



ESSNY On-Site Program Expansion



Senator Thomas Morahan,
Chairman, New York State Senate
Committee on Mental Hygiene and
Developmental Disabilities

For many years, **Sen. Tom Morahan** has been a friend and supporter of giving our citizens who have epilepsy and other disabilities a quality of life they can be proud of, while living in the community. Accessing health care coverage, residential habilitation and placement, assistive living supports and vocational development and placement, are just a few of the services that the **Epilepsy Society** provides to consumers toward that quality of life. Now, **Senator Morahan** has made it possible for the **Epilepsy Society** to expand our services by providing funding through the New York State Budget. \$200,000 has been allocated to us to begin the process to provide on-site services in a new location in Rockland County. The projected services will include **Residential Habilitation, Independent Living Skills Training, Structured Day Programs and Respite**. We will continue our existing services, which include **Service Coordination, Independent Living Skills Training** at home, **Vocational Services, Counseling, Family Support, Support Groups and Education** to families, agencies, schools, and other public entities.

The **Epilepsy Society of Southern New York** was founded by a group of parents in 1976 and incorporated in 1977. In that time, we have grown to serve over 5,000 individuals and families per year, providing the above services, primarily with funding from the **Office of Mental Retardation and Developmental Disabilities (OMRDD), NYS Department of Health, Vocational and Educational Services for Individuals with Disabilities**, and the counties of **Rockland, Orange and Westchester**. Our Board of Directors, Professional Advisory Board and Staff, are extremely grateful to Sen. Thomas Morahan for his generosity.

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ESSNY 4th Golf Classic



Please join us on **Wednesday, September 13th** at the **New York Country Club in New Hempstead, NY** for our next golf outing.

Foursomes needed!
Sponsorships needed!
Individual golfers needed!

For a complete list of sponsorships available, and to participate, please contact **Leslie Slender** at **845.627.0627 ext. 123**, or by email at lslender@essny.com

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From Our Leadership

Brian A. Witkin
Secretary, ESSNY,
President, CPI

Dear Friends,

Based on the demand for programs and services needed for individuals with various disabilities, we are pleased to announce that we have started another corporation, **Capabilities Partnership, Inc. (CPI)**. In addition to providing services to people with epilepsy, **CPI** will expand the population we serve and focus on those that are dually diagnosed with autism, cerebral palsy, mental retardation, neurological, physical, mental and visual impairments, while the **Epilepsy Society of Southern New York's** ongoing service contracts will be concerned with providing services to those with epilepsy and their families. **CPI** has contracts through **Office of Mental Retardation and Developmental Disabilities (OMRDD)**, **Vocational and Educational Services for Individuals with Disabilities (VESID)**, and the **New York State Department of Health (DOH)**.

We are receiving requests from New York City, Northern New Jersey and surrounding areas for these services, and those areas may be in our future plans. Although there is an organization out of New York City stating that they are providing services in the areas we've served for 30 years, please be assured that we are, and will continue to serve all the counties in the **Hudson Valley** including **Rockland, Westchester, Orange, Sullivan, Putnam, and Dutchess**.

If you have any questions, please feel free to contact Janice Gay at 845.627.0627 ext. 112. Our best wishes to you for a safe, enjoyable summer.

Brian A. Witkin,
Secretary ESSNY,
President, CPI

State Committee Re-appointment

Janice W. Gay
ESSNY Executive
Director

Antonia C. Novello, M.D., M.P.H., Dr. P.H., Commissioner of Health in New York State, has confirmed the re-appointment of **Janice W. Gay, Executive Director of ESSNY** as a **Consumer Representative to the New York State Health Department Pharmacy and Therapeutics (P&T) Committee**. Janice has served on the Committee over the past year, and will continue with a three-year term, at which time may be eligible for an additional term. The P&T Committee undertakes various assignments which help to establish reasonable controls on the costs of medication use, while assuring continued access to needed care. Congratulations to Janice, and we wish her well in this important role.

