



**EPILEPSY**<sup>®</sup>  
**FOUNDATION**  
Connecticut

NATIONWIDE  
**Walk to**  
**END**  
**EPILEPSY**<sup>®</sup>

## **Participant Handbook**

**Sunday May 5, 2019**

Crandall's Park, Tolland

**Saturday May 11, 2019**

Old Grove at Savin Rock, West Haven  
Winding Trails, Farmington, CT

**Sunday May 19, 2019**

Cove Island, Stamford



The Walk to End Epilepsy is a nationwide event held in communities throughout the country at different times of the year.

## Welcome

Thank you for taking a step to help people with epilepsy in Connecticut. By registering for the inaugural **Walk To End Epilepsy** and committing to raise funds, you can help us reach our goal of having more than 1,000 walkers combined and raise over \$100,000! We know that's ambitious, but we know you can do it!

This Participant Handbook has all the information you will need to prepare for the event. There are special sections on registration, teams, fundraising ideas, and HOW the money you raise is used.

On behalf of the Epilepsy Foundation of Connecticut Staff, Board of Directors and the more than 60,000 people in Connecticut living with epilepsy, THANK YOU! for participating in this event.

If you have any questions or concerns please contact us at 860.346.1924 or email at [info@epilepsyct.com](mailto:info@epilepsyct.com)

*Thank you & Happy Fundraising!*

Linda Wallace  
Executive Director

Allison Gamber  
Associate Director

### MORE INFORMATION

We want our participants to have the most up-to-date information as possible.

Be sure to check our website  
[www.epilepsyct.com/walk](http://www.epilepsyct.com/walk)

Like our Facebook Page  
[www.facebook.com/epilepsywalkct](http://www.facebook.com/epilepsywalkct)



## Where Does The Money Go?

**100% of the proceeds from this walk stay in Connecticut.**

In 2018 EFCT Staff:

- Provided information i.e. brochures, medication information, legal rights, advocacy, etc. to **420 clients**.
- Conducted 120 educational programs that served **2,600 participants** including school nurses, allied healthcare professionals, teachers, camp counselors, lifeguards, early childcare educators, other agency and employee training, senior citizens, transit companies, elementary school students, middle school students, high school students, police officers, and first responders.
- Attended **13 PPT/IEP meetings in schools** to advocate on behalf of children with epilepsy.
- Hosted **13 educational webinars** with professionals providing information about various epilepsy related topics.
- Held an **Epilepsy Awareness Day** at the State Capitol for people with epilepsy and their families.
- Sponsored an overnight camping program for **32 children and teens** with epilepsy.
- Managed a **Parent & Family Telephone Support Network**.
- Managed a **Friend to Friend Telephone Support Network**.
- Sponsored 6 support groups throughout Connecticut, serving **60 people** monthly.
- Held a spring **client picnic** for people with epilepsy and their families
- Offered the **Studio E Art Therapy Program**.
- Provided **transportation assistance** for clients with epilepsy.
- Offered the **HOBSCOTCH Memory & Cognition Program**.

*We are proud to be able to provide the majority of our services free of charge. We are able to provide our services at no cost because of the generosity of people like you. Help us continue to make this possible.*



Dear

Thankyou For donating  
A scholarship to goto epilepsy  
camp. It was so mutch fun! we  
got to do A zipline. I also made lots  
of new friends. Swiming was lots of  
Fun! We made Raindeer In Arts and  
crafts. ~~we~~ had Made teepees in  
Adventure camp. It was so much  
Fun! 😊

♥ Taylor Fochs

# Getting Started

Registering is easy. You can register online at [www.epilepsyct.com/walk](http://www.epilepsyct.com/walk) or in person at each event site.

Online registration closes at noon the Friday before the walk date.

We are happy to take registrations over the phone as well. Please call us at 860-346-1924.

## What do you get for your registration?

Each registered walker

- An official 2019 Walk To End Epilepsy T-Shirt
- A meal ticket
- Team Sign (Deadline's vary)

## Step 1: Get Started

- Register your team at [www.epilepsyct.com/walk](http://www.epilepsyct.com/walk)
- Tell your story by setting up your team page when you register.

