

Serving the lower Hudson Valley for over 35 years – Summer 2014

Epilepsy - Know the Facts

Would you know what to do if someone had a seizure in front of you? Do you know what a seizure is?

Epilepsy is a neurological disorder that causes people to have recurrent unprovoked seizures. Seizures are brief disruptions of electrical activity in the brain. These brief electrical disruptions can take several different forms: from blank stares to a sudden collapse to massive jerking motions to convulsions. One in 10 people will have a seizure at some point in their lifetime and about 2.5 million American currently have epilepsy.

Most people who have epilepsy achieve good seizure control with medication, surgery and/or a special diet. However, anyone can have a seizure. If someone does, here is what you should do:

- Do not panic!
- Note the time the seizure starts.
- Protect the person from harm: remove objects that may cause harm, direct the person away from hazards, turn the person on his side and cushion head if it is a convulsive seizure, remove glasses and loosen tight clothing
- Do NOT restrain the person; Do NOT put anything in the mouth, Do NOT give food, drink or oral medication
- Remain with the person until they regain conscious awareness

Most seizures are not medical emergencies, but call 911 if:

- If it lasts longer than 5 minutes or if one seizure immediately follows another
- If the person does not regain normal breathing after the seizure ends
- There is no medical ID & no known seizure history
- There is an obvious injury, the person is pregnant or has diabetes
- The seizure happens in water

We offer **free** in-services on Seizure First Aid. Please call 845-627-0627 to register for our next event or have us come to your group.

A Poem by Shira Hoffman

A weeping willow winds its way to wax and wane
He ekes out a crutch, finding his way to walk again
Empowerment is easy; life is an uphill battle.
I sing and a bird flies by; Zeyda wishing me hope.
Frustration, facts, finding it nice to walk again.
Red Lobster! "Part of eight" - the Structured Day Program.
Life is a journey; I am a fighter.
Inane conversation; I smile cause I don't understand.
Crossword puzzles; I don't get it.
Fox News: a perfect uninformed story.
Life is just so rosy; I am a survivor.

12th Annual Chris McCarthy Golf Outing



Was a smashing success!

Over 130 golfers joined the McCarthy Family in this annual event to honor the memory of their son and brother Chris. \$30,000 was raised for the McCarthy Fund which provides summer camp scholarships and day trips for the people we serve. In addition, this year Mercedes Benz gave a trip to Pinehurst for the top two players. All had a grand time!

Announcing the 2014 Walk for TBI & Epilepsy Awareness in memory of Joseph P. Edwards

at
Crane Park Walkways, Monroe, NY

on Sunday September 21, 2014.

For more information, please visit our website or call us on **845-627-0627** to register for this exciting event.

All proceeds for the **Epilepsy Society of Southern New York**

Northeast Regional Epilepsy Group FREE Conference September 20, 2014 – 9 am to 4 pm

Sheraton Mahwah Hotel
1 International Blvd
Mahwah, NJ 07495

Breakfast and
lunch included

Conference on adult and childhood epilepsy and psychogenic non epileptic seizures with many sessions throughout the day on various topics of interest for patients, caretakers and professionals. For more info: <http://www.epilepsygroup.com>

Many thanks to **Probono Partnership** of White Plains, NY for their wonderful help to our Agency in all of our legal matters. This fine Agency had helped us over the years with free legal advice.



To donate

www.learnaboutepilepsy.com

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Our Mission

THE MISSION of the **Epilepsy Society of Southern New York, Inc.** and **Capabilities Partnership Inc.** is to provide comprehensive services to people with epilepsy and other neurological, physical and developmental disabilities and their families for the promotion of independence and quality of life. All of our services and programs focus on activities which help the individual live independently in the community with dignity.

Our services include education and training, advocacy, vocational services, service coordination, and community independence training. We provide services under OPWDD's Home and Community Based Waiver Program, the Department of Health's Traumatic Brain Injury Waiver Program and through Acces-VR. It is our goal to assist all individuals in these programs to reach their optimal growth potential.

2013 Financial Summary (unaudited)

Rounded to Thousands with % difference from 2012

| | ESSNY | CPI |
|---------------------------|-----------------|----------------|
| Revenue & Support | | |
| Fees and Grants | \$751.2 | \$954.0 |
| Contributions & other | 22.9 | 0.0 |
| Other (inc McCarthy Fund) | <u>96.5</u> | <u>\$15.0</u> |
| | \$870.6 (-5.6%) | \$969.0 (9%) |
| Expenses | | |
| Program Services | \$794.1 | \$777.5 |
| Support Services | <u>138.9</u> | <u>111.0</u> |
| | \$933.0 (-5.0%) | \$888.5 (8.1%) |
| Change in Net Assets | (\$62.5) | \$80.4 |
| Total Assets | \$544.7 | \$576.5 |
| Total Liabilities | 586.4 | 11.6 |
| Net Assets | -41.7 | 564.9 |

For details on the audited financials for either the Epilepsy Society of Southern New York and/or for Capabilities Partnership, Inc. or to review the IRS Form 990 please contact us on 845-627-0627.

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Kim Egan - Executive Clinical Director (845) 627-0627 x113
 Anna Vero - Executive Admin Director (845) 627-0627 x112

Privacy Notice

Your privacy is important to us. You can get a copy of our Privacy Policy on our website (www.essny.com) or by contacting us directly on 845-627-0627.

SDP Happenings



As our day program continues to grow we have been making some important changes to accommodate this development. This includes opening our doors to offer program four days per week. Our day program is now operational Monday, Wednesday, Thursday, and Friday serving 14 program participants! In addition, our day program received a generous grant from the McCarthy Family to expand our day program center to the outdoors. Our program now has an outdoor picnic area with tables, a basketball hoop, and outdoor games. We are so thankful to the McCarthy Family for their generosity in helping to foster program growth for the important work we do. The day program participants are thrilled to have this new space and equipment to enjoy. Also, our deep appreciation goes out to our program participants and staff, as their contributions makes our program truly unique and successful!

Staff Spotlight

Please give a warm welcome to our 3 newest Junior Employment Specialists: Erica McLeod, Julia Quattrocchi and Colleen Long. All three have joined us within the past 6 months and will be providing job coaching and follow-along services to many of those we serve.