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NEWSLETTER - JANUARY 2024



It's that time of year again to voice your thoughts and concerns with your State Representatives at the Legislative Luncheon! Stop by to learn how EFDE is leading the fight against seizures and enjoy a delicious, free lunch!

Date: Thursday, January 11th

Time: 11am-12:30pm

Location: 411 Legislative Ave. Dover, DE 19901



****Please consider sharing your epilepsy story with a senator or representative. We are looking for Delawareans to schedule a 15 minute meeting, in the morning, before the luncheon, with their senator or representative. We will attend with you. Email Val Budischak: vbudischak@efde.org or click the button below!**

[Legislative Luncheon](#)

[New Program Alert! CDSMP](#)

You are invited to join us for a new program: *Chronic Disease Self Management For Adults With Epilepsy.*

This 6-week program, via telephone, focuses on stress management, living healthy, communicating with your doctor and more! Plus, you'll meet others living with epilepsy!

This is a new program for people with epilepsy, but has been completed by thousands of people living with other medical conditions, such as diabetes. Click here to learn more:

selfmanagementresource.com/programs/small-group/chronic-disease-self-management-small-group/

The program is FREE and will begin on **Wednesday, January 31st at 11:30am.** Each weekly course will last approximately 1 hour and 15 minutes and will take place every Wednesday for 6-weeks, ending on March 6th.

Click the button below by January 12th to Sign Up!

[CDSMP Sign Up](#)

Here at EFDE we really care about the needs of this community and would love to have your input on the direction we are going to serve you best!

Check out our Needs Assessment Survey by clicking the button and having your voice heard!

Every person matters and everyone needs a voice and a choice!



Your Voice Matters!

****We will do a drawing for a \$25 dollar gift card once the assessments are completed, so complete this assessment today!**

Annual Fund Update & Thank You

A big thank you to everyone who has made a gift to the EFDE Annual Fund! This money is essential in providing educational and support programs, increasing awareness, and leading advocacy efforts throughout Delaware. We continue providing all services and resources at no charge. Shout out to December's donors:

Brian Bartley Dwight P.

Blankenbaker Ellsworth Brown Denise & Joe Budischak Kathie & Kurt Cherry

Ann & Ed Chilton Charles & MaryJane Cole

Robert Cox Melissa Dietz

PhRMA Daniel & Mary Lou Edgar

Lara Falcon Shirley Franklin

Tom Josiah Jeffrey & Elizabeth Lyons

Kathleen Neal Robertino Miravite

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& Linda Reiser Paul & Kate Sabini Sue

Ellen Yamarick Christian & Anne Siemer

John & Judy Coll Barry & Karen Wilbank

James & Mary Ellen Butkiewicz

John J. Yannacone - The Acierno

Family Foundation

Don't see your name? There is still time! Make your gift today and join this fantastic group of supporters.



Support EFDE



Join the EFDE in wishing a very **Happy Birthday** to all celebrating a January Birthday!!

Lily Tran, M.D. - January 4 Etsegenet
(Itsy) Tizazu, M.D. - January 16 Lindsay
Rudd-Fontaine - January 24 Mary
Kotowski - January 26

Do you have a birthday coming up?
Let us know by clicking the link below
so we can celebrate you!

Happy Birthday!



Hi, I am 21 years old and I graduated from Polytech, class of 2020. I was diagnosed with epilepsy after I had seizure in my 7th grade English class. I took medication that would, then would not work, as I would still have them after about a month on each new medications.

June 19, 2017 I had brain surgery to remove three inches of my temporal lobe and one hippocampus, as this was the area affected by the seizures and where they came from in my brain.

When I was undergoing surgery they found a middle focal dysplasia. This was a hair line crack in the base of my skull and where the seizure came from. The brain had seeped down into that

hole and caused the seizures when I was 12. As of today, writing this on January 3, 2024 I am 2,389 days seizures free.

I have gone to congress three times as Delaware's Epilepsy Advocate for the Teen Speak Up program. I have also lobbied for \$30 million in grant money in total.

LET'S link UP

[Join Us for Our Upcoming Events](#)

January 11th- Legislative Luncheon - 411 Legislative Ave Dover, DE 19901

February 9th- Virtual Meet & Greet - Virtual Game Night, 6-7pm

February 20th- Seizure First Aid, Open Training - 6:30pm-7:30pm- Zoom link available in February Newsletter



This email was sent to jfassano@efde.org. [Click here to unsubscribe.](#)