

Traumatic Brain Injury & Epilepsy: Prevention Matters

Traumatic brain injury (TBI) occurs in children and adults of all ages. *Each* year in the United States about 200 out of every 100,000 individuals or about 300,000 people will have a traumatic brain injury.

The risk of developing post traumatic epilepsy depends upon the type and severity of the injury. In military-related head injuries the risk may be as high as 50%. In *severe* civilian or closed head injuries, up to 35% of children and up to 10-15% of adults will develop epilepsy.

In children and teenagers falls, bicycle and motorcycle injuries, and sports related accidents account for most injuries. In adults, driving and work related accidents are the most frequent causes of TBI's. In the elderly decreasing balance and gait contribute to falls and head injuries.

Preventing traumatic brain injuries is critical for allowing individuals to achieve their maximum potential and quality of life. For infants and young children, proper car seats and strollers are essential. For older children, the use of helmets for bicycling, skateboarding, skiing, snowboarding, etc. is absolutely essential. For teens, avoidance of risky behaviors, use of helmets for sports, and safe driving practices are essential. Promotion of safe driving practices and use of seat – lap belts and workplace safety is critical. Lastly for older adults, safe environments and conditioning and strengthening can be very important in preventing falls. Avoidance of sleep deprivation will reduce road and work accidents.

Prevention of post traumatic epilepsy is an important goal.

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Chris' Campers 2010

Chris did it again this year.

This summer he continued his role of guardian angel to 24 children who have epilepsy. These 24 children went to summer camps courtesy of Chris and the Chris McCarthy Fund.

Rose, Sara, Barbara, Tony, Becky, Jasmine, Laura and Ben and so many others were able to enjoy a summer filled with fun and laughter due to the scholarships provided by this special fund managed by the McCarthy Family in honor of their son and brother Chris who had epilepsy his whole life. Chris' Campers attended swim clubs, girl scout camps, sports camps, local day camps and sleep away camps all because Chris was very generous again this year. Over \$23,000 was awarded which made it possible for these children to have a great summer.

Each year Chris' Campers send pictures and thank you notes to Chris' mom, Rose, who keeps them all in a special scrapbook.

Bowling to Fight Epilepsy!!

The Epilepsy Society of Southern New York sponsored two bowl-a-thons this year. One in Rockland County at New City Bowl in June and the other in Orange County at Colonial Lanes in October.

Fun was on the agenda for the evenings. Besides the strikes and spares on the alley there were raffles, door prizes, pizza and trophies. Laughter, good natured competition and overall good times were had by all who attended.

About 120 bowlers at the two events were able to raise over \$11,000 to help support those with epilepsy and other disabilities.

If you are interested in bowling for Epilepsy next year be sure to give us a call on 845-627-0627.

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Services Corner!

Services We Provide

In each newsletter we will spotlight one service provided by the Epilepsy Society of Southern New York, and Capabilities Partnership Inc., (ESSNY/CPI). This time we will focus on employment.

What is an Employment Specialist and what services does s/he provide?

ESSNY/CPI has Employment Specialists who assist consumers in achieving their vocational goals and maintaining success in their chosen line of work. They work intensively with each person on an individual basis and assist with pre-vocational skills, the job search and on-the-job support.

To begin, a consumer will contact the Agency. An Employment Specialist will help the consumer clarify their employment goals and assess their skills. Together they can work on developing a resume and cover letter, learning interview/presentation skills and brushing up on social etiquette in the work place. The Employment Specialist will try to match a consumer's goals with job search assistance, and then help to arrange application submissions and interviews. They will work with the consumer to provide guidance in following up with potential employers until that perfect match is found.

Once the consumer has been placed in their chosen job, on-site supports are available. Employment Specialists can provide job coaching/training and assist the consumer acclimate to the workplace. They will visit with the consumer on the job site and also the employer thereby providing advocacy and helping with job retention and problem resolution. The Employment Specialist can ensure that reasonable accommodations are being made and assist in utilizing natural supports. S/He is always there for the consumer to assist in making sure that they achieve success in the workplace!

The Employment Specialist also offers support to employers who are interested in hiring individuals with disabilities. These supports include information on financial incentives such as tax credits and salary reimbursement arrangements.

The Agency has 7 employment specialists on staff. Each has a strong commitment to the people s/he serves. To learn more about our Vocational Department programs contact us today!

See our website to learn about our Job Club!! You may want to join!!



At 11:30 am Friday July 23 the sky opened up and rain poured down on 95 golfers who gathered to honor Chris McCarthy and raise money for the Chris McCarthy Fund.

However, this rain did not dampen the spirits of these hardy golfers who enjoyed a round of golf at the beautiful New York County Club in New Hempstead, NY. After golfing everyone was treated to a wonderful dinner and a comedy show by comedian Tom Cotter. Over \$44,000 was raised for the McCarthy Fund which provides summer camp scholarships to children with epilepsy and socialization trips to the consumers served by the Epilepsy Society of Southern New York and Capabilities Partnership Inc.

A very lively auction was conducted by celebrity Greg Buttle. A good natured bidding war erupted for entertainment packages for the NY Giants and the NY Jets. In addition, lots of sports memorabilia was available for auction including a signed Reggie Jackson baseball and an autographed Eli Manning football.

Tim McCarthy, Chris' brother was the master of ceremonies. Everyone had a wonderful time and helped out a very worthy cause. Same place, same time next year!

Torches on the Hudson & River Rose Boat Trip

On May 16th 80 consumers and staff from the Epilepsy Society of Southern New York and Capabilities Partnership Inc sailed up the Hudson River for a wonderful Sunday afternoon boat ride. All were treated to the majestic views of the Hudson Valley and the camaraderie of the group.

The day was beautiful with a warm breeze and clear sky. The River Rose steamboat left from Port Newburgh and sailed up the Hudson for a great day of site-seeing. All enjoyed the leisurely ride.



Before the boat trip the group was treated to a delicious brunch at the Torches on the Hudson Restaurant in Newburgh. What a lovely way to spend a Sunday afternoon! All thanks to the Chris McCarthy Fund!!

**November
is Epilepsy
Awareness
Month!**

Privacy Notice

Consumer Privacy is important to us. You can get a copy of our Privacy Policy on our website or by contacting us directly.

2009 Financials

Rounded to Thousands with % difference from 2008

	ESSNY		CPI	
Revenue and Support				
Fees & Grants	\$997.3		\$882.9	
Contributions	\$20.6		\$0.5	
Interest Income	\$1.2		\$0.1	
Other (incl McCarthy Fund)	\$211.3		\$0.0	
	\$1,230.4	-8.1%	\$883.5	18.2%
Expenses				
Program Services	\$956.7		\$721.1	
Support Services*	\$298.1		\$86.2	
	\$1,254.8	-5.3%	\$807.3	14.1%
Increase in Net Assets	(\$24.4)		\$76.2	

For more details on the financials for either the Epilepsy Society of Southern New York and/or for Capabilities Partnership, Inc. or to review the IRS Form 990 please contact us on 845-627-0627.