13, 2009 – Port Huron (St. Clair County Community Mental Health Authority)
November 20, 2009 – Metro Detroit (Doubletree Hotel)

Register online at www.epilepsymichigan.org or call 800-377-6226.
For five days and four nights, 63 youth with epilepsy created lifelong memories at Camp Discovery 2009. They swam, climbed rock walls, rode horses, tie-dyed t-shirts, danced and sang karaoke, and participated in many other fun activities.

Lives are changed at Camp Discovery. As one camp volunteer stated, “I think that in one week I am questioning what I am doing with my life and wondering if I should be doing something else, something more important.” A camper shared, “I learned that I’m not the only one.”

To learn more about Camp Discovery or to get involved, visit our website at www.epilepsymichigan.org/campdiscovery.
Summer Stroll for Epilepsy™

Because of your support, the Summer Stroll for Epilepsy™ helped to raise over $120,000! This will allow the Foundation to continue providing many of our programs and services to people in Michigan who are touched by epilepsy. Over 1,400 people joined us this year in Midland, Kalamazoo, Metro Detroit, and Grand Rapids and helped to form over 78 teams! The Foundation would especially like to thank all of the sponsors, participants, team captains, volunteers, vendors, and donors that made this year possible; your time, talents, and support is truly appreciated.

Thank you!

Look for the 2010 Summer Stroll for Epilepsy™ dates soon!

To view more photos of the Foundation’s programs or events, please visit www.epilepsymichigan.org/photos
Managing Memory Problems

Memory problems, along with other problems with thinking and learning, are common in people with epilepsy. These problems can result from a number of different factors, including underlying brain injuries, interictal epileptiform discharges (abnormal electrical activity occurring between seizures), long-term effects of repeated seizures, and side effects from antiepileptic medications. Epilepsy Foundation of Michigan’s 2008 Needs Assessment Survey showed that 90% of respondents indicated that their quality of life was limited by problems with memory and thinking (47% said it was limited quite a bit or a lot).

The prevalence and nature of cognitive problems in epilepsy was described in a study by Herman et al.1, which found that, among people with temporal lobe epilepsy, there were three distinct cognitive profiles: minimally impaired (47% of subjects); memory impaired (24%); and memory, executive, and speed impaired (29%). The minimally impaired group showed no impairment compared to controls in some areas such as intelligence and immediate memory, but did have mild impairment in other areas such as language and cognitive speed. The memory impaired group showed substantial impairment in memory and mild impairment across all other domains. The last group showed substantial impairment across all domains. While these cognitive profiles apply only to people with temporal lobe epilepsy, it is likely that other types of epilepsy are associated with similar groupings of cognitive problems.

Improving memory and other cognitive problems in people with epilepsy continues to be a challenge. The primary options include improving seizure control through treatment (which can reduce seizure-related effects on memory), changing medication to minimize cognitive side-effects, using strategies to compensate for cognitive deficits, and trying to restore cognitive functions through training exercises. While many researchers have concluded that the last option (cognitive retraining) is not effective, there is limited evidence to suggest that it may work, and practitioners continue to experiment with different techniques to improve cognitive function.

For anyone with epilepsy experiencing problems with memory and thinking, a good starting point is to get a neuropsychological evaluation. A neuropsychologist can provide a detailed picture of the causes, nature, and severity of an individual’s cognitive problems. Armed with this knowledge, the patient, the neuropsychologist, the neurologist, and other practitioners can develop a strategy to maximize cognitive function.

Learn more about memory and other topics through our new LEARN & SHARE Conference Call series

**SEPTEMBER 2**
6:00 – 7:30 pm
MANAGING MEMORY PROBLEMS
Michael Wolff, Psy.D
BRAINS

**OCTOBER 7**
6:00 – 7:30 pm
MANAGING PEDIATRIC EPILEPSY
Iqbal Allarakhia, MD
St. John Health System

**NOVEMBER 4**
noon – 1:30 pm
EPILEPSY SURGERY: PERSONAL PERSPECTIVES
Panel of epilepsy surgery recipients

**DECEMBER 2**
noon – 1:30 pm
EPILEPSY SELF MANAGEMENT: TAKING CHARGE OF YOUR EPILEPSY
Russell Derry, MPH
Epilepsy Foundation of Michigan

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Epilepsy Foundation of Michigan
Spreading the Word, Supporting the Mission

Jillian Youker knows how special a pretty bracelet can make a girl feel, that’s why, she began making some of her own, selling her beaded creations and donating the funds to a cause that’s close to her heart.

“It feels really good to be doing this,” said Jillian. “I know I’m helping others and I can raise money for the Epilepsy Foundation at the same time.”

