



# HERE & NOW

## AT EPILEPSY FLORIDA

Dear Friends of Epilepsy Florida,

I hope you had a wonderful Thanksgiving!

In the spirit of the season, I'd like to thank you for giving of your heart in support of the Epilepsy Florida mission. Because of you, we're able to meet the needs of Floridians living with epilepsy and seizures across the state each and every day – providing them with comfort as they navigate challenging and uncertain paths characterized by this disorder.

On behalf of all of us here at Epilepsy Florida, thank you for ensuring hope, connection, and support is available for those who need it most.



*Sincerely,*

**Karen Basha Egozi**  
*President & CEO*  
*Epilepsy Florida*

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**Dec. 11: Join Us for Chefs Cook Keto in Miami!**

NOVEMBER IS EPILEPSY AWARENESS MONTH

Let's Talk About It!

chefs cook

**Keto**

epilepsy FLORIDA

JOIN US FOR OUR KETO TASTING EVENT  
DEC. 11 | 6:30 PM | CVLTVRA RESTAURANT

GET YOUR TICKETS NOW!

SWAG BAGS & SPECIALTY DRINKS

SPECIAL GUEST CHEFS:  
Norman Van Aken - Normans; Brandon Baltzley - Buffalo Jump (MA); Fabian Dipaolo - Cvltvra; Jeremiah Bullfrog - EatCon;  
Kurtis Jantz - Armani Casa; Sasha Ariel - Madruga Bakery; James Strine - Trophy Room

Don't miss out on your chance to learn about the ketogenic diet and how to make keto-friendly food at home from Miami's own celebrity chef Jeremiah Bullfrog and many other special guest chefs!

As one of the longest-standing treatments and a mode of therapy for epilepsy, the keto diet will be the focus of the event which will feature a keto-friendly food tasting designed to demonstrate the diversity and creativity of the diet. It will also feature a guest from Nicklaus Children's Hospital who will speak more in depth about the diet and its effects on children, including how a variation of the keto diet can help limit seizures in children with epilepsy. All proceeds from the event will benefit Epilepsy Florida.

[Register today](#) to join us for a good time – all in the name of epilepsy!

## Healthcare Open Enrollment Ends Dec. 15

For a seventh year, Epilepsy Florida has been named an Affordable Care Act Healthcare Navigator. This year's funding allows us to provide in-person education, counseling, and enrollment assistance to South Floridians wanting to shop and enroll for health coverage or who have questions concerning their health insurance.

Open Enrollment began on Nov. 1 this year and continues until Sunday, Dec. 15 for those needing coverage beginning Jan. 1, 2020.

CALL NOW 1-877-553-7453

HEALTHCARE

**OPEN ENROLLMENT**

STARTS NOV. 1 | THRU DEC. 15

epilepsy FLORIDA

Call us today for assistance and appointments: 1-877-533-7453.



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AMAZON GIVES.  
EVERYONE WINS.

CLICK HERE TO SELECT EPILEPSY FLORIDA AS YOUR CHARITY & AMAZON WILL MAKE A DONATION FOR ALL PURCHASES

## Thank You for Talking About It!

Thanks to you, all of this year's "Let's Talk About It!" events, held to raise epilepsy awareness and funds during Epilepsy Awareness Month in November, were a huge success!

Check out highlights from some of the events below:



**Client & Family Educational Dinner**

Fort Lauderdale, FL | Nov. 8



**Keto & Vino Happy Hour**

Pensacola, FL | Nov. 10



**Client & Family Educational Dinner**

Miami, FL | Nov. 13



**Seizure Smart Symposium**

Stuart, FL | Nov. 16



**Client & Family Educational Lunch**

Jacksonville, FL | Nov. 16



**Client & Family Educational Dinner**

Daytona, FL | Nov. 19

## Amazing Aleida: Big Dreams in a Small Town



Every so often, we meet people who take unfortunate circumstances and turn them into opportunities to shine a light on important issues by using their personal experience as a catalyst. Such was the case with Aleida Cardona, the mother of a five-year-old boy living with epilepsy, who reached out to Epilepsy Florida looking for resources. She shared her desire to help spread epilepsy awareness in her small town of Moore Haven (Glades County) to support her son and all families of children with epilepsy.

In less than a month, Aleida, with the assistance of our community resource specialist, coordinated a school personnel training at Moore Haven Elementary School for all school staff and helped host the first-ever Walk the Talk for Epilepsy in the area!

Thank you to the Moore Haven Elementary students, teachers, administrators, and parents who educated themselves about epilepsy and raised funds in support of our mission. Extra special thanks to the amazing Aleida and her son Dominic for all their hard work in bringing epilepsy awareness to Moore Haven!

