



**EPILEPSY FOUNDATION  
VIRGINIA  
NOT ANOTHER  
MOMENT LOST  
TO SEIZURES  
WWW.EFVA.ORG**



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FOUNDATION**  
Virginia

**Look for EFVA Vice President John Lannen (picture right) at the national walk and follow his instructions for April 11. The EFVA delegation will meet**

**at the start line @ 8.30.** Suzanne will pick up the heroes at the 15th street NW and Madison Dr, NW Crossing at 9.45. Both donations and walk registrations help the EFVA, but walk registrations are preferable as we receive recognition for the number of walkers registered as well as benefiting from donations and registration fees received. Walkers can make donations in addition to walk registration fees, if desired.

- 1) Go to the walk website: <http://walkforepilepsy.org/>
- 2) Select "Search/Log In" menu button from top right hand side of the screen
- 3) Under "Search Teams", type "Team EFVA" then select "Search" (Note that the team name includes the word "Team")
- 4) Select "Join" to sign up as either a walker or a virtual walker.

Board Members, John and Deborah Lannen have signed up

If you search for their names under "Search Participants" you can either select "Donate".....or you can click on their name and then - on the next screen - scroll down and select on the pink button to the right which says "Join My Team" to sign up as a walker.)

## NEWSLETTER April 2015



**John Lannen has led the EFVA delegation to the national walk since the national walk started.**

# 35 came out in sub zero temperatures in Staunton.

An unusually cold day in Staunton did not deter 35 participants to the first Staunton purple awareness walk, everyone walked or ran a 5K and enjoyed the hot apple juice provided by EFVA Board member Tina Worth. Thanks supporters of awareness and assistance of epilepsy. Also many thanks to Lundbeck who supported this walk.

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**UCB scholarships available online. [www.ucbepilepsyscholarship.com](http://www.ucbepilepsyscholarship.com):UCB will award 30 one time scholarships for people living with epilepsy or caregivers who demonstrate academic and personal achievement. Deadline May 5.**

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**Volunteer Kathy can be reached at 757-871-1014 and would like to hear from anyone who is currently taking Fycompa. She can be called evenings and weekends too! Thank you**

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**The Virginia organization of hemp growers is interested in working with EFVA on growing hemp for CBD oil in Virginia and having it tested. EFVA is prepared to financially support some of the VCU tests for quality control. Delegate DR. O Bannon will in principle support a study into all the aspects of truly legalizing medical Marijuana in Virginia..**

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Summer camps: EFVA is again partnering (training staff and financing epilepsy heroes from Virginia) with Brainy camps and Camp Holiday Trails. [www.Brainycamps.com](http://www.Brainycamps.com) and [campholidaytrails.org](http://campholidaytrails.org). Presently those camps are looking for volunteers.



Thanks to  
**Bon Secours Neuroscience Institute**  
**Lundbeck**  
**Sunovion**  
**UCB**  
For sponsoring the 10 EFVA strolls in Autumn

**Transportation: For those looking for it. Uber.com now provides private transportation in and around DC, Richmond, Roanoke and Blacksburg.**

