



"Life is like riding a bicycle.
To keep your balance, you
must keep moving."

- Albert Einstein

**Epilepsy Services of
Southwest Florida**

**Bi-Monthly Newsletter
Fifteenth Edition-
July/August 2022**

**Greetings to our clients,
physicians, donors, sponsors,
supporters, and community
members!**

We are still faced with many of the challenges we experienced in 2021. The COVID-19 virus and other variants are still evident, and we hope that you, your family and friends will be vaccinated soon.

We are looking forward to where we can all eventually come together again and continue on a path to a healthy, safe and prosperous life.

Epilepsy Services of Southwest Florida always puts the health, safety, and well-being of our clients, employees and stakeholders first.

We are following the recommendations of the local and national authorities and are abundantly concerned for all members of our community.

IMPORTANT! Our staff will be in our offices on a limited basis to take deliveries and phone calls, but will continue to work remotely and can be reached via email or phone.

All client clinic visits with their physician will be coordinated from our offices.

These visits will be scheduled by your Case Manager and they will contact you regarding your appointment.

Please call the following numbers or email to connect with your Case Manager:

Fort Myers Office (also serves Naples), Dee Cilento: (239) 275-4838 ext.1, email dcilento@esswfl.org or *Gwendolyn Howerton*; (239) 275-4838 ext.2, email ghowerton@esswfl.org

Sarasota & Bradenton office, *Diane Walz:* (941) 752-6226; email dwalz@esswfl.org

Other inquiries:

Executive Director, *Barbara Coleman:* (941) 953-5988, ext. 316, email bcoleman@esswfl.org

Prevention & Education information,

Executive Director, *Barbara Coleman:* (941) 953-5988, ext. 316, email bcoleman@esswfl.org

Director of Development, *Tom Swanston,* (941) 953-5988, ext. 303, email tswanston@esswfl.org

In the event of an emergency, please call 911, as Epilepsy Services of Southwest Florida is not an emergency service organization.

Our staff hopes you and your loved ones stay healthy and safe during this difficult time.

Highlights from Women United Mad Hatter Event hosted by United Way South Sarasota County and Habitat for Humanity.



On June 4th, a Mad Hatter event was held to benefit the members of the ALICE (Asset Limited, Income Constrained, yet Employed) population. The funds raised through this event support Women United and its mission to prevent evictions and mitigate homelessness. Barbara Coleman, ESSWFL Executive Director, attended the event. United Way of South Sarasota County is a long time and valued partner of Epilepsy Services of Southwest Florida and we were happy to support this cause.



"Ask the Expert" - a new way to ask your questions or express concerns:

In response to the government health recommendations regarding COVID-19, **we have cancelled our monthly group support meetings.** We want to "keep the conversation going" and would like to hear any questions or concerns you have regarding epilepsy. These can be questions about yourself, a loved one, friend, family member, neighbor, etc. We will gather questions and respond to them in upcoming newsletters. All questions posted will remain anonymous and we will "ask the expert" to respond to your question or concern.

Listed below is a question we received this month.

"What things should I think about when traveling? We want to take a vacation this summer and are wondering how to prepare."

Taking vacations and traveling is part of everyday life for many people. Most of us will travel to a vacation spot or visit family at some time during the year, while others may travel for work or other obligations. Adults and children with seizures may have special questions and concerns about types of travel, safety issues to

consider, and how to manage seizures safely and appropriately when traveling or in unfamiliar situations.

Ideally, advance planning will take the uncertainty and worry out of traveling and leave time for fun and relaxation.

Here are some topics for consideration:

- Where are you going and how long will you be there?
- Are you traveling alone or with other people?
- What types of seizures do you have and how often do they occur?
- Have you updated or created a Seizure Action Plan?
- What triggers your seizures?
- What are your safety concerns?
- Can you drive?
- What are the health care resources at your destination?

