



EPILEPSY FOUNDATION OF
VIRGINIA
*NOT ANOTHER MOMENT
LOST TO SEIZURES*

NEWSLETTER November 2016

MOST SUCCESSFUL FUNDRAISING EVENTS AUTUMN 2016

1. EFVA Board organized Gran Fondo bike race.
225 riders participated. EFVA net income: over \$24, 000.00.
We thank Team Elizabeth for taking part in this event.



- 2 . Regional Director Kay Hornsby's Lynchburg stroll,
with 130 persons, netted over \$20,000.00.

3. Far third: Charlottesville stroll 130 persons netted over \$ 10,000.00



Thanks also to our major donors: Walmart, Lundbeck, UCB, NBC29, Upsher Smith, Eisai, Sunovion, Neuroscience center at Winchester medical center. Higgins Group at Wells Fargo Advisors and Bailey Printing. We also thank our volunteers and co-workers who had very nice events in Northern Virginia, Winchester, Elkton, VA Beach, Williamsburg and Fredericksburg to come.



**ART SELECTION, DECEMBER 8, 2016, IN HONOR OF SUSAN J. GOODE'S
CONTRIBUTIONS TO THE CARE OF PERSONS WITH EPILEPSY**

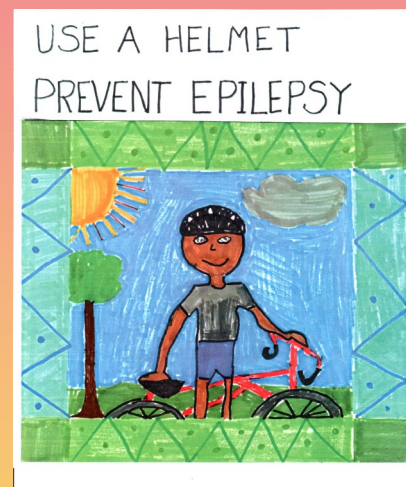
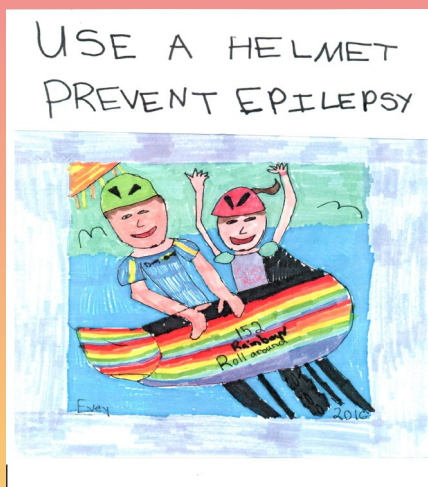
DECEMBER 8, 4-6 P.M. 560 RAY C. HUNT DRIVE CHARLOTTESVILLE

REFRESHMENTS SERVED.



**THE USE A HELMET,
PREVENT EPILEPSY
CAMPAIGN STARTED IN
1994 WITH ONE POSTER
WINNER FROM
CHARLOTTESVILLE .**

**WE NOW HAVE
EXPANDED THE
PROGRAM TO THE
ENTIRE COMMON-
WEALTH OF VIRGINIA
AND WE PRODUCE A
SCHOOL CALENDAR
DURING THE SUMMER.**



**SUSAN J. GOODE , CAREGIVER TO PA-
TIENTS, AVID READER, ENTHUSIASTIC
HORSE WOMAN AND NATURALIST.**



As soon as [Lil Wayne](#) knew he was going to jail for gun possession, he mapped out his plan to survive.

"There was, 'OK, let's get a plan together ... from when you go in ... and when you get out,'" the rapper said of his eight-month stint in New York City's Rikers Island in 2010.

What wasn't intended was his book detailing his experience. The recently released *Gone 'Til November* is based on his diary from his time inside prison. He writes about disillusionment, disputes between inmates and even a time when he officiated at a gay marriage. **AP: Sean "Diddy"**

Combs and Kanye West visited you in jail. What did that mean to you?

Lil Wayne: When I was there, actually talking to them during the visitation, they made it so real. ... They threw all the 'Who's in this room' out of there. That was thrown out the window. They were like, 'How you feeling? What are you going through? Do you need anything, like do you really need anything? Do your parents need anything?' And then, I said the moment it hit me was going back up to the cell.

How did you get through it?

It was due to the people around (me). When I say the people around me, I mean the prisoners, the guards. ... They took all the cliché (out) of whatever I thought it was gonna be, they took that and threw it right out the window. They made me feel like, for lack of a better word, to say like I was at home. And it was everybody. ... Nobody wants to be there, not even the guards. So when you come through there, for everybody to treat you the same. ... Whatever it was, it worked.

How did you keep your seizures under control? (He suffers from epilepsy.)

I was on my medicine. I had to take my medicine every single day, not that I don't take my medicine. I guess I was just praying, and I guess God was with me, I don't know.

What did it feel like to perform again after you were released?

I'd say it was like, uh, being in an accident and losing ... feeling in your legs and they're telling you (that) you'll never walk again. And coming back eight months and running up. ... That's how that felt.



Left Regional Director Fernando Cordero at the Richmond walk



Logan Bromley, center, is shown with two classmates who helped him when he had a seizure at school. Both of his friends had recently received seizure first aid training by EFVA Regional Director Patty Hood. The two boys are proudly showing their Excellence in Seizure First Aid

HOLIDAY MEALS AND KETOGENIC AND OTHER DIETS.

Cauliflower and turnips make great substitutes for potatoes. Sweet potatoes may be switched to rutabaga. For our daughter, we make three dishes of the traditional Thanksgiving feast: Turkey breast, cauliflower, turnips, or rutabaga mixed with European butter, and a side of 40% cream (put into the keto calculator to fit your child’s caloric count and ratio). These dishes are easy to prepare and the kids will love to “gobble” it up (pun intended).

CHRISTMAS DINNER:

Some families serve turkey, some roast, and others serve ham. In a similar manner to Thanksgiving, consider substitutions. If you serve turkey, create a meal akin to what I suggested above. For roast, you can serve with butter and cooked carrots or rutabaga (with side of cream). You can also make a ham and cauliflower casserole (ham, cooked cauliflower, cheddar cheese, cream, and European style butter cooked in one pan).

For more Christmas recipe ideas, visit:

[KetoCal Christmas Recipe Ideas](#)

HOLIDAY SNACKS:

Chanukah gelt is typically a coin-shaped chocolate treat. An easy way to make chocolate is to melt coconut oil with unsweetened baker’s chocolate, add in liquid stevia and little vanilla. For texture, shredded coconut or whole flax seed can be added. You may be able to find coin molds and foil wrappers. The only catch is that the chocolate must be refrigerated until it is to be eaten.

Cookies can be made for any occasion. I like to keep it simple and make keto sugar cookies. Each batch makes 3 small cookies. Simply combine: melted European butter and coconut oil, mixed egg, coconut flour, Truvia®, a dash of vanilla and liquid stevia to taste. You can use different silicone mold shapes and keto-safe food colorings to make them look a little more festive.

I also make a coconut based candy that includes coconut oil, coconut flour, and shredded coconut. Simply melt the coconut oil and mix in other ingredients, then transfer into any mold and leave in refrigerator or freezer until completely set.

Finally, please try to keep your sanity during the holiday season. Even if your child does not like certain items in the keto-versions of the traditional meals, they will always have their other favorites to fall back on. If they like sausage, incorporate sausage. If they like crunchy vegetables, work those in. Making keto recipes is all about trial and error. Feel free to test your holiday recipes beforehand, so that you know what needs tweaking. I always tell people that I feel like a mad scientist in the kitchen, maybe that is because I am actually a little crazy.

In the end, both you and your kids will be happy that no one was left out.