## Teens Leading the Way with Club Purple

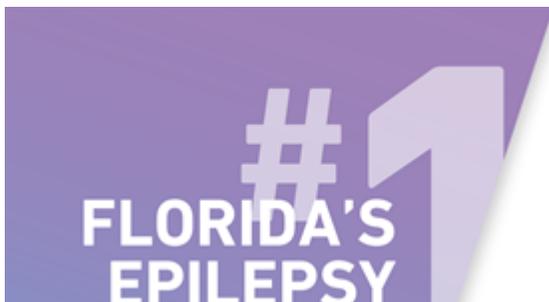


Club Purple was created by former Carrollton High School student Leila Fernandez to help raise epilepsy awareness in honor of her older sister who was born with epilepsy. Club Purple strives to make teens at the Miami-area school aware of the disorder and the effect it has on those diagnosed with it. It accomplishes this mission through monthly visits to Nicklaus Children's Hospital, hosting fundraisers, including bake sales and toy drives, and supporting Epilepsy Florida events such as its annual Christmas party and Miami Walk the Talk for Epilepsy.

Leila graduated from Carrollton in 2019 and passed the club on to Gabriela Ramirez, a current junior. Since taking the reins, Gabriela has grown the club outside of Carrollton to Christopher Columbus High School.

Thank you to Club Purple for its support!

## Florida's #1 Epilepsy Ally



Whether a person newly diagnosed with epilepsy, the parent of a child struggling with seizures, or the caregiver of a loved one without work because of their condition, Epilepsy Florida is committed to being the first call for anyone living with epilepsy. Epilepsy Florida provides support to overcome the challenges of living with epilepsy and access to resources and accelerated therapies designed to stop seizures and save lives. We



have been here for you for almost 50 years!

If you or someone you know has questions or would like more information, call us toll-free at 1-877-55-EPILEPSY (1-877-553-7453) or visit [www.epilepsyfl.com](http://www.epilepsyfl.com).

## Leave a Lasting Legacy

Help others as you achieve your financial goals with a planned gift to Epilepsy Florida!

A variety of assets and investment vehicles qualify as planned gifts, each offering unique benefits for you, including:

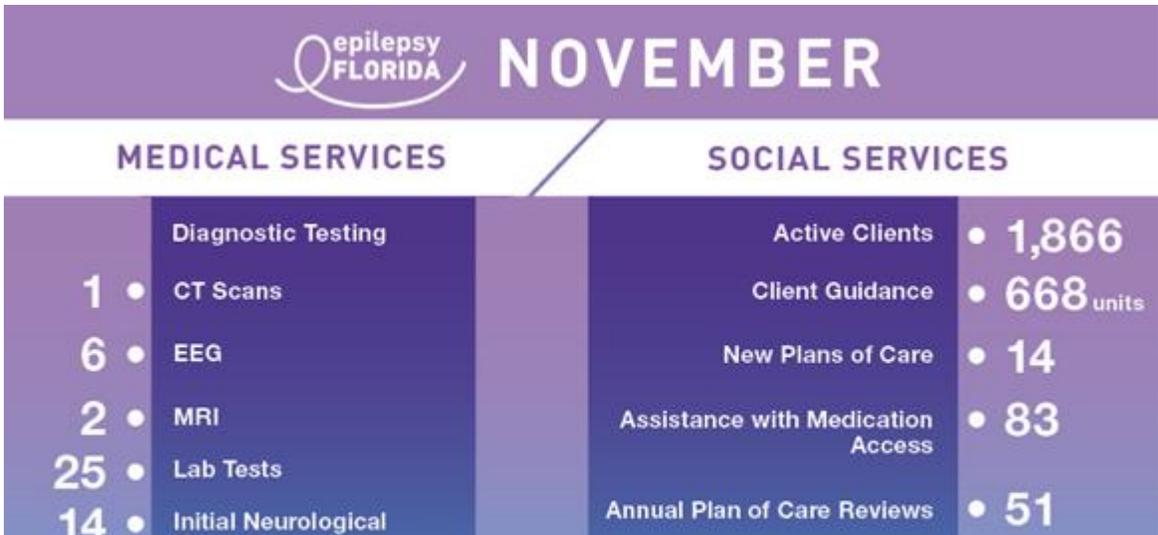
- Donate retirement assets
- Gifts of stocks and annuities
- Name Epilepsy Florida as beneficiary of an existing or new life insurance policy

For more information, please contact our Development Department: 877-553-7453 or [mgomez@epilepsyfl.org](mailto:mgomez@epilepsyfl.org).

“Planned gifts are the ultimate expression of your commitment and caring; an opportunity to invest in the shared vision of a world without epilepsy, where no one suffers seizures and everyone enjoys the freedom to participate fully in life.”

## Real Epilepsy Help: Here & Now

Here's a quick glance at our services provided in November 2019:



77 •

Consultations  
Follow-up Neurological  
Consultations

Referrals Provided • 221  
Support Groups Held • 10

with 107 total  
participants

## Do You Follow Us?

One of the easiest ways to show your support of Epilepsy Florida is by following us on social media! This is also a great way to keep up-to-date on all our latest news and happenings.



SUPPORT  
**EPILEPSY FLORIDA**

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