



2016 Annual Report



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Mission

The Epilepsy Foundation of Minnesota (EFMN) leads the fight to overcome the challenges of living with epilepsy and to accelerate therapies to stop seizures, find cures and save lives.

Vision

A world where people with seizures realize their full potential.

About Epilepsy

One in 10 people will have a seizure in their lifetime and 1 in 26 will develop epilepsy; an estimated 60,000 people with epilepsy live in Minnesota and eastern North Dakota. EFMN works to improve understanding of epilepsy through regional education programs and public awareness efforts. We work closely with individuals affected by epilepsy, supporting them through their personal journey with epilepsy, and connecting them to resources and to other people with similar experiences.



Dear EFMN Friends:

2016 was an exciting year of change and growth for the Epilepsy Foundation of Minnesota (EFMN)! Over the past year we increased services by 20%, welcomed new leadership, and expanded our awareness campaign. We are as strong as ever and we are looking ahead to the future with great enthusiasm.

This year's annual report focuses on the individuals and families who have been touched by the EFMN mission. You will also be introduced to some of our programs. We are proud to share that EFMN provides wide-ranging support for those living with epilepsy from Connect Groups to Art Therapy, from Camp Oz to educating students and school personnel. Core to our programming is a strong and impactful Information and Referral program.

The strength of this organization rests in large part on the volunteers and donors that make our mission come to life each day. We are grateful to the many individuals who donate countless hours so that we can more broadly support those living with epilepsy. The breadth of programs would not be possible without those who contribute financially or donate goods in support of our mission — thank you.

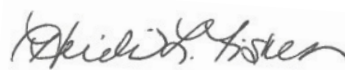
This year we are engaged in a comprehensive strategic planning process. Our goal is to reflect upon the great work being done and to consider new opportunities. We are fortunate; our future is bright as we envision a world where people living with epilepsy will realize their full potential.

Thank you for passionately supporting the EFMN mission.

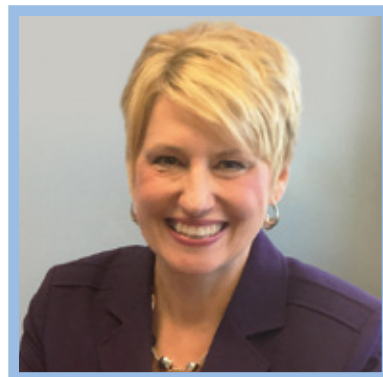
Kind regards,



Tim Gallagher
President, Board of Directors



Heidi Fisher
Executive Director



2016 PROGRAM SUMMARY AND IMPACT REPORT

CONNECT

EFMN offers programs for youth, adults, and families so they build connections to people going through similar challenges and reduce the sense of isolation.

- **Connect Programs** for adults, children and families served 2,000 people across the region, from Austin, MN to Drayton, ND (40 