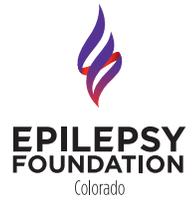


LivingWell



NEWS FOR AND ABOUT THE EPILEPSY COMMUNITY OF COLORADO • MAY 2016

EPILEPSY FOUNDATION OF COLORADO • 5889 GREENWOOD PLAZA BLVD., SUITE 404 • GREENWOOD VILLAGE, CO 80111

TWO AND A HALF HOURS. The time may seem insignificant on its own. But for Tracey Pitter, it felt like a lifetime. That's how long she watched her 3-year-old son, Liam, in the throes of his first seizure.

"It's been a long road," Pitter said. That road, full of twists and turns, has led Pitter to join the Denver Strides for Epilepsy 5K in June. Not only to support Liam, but also to raise awareness for so many people who are living with epilepsy.

Her eventual journey to Strides started on May 14, 2015.

Pitter's morning turned frantic when her youngest daughter told her that Liam was having a seizure. At her daughter's insistence, Pitter headed to Liam's bedroom, where the bad news turned out to be true. Pitter, who'd also had a close family member with epilepsy, knew the seizure should end after five minutes, so she watched the clock.

Five minutes came and went. The seizure continued.

She called 911 and ended up at a hospital near her south Aurora home. For an hour more, Liam's seizures continued, untouched by medical intervention. He was then airlifted to Children's Hospital Colorado in Aurora.

Nearly three hours after they'd started, the seizures began to come under control. The angst continued even after Liam's discharge later that evening. He screamed in pain all night. His legs were unstable, and he could barely stand.

The family returned to the hospital for two days' worth of tests. Finally, an answer: Guillain-Barre syndrome, a condition in which the immune system attacks the nerves. Liam headed home after two more days of treatment, but today, there's been little break in his health concerns. More seizures. Fevers. A bout with bacterial pneumonia. Mobility issues.

"This whole thing has just transformed him into a different child," Pitter said.

Still, Liam is like any other child who just wants to be like everyone else. He wants to visit the playground, go swimming and ice skate with his sisters. And typical of many kids, he gets frustrated when he can't.

With three other children at home and an ocean away from her native England, Pitter sought a way to meet others who shared her experience.

She visited the Epilepsy Foundation of Colorado website in search of resources, where she was thrilled to find the Strides 5K as an outlet for epilepsy awareness. Especially, she said, in a time where many other medical conditions get more attention.

So with the click of a button, her team – Liam's Lovelies – was born. She will join her husband, children and some local friends at the 5K in June. The team will be a part of the largest epilepsy awareness event in the



Liam Pitter



Rocky Mountain region to benefit those living with epilepsy in Colorado.

Pitter understands nothing is certain when it comes to Liam's health.

But there's one thing she does know – her family is grateful to have him in their lives.

"Regardless of what he goes through, he's so happy and joyful," she said. "We love and appreciate him, and we just enjoy every day we have, no matter how hard it gets. That's our goal. Enjoy every day, and take it with stride."

FIND INFORMATION ABOUT ORGANIZING YOUR OWN TEAM FOR THE STRIDES FOR EPILEPSY 5K RUN/WALK AT EPILEPSYCOLORADO.ORG

Liam's Lovelies will be a part of the largest epilepsy awareness event in the Rocky Mountain region to benefit those living with epilepsy in Colorado.

Strides for Epilepsy 5K Event Information

Sunday, June 12, 2016 at
Denver's City Park



Join us for a family-friendly walk or run through Denver's City Park to raise awareness and funds in support of the 50,000 Coloradans living with epilepsy. The Strides 5K is the largest annual epilepsy event in the state. Come enjoy an inspiring and energizing morning, and help us build a stronger community of support!

