



Epilepsy Ottawa-Carleton



Donna is a graduate from Carleton University with a degree in Sociology. Over the past ten years she has worked in various industries as a Human Resources (HR) Advisor & later in her career as an HR Manager. In the midst of building upon her career in HR, she also attended school part time and within a year received her HR professional designation. Her quest has always been to work with people and to offer alternative solutions to challenging workplace situations.

Donna developed Epilepsy at the age of one and lived with frequent uncontrolled Complex Partial seizures for over thirty years. Her Seizures progressed over the years and had to always find ways to adapt to life's ongoing experiences – where giving up was never an option. Then in 2007 she was determined to find answers and was referred to the Montreal Neurological Institute – The Neuro. It was at the Neuro where it was discovered that Donna was a candidate for brain surgery and where she underwent a left temporal lobectomy. Since surgery, Donna has been entirely seizure free and is no longer on any anti-seizure medication. Donna's story demonstrates how Epilepsy can also be seen as curable for some people who live with this condition.

In addition to being on the EOC's Board, Donna is a regular supporter of The Neuro, helping to promote Epilepsy awareness. Her encounter at The Neuro can be viewed on their website at <http://apps.mni.mcgill.ca/yourstory/inspire.php>

Donna lives in Kanata with her husband James & their dog, a German Shorthair Pointer, named Catori. They spend as much time as they can outside enjoying nature and the many things it has to offer. Donna is an avid runner and cyclist. In 2010 she completed her first half marathon and has been hooked with the sport of running ever since. In addition, she also plays outdoor soccer with the Kanata League.

Donna knows hands on what it's like to live with Epilepsy and strives to ensure that those, like her, remain full of hope, strength and courage and where Epilepsy does not become their sole identity.

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