Appointment to National Rehabilitation Association Committee

Myrna Genauer
Sr. Employment
Specialist, ESSNY &
CPI

We are proud to announce that **Myrna Genauer, Senior Employment Specialist of ESSNY and CPI** has been appointed to serve as **President of The National Rehabilitation Association of Rockland County**, an organization committed to advocating for the rights of persons with disabilities. **NRA** members provide up to date information, as well as educational seminars on policy related issues, including how to impact the Federal legislative and regulatory processes. Seminars are geared towards a particular specialty or special interest, and members receive continuing information and opportunities for growth.

“Sara’s 1st Walk For Epilepsy” ~ A Success!



A year ago the **Epilepsy Society of Southern New York** was fortunate to be contacted by **Sara Clark**, an 11-year-old girl with a dream to help raise money for those who live with epilepsy. Sara, now seizure free, was diagnosed with epilepsy at 16 months old, and was determined to raise funds and awareness for those in our communities that live with this disorder. After hearing about the success of Walks for other causes, she decided to organize one for epilepsy. With the help of Sara and her family, and **The State University of New York (SUNY)**, on April 30, “**Sara’s 1st Walk for Epilepsy**” was truly a success! Many people gathered on this beautiful sunny day at the campus at SUNY-New Paltz for a 2-mile walk to support Sara in her 1st endeavor.

The Epilepsy Society of Southern New York thanks Sara for her courage and unwavering desire to make this fundraiser a success. Not only was money raised to help continue the programs and services that are needed, but also the response from the outreach that was accomplished has proven to be significant. This event touched the lives of many individuals who have been affected by epilepsy in some way. Our staff, Board of Directors and communities are all so proud of Sara’s commitment to epilepsy, and for marking this 1st fundraiser a success!

We will see you all next year for “Sara’s 2nd Walk for Epilepsy!”

(See center pages for pictures)

“Sarah’s Westchester Walk for Epilepsy”

