



Westchester Walkers Step to the Tune of 21K!!!



Above: From Left, **Jayne Gershfeld**, **Sarah Harris** and **Sara Clark**, kicking off "Sarah's 1st Westchester Walk for Epilepsy"

A successful day it was on the athletic track at Fox Lane High School in Bedford, NY on Sunday, November 5th, 2006 for "**Sarah's 1st Westchester Walk for Epilepsy.**" Walkers young and old enjoyed a leisurely stroll while listening to a hip dj and enjoying popcorn and cotton candy, all for a great cause!

Thanks to the dedication of our walkers, and the generosity of the event's supporters, **\$21,000** was raised! On behalf of our Board of Directors, Staff, and all the people we serve with epilepsy, we send our heartfelt thanks to **Sarah Harris** and the entire **Harris family** for their significant efforts in making this day a success!

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ESSNY cordially invites
you to join us for our

**"30th
Anniversary
Dinner!"**

 Celebrating
30
Years
Of Service



Where: Restaurant X
in Congers, NY

When: Thursday, April 26th
Cocktails begin at 5:30 pm

**For more information or to purchase tickets,
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123 or email lslender@essny.com

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From Our Leadership

The German philosopher J.W. von Goethe said "The only constant is change," and 2006 was a banner year of change for the **Epilepsy Society of Southern New York and Capabilities Partnership, Inc.** By change, I mean progress; we restructured our Education Department and Vocational Services Department and added a new department serving the Traumatic Brain Injured (TBI) population. Part of our program expansion with TBI is our Structured Day Program (see page 3 for more details). In addition, we have begun an Intensive Behavioral Program (IBP) for the TBI population which involves clinical interventions that are necessary to improve and enhance the individual's life and well-being. This is done by engaging the individual and inviting them to participate in an active role. In doing so, one might begin by identifying what is meaningful in their life as well as to identify their strengths and accomplishments. This would provide a foundation from which to build the clinical supports. These supports would assist the individual in developing and sustaining positive routines that increase their independence in the community.

Our education department provided 152 in-services to allied agencies, schools, and various other companies and individuals in the seven county area and in northern NJ. The department has recruited a **Rockland County Girl Scout Troop**, as well as the **Rockland Community College Performing Arts Department**, to be trained to assist with our Kids On The Block puppetry program.

Our social events for consumers has increased greatly thanks to the **Chris McCarthy Scholarship Fund**. As you will read in this newsletter, we also have had great success with our fundraising, thanks to our **Fundraising Committee**, chaired by **Carl Capuano** working with **Leslie Slender**, our **Associate Director**.

Our **Board of Directors**, **Professional Advisory Board**, and our **Consumer Advisory Council** are all comprised of volunteers who give oversight to me and our staff, review our programs, support our fundraisers, and provide expert advice on policy and managing the agency. Their participation is priceless and I am very grateful to them for their dedication to our mission.

Best wishes to all of you for good health and happiness in 2007!

Janice W. Gay, Executive Director

Congratulations to Kim Egan on her promotion to Program Director!



Kim has worked in various roles at ESSNY since 1997, starting in our Vocational Service Department as a Job Developer and Employment Specialist. She then went on to Service Coordination, and Residential Habilitation. We are proud to announce that Kim recently completed her Masters Degree in Social Work at Fordham University. With her extensive expertise, she will now oversee all ESSNY and CPI Programs.

Clinical Services Department Launches a New Program!!!

The **Clinical Services Department** proudly announces the launch of the new **Structured Day Program**. Together with our consumer Mike, this new addition to our services was presented and well received at the Annual Traumatic Brain Injury Conference in Albany.

The goal of the Structured Day Program is to reduce the isolation often felt by people who have a Traumatic Brain Injury and who also face some day to day challenges associated with their injury. The program teaches that you are not alone in life's journey, and provides hope and assistance through the opportunity to participate in meaningful life activities. Various recreational and learning activities will also be enjoyed by the participants.



*For further information regarding this program, please contact **Kim Egan** at 845.627.0627 ext. 113.*

Self-Esteem in Teens With Epilepsy

It has long been recognized that the adolescent years are a time when young people are unsure of themselves and how they fit into the world. Teens with epilepsy may have to work harder to accept themselves at this stage of their development. You can help.

Self-esteem is a value judgment we make about our own worth, an evaluation that affects everything we think and do. Teenagers are famous for questioning themselves and the world in order to build an all-important self-understanding and the part they will play on the stage of life. In the meantime, they seek to be like everyone else in order to ease the anxiety of independence.

People with low self-esteem have a negative outlook on life. They may feel powerless; successes may not come easily; little things may upset them; challenges appear as threats. They isolate themselves from peers and fear being different from others. The unpredictability of seizures and the lack of control that goes along with them can result in feelings of uncertainty in anyone. In teens, it can be an uphill climb.

