

## A volunteer spotlight on: Amy Lumbert



**We have amazing volunteers within our Foundation community. We recently interviewed Amy Lumbert about her connection to the Foundation and what being part of our community means to her.**

### How did you first become connected with the Foundation?

Like an old friend, it's hard to remember the exact moment when the Epilepsy Foundation of Michigan came into my life. I believe it was sometime shortly before my Temporal Lobe Resection surgery in 2005. I found their website quite helpful in reading about different types of seizures, various treatments, and more.

### What are your main volunteer roles with the Foundation?

I've volunteered at Toasting Hope, along with the Summer Stroll for Epilepsy. I've also participated in the Celebrating Abilities events.

### Tell us one of your most memorable moments in your volunteer role.

Watching folks cross the finish line at the Summer Stroll for Epilepsy and seeing smiles of victory on their faces, as they posed for a picture. I hope someday for the world to experience that same sense of victory over epilepsy.

### What would you tell others to encourage them to become volunteers?

If we all give a little, together we can give a lot. Even if it's a small amount of your time, don't hold back. There's a genuine camaraderie to be experienced, being a part of something larger than oneself.

### Tell us something that would surprise the people you have volunteered with.

Though I was diagnosed with epilepsy over 30 years ago, I've been seizure-free for 14 years and counting. Never. Give. Up.

### What does the Epilepsy Foundation of Michigan mean to you?

The world. Yes, they truly mean the world to me. Through every phase of diagnosis, treatment, and freedom from seizures, the Epilepsy Foundation of Michigan is there, supporting me and others with epilepsy by raising awareness and promoting research for this condition that impacts so many lives. Thank you, Epilepsy Foundation of Michigan! ⚡

To find out about our volunteer opportunities, contact Lauren Parrott at (800) 377-6226 ext 1220 or email at [lparrott@epilepsymichigan.org](mailto:lparrott@epilepsymichigan.org)

### MISSION Opportunities

#### MAY

May 16

Lansing Stroll for Epilepsy™



May 30

Epilepsy Innovation Conference



#### JUNE

June 6

Midland Stroll for Epilepsy™



June 22

Paul Neu Memorial Golf Classic



June 24-27

Solstice Camp (for teens)

June 27

Metro Detroit Stroll for Epilepsy™



#### JULY

July 12-16

Camp Discovery



July 18

Grand Rapids Stroll for Epilepsy™



#### AUGUST

August 15

Traverse City Stroll for Epilepsy™



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**We could not do the work for our community if we  
did not have amazing volunteers like YOU!**