The 10-year-old began designing her "Jewels by Jillian" beaded bracelets nearly six months ago. Her mission was to sell the bracelets to friends and family and donate the proceeds to the Epilepsy Foundation of Michigan.

"At first, she sold many of her bracelets to boys at school for their moms and their sisters!” said Dee Youker, Jillian’s mom. “We were amazed at the response and so proud of her.”

Soon after she began, her project took off and she continues to make the bracelets. She sells her sparkling creations for $3 each, and would eventually like to start a website. Initially, she wanted to make colorful and fun medic-alert bracelets for girls and women with epilepsy. She also says she “custom designs” bracelets with school or college colors.

Jillian was diagnosed with epilepsy in 2007 and says she always wanted a stylish and cute medic-alert bracelet and thought it might be good to make some for others who felt the same way.

Since learning of Jillian’s diagnosis, the Youker family has participated in several Foundation activities aimed at raising epilepsy awareness and money for support and research.

Dakota Pequeno Memorial Scholarship

We are pleased to announce that Ian R. Grant, II was selected to receive the 2009 Dakota Pequeno Memorial Scholarship. The Foundation would like to commend Ian for his strength, courage, and abundant motivation and wish him the best of luck in his academic career! This scholarship was established by the family of Dakota Pequeno, who sadly lost her life to epilepsy before she was able to attend college. It is their way of giving an opportunity to others who aspire to do great things in life—just like Dakota.

Congratulations Ian!
**Epilepsy Foundation of Michigan: Calendar of Events**

<table>
<thead>
<tr>
<th>AUGUST</th>
<th>September</th>
<th>October</th>
<th>November</th>
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<tbody>
<tr>
<td>August 19</td>
<td>Southeast MI Meet &amp; Greet Open House</td>
<td>October 15</td>
<td>Epilepsy Today Conference (Kalamazoo)</td>
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<td></td>
<td>October 17-18</td>
<td>Epilepsy Today Conference (Port Huron)</td>
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<td>October 22</td>
<td>Epilepsy Today Conference (Metro Detroit)*</td>
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<td>SEPTEMBER</td>
<td>September 5</td>
<td>October 17-18</td>
<td>November 7</td>
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<td>West MI EEG- White Caps Baseball Game</td>
<td>Family Weekend Retreat</td>
<td>Epilepsy Today Conference (Kalamazoo)</td>
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<td></td>
<td>September 19</td>
<td>October 22</td>
<td>Epilepsy Today Conference (Port Huron)</td>
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<td>Southeast MI EEG-Bowling &amp; Pizza Party</td>
<td>West MI Meet &amp; Greet Open House</td>
<td>Epilepsy Today Conference (Metro Detroit)*</td>
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<td>September 24</td>
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<td>West MI Flame of Hope Awards Reception</td>
<td>Epilepsy Today Conference (Port Huron)</td>
<td>Epilepsy Today Conference (Kalamazoo)</td>
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<td>September 26-27</td>
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<td>Adult Weekend Retreat</td>
<td>Epilepsy Today Conference (Metro Detroit)*</td>
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*Please take note that this date has changed from our last newsletter Calendar of Events.

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**GUESS WHAT? The Epilepsy Foundation Of Michigan Is Getting Greener!**

At our Summer Stroll for Epilepsy™, we saved over 1,000 plastic water bottles from ending up in landfills! All plastic water bottles used by all four Summer Stroll for Epilepsy™ locations were recycled at local recycling centers.

Both Foundation locations now have full-service recycling programs so that all paper, plastic water bottles, and tin cans can be reused or recycled.

Our newsletter will soon be paperless! Next time, look for the Headlines newsletter in your email box! Make sure to sign up for the next email newsletter today!
**DO YOU HAVE A FACEBOOK ACCOUNT?**

If so, be sure to add "Epilepsy Michigan" to your friend list! You can also join our group, Epilepsy in Michigan, and support our cause, Epilepsy Foundation of Michigan. This is a great way to acquire information about epilepsy, learn about the Foundation, and connect with people all over the world who are affected by epilepsy.

**Planned Giving**

Does your estate plan provide for your favorite charitable organization?

With some preparation today, you can ensure the Epilepsy Foundation of Michigan continues to provide quality products and services to our consumers beyond your lifetime through bequests and estate planning.

Please consult with your attorney or tax consultant for more information, or contact the Epilepsy Foundation of Michigan at (800) 377-6226.

**HEADLINES** is available via email. Please provide us with your email address by visiting our website at epilepsymichigan.org, so you can begin receiving your newsletter and other announcements easily.