Teachers and parents need to help their teens develop a solid foundation of self-esteem. To achieve this, the following factors should be addressed:

- *A sense of significance:* Show teens they matter. Listen and offer acceptance and warmth.
- *A sense of competence:* Help teens realize they are capable by setting realistic and appropriate expectations, making sure you don't set those expectations too low.
- *A sense of individuality and connectedness:* Encourage participation in activities that highlight their special talents and abilities.
- *A sense of realism about oneself and the world:* Having a seizure in school is not a major catastrophe. Help teens learn about others who cope with epilepsy and live normal, even outstanding, lives. Focusing on the reality of each situation instead of the fear will discourage manipulative behavior.
- *A solid sense of values and ethics:* The ability to decide what is important and what is not; what is right and what is wrong; may be the most decisive factor in teens' self-esteem. Be their model by living up to the values you claim to have.

You can make the difference in a teen's ability to navigate the combined stresses of adolescence and a seizure disorder. And, if you need it, help is not far away. Call the Epilepsy Society of Southern New York at 800-640-0371.

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Benjamin Laufer, Linda LeMond, Leslie Slender & Carl Capuano, Chair, Fundraising, ESSNY Board of Directors



Michael F. Kelly DDS, Scott Lubinsky, Brian A. Witkin, ESSNY Board of Directors & Timothy A. Babbitt, Jr.

ESSNY's 4th Golf Classic is a Hole-In-One!

On Wednesday, September 13th, 2006, ESSNY hosted our 4th Golf Classic at the New York Country Club in New Hempstead, NY. A light morning rain gave way to crisp and lovely weather just in time for a 12:30 shotgun start.

The event culminated with prizes awarded for the Longest Drive, Closest to the Pin, Best Score, and the Most Honest Golfer.

Our gratitude to **Carl Capuano**, Fundraising Chairman and member of the ESSNY Board of Directors, for his unflagging dedication to the success of this event, which raised **\$23,000!**

Thank you to our sponsors and everyone who participated to contribute to the success of this day. We hope to see you next year!!



From left, **Brian A. Witkin**, ESSNY Board of Directors; **Janice W. Gay**, ESSNY Executive Director; **Joseph J. Delosa**, President, ESSNY Board of Directors; **Anna Vero**, ESSNY Director of Finance.



Marc London MD, Stuart Lestch, MD, ESSNY Board of Directors; David Ober, MD Robert Goodman, MD, PhD, ESSNY Professional Advisory Board



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“Sarah’s 1st Westchester Walk For Epilepsy”

~November 5th, 2006~



Louise & Sarah Harris with Leslie Slender, Associate Director, ESSNY



Leading the walk—Jayne Gershfeld, Sarah Harris, and Sara Clark



Primary Sponsors Leonard Tow, Chairman, and Claire Tow, President, of the Tow Family Foundation



Jayne, Michelle, Michael and Marcine Gershfeld of “Team Jayne”!

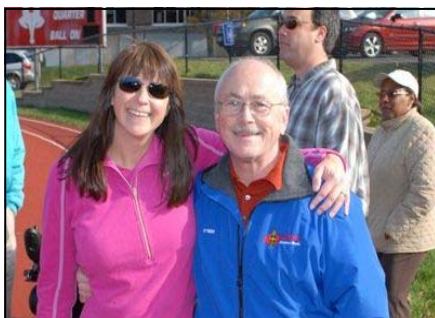
“For those of us who live with epilepsy, we know that it is something to contend with in every aspect of our lives on a daily basis, and something we are reminded of all the time. I held this walk to raise awareness and money for those who have trouble dealing with their epilepsy and for people to learn more about this disorder.”



Brian A. Witkin, ESSNY Board of Directors, Event Emcee

After holding this walk, I was really proud to know that I am able to help others by reaching out into the community. Knowing I was helpful in raising this much money was an overall great feeling, and I never expected the outcome to be so tremendous. I am very inspired to hold another walk next year, where I hope the turnout will be even bigger!”

~Sarah Harris~



Primary Sponsor Emily Tow Jackson, Executive Director of The Tow Family Foundation and Mike Harris



Cotton Candy was on hand!

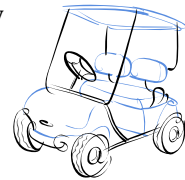


McCarthy Friends & Family Golf “Fore” Fund



Tim McCarthy, Steve Moore,
Steve O’Loughlin, Mike Morano

Friends and family of **Tim McCarthy** turned out in full force at the New York Country Club on Friday, June 23rd for the “**4th Annual Chris McCarthy Golf Outing.**” This popular yearly event raises money for the Chris McCarthy Scholarship Fund, which was founded to honor the memory of Chris McCarthy. The fund provides recreational activities and unique opportunities for people living with epilepsy. Thanks to all who came out in support of the McCarthy family!

