

**2015-2016
Annual Report**



**Epilepsy
Support
Centre**

Letter from the President



Another great year of accomplishment for our organization.

On top of the success of our regular programs, our Clinic to Community program not only continues to provide support and information to people who are newly diagnosed with seizure disorders, but continues to illustrate the value of epilepsy education and how it can save healthcare dollars. This is all part of a larger initiative to attain sustainable funding in the future. As we start looking at the options for funding within our area, we made the strategic decision to change our operating name to Epilepsy Southwestern Ontario so it is more representative of the area we cover versus the services we provide.

Unfortunately it was another tough year for funding with the loss of United Way funding in both Oxford County and Lambton County. We will continue to provide service within those areas, however without that extra revenue we will need to look at different implementation models in those communities.

There still seems to be a lot of misunderstanding around epilepsy and its potential impact on people. As communities make the move to fund specific things like poverty, mental health and social integration, epilepsy often doesn't fit - even though there is a multitude of evidence proving that epilepsy can contribute to all three things... and then some.

Although we have effectively navigated our way through the financial uncertainty and remain in a position of fiscal strength we're constantly searching for more sustainable funding in our communities and seeking out strategic partnerships.

I would like to offer a sincere thank you to all of our donors and sponsors. Your support has allowed us to continue to operate at full capacity and to have the time and ability to make well-informed, strategic decisions about how to close the gaps we're experiencing in funding.

I would also like to offer my thanks to our many volunteers, staff and board members for your dedication to this organization and clients. I look forward to working closely with each of you as we make further progress into the coming year.

Lastly I would like to thank our members and stakeholders. You're the reason we are so passionate about supporting people living with epilepsy within our community.

Cheers,

Chris Brittain
President, Board of Directors

Executive Director's Message



Dear Friends and Colleagues,

The process of creating our Annual Report has afforded us the time to celebrate our successes, reflect on areas for improvement and strategize for the upcoming year. Despite our continued struggle with the loss of United Way funding, we remain optimistic and committed to doing all that we can to secure sustainable funding. We are very grateful to United Ways at Chatham-Kent and Elgin-St. Thomas, who continue to provide funding to support people living with epilepsy in their communities. The Centre's strongest asset is our professionally diverse Board of Directors and talented staff team, who remain grounded in passion and commitment to improving the lives of people living with epilepsy.

We are currently in year two of a three year Ontario Trillium Foundation grant funding our Clinic to Community pilot project focusing on improving coordinated care for people living with epilepsy. This program continues to build connections with medical practitioners treating epilepsy patients and increase referrals. We have been overwhelmed with the success and over the last year alone, approximately 250 new families accessed epilepsy education and support services at The Centre.

Game On (a physical literacy program for children with neurological conditions) has seen an exciting year! Firstly, through the generosity of the Ontario Brain Institute, the Centre for Community Based Research conducted an evaluation of Game On. We were delighted to have evidence of the success of the program and were able to implement some suggested changes to further enhance the program. Secondly, a video of Game On was featured on CBC Sports as part of the RBC Sports Day in Canada. The video is a must see and you will find it on our website! Lastly, we were delighted when 100 Women Who Care selected Game On as the winning program to support at their meeting in January! Their donations totalled \$13,670!!

As always, Epilepsy Awareness Month is our favourite time of year! Thank you to everyone who helped to spread awareness! We heard stories of painting thumb nails purple, collecting pledges and dying hair purple, hosting bake sales, organizing school pizza lunches, encouraging others to wear purple, booking epilepsy in-services, etc. The list goes on and on! Thank you #EpilepsyWarriors!

Warm Regards,

Michelle Franklin

Michelle Franklin
Executive Director



Spotlight: Living well with epilepsy



This year, Devan Lucas, age 8, wrote his school speech about epilepsy. Devan was diagnosed with epilepsy at 1.5 years old. When first attending school, Devan did not want his classmates to know he had seizures, but over the last four years, he has become a strong advocate and is happy to share his story with others.

“Say you’re at the park and you saw a man fall to the ground and started shaking, would you know what to do? Around 65 million people in the world have epilepsy. You can’t get it from another person.

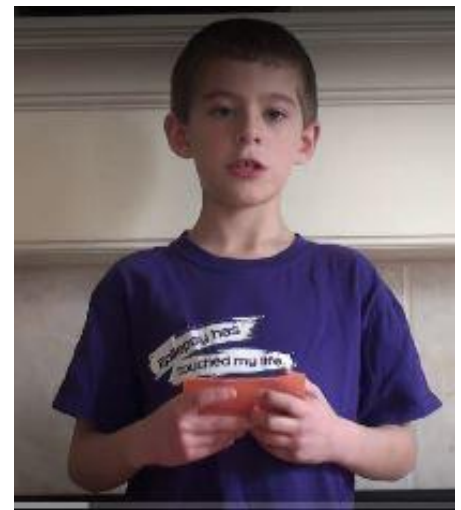
Epilepsy is a condition of the brain when people have many seizures. The brain has lots of nerve cells that always send messages to your body to tell it what to do. A seizure is like a wave of activity in your brain which makes the messages get mixed up. There are many types of seizures. When most people think of a seizure, they will probably think of a tonic clonic. A tonic clonic is when you fall to the ground and start shaking; this seizure involves your whole brain and body. They usually last 2-3 minutes but sometimes can last much longer. Another type that involves the whole brain is an absence. This is when a person freezes and stares into space, but only for a few seconds. Sometimes it’s hard to tell if someone is just day dreaming or is actually having one. When a seizure only comes from one part of your brain, it is called a partial seizure. A partial seizure can look like almost anything, it depends on what part of the brain it comes from. For example, you could shake your arm, smack your lips or wander confused.

