

About the Foundation

More than 45,000 residents of Northeastern New York live each day with epilepsy and related seizure disorders. Anyone can be affected by epilepsy but the incidence is greatest for the very young and the elderly.

The Epilepsy Foundation of Northeastern New York is here to help with education and advocacy, counseling and service coordination. All of the Foundation's programs are designed to help people reach their full potential and enhance their sense of worth.

Our Services Include:

- Advocacy
- Counseling
- Family Education Programs
- Information and Referral
- Service Coordination/Case Management
- School Education Programs
- Professional Inservice Training

To learn more about EFNENY go to
www.epilepsyfoundation.org/efneny
or call (518) 456-7501.

For More Information Or Special Needs

For specific information regarding this program and/or lodging, please call the Epilepsy Foundation of Northeastern New York, Inc. at (518) 456-7501. To make arrangements for disabilities or dietary restrictions, please call the above number by November 6, 2009.

Service coordination credits available upon request.

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The S.E.E. Program

Seizures and Epilepsy Education

A Full Day Program for
Families and Professionals



Friday, November 13, 2009
7:45 A.M. – 4:30 P.M.

Wolferts Roost Country Club
120 Van Rensselaer Boulevard
Albany, NY 12204



A Special Thanks to our Sponsors



**ASSEMBLYMAN
BOB REILLY**

The S.E.E. Program

This year's conference will feature a full day presentation by Robert Mittan, Ph.D., founder of the empowering *Seizures and Epilepsy Education (S.E.E.)* program. The S.E.E. program is an international award-winning seminar designed for persons with epilepsy, family members, and children as young as 12 years old. S.E.E. was created to give people with epilepsy the power to overcome the disabling fears seizures cause. The primary goal of the *Seizures and Epilepsy Education* program is to empower individuals and family members to take control over their lives! Participants learn how to successfully cope with epilepsy and manage the psychosocial impact seizures have on their everyday lives. The program was a recipient of the Epilepsy Foundation of America's Program Excellence Award for its "outstanding contribution to patient and family education throughout the U.S." To learn more about the S.E.E. Program, please visit www.theseeprogram.com.

Robert Mittan, Ph.D. is recognized as a leading epilepsy educator. He received his Ph.D. in Clinical Neuropsychology in 1981 and has devoted his life to empowering people with epilepsy for over 27 years.

Directions to Wolferts Roost Country Club:

From the West:

From the NYS Thruway (90 E), take exit 24 and continue on 90E to exit 6. Stay in the left lane on ramp at exit 6 toward Loudonville. After the sharp bend bear to the right and cross over merging traffic lanes and take the Northern Boulevard exit. Bear right on this exit and turn right onto Northern Boulevard. Keep left to the traffic signal. Turn left at signal onto Van Rensselaer Boulevard (Rt. 377) and WRCC will be on your immediate left.

From the East:

Take route I-90 W to exit 6. Bear right on exit 6 toward Loudonville. Keep right and take the Northern Boulevard exit. Bear right on this exit and turn right onto Northern Boulevard. Keep left to the traffic signal. Turn left at signal onto Van Rensselaer Boulevard (Rt. 377) and WRCC will be on your immediate left.

From the South:

From the NYS Thruway (87 N), take exit 23. Continue on I-787 N to the I-90 interchange. Keep left on the ramp and get on I-90 W (Buffalo). Keep to the right for exit 6. Bear right on exit 6 toward Loudonville. Keep right and take the Northern Boulevard exit. Bear right on this exit and turn right onto Northern Boulevard. Keep left to the traffic signal. Turn left at signal onto Van Rensselaer Boulevard (Rt. 377) and WRCC will be on your immediate left.

From the North:

From the Northway (87 S), take exit 1E and get on I-90 E. to exit 6. Stay in the left lane on ramp at exit 6 toward Loudonville. After the sharp bend bear to the right and cross over merging traffic lanes and take the Northern Boulevard exit. Bear right on this exit and turn right onto Northern Boulevard. Keep left to the traffic signal. Turn left at signal onto Van Rensselaer Boulevard (Rt. 377) and WRCC will be on your immediate left.

From I-787:

Go to the I-90 interchange and take the exit for 90 W. (Buffalo) Keep to the right for exit 6. Bear right on exit 6 toward Loudonville. Keep right and take the Northern Boulevard exit. Bear right on this exit and turn right onto Northern Boulevard. Keep left to the traffic signal. Turn left at signal onto Van Rensselaer Boulevard (Rt. 377) and WRCC will be on your immediate left.

Program

- 7:45 – 8:15 **Registration**
- 8:15 – 8:30 **Opening Comments** - *Jeannine Garab, Executive Director*
- 8:30 – 10:15 **Psychological Aspects**
Coping with the emotional stress of epilepsy
Do seizures cause harm? What you can do about it.
Depression, a common problem: How to cope.
Managing stress in epilepsy
- 10:15 – 10:30 **Break**
- 10:30 – 12:30 **Epilepsy and the Family**
Epilepsy is a family disorder - how it affects the family
Raising a child with epilepsy
Coping with overprotection and over control
Taking back your family life
- 12:30 – 1:30 **Lunch**
- 1:30 – 3:00 **Social Aspects**
Understanding stigma
Coping with stigma - taking control
Who, how, when, and why to tell - or not
Being more than "epilepsy"
- 3:00 – 3:15 **Break**
- 3:15 – 4:00 **Work and Epilepsy**
Employment issues
Successful interviews
Keeping your job - the real problem
- 4:00 – 4:15 **Becoming a Successful Person Who Happens to Have Epilepsy**
- 4:15 – 4:30 **Closing Comments** - *Julie Eisele, Community Educator*

Epilepsy Foundation of Northeastern New York, Inc.

Jeannine Garab, Executive Director
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Registration Form (Requested by November 6, 2009)

(Please Print Clearly)

First Name _____

Last Name _____

Street Address _____

City _____

State _____

Zip _____

Phone Number (Daytime) _____

E-mail Address _____

Fee includes continental breakfast and lunch. If you are unable to afford this program, and wish to request a scholarship, please call Debbie Bain at (518) 456-7501.

Amount _____ **Total**

Number of members attending _____ at \$15.00 each _____

Number of non-members attending _____ at \$20.00 each _____

Number of professionals attending _____ at \$35.00 each _____

*I wish to become a member now for the annual fee of \$25.00 _____
and take advantage of the member rate for this conference**

Amount Enclosed: _____

PLEASE DO NOT SEND CASH. Mail this form along with a check or money order, payable to Epilepsy Foundation of NENY to:

Epilepsy Foundation
3 Washington Square
Albany, NY 12205

*Join Now and Save!

Becoming a member of the Epilepsy Foundation – National Office (EF) also puts you in touch with the services available through the Epilepsy Foundation of Northeastern New York, Inc. (EFNENY). Benefits include a subscription to Epilepsy USA, the only epilepsy-specific magazine, and discounts on brochures, videos and books. In addition to receiving discounts on annual conferences, members also receive a discount for the annual dinner. Membership is \$25.00 per year. You may sign up to become a member on the conference registration form. If one individual in your family is a member, the entire family may take advantage of the benefits of membership.