



## ABOUT US

2009-2010

### Volunteer Board of Directors

**Jim Mallen**, President

**Kathryn Herties**, Vice-President

**Scott Armstrong**, Treasurer

**Myrna Beattie**, Director

**Peter Andrews**, Director

### EOC Advisors

**Dr. Alan Guberman**, neurologist at the Ottawa Hospital and in the Faculty of Medicine at the University of Ottawa. Dr. Guberman has been the official health advisor of EOC for many years.

**Dr. Daniel Keene**, pediatric neurologist and liaison with the Canadian Association of Child Neurology has a special interest in epilepsy in children and provides review and support for EOC.

### Volunteers

We extend our deepest gratitude to all of our generous volunteers who give of their time and energy to participate on the EOC Board, facilitate our support programs, work in the EOC office, give educational presentations, staff the Info Booth and otherwise make Epilepsy Ottawa-Carleton a great community resource. Volunteers are the heart of our organization. **New Volunteers are always welcome!** Come and help out, meet others with epilepsy and connect with parents, family members and friends.

### Learn More

Learn how to recognize different types of seizures and to assist family, friends and co-workers with epilepsy...please visit our EOC Website today at: [www.epilepsyottawa.ca](http://www.epilepsyottawa.ca) or call the office to arrange a Seizure Smart presentation.

The services of EOC are available to anyone with epilepsy and to anyone concerned with epilepsy issues. We do not charge for any of our services but donations are always greatly appreciated!



### Epilepsy Ottawa-Carleton

207-211 Bronson Ave.  
Ottawa, ON K1R 6H5

Tel: (613) 594-9255

Toll-Free: 1-866-374-5377 (1-866-epilepsy)

Fax: (613) 594-4971

E-mail: [info@epilepsyottawa.ca](mailto:info@epilepsyottawa.ca)

Website: [www.epilepsyottawa.ca](http://www.epilepsyottawa.ca)

Charitable Registration: #140755869 RR0001



## EPILEPSY OTTAWA-CARLETON

**Epilepsy Ottawa-Carleton (EOC)** is a local non-profit organization formed in 1987 by a group of dedicated volunteers.

For over 23 years, EOC has been providing information, referral, peer support and social opportunities for those living with epilepsy in the region of Ottawa-Carleton, including the rural communities.

We also work to educate the community and to raise awareness about epilepsy.

### About Epilepsy

Epilepsy is a chronic neurological disorder, the effects of which vary widely from person to person. The effects of epilepsy can range from mild and relatively minor to extremely serious and debilitating.

Epilepsy presents serious challenges to health, safety and self-esteem, especially in the young, in teens and in vulnerable populations with seriously disabling conditions.

Epilepsy can cause lack of independence, isolation and social stress, learning and work challenges, as well as direct health and safety risks.

Approximately one in ten people will experience a seizure in their lifetime.



# JOIN US AT EOC, SHARE YOUR EXPERIENCES, FIND SUPPORT AND LEARN MORE ABOUT EPILEPSY

## Epilepsy in Ottawa

More than 15,000 people in the area supported by Epilepsy Ottawa-Carleton live with epilepsy. Up to 3500 people in our region have intractable seizures that cannot be treated successfully by anti-seizure medications or surgery.

About 60% of new patients are young children and seniors. It is estimated that over 30,000 family members live with and provide support to people who have epilepsy in the EOC's service area.

## Our EOC Services

- Monthly **public information meetings** with guest speakers;
- **Support groups** for those with epilepsy;



- **Parent support groups**;
- **Community Education Program:** Epilepsy remains a somewhat hidden condition and is not well understood by the public. Lack of knowledge

means that many seizures are still unrecognized and mishandled. Public misconceptions and historical fears about epilepsy promote misunderstanding and prejudice against people who experience seizures. This stigma can be very damaging to people living with epilepsy. In our public education we seek to replace misinformation with the facts and increase the comfort level and ability of those responding to seizures.

- EOC are leaders in "**Seizure Smart**" education – providing an in-service educational program for community organizations, workplaces and school groups; a staffed **Public Information Booth** for conferences, malls, wellness fairs; and, a **Teaching Strategies Manual** for schools;
- Our local **website** also provides EOC information and resources on epilepsy;
- Our office includes a **resource library of materials** on epilepsy;
- We provide **referral and information by phone**; and,
- EOC publishes the **BrainWaves Newsletter**.

## Please Join Us!

For more information or if you wish to join any of our support groups, please contact the EOC office at (613)594-9255 or email: [info@epilepsyottawa.ca](mailto:info@epilepsyottawa.ca). Scheduling is determined based on participant interest.

## EOC's Vision

That children, youth, adults and seniors affected by epilepsy in our service area will receive the supports they require to reach their full potential as independent fully participating members of our community.

## Our Mission

Epilepsy Ottawa-Carleton's three key objectives are to provide direct support services for people with epilepsy and their families; to provide public awareness and community education services; and, to provide support for volunteer fund raising activities to support our programs.



## Membership

Membership is open to anyone interested in epilepsy and in helping EOC to achieve its objectives. Membership entitles you to receive EOC's *Brainwaves*, newsletter and to vote at our Annual General Meeting.

## Membership Application

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Phone: \_\_\_\_\_

### Membership Type:

- Family \$30
- Individual \$20
- Fixed Income \$5
- Organization \$50

Donation: \$\_\_\_\_\_

Donations can be made by Cheque or [Online](#) through *Canada Helps*.