## Step 2: Grow Your Team

- Spread the work about Walk To End Epilepsy throughout your circle.
- Share your team page on your Facebook page, in an email
- Ask your friends/family/coworkers to join your team!

## Step 3: Fundraise

- Your registration fee does not go towards your fundraising goal. Ask all of your teammates to share your team page with their family and friends!

## Step 4: Participate

- Join us here in Connecticut to celebrate the Walk To End Epilepsy Nationwide movement. We set a goal of 1,000 participants combined in all 4 locations across Connecticut. We can't do that without **YOU**.

Tolland  
May 5, 2019

West Haven  
May 11, 2019

Farmington  
May 11, 2019

Stamford  
May 19, 2019

# Teams

## What is a team?

A team is a group of at least 4 people who are each registered to walk under one team.

## Why start a team?

Teams can be used to promote your company, business, club, organization, or just to have fun. Teams qualify for an additional prize for most funds raised.

## How does it work?

One person registers as a team leader. The team leader names the team and recruits team members. Team members can be co-workers, family members, friends, or people in the community.

Each team member registers for the walk as part of a team and uses the team name.

Team members are given donation forms to collect donations. Donations can also be made online. Team members submit donation form and donations to their team leader before the event. They are in regular communication with their team leaders.

## What are the responsibilities of a team leader?

### ***Team Leaders:***

- Create a Team Page on our website which includes a picture, story and a fundraising goal
- Recruit team members
- Do not have to walk with their team, but are encouraged to volunteer.
- Are not required to raise funds, but are required to encourage team members to raise funds for the Epilepsy Foundation of Connecticut, Inc.
- Have the opportunity to name their team. Use adjectives that best describe your group, use a name of a person you wish to honor or a business or company name
- Collect all donor forms and money from their team and total the amount raised before the day of the event.
- Hand in the team's totals and funds collected on the day of the event.



# Fundraising Tips

## We need your help to reach our fundraising goal of \$100,000!

Recruit 10 walkers and each of you raise \$100....that's \$1000 for your team! Don't forget about these other ways you can reach your fundraising goal.

### Send Emails

Once your Team Page is complete; and you have sent an email out to your friends & family to join your team; it is now time to create emails to ask for donations. Be sure to include a link to your personal page to make it easy for your contacts to donate.

### Share on Social Media

You can share your team page, on email, Facebook, Twitter, your blog or other social media outlets. This is a great way to update others on your progress and remind them to support you!

### Matching Gifts

Many companies match donations by employees. Contact your human resources representative to see if your company has an employee giving or matching program and ask those who sponsor you to do the same.

Be creative! Tell your story....people want to know about you!

### How to turn in donations.

Donations can be made online, in person or mailed either to you or EFCT. Please have checks made payable to Epilepsy Foundation of Connecticut. All donations are tax deductible.

Prizes will be awarded to the top 2 Fundraising Teams and top 2 Individual Fundraisers out of all 4 locations.

All donations must be received by May 26, 2019 to be eligible.

You can mail all donations to: Epilepsy Foundation of Connecticut  
386 Main St  
Middletown, CT 06457

**Thank you for supporting  
EFCT!**



# Donations

We are challenging each person who registers to collect donations. Below are some ideas on how to collect more donations:

1. **Ask friends, hairdressers, teachers, coaches and family to sponsor you.**
2. **Many companies have a Matching Gift program. Check to see if yours does!**
3. **Online registration and donations have NEVER been easier with our new registration website. There you will be able to create a team page and send out information to your email list letting family and friends know about your participation in our walk.**
4. **Two ways to register: visit [www.epilepsyct.com](http://www.epilepsyct.com) or mail the registration form and payment to EFCT.**

Your Name: \_\_\_\_\_ Name of Team (if applicable) \_\_\_\_\_

- You can still collect checks and cash just as we have done in the past. Please make checks payable to “Epilepsy Foundation of Connecticut

Sponsors Name & Address	Contribution \$
SAMPLE: Jane Smith, 100 Main Street, Middletown, Connecticut 06457-3360	\$25.00
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	
11.	
12.	
13.	
14.	
15.	

Your donation goes directly to your local Epilepsy Foundation of Connecticut to help improve the lives of people with epilepsy, also known as a seizure disorder. Epilepsy affects more than 60,000 people in Connecticut.

