EmpowHer Roc+: Empowering Women with Disabilities

We are thrilled to announce EmpowHer Roc+, a new program launched in collaboration with Disability EmpowHer Network to empower disabled women aged 21 and above. The program offers an inclusive and supportive space for women to explore and develop their personal goals, connect with like-minded individuals, and learn about issues that are personal to them.

Even though EmpowHer Roc+ just launched in January 2023, the program has already had a significant impact on the women we serve. Participants are learning new skills, expressing their emotions, setting new goals for themselves, and connecting with others. We are excited to support this program as it continues to grow and empower women with developmental disabilities.

Chocolate Ball 2023

After a two-year absence, life could not have been sweeter at our Chocolate Ball! This year’s gala, held at the Hyatt Regency on Saturday, April 29th, had a renew energy with nine chefs participating in the annual competition with amazing cakes inspired by la Dolce Vita, the Italian sweet life. We’d like to thank our sponsors, donors, and generous guests for helping us reach our fundraising goal of $150,000!
From the President

Jeff Sinsebox

Home is more than just a physical space; it is a place where we find comfort and a sense of belonging. It is where we create memories, foster relationships, and find comfort in the midst of life’s challenges. Home is where we build our lives, create our identities, and find stability. It is the place where we seek refuge from the world and re-center ourselves. Home is a sanctuary where we can retreat to when the world becomes overwhelming, a place where we can express our emotions, and a space that reflects our personalities, tastes, and values.

Unfortunately, not everyone has access to a safe and stable home. Many individuals and families face housing insecurity, homelessness, or inadequate living conditions. The lack of a proper home can have severe consequences on physical health, mental well-being, and overall quality of life. It is crucial for societies to recognize and address the disparities in housing, and work towards creating environments that allow everyone to experience the security, warmth, and belonging that a home provides. After all, home is where the heart is, and it is at the heart of our lives.

EPI supports people in a wide variety of home settings. The people we serve live independently, with family, with friends, and in our homes. Every person is on a unique journey. The foundation of that journey is the right home. For people who do not live in our facilities, we tailor our support to make their living situations optimal. For those that live within our residential homes, we are continually striving to customize the environment, improve our physical plants, and rethink our approach to service.

Managing Epilepsy Well: Programs for Adults

EPI is excited to announce that we are offering two new support programs for adults with epilepsy.

For adults with epilepsy and self-identified memory and/or attention problems, we offer HOBOSCOTH, a 5-on-1 support that pairs each person with a trained coach. During eight one-hour weekly sessions, the coach and participant will explore education on memory function, develop effective memory strategies, and engage in productive problem solving.

For adults interested in a group experience, we are offering PAGES in Epilepsy, a guided support group that meets for one hour a week for eight weeks. These sessions are facilitated by an EPI staff and a trained peer mentor and will explore topics such as Epilepsy and Medical issues, Dealing with Stress and the Blues, Compensating for Cognitive Challenges, among others.

Contact Denise Eshenaur, LCSW-R; DipACLM at (585) 442-4430 x2768 or deshenaur@epiny.org for more information or to register!

Yoga for Epilepsy Awareness

Yoga for Epilepsy Awareness is a creative idea! For her senior project at Our Lady of Mercy High School, Caroline organized a yoga class at Country Club of Rochester to raise awareness and funds to support programs for children and adults with epilepsy. Caroline’s yoga class raised $350.

2023 Calendar of Events

More information and RSVP links can be found for all events at https://www.epiny.org/events/

Camp Coast
Rochester Rotary Sunshine Campus
June 4th – June 8th

EPI Summer Night
Three Heads Brewing Company
June 14th, 5pm with live music at 6pm

Selue the Day: Amer’s Epilepsy Trail Run 5K/10K/1 Mile
Mondond Pond Park
Sunday, July 16th at 9am

Camp EAGR
Rochester Rotary Sunshine Camp
July 23rd – July 29th

Epilepsy Education Monthly Series
EPI presents a variety of educational topics on epilepsy and seizures on the 3rd Wednesday of each month from 6pm - 7pm.
June 21st – Epilepsy & Other Comorbidities, Dr. Patrick Rooney at UR Medicine
July 19th – Driving & Epilepsy, Dr. Shahram Izadyar at Upstate University Hospital
August 16th – TBD
September 20th – Transition to Adult Neurology, Dr. Nicole Brescia at Upstate University Hospital
October 18th – Sudden Unexpected Death in Epilepsy (SUDEP), Dr. David Auerbach at Upstate University Hospital

Epilepsy Support & Recreational Groups for Children, Adults, and Families

Connect with others facing the challenges of epilepsy in your area! Support groups are from 6-7pm, take a break in June & July for the summer and resume in August, except for Healing After Loss.
In-Person Groups:
- Rochester Epilepsy Support Group: 8/3, 9/7, 10/5, 12/7
- Rochester Office at 1650 South Ave
- Syracuse Epilepsy Support Group: 8/3, 9/7, 10/5, 12/7
- Salt City Market, Downtown Syracuse

Virtual Groups:
- Epilepsy Support Group: 8/10, 9/14, 10/12, 12/14
- "NEW" Black Epilepsy Exchange: 8/17, 9/21, 10/19, 12/21

Epilepsy Support Group (virtual)
EPI has partnered with UR Medicine and the Brain Injury Association of NY to host a monthly support group for brain injury survivors and their loved ones. No RSVP necessary, visit our events calendar online for the Zoom link. For more information, contact liaisonsupport@urmc.rochester.edu

This group meets the 4th Wednesday of each month from 5 pm – 6 pm.
- 6/28, 7/26, 8/23, 9/27, 10/25, 11/22, 12/27