RACE DAY SCHEDULE

- 8:30 AM Check-in time! Pick up your shirt, bib and timing chip.
- 9:25 AM Molly's Fun Run for the little ones
- 9:30 AM Take your mark! 5K begins now!
- 10:30 AM Awards and entertainment by Richie Furay Band

REGISTER ONLINE AT EPILEPSYCOLORADO.ORG

NOTE: Pre-Registration closes at 1 p.m. on June 10.

ENTRY FEES:

- **Individual runner/walker: \$30**
Includes a shirt and a timing chip for runners. Price increases to \$35 on event day.
- **Snoozer: \$30**
For those unable to attend but still want to show their support. Race T-shirt is included.
- **Children ages 12 and under: \$15**
Wee ones in strollers are free!

JOIN A TEAM, START ONE OF YOUR OWN, OR REGISTER INDIVIDUALLY.

MAXIMIZE YOUR SUPPORT BY ORGANIZING A TEAM!

ONCE YOU REGISTER YOUR TEAM, YOU CAN:

- Customize your individual fundraising page
- Send a fundraising email to friends and family
- Download a printable donation form
- Track your progress
- Post status updates on Facebook and Twitter

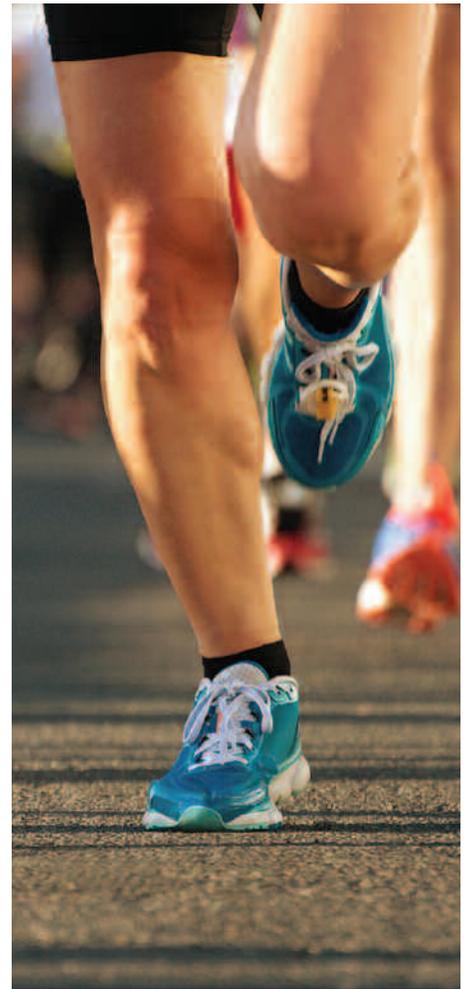
KID'S KORNER

Loads of fun for the younger set...

- Carnival games with prizes, popcorn and sno-cones
- Face painters, caricature artists, and stilt walkers to entertain kids of all ages
- Complimentary snacks and treats.
- Special guest appearances from your favorite sports teams cheerleaders and mascots

ASK THE EXPERT TENT

Drop in and speak to leading medical experts about the latest developments in treatments and therapies for epilepsy.



COMING
SOON

RUN
COLORADO
SPRINGS

Strides 5K
Saturday,
Sept. 11, 2016
Memorial Park
Colorado Springs

Strides for Epilepsy 5K Sponsors



COMMUNITY PARTNERS:



Rock Out with Richie Furay Band!



This year's Strides 5K will feature a live performance by local favorite, the Richie Furay Band!

Furay is a singer, songwriter and Rock & Roll Hall of Fame member best known for forming the bands Buffalo Springfield and Poco. Richie and his band tour the country, performing their signature style of rock, folk rock and blues rock. This year's schedule includes a September 25 stop at Red Rocks Amphitheatre with Gregg Allman and ZZ Top.