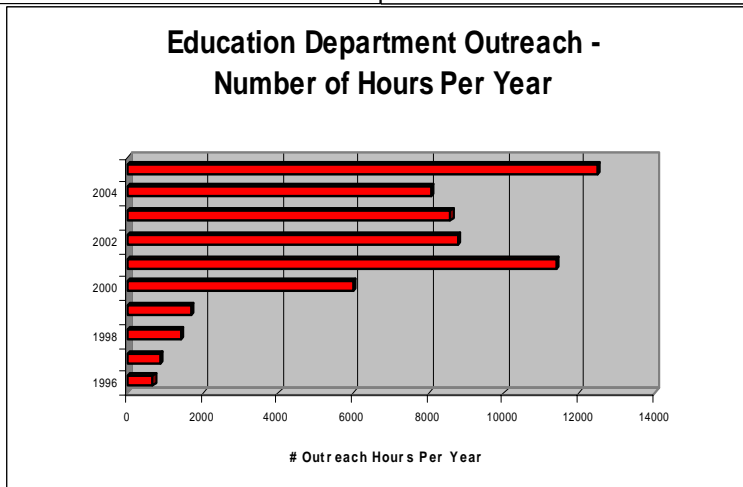
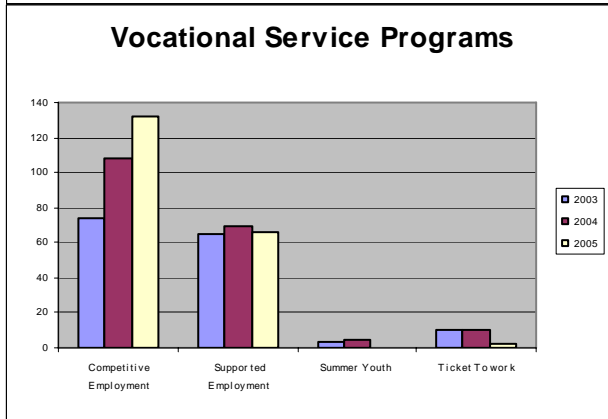
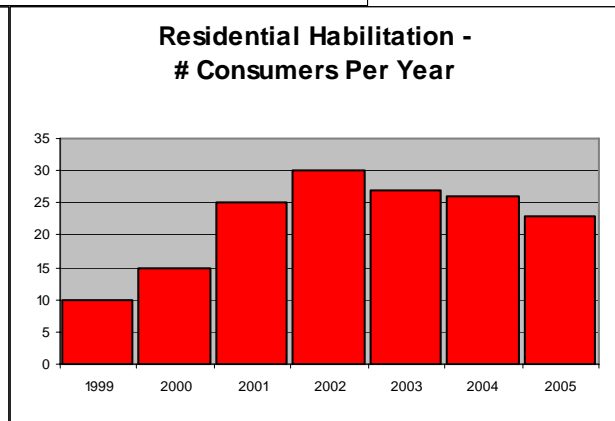
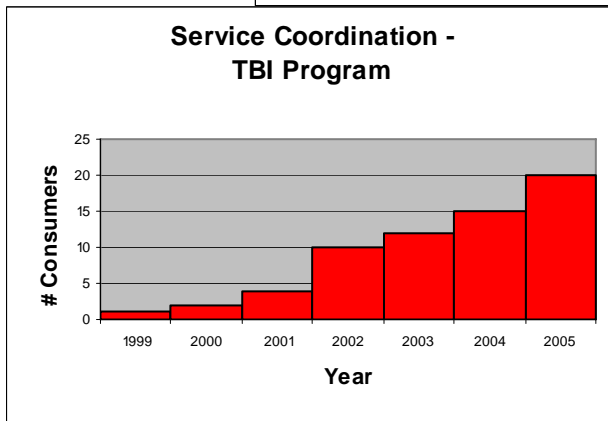
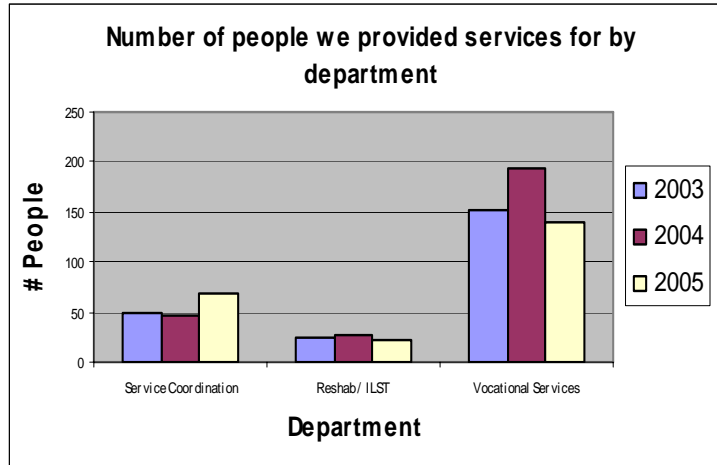


Oddly enough, my name is **Sarah** too...only it’s Sarah with an ‘h’. I am 15 years old, in the 10th grade at **Fox Lane High School in Bedford NY**, and I was diagnosed with epilepsy at age 12. I didn’t want to believe it, and was very afraid to tell my friends because I didn’t want to be different. The medicine I took then to stop the seizures made me very forgetful and depressed. I couldn’t even remember my best friend’s phone number. I have since then changed medicines and am now doing much better, with my seizures under control unless I am really tired, take my medicine late, or am stressed or sick.