You may also want to schedule a visit with your doctor to discuss your trip and any challenges you may encounter. You may also want to make sure to get prescriptions or medical forms updated before traveling.

Here is a link to an article about this topic that answers many of the questions above and also lists resources available:

<https://www.epilepsy.com/lifestyle/travel>

To submit a question for our next newsletter, please email:

bcoleman@esswfl.org.



In each issue of this newsletter we will feature members of our staff or volunteer board of directors with the intention that you will be able to get to know a little bit better the faces behind the names.

In this issue we are switching gears and acknowledging the support of our landlord, Glasser Schoenbaum Human Services Center and their staff. They have provided guidance to all organizations on our campus, assisting with events, collaboration with other agencies, and professional development and connection opportunities. They have truly created a "Campus of Caring" and we are proud to partner with them in this endeavor.



Please join us in acknowledging and thanking the following individuals on their team for all their hard work, support and dedication to our campus:

CHARLENE ALTENHAIN, Executive Director; **SARAH GLENDENING**, Director of Community Relations; **MARIAN HAUPT**, Facilities Manager, **ANDREA LANE**, Director of Administration; **ALEXXA POWERS**, Campus Engagement Coordinator; **MIRNA RUBERTE**, Receptionist and Administrative Assistant; **CHRISTINA RUSSI**, Community Fiscal Agent and Liaison and **SANDRA SHOCKLEE**, Administrative Associate.



DONATE TODAY!

We need your help! Donations are always welcome and without them we would not be able to do the work that we do. Your gift helps ensure our clients continue to receive critical medical attention including access to neurologists, diagnostic testing and assistance accessing medications as well as case management services and prevention and educational programs to the community at large. Here are current donation opportunities:



Louis and Gloria Flanzer Philanthropic Trust Matching Gift Program

The 2022 Flanzer Matching Gift Program will match any gift from \$5 to \$500 to Epilepsy Service of Southwest Florida. "Louis and Gloria Flanzer always believed in the goodness and generosity of people" said Eric Kaplan, co-trustee of the Flanzer Trust. Please support Epilepsy Services by donating today.

How to donate:

- Click on the BE A DONOR TODAY button below and you will be directed to a page



Prevention & Education Services

If you would like a presentation to your business, your club meeting or your office, please contact Barbara Coleman, Executive Director at bcoleman@esswfl.org or 941-953-5988, Ext. 316 for a **free** presentation. Presentations can be done via Zoom to promote social-distancing.

Barbara will be glad to train your staff on how to respond to someone having a seizure or just make an informative presentation about epilepsy – the fourth most common neurological disorder in the United States after migraine, stroke, and Alzheimer's disease.

About Us

The goal of Epilepsy Services of Southwest Florida is to assist in the process of empowering our patients toward self-management in order to lead as close to a normal life as possible.

where you can pay either by PayPal or Credit card.

- Type in the amount of your gift from \$5 to \$500.
- **Designate Epilepsy Services of SWFL in the drop down menu at the bottom of the page to ensure your gift is directed to us.**
- If you would like to make a donation by check, please make the check out to: The Louis & Gloria Flanzer Philanthropic Trust, 1843 Floyd Street, Sarasota, FL 34239 and **indicate Epilepsy Services of Southwest Florida in the memo section.**

Go to our website to learn more about our organization and take time to view our video:

epilepsy-services.org



Thank You!



BE A DONOR TODAY!



Shop at Amazon Smile and support Epilepsy Services of Southwest Florida.

You can shop at Amazon Smile and the Amazon Smile Foundation will donate 0.5% of the purchase price of eligible products to our organization. Just select Epilepsy Services of Southwest Florida as your charitable organization. You can use your Amazon account or set up an account at Amazon Smile.

We sincerely thank you for your consideration and support!

For more info go to: <https://smile.amazon.com/gp/chpf/homepage?orig=Lw==>

Epilepsy Services of Southwest Florida
1750 17th St., Bldg I-2
Sarasota, FL 34234
(941) 953-5988