Pack Up for Summer Camp

SUMMER CAMP REGISTRATION NOW OPEN

Jason Fleishman Summer Camp

Open to teens with epilepsy ages 13-17
YMCA of the Rockies,
Estes Park
July 6-10, 2016

Rock n' Rally

Open to children with epilepsy ages 8-12
Cal-Wood Education Center,
Jamestown
July 29-31, 2016

Both camps are designed to help campers build confidence, make new friends and learn more about epilepsy in a safe and supportive environment. Online registration is now open. Please visit www.epilepsycolorado.org. Click Youth Support, then go to Camps.

Why Support Strides?

Strides

5K Run/Walk for Epilepsy



COLORADO IS HOME TO 50,000 people living with epilepsy. They may be your friends, your family or maybe someone standing next to you at the grocery store.

They could be someone like Campbell Fisk, a Boulder child who lives with tonic-clonic and absence seizures. Or maybe someone like Larissa Grammer, a varsity diver for the University of Denver who balances epilepsy and athletics with grace and strength.

Campbell and Larissa are just two of the many people across the state who benefit from programs offered through the Epilepsy Foundation of Colorado. And the Foundation benefits from their inspiring resolution to tackle epilepsy head-on.

The Strides for Epilepsy 5K is more than just an event. It's the heartbeat of our community. It's one voice sharing one message – to stop epilepsy in its tracks. And it provides serious financial resources for core programs offered at no charge to anyone in need through the Foundation.

Care Management

No matter where you are in your journey with epilepsy, our care management program is there to help you. Our specially trained staff connects clients to epilepsy resources and program support. We provide the tools to help you take an active role in your health care.

Community Education

Knowledge is power, and everyone benefits

by knowing what to do when someone has a seizure. The Foundation provides seizure first aid training to thousands of people every year. School nurses, teachers, employers and employees, first responders and senior centers – all have benefited from the step-by-step curriculum delivered by qualified volunteers and seasoned staff.

Advocacy Initiatives

We're here to help people speak up about what they need to be successful in work, in school and in public. Our advocacy initiatives not only help individuals, but unite the community on key legislative initiatives. We're ready and able to attend Individual Education Plan (IEP) meetings to advocate for accommodations in the classroom or rally the masses on key legislative initiatives.

Youth Opportunities

Children and teens living with epilepsy can find support through our youth opportunities. The Jason Fleishman and Rock n' Rally Summer Camps offer a safe overnight experience to help children find confidence and make new friends. We also provide seizure safety for students in schools. Finally, our Youth Council helps teens develop leadership and community activism skills.

So why support Strides? Maybe the real question is ... why not?

Hope to see you there!



**EPILEPSY
FOUNDATION**

Colorado

Community.

It's a single – and powerful – word. And it explains just how important the Strides 5K is to us.

We've nurtured a community dedicated to improving the lives of those with epilepsy, and it's because of people just like you who support Strides every year. Our community also demonstrates the power of one voice. It's a voice that, over time, has raised awareness, resulted in better therapies, generated additional research funding, and helped us move closer to stopping epilepsy in its tracks.

The Strides 5K is our chance to continue to raise our voices – not only as a force here in the Rockies, but across the west and the entire country. Join us as one of the many who are dedicated to ending epilepsy. Become a part of our community, and start the journey with a single Stride this June.

Gail Pundsack
Executive Director

Memories of Strides 5K





**EPILEPSY
FOUNDATION**

Colorado

5889 Greenwood Plaza Blvd.
Suite 404
Greenwood Village, CO 80111

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Strides

5K Run/Walk for Epilepsy



**Sunday,
June 12, 2016**
Denver's City Park
**Register online at
epilepsycolorado.org**

Challenges become opportunities when we come together!

Entering a team for the Strides for Epilepsy 5K is a great way to bring friends and family together for a great cause. Get involved and help us shine a light on the courage and strength of our community at the largest epilepsy awareness event in Colorado.

Together we can stop epilepsy in its tracks!



Amelia's Seizure Stoppers



Seize the Day