Last year, a really cool teacher at my school told me about a walk that his young niece was organizing in New Paltz. At first I didn’t want anything to do with it, but then I listened to her story and looked at her picture and thought that if a younger “**Sara**” could do it, then so could I. (It did help that her name was Sara also!) I took the pledge form around my school, telling everyone it was for epilepsy, asking my friends and teachers to help me raise money for **Sara’s Walk**. I then attended **Sara’s Walk in New Paltz**, and was very inspired to have my own Walk, calling it “**Sarah’s Westchester Walk for Epilepsy**”. I would really like to know that a cure one day will be found for epilepsy, but for now I want to raise as much money as possible to help other people like me who live with this disorder every day.

As we are still in the planning stage for the Walk, please visit **www.essny.com** for date in October and location in Westchester. Support us as we join together and raise awareness and money for the many people who have been affected by epilepsy.

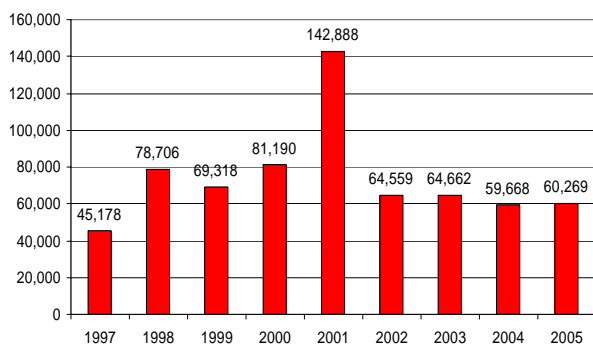
ESSNY Services and Programs



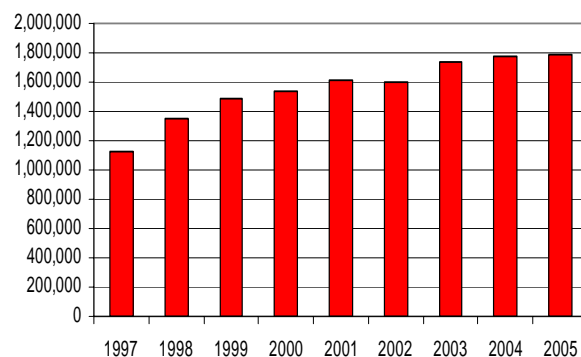
2005 Financial Report

	2005	2004
Support and Revenue		
Support:		
Contributions	\$20,794	\$12,148
Special Events	\$60,269	\$50,688
Contributions to Chris McCarthy Scholarship Fund	\$49,566	\$59,304
Other Support	\$21,412	\$23,404
Revenue		
Fees & grants for governmental agencies	\$1,582,972	\$1,576,200
Restricted grants	\$54,495	\$56,930
Total Support and Revenue	\$1,789,508	\$1,778,674
Expenses		
Program Services:		
Clinical counseling and education	\$377,720	\$365,607
Supported employment Medicaid program	\$127,872	\$127,399
Employment development and placement	\$191,294	\$122,880
Medicaid service coordination	\$81,137	\$97,426
Epilepsy support services #1	\$113,578	\$109,386
Epilepsy support service #2	\$174,076	\$167,929
Family support services	\$122,261	\$116,390
Individual service support	\$15,251	\$14,169
Residential Habilitation	\$70,811	\$82,778
Epilepsy Coalition education grant	\$37,251	\$26,918
Traumatic Brain Injury Program	\$96,612	\$121,350
Support Services		
Management and general	\$245,999	\$269,761
Fundraising	\$121,609	\$87,556
Total Expenses	\$1,775,471	\$1,709,549
Increase in Total Net Assets	\$14,037	\$69,125

FUNDRAISING REVENUE



TOTAL SUPPORT AND REVENUE



Sara's 1st Walk for Epilepsy



Sara Clark



Sara (right) pictured with Emily Beecher



Walkers...



