

*The Epilepsy Foundation of Michigan leads the fight to overcome the challenges of living with epilepsy and to accelerate therapies to stop seizures, find cures, and save lives.*



Sr. Administrative Mgr. Pam Bird, Sr. Mgr. of Education & Outreach Shannon Waid, Zahra's mother, Zahra's grandmother, and President Brianna Romines

## MISSION ACTIVITIES *(Indicating the Strategic Planning Objective it supports)*

- ❖ Shannon Waid led a Dearborn Community Wide Seizure Recognition and First Aid Training in partnership with Dearborn Public Schools and the Abbas Family was held on March 4<sup>th</sup>. The event was held in memory of Zahra Abbas, honoring her life and celebrating her advocacy. Fifty-six people were trained and certified through the training. *(Objective 2, 5)*
- ❖ The Epilepsy Foundation of Michigan extended a welcome to the West Michigan community at its Open House on March 21<sup>st</sup>, held at the Prince Conference Center in Grand Rapids. Nine individuals attended the event, engaging in an exploration of the Foundation's mission while interacting with team members. Adding a new dimension to the event, a Seizure Recognition & First Aid Training was introduced, drawing the participation of five attendees. The evening fostered an atmosphere conducive to meaningful community connections and left a lasting impact on all who attended. *(Objective 3)*
- ❖ The Double the Impact Week of Giving - Matching Gift Campaign was kicked off on Purple Day (March 26<sup>th</sup>) and ran until April 2<sup>nd</sup>. For every gift received during this period, up to a total of \$15,000, an equivalent amount was matched. In its sixth consecutive year, the initiative has been possible thanks to the generosity of a group of donors eager to spark, enable, and drive others to act. This year, the campaign collected upwards of \$16,015.63, and with the added match of \$15,000, the overall funds raised reached \$31,015.63! *(Objective 1)*
- ❖ The Foundation launched the 2024 Challenge of the Year and announced it to our epilepsy community. This year, our Challenge of the Year is "Accessibility." In January, we created an accessibility checklist for

programs and events, thanks to the input that the Disability Communities Focus Group provided in 2023.

*(Objective 2)*

- ❖ Renee Roderer along with Andrea Thomas, MA, LLP, psychotherapist at Henry Ford Comprehensive Epilepsy Center provided a three-hour training to 106 school nurses through the Michigan Association of School Nurses (MASN). It was titled, *Seizure Smart Mental Health Training for School Nurses*. The training focused on epilepsy, functional seizures, and associated mental health conditions. *(Objective 2, 4)*
- ❖ The **Chronic Disease Self-Management Program (CDSMP)**, co-facilitated by team members Nicole Fitzpatrick and Renee Roederer, took place from February 21<sup>st</sup> to March 27<sup>th</sup>. In partnership with the Epilepsy Foundation of America and the CDC, the Foundation has received a 4-year grant to offer this program multiple times per year. Ten members of the epilepsy community registered for the program and learned skills about medication management, sleep hygiene, nutrition, physical activity, mental health, stress reduction, communication skills at more. *100% of the participants completed the program. (Objective 2, 3)*
- ❖ The second annual **Intergenerational Trivia Night** was held on February 20<sup>th</sup> that brought together nine members across the age spectrum of the epilepsy community. Renee Roederer and Jillian Lundblad co-facilitated, and three teams used Zoom breakout rooms to play trivia and to get to know each other. *(Objective 3)*
- ❖ On February 29<sup>th</sup>, the virtual **Book Club** was offered for people to discuss *You're Stronger than You Think* by *Peter Ubel, M.D.* Two members of the epilepsy community attended. We look forward to growing this new program with two additional discussions on other books later this year. *(Objective 2, 5)*
- ❖ On March 16<sup>th</sup>, Nicole Fitzpatrick led a full-day, virtual workshop, **Navigating Healthcare for Parents of Children with Epilepsy**, in partnership with the Michigan Pediatric Epilepsy Project (MPEP) and Michigan Public Health Institute (MPHI). The workshop assisted six parents in helping to understand the healthcare system and resources for children with epilepsy and how to best advocate for their children. *(Objective 2)*
- ❖ Brianna Romines and Renee Roederer met virtually on March 14<sup>th</sup> for a **Health System Visit** with epileptologists at Wayne State/DMC Comprehensive Epilepsy Center to share about our programs and services with a special focus on new initiatives. *(Objective 2, 4)*
- ❖ The **Individual Advocacy Program** assisted with 15 interactions made on behalf of 14 people with epilepsy and their family members. *(Objective 2)*
- ❖ The **Call & Connect Network** included five different groups in the quarter. **Adults with Epilepsy**, which is phone-based, brought together 18 participants in this weekly discussion group. There were 13 calls with the average number of participants per call being 8. The **Young Adult Group**, which takes place via Zoom, brought together 18 participants in this bi-weekly group. There were 6 meetings with an average of 9 participants per meeting. The **Parent Group**, which takes place via Zoom, brought together 12 participants in this bi-weekly group. There were 13 meetings with an average of 3 participants per meeting. The **Older Adult & Caregiver Group**, which takes place via Zoom, brought together 8 participants in this weekly group. There were 12 meetings with an average of 5 participants per meeting. The **Teen Group**, which takes place via Zoom, brought together 6 participants in this monthly group. There were 3 meetings with an average of 4 participants per meeting. *(Objective 3)*
- ❖ During the quarter, in partnership with Andrea Thomas, MA, LLP, Psychologist at Henry Ford Comprehensive Epilepsy Center, the Foundation held three sessions of the **Mindfulness Moments initiative**. There were 15 people attending with an average of 11 participants per session. This is a monthly opportunity for epilepsy community members to meet one another and practice mindfulness and meditation together. *(Objective 3)*
- ❖ The **Here for You Helpline** assisted the epilepsy community with 355 contacts during the quarter. Contacts during the quarter resulted in 100 hours of staff time being contributed. As a result of the continuing implementation of the new database during the quarter, additional detailed statistics on the Here for You Helpline Contacts are not available at this time. *(Objective 2, 3, 4, 5)*
- ❖ **Seizure Recognition & First Aid Trainings (Objective 5):**
  - **MICHIGAN:** Seizure First Aid ⇒ 10 presentations to approximately 174 School Staff/Students/First Responders/Health & Human Professionals or Company Employees.