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www.learnaboutepilepsy.com
845-627-0627

Summer 2013

Volume 19, No. 1



10 Tips for Summer Safety

With the return of warmer weather, it is natural to start to think about getting out and enjoying all that the summer has to offer. But, before going for that well earned vacation or day trip, there are some things that everyone, but especially those who have seizures, should think about.

1. If going outside, spend as little time as possible when the sun is at its strongest, and try to keep to shaded areas.
2. Wear protective gear such as hats, sunscreen and polarized sunglasses. (Blue-tinted polarized glasses recommended for photosensitive epilepsy to minimize flickering from water).
3. Wear light colored, cotton-based fabrics.
4. Stay well hydrated; drink water or non-caffeinated fruit drinks.
5. Some medications may reduce your ability to sweat, increasing the chance of overheating, especially in children. Check with your physician, and wear appropriate clothing, including cooling vests if necessary.
6. Be aware that some medications can leave you more sensitive to sunlight, and thus more prone to conditions like skin cancer. Seek medical advice, and limit sun exposure accordingly.
7. Take appropriate precautions when swimming, boating, fishing, or walking close to water. You can drown in even a small volume of water, the most common cause of accidental death for people with epilepsy.
8. Check with your doctor to make sure your seizures are controlled sufficiently to allow activities on or near water before you go.
9. Never leave someone with epilepsy alone in or close to water. A strong, competent swimmer should always be on hand, and you should always inform lifeguards and instructors that you or a loved one have epilepsy.
10. If you have to go out on the water, wear a life jacket in even supervised water, and where possible when at dock or close to water. Always wear a life jacket in open water, or when on a boat or a raft. Use a brightly colored, US Coast Guard approved life vest that fits well and that supports the head above water.

And just some general common sense final thoughts for throughout the year: Always wear a helmet and other appropriate protective gear when playing sports. Keep sleep and medication on schedule as much as possible during long summer days. Keep a cell phone on hand in a waterproof container when water side, where everyone in your group knows to find (and use) it, and learn CPR.

11th Annual Chris McCarthy Golf Outing

will be taking place on Friday, July 19th, at the beautiful New York Country Club in New



Chris McCarthy

Hempstead. This event is sponsored by the McCarthy Family in honor of their son and brother, Chris, who died several years ago.

This special fund provides summer camp scholarships for Chris' Kids; special socialization day trips for those people we serve, and maintains the **Chris McCarthy Socialization Room** located in our West Nyack office. For more information, please go to www.essny.com/mccarthy.html



Announcing the
2013 Walk for Epilepsy Awareness
in memory of
Joseph P. Edwards

at
Crane Park Walkways, Monroe, NY
on Sunday October 6th 2013.



For more information, please visit our website or call us on **845-627-0627** to register for this exciting event. All proceeds to go to the **Epilepsy Society of Southern New York**.

North East Regional Epilepsy Group Conferences

The North East Regional Epilepsy Group is again hosting a series of conferences this fall. Entitled "What You Need to Know if Epilepsy has Touched Your Life", these conferences will be held at several locations within the area throughout September, October and November, the first 4 as follows:

September 21 - Summit, NJ

Overlook Hospital Center, 99 Beauvoir Avenue, Summit, NJ 07902

Bouras Auditorium, Overlook Hospital in Summit NJ

8:30am - 9:00am: Registration & Breakfast—9:00am - 12:00pm: Program

September 28 - Stamford, CT

STAMFORD MARRIOTT HOTEL, 3423 Tresser Boulevard, Stamford, CT 06901

8:30am - 9:00am: Registration & Breakfast—9:00am - 12:00pm: Program

October 05 - New Brunswick, NJ

Saint Peter's University Hospital, 254 Easton Ave. New Brunswick, NJ 08901

732-745-8600

8:30am - 9:00am: Registration & Breakfast—9:00am - 12:00pm: Program

October 16 - Newburgh, NY

Hilton Garden Inn, 15 Crossroads Ct, Newburgh, NY 12250

5:00pm - 9:00pm

Registration and dinner from 5:00pm - 6:00pm—Program from 6:00pm - 9:00pm

For further information or to register for one of these events, please go to their website http://www.epilepsygroup.com/news_pp6-20-1/for-patients.htm, where you will find full information and booking forms. In addition to the above, they also hold a variety of webinars and other events.

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You can raise money for the **Epilepsy Society of Southern New York** just by searching the Internet using **GoodSearch.com** (a custom search engine powered by Yahoo), or by shopping online through GoodShop.com's portal to 100's of top stores.

To raise money every time you do an internet search, just go to **Goodsearch.com** and enter our name in the 'who do you goodsearch for' box. Then simply do your web searches as normal. Each time you do a search, a penny will be donated to us.

Or, alternatively, you can simply donate to the Epilepsy Society of Southern New York, using PayPal, a recognized leader in online payment. Simply go to **essny.com**, and click on the "Donate Now" button, and enter your information! It's that easy!

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 and programs are provided in the lower Hudson Valley of New York State. They 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.

2012 Financial Summary (unaudited)

Rounded to Thousands with % difference from 2011

	ESSNY		CPI	
Fees and Grants	\$795.3		\$878.4	
Contributions and other support	\$21.0		\$0.0	
Other (inc McCarthy Fund)	<u>\$105.6</u>		<u>\$10.6</u>	
	\$921.9	-8.2%	\$889.0	-5.9%
Expenses				
Program Services	\$837.0		\$733.3	
Support Services	<u>\$145.1</u>		<u>\$89.0</u>	
	\$982.1	-10.7%	\$822.3	1.6%
Decrease in Net Assets	(\$60.2)		\$66.7	

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.

Board of Directors

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Kim Egan - Executive Clinical Director (845) 627-0627 x113
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SDP Happenings!

Activities in the Structured Day Program

The philosophy of ESSNY/CPI's Structured Day Program (SDP) is to afford individuals with Traumatic Brain Injury (TBI) the opportunity to engage in meaningful life activities, enhance self-esteem, quality of life and self-determination. The program draws on each participant's strengths, knowledge and talents to enhance and educate other members of the group. Our dedicated program staff provides a positive and supportive environment with the goal of empowering all of our participating members of the group to work toward the achievement of each individual's goals and aspirations. Our program recently recognized Traumatic Brain Injury Awareness Month and facilitated our second annual Bake Sale! We engage in various activities to enhance our awareness and understanding of TBI. Our group continues to grow and thrive thanks to the dedication of our participating members and program staff.

Here are some comments from our participants:

"SDP is a caring and extremely supportive environment" - SH

"I like going on trips and I also like learning new things that I did not know" - NB

"I like how the staff are very involved in my progress" - GH

"I like everything about the program, especially talking to everyone in the group" - EN

"I like getting out and getting together with all my friends. Let's go Knicks!" - MG



STRUCTURED DAY PROGRAM

OKLAHOMA TORNADO RELIEF FUNDRAISER

Our Structured Day Program participants were touched by the recent climate events in Oklahoma. So, they decided that they wanted to help out the people who lost so much. A massive effort to collect money, including a poster campaign, was undertaken. All money raised will go to recognized charities in support of the victims of the recent Oklahoma tornadoes. If you would like to support their efforts with your own contribution, please contact **Tom Fiore** on **845-627-0627 x 147**

Staff Spotlight

Kate Napolitano is an intern in our Structured Day Program (SDP). Kate has a masters in Human Sexuality from NYU, and is currently in the MSW program at Fordham University. Kate would like to specialize in sexuality-related services, like counseling, education, behavioral support, and training of health and human services staff.



We would also like to take this opportunity to say a big welcome to new SDP Specialist **Patty Drum, MSW** (pictured left). She provides tremendous help with our ever expanding Structured Day Program activities.

Congratulations!

...go to staff members:

Darshana Bhatt—Service Coordinator—on attaining her Masters Degree in Social Work (MSW) from New York University

Kristen Hveem—Service Coordinator—on attaining her MSW from Fordham University

Chrissy Keahon—Service Coordinator—on attaining her MSW from Fordham University

Congratulations on your academic achievements, and thanks for all the hard work you do every day!

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.