Anna Vero, Director of Finance, ESSNY



"Hope", named by ESSNY staff, and Fitzgerald family



SUNY Students

A Day to Remember—April 30th, 2006



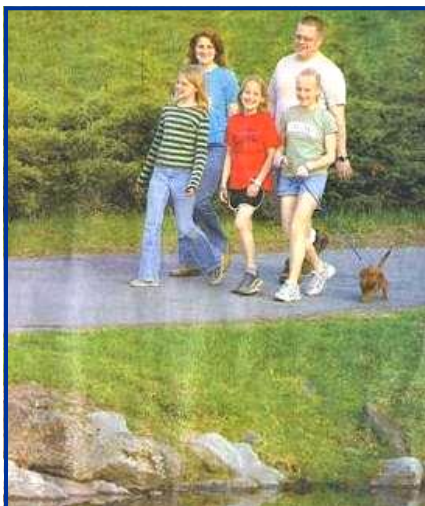
...More Walkers...



Leslie Slender, Associate Director, ESSNY, together with Sara



Machelle Clark



The Clark Family



Cooper Clark

15 Years of Fun and Bowling For Epilepsy!

On Friday, June 23rd, we gathered at **New City Bowl** in Rockland County for our "**15th Annual Bowl a Thon**"! The lanes were all filled with our supporters for a night of fun and bowling for epilepsy. Our DJ was on hand to keep the crowd dancing on their feet, while cheering to the sounds of the balls striking the pins. There were many door prizes given, and a grand raffle drawing, as well as trophies and medals to our winners. Our biggest congratulations and appreciation to **Jodi Kabat** for raising the most money for our programs. Thanks to **Jackson Lewis** for being the corporation to raise the most money for our programs.

We look forward to seeing you next year on **June 22, 2007** for our **16th Annual Bowl a Thon**!

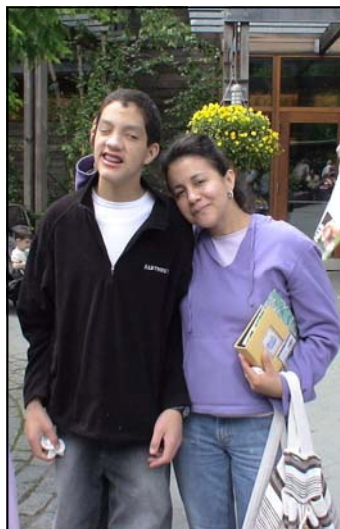


Jodi Kabat (center), and teammates

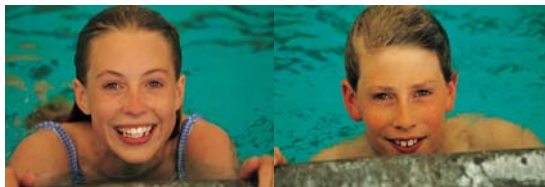
The Chris McCarthy Scholarship Fund Sponsors trip to The Bronx Zoo!

On Saturday, June 10th, we escorted our group to an amazing spring outing at **The Bronx Zoo**. The group traversed the untamed **Congo**, rode the **Wild Asia Monorail**, glimpsed into bat's nocturnal habits in the **World of Darkness**, got up close and personal with Bengal Tigers, and enjoyed a buffet BBQ lunch at the **Dancing Crane Pavilion**.

Our next trip will be to see the Amazin' NY Mets take on the Washington Nationals on **Sunday, September 24th**.



SUMMER SAFETY



With pool parties, boating, and trips to the beach, it is hard to resist the lure of that cool, inviting water during long summer months. This can bring potential danger to anyone—perhaps more so for someone with epilepsy. To help you insure the safety of you or your loved one, here are a few simple tips to think about before a day by the water.