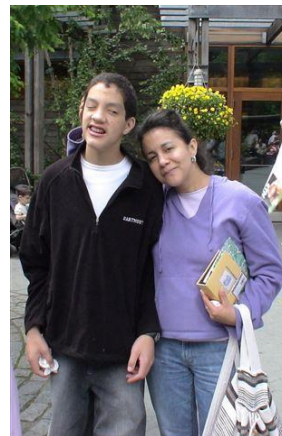


2006 Chris McCarthy Scholarship Fund Winners



The Chris McCarthy Scholarship Fund made dreams come true this summer, awarding 13 summer camp scholarships!

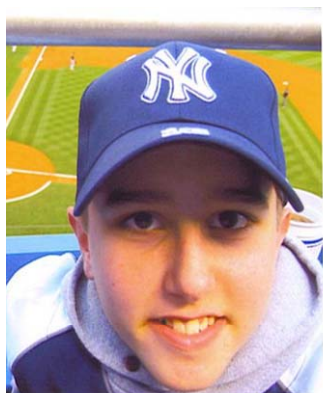
The winners went to a variety of camps, offering exciting experiences from day camps to sports camps to Boy Scout camps. All the participants very much enjoyed the opportunity afforded through this program. Pictured to the right and below are just some of the scholarship winners for this year.



Jerry Smith with his mother,
Yempha Smith



Ben Nakagawa with Leslie



Matthew Detterline



Jordan Olsen



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Angel Vistocco

Thank you for your contributions to
Sarah's First Westchester Walk for Epilepsy

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(We sincerely regret any omissions or errors)

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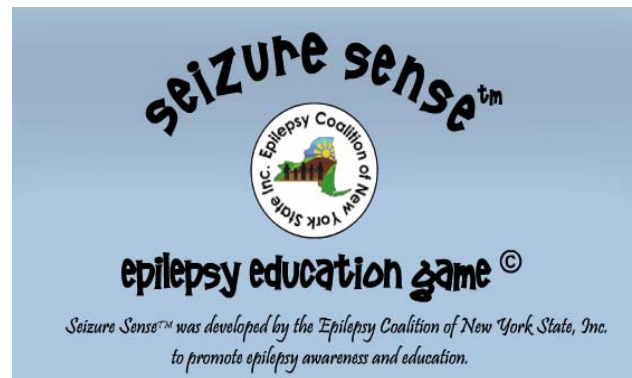
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Vocational Services Department

October was **National Disability Employment Awareness Month** and the Vocational Department acknowledged several employers in Rockland and Orange counties for their contributions to furthering employment opportunities for individuals with disabilities. **The Rockland Employment Network** recognized and presented awards to **Suburban Nursery** and **Bergen Supply** and the members of the **Orange and Sullivan Counties Employment Alliance Network** recognized **Sam's Club**, **Chester Cinema 6**, **Eddy Farm Retreat and Conference Center**, **Burger King**, and **Shop Rite**. **Goodwill Industries** was presented with a Regional Award for their contributions throughout various counties. On behalf of **Capabilities Partnership** and **The Epilepsy Society of Southern New York** the Vocational Department would like to thank all of the employers that we work with for all of their tremendous support.

Introducing the



The © Seizure Sense Game™ is a learning tool developed by the **Epilepsy Coalition of New York State, Inc.**, to promote awareness and education through fun competition. The game is played by answering questions about epilepsy from different categories and point values, and can be enjoyed either individually or in teams. © Seizure Sense Game™ is currently available for purchase on CD ROM, and it is an excellent training/learning tool for use in the classroom, place of business, or the home.

Promotion and New Staff in Vocational Services!

Congratulations to **Lisa Fiore**, promoted to **Senior Assistant Manager**, and a warm welcome to **Tanya Lindley** who joined the department as a **Junior Employment Specialist**.

ESSNY extends warm congratulations to **Lisa Fiore**, Sr. Assistant Manager of Vocational Services, on the birth of her son, **Ian Charles!** Ian was welcomed into the world on October 11th, 2006 at 7:20pm, weighing in at 10 lbs., 5 oz. and measuring 23 inches.

Epilepsy Support Group:

For adults and/or families of children or adults with a seizure disorder

Please join us on the fourth Monday of every month at Good Samaritan Hospital's Patient Education Center at 7:00pm. We chat, commiserate, and cheer each other on to provide a stable base of mutual caring, understanding and support. Please call **Jean Collins**, Community Educator at **845-627-0627 x 148** or e-mail her at education3@essny.com to enroll.