If someone has a seizure there are things you can do to help them.

Tonic Clonic:

1. Stay calm.
2. Roll them on their side.
3. Make sure nothing is around them so they don't hurt themselves.
4. Put something soft under their head.
5. Time the seizure. If it is over 5 minutes, call 911.

For other types of seizures, make sure they are safe and time the seizure; not all seizures involve 911. If you know that the person has epilepsy and they had a seizure that’s normal for them under 5 minutes, then there is no need for an ambulance.



If you’re wondering how you can help epilepsy, there are some ways:

1. Learn about epilepsy and know what to do if someone is having a seizure.
2. Be a friend and let them play with you.
3. Donate money to the Epilepsy Support Centre.

Just because you have epilepsy, doesn't stop you from doing great things. Sir Isaac Newton discovered gravity, Agatha Christie and Charles Dickens are famous writers, Michelangelo and Leonardo Da Vinci are famous painters, Danny Glover is an actor and singers such as Prince and Neil Young, and others such as Julius Caesar and Napoleon Bonaparte.

It's not easy to tell if someone has epilepsy by just looking at them, I should know because I have epilepsy.

Thank you to Devan for sharing his story! #EpilepsyWarrior

Volunteers and Student Placements

Throughout the year, we are fortunate to have various students assist with office administration, events, program design and evaluation. Thank you to each one of our hard working student placements!

We are delighted that our volunteer engagement has increased so significantly over the last year! We could simply not do it without the countless hours of volunteer contributions! Heartfelt thanks to the following groups of volunteers:

Board of Directors
Clinic to Community Advisory Committee
Epilepsy Awareness Volunteers
Fanshawe College Placement Students
Game On Volunteers
Ivey Connects Students
Office Administration Volunteers
Office Maintenance Volunteers
Peer to Peer Mentors
Public Education Speakers
Research Steering Committees
Social Committee
Special Event Volunteers
Summer Camp Volunteers
Support Group Facilitators
Western University Practicum Students



H.O.P.E. Award

The HOPE award is given out annually to a group or individual who have demonstrated a commitment to improving the quality of life for people living with epilepsy in our community.



Congratulations to our 2015 H.O.P.E. award recipients: Steve and Peggy Gillis. Steve and Peggy Gillis have been long time supporters of Epilepsy Support Centre. The Gillis' have both have sat on our Board of Directors, helped to secure funding and spent time as volunteers. We are honoured to recognize them with this award.

Support

Epilepsy Support Centre provides support to those living with epilepsy and their families. It is through activities such as one-on-one meetings, educational sessions, support groups and advocacy in the workforce and at school, that our members feel connected and supported. Through our Clinic to Community Program, we are able to provide these services to newly diagnosed families to create an environment in which individuals and families do not feel isolated in their diagnoses and build a sense of belonging.



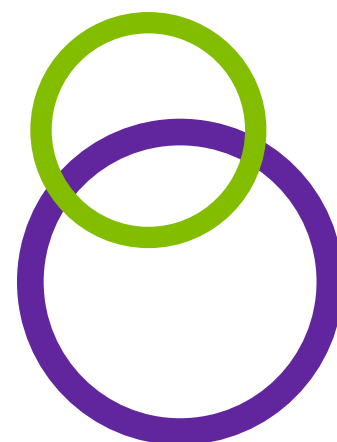
In 2015-2016, **1,846** individuals attended a support group or social function

430 new individuals were engaged through Clinic to Community

and we served **1,482** clients.

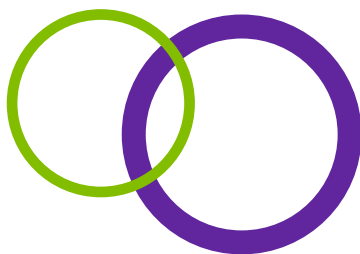
Raise Awareness

Providing information to create awareness among the public is one of the many ways we help break down barriers that prevent those living with epilepsy from fully and actively participating in their communities. Through our Spikes and Waves newsletter, seizure first aid and agency posters, community booths, social media and March Epilepsy Awareness initiatives, The Centre reaches communities throughout Southwestern Ontario. Educators have presented to 203 health care providers across Southwestern Ontario to increase the knowledge and patient access to The Centre.



Educate

We continue to train people in seizure first aid and provide information about epilepsy and seizure disorders to a growing audience. Our public education programs help us to reach our community across all regions. 4,130 students have received classroom presentations and 371 teachers have been educated on how to support students who have epilepsy. Seizure 101 presentations have provided training and education to 2,225 individuals over the last year.



**In the past year,
we have provided**

86

presentations to
community organizations

150

school
presentations



393 volunteers donated **15,155** hours

Our Vision

Our vision is a community free of barriers where persons affected by epilepsy and seizure disorders are empowered and supported to live a life of dignity, self-worth, and hope.

Our Mission

Epilepsy Support Centre enhances the lives of people who are affected by epilepsy and seizure disorders by providing a network of services that educate, support and build community awareness.

Our Values

We are dedicated to providing innovative services that are responsive to individual needs. We are both inclusive and collaborative in our approach to ensure that all individuals with epilepsy have the opportunity to fully participate in their community.

Our Year in Review



Annual Spring Gala -
Starry Night Gala (April 11, 2015)



Community Garden Launch, London
(May 20, 2015)



Fifth and Final Rick Berg Invitational
Golf Tournament (May 28, 2015)



Fun in the Sun BBQ, Windsor
(August 22, 2015)



Community Awareness Day- Lamb-
ton College, Sarnia (Sept. 16, 2015)



Second Annual Seize the Day Run/
Walk (September 27, 2015)



Holiday Dinner
(December 10, 2015)



Murder Mystery Fundraiser, Oxford
County (December 11, 2015)



100 Women Who Care
(January 25, 2016)



Zehrs Markets BBQ Epilepsy Awareness
Month, Windsor-Essex (March 19, 2016)



Quarter Auction Fundraiser,
Chatham (March 23, 2016)



Purple Easter Egg Hunt, Sarnia
(March 19, 2016)

April 2015 - March 2016



Pottery Painting Social Event,
Windsor (June 16, 2015)



AGM, Member BBQ and Volunteer
Appreciation (June 24, 2015)



Wacky Wednesday Summer Camp,
London (Summer, 2015)



Epilepsy Action Day at Queens Park
(October 26, 2015)



Halloween Social Event, Sarnia
(October 31, 2015)



Game On - RBC Sports Day in
Canada, Mini Games (Nov. 14, 2015)



Medical Marijuana Information
Session (February 29, 2016)



Dueling Pianos Fundraiser, with
EpLink (March 12, 2016)



BINGO Fundraiser, Chatham
(March 12, 2016)



Oxford County - Epilepsy
Awareness Month (March 2016)



London & Middlesex- Epilepsy
Awareness Month (March 2016)



Elgin County- Epilepsy Awareness
Month (March 2016)

Board of Directors

Chris Brittain	President Oxford	Jon Lavkulich Irena Kramer Pete Hannaberg	Director Director Director Youth Representative
Murray Jones Dr. Andrea Andrade Dr. Michelle Jones	Treasurer Medical Advisor Medical Advisor	Rob Deman Sharon Berry Ross	Director Director Sarnia-Lambton
Bob Harvey Christine Ford	Director Director Huron Perth, Grey Bruce	Stacy Rybansky Tom Stadnisky	Director Chatham-Kent Director
Joe Longmoore	Director Windsor-Essex		

Epilepsy Southwestern Ontario



Important Changes!

Now that we are providing services throughout Southwestern Ontario, The Centre will be changing its operating name from Epilepsy Support Centre to Epilepsy Southwestern Ontario.

Our Board of Directors believes that this name change better reflects our service area, allowing people living with epilepsy throughout Southwestern Ontario to better access information and supports from The Centre. This in turn, will allow us to reach even more people living with epilepsy and their families throughout our service area.



Epilepsy
Southwestern
Ontario

Financials

Statement of Operations and Changes in Fund Balances Year ended March 31, 2016

Revenue	2016	2015
Ontario Trillium Foundation	\$120,967	\$86,033
Net Fundraising	\$108,258	\$90,834
Donations	\$92,098	\$136,084
United Way	\$77,150	\$110,884
Ontario Brain Institute	\$36,471	\$12,597
Grants	\$25,009	\$27,632
Rental Income	\$25,009	\$24,996
Summer Camp	\$2,520.00	\$3,953.00
Other Income	\$1,732.00	\$3,621.00
Total Revenue	\$489,214	\$496,634

Expenditures	2016	2015
Program expenses	\$322,885	\$220,208
Administration expenses	\$179,761	\$175,237
Total Expenditures	\$502,646	\$395,445
Excess of revenue over expenses	(\$13,432)	\$101,189

With the help of our supporters and donors, we were able to provide services

to **3,705** people throughout Southwestern Ontario in 2015-2016.





1-866-EPILEPSY

www.epilepsysupport.ca

690 Hale St., London ON N5W 1H4

London 519.433.4073 | **Sarnia** 519.330.0416

Windsor 519.890.6614 | **Chatham** 519.365.5131

@EpilepsySC

facebook.com/epilepsysupport

Serving London/Middlesex, Sarnia/Lambton, Chatham/Kent,
Windsor/Essex, Huron Perth, Grey Bruce, Elgin & Oxford Counties.

Charitable Reg No.: 11890-0802-RR0001

