

# ASLS Family Support Monthly Newsletter



## JANUARY

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## What is Epilepsy?

JANUARY, 2012

Epilepsy is a medical condition that produces seizures affecting a variety of mental and physical functions. It's also called a seizure disorder. When a person has two or more unprovoked seizures, they are considered to have epilepsy. A seizure happens when a brief, strong surge of electrical activity affects part or all of the brain. One in 10 adults will have a seizure sometime during their life. Seizures can last from a few seconds to a few minutes. They can have many symptoms, from convulsions and loss of consciousness to some that are not always recognized as seizures by the person experiencing them or by health care professionals: blank staring, lip smacking, or jerking movements of arms and legs.

**Causes of Epilepsy:** Seizures are symptoms of abnormal brain function. With the exception of very young children and the elderly, the cause of the abnormal brain function is usually not identifiable. However, when seizures start, the physician will try to identify an underlying cause. This is because the most specific diagnosis as to why seizures are occurring depends on finding a cause, and proper therapy, and prognosis (or long term outcome) will depend on the cause. If a specific diagnosis of cause cannot be made, then the epilepsy will be described according to seizure type or epilepsy syndrome.

**Symptomatic seizures** are called that when they can be linked to identifiable diseases or brain abnormalities.

**Cryptogenic seizures** are diagnosed when no cause for the seizures can be found. Idiopathic or primary seizures are diagnosed when a genetic (or family) cause for the seizures is suspected. When it is necessary to classify epilepsy according to cause, similar

terms are used. Causes of seizures are further divided into acute and remote causes. This sub-classification depends on whether there is active brain disease or whether the brain abnormality is the result of an injury caused by a previous event. For example, a child with meningitis experiences seizures during the illness, they would be termed acute symptomatic seizures. If that same child developed seizures 2 years afterwards, she would be diagnosed as having remote symptomatic epilepsy. Causes in newborns may be: brain malfunctions, lack of oxygen during, or before delivery, or at birth, low levels of blood sugar, blood calcium, blood magnesium or other electrolyte disturbances, inborn errors of metabolism, bleeding of the brain, maternal drug use.

There are various types of seizures which include: generalized seizures, tonic-clonic, myclonic, atonic, tonic and infantile spasms. For more information on the various types of seizures you may contact Carol at ASLS.

Head injury trauma is also an important cause of seizures and epilepsy. Although it is commonly accepted that a remote injury (may have occurred sometime in the past) can cause epilepsy, there is no agreement on how extensive or of what type that injury must be. It is known that the risk for epilepsy increases substantially if there are open or penetrating wounds, however. On the other hand, trauma that produces only brief or no loss of consciousness does not predispose to epilepsy, nor does a minor head injury. Sometimes several years pass between the original head injury and the development of seizures and epilepsy.

### UPCOMING EVENTS

- MED ADMIN TRAINING
- PROACTIVE STRATEGIES TRAINING
- FASD SUPPORT GROUP
- YOGA KIDS
- FSCD PARENT SUPPORT GROUP

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# ASLS Family Support

## Upcoming Training

### MED ADMIN TRAINING Jan 10th, 10 –noon, 2012

This course teaches policies and procedures for due diligence in regards to provincial standards for the safe and proper distribution of medication. The course also talks about documentation, incident reports and missed meds. Information sheets are handed out to the participants containing info regarding the various types of medication administration; topical, oral, inhalants, etc.

### PROACTIVE STRATEGIES TRAINING

Jan 11th + 12th, 5-9 p.m.

Proactive strategies are designed to produce long-term change in behavior over time, not short-term quick fix solutions to behavior. Helps individuals develop self management skills. Proactive strategies are about prevention, changes to the environment, skill building and addresses the 'triggers'.

Training is: at the ASLS Grimshaw Office for both the Med Admin + Proactive Strategies Training. Please call Carol at: 780-332-4183 Ext. 109 if you would like to take any of the above training.