1. Ask your doctor in advance if you or your child's seizures are controlled enough to permit swimming.
2. A person with seizures should always swim with a buddy – a responsible adult who is a strong swimmer and who knows Seizure Recognition and First Aid.
3. For someone with frequent seizures, a flotation device to support their head above water is a good idea.
4. Notify lifeguards and swimming teachers in advance when a swimmer has epilepsy.
5. Don't let someone with epilepsy get over-tired or too cold while in the water.
6. A person with epilepsy should never swim if they have not taken prescribed seizure medicines on schedule, as the risk of seizures increases.
7. Keep all medication dry and don't take medication that has gotten wet, as it may not work as effectively.
8. If seizures are brought on by flickering light, wearing polarized glasses may reduce the effect of light on water.
9. If a seizure does occur in water, keep the person's head supported and above water. Bring them safely to the shore and place them on their side. Check breathing, make sure that the airway is clear and give rescue breathing as appropriate. Any seizure in water should be treated as a potential emergency and the person should be taken to the ER for a careful examination to rule out the possibility of water in their lungs or other physical effects.



Taking these few simple steps can go a long way to making sure we all have a safe and fun summer.

CLINICAL CORNER

Teens, Social Stigma and Epilepsy

By Jean Collins, Community Educator

The Epilepsy Society of Southern New York has been involved for the last thirty years dispelling the myths surrounding epilepsy. Teens present a most interesting dilemma in seizure management, precariously perched as they are between the blissful ignorance of childhood and the compelling consciousness of adulthood. A teen's self-esteem is intimately tied to their growth and development, making epilepsy a special hurdle to self-respect and competency before becoming a full-fledged adult.

Unlike the elderly, the young and the handicapped, epilepsy is an invisible, neurologic disorder that renders a person incapacitated only briefly and randomly. The unpredictability of seizures has riddled history with tales of demonic possession and divine intervention, rendering the person as mentally ill, retarded, and/or in need of institutionalization. This misinformation carries forward as a stigma held in the back of peoples' minds, only to surface at the fear of seeing someone have a grand mal seizure. It's not the favorite presentation of the patients on TV's "House" for nothing. This unconscious public mindset can lead the already fragile teen's psyche toward self-isolation unless she is encouraged to educate those around her, if only to reassure herself that she is indeed otherwise a perfectly normal person.

If you are a parent, counselor or teacher of a teen with epilepsy, and would like to discuss options for helping your teen, please contact Jean Collins, ESSNY Community Educator, at 845.627.0627 ext. 148 or by email at education3@essny.com

We would like to thank the following people
and organizations for their help and support for
Sara's First Walk for Epilepsy.

Although we try to make this list as complete as possible at the time of going to press, we sincerely regret any omissions or errors.

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Pearl River, NY 10965
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**From Vocational Services...
6th Y2KIDS Career Expo**

The Epilepsy Society of Southern NY participated in the **“6th Y2KIDS Career Expo”** at Stewart Airport in Newburgh on May 18th and 19th. Epilepsy awareness information was shared with over 1200 students, teachers, volunteers and parents. **Tina Conneely, Director of Vocational Services**, has been a member of the **Hudson Valley School to Work Alliance** since its inception, and ESSNY staff was able to provide outreach to various employers as well. Over 1800 middle school students attended the event from various school districts throughout the **Hudson Valley** region over the two days. There were career specialists present from a wide range of government and other local employers to encourage today’s young population in the work force.



The **Vocational Services Department** is pleased to welcome back **Lisa Fiore** who has been promoted to **Assistant Manager of Vocational Services**.



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Raise money for
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We are pleased to announce that we are a part of a new Rockland based company, **Shop4Charity, Inc.**, which will generate additional support to us without any additional cost to you!

Shop4Charity.com is an online shopping mall. They have marketing partnership agreements with many of your favorite stores such as **Sports Authority, Foot Locker, Target, Macy’s, Gap, Old Navy, Linens-n-Things, The Body Shop, Sharper Image, Starbucks** and many more all conveniently located on one website.

Simply start shopping at www.shop4charity.com and select the **Epilepsy Society of Southern New York, Inc.**, in your profile.

In return for their marketing service, **Shop4Charity** receives a fee from these large national corporations and on a quarterly basis Shop4Charity will give us 10% of its gross profits.

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For up to date information regarding any of our programs, services, upcoming events and pertinent information please check the Society’s website at www.essny.com