### FASD SUPPORT GROUP

For Caregivers/parents of children affected by FASD. The group meets every third Wednesday of the month in either Peace River or Fairview. January's meeting will be in Peace River at the Parent Link Center from 7 to 9 p.m. Contact:

Aaron for more information at: 780-624-0770

### YOGA KIDS WITH JO

For: Children ages 3-6 (parents/guardians are invited to join and watch)

When: January 11, 18, 25, February 1, 8

Where: Parent Link Meeting Room

Time: 1:30-2:30 p.m. (please come 10-15 minutes early for the first lesson to sign in)

Cost: FREE

BRING: Yoga mat or towel, water, and please wear comfortable clothing you can move in. Please register @ Parent Link.

## HAPPY NEW YEAR!



## Parent Support Group

Aimee Steinke, Family Advocate, with Alberta Association for Community Living (AACL) runs a Parent Support Group in the Peace River area. If you are interested in joining the group, please call Aimee Steinke, Family Advocate—Northwest at:

780-832-7326 for more information.



## Tips from Triple P Parenting

Being a parent is the most important and challenging jobs we will do. There is no single right way to be a parent and there are many different views on how to go about raising children. You have to feel comfortable with how you parent and how it fits or works in your family.



### Some Parenting Traps:

The 'it's all my fault' trap

The 'negative parent' trap

The 'it's all their fault' trap

The 'leave them alone' trap

The 'martyr' trap

The 'perfect parent' trap

The 'they will grow out of it' trap

## Winter Recipes from Epicure

### Carrot & Yam Casserole

- 4 carrots, peeled & diced
- 1 large yam, peeled & diced
- 1/4 cup maple syrup
- 1/4 cup apple juice
- 2 1/2 tsp Herb & garlic dip mix (epicure)
- 1 tbsp butter 1 tsp cinnamon
- 3/4 cup bread crumbs
- 1/4 cup melted butter

#### Instructions

1. Preheat oven to 350 F
2. Boil carrots & yams until tender. Drain and mash
3. Heat maple syrup, apple juice, 1 1/2 tsp herb & garlic dip mix, Mix, butter & cinnamon.
4. Combine all ingredients & spoon into a lightly buttered Casserole dish.
5. For the topping, stir breadcrumbs with melted butter And remaining 1 tsp herb & garlic seasoning. Sprinkle over Carrots and yams.
6. Place in pan and bake for about 10 minutes, until lightly browned.

Cinnamon contains high levels of antioxidants (poly-phenols), and is thought to help control blood sugar levels.

Tips: Served with grilled fish is delicious!

### Turkey Soup

- 6 cups turkey stock
- 2 cups cooked tortellini
- 1 cup cubed, cooked turkey
- 2 tbsp prepared Epicure's Pesto

#### Instructions:

1. Bring Turkey Stock to a boil.
2. Add cooked tortellini, turkey & Pesto. Return to boil and serve immediately.

# MONTHLY ACTIVITIES JANUARY, 2012



<u>SUNDAY</u>	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>
1  NEW YEARS DAY HAPPY NEW YEAR!!!	2  STAT HOLIDAY  ASLS Office Closed	3  Drop-In 9-5 p.m. @ Parent Link	4  Drop-In 9-5 p.m. @ Parent Link	5  Drop-In 9-5 @ Parent Link	6  Drop-In 9-5 @ Parent Link	7
8	9  Nampa - Parents & Tots 10-11:30 a.m.	10  Spirit River Silly Time 10-11:30 a.m.	11  Berwyn Book Bugs 2-3 p.m.	12  Proactive Strate- gies Training Grimshaw ASLS Office 5-9 p.m.	13	14
15	16  Drop-In 9-5 p.m.	17  Hands-On 10:15 -11:15 a.m.	18  Grimshaw Book Bugs 10-11:30 a.m.	19  Baby's Day Out- Peace River Parent Link 10-11:30 a.m.	20	21
22	23  Nampa Parent & Tot Parent Link 10—11:30 a.m.	24  Spirit River Silly Time 10-11:30 a.m.	25  Tiny Tunes Peace River Parent Link 10:15-11 a.m.	26  Hines Creek Happy Kids 10-11:30 a.m.	27	28
29	30	31				

**Carol Wanotch, Family Support Program Coordinator 1-877-332-4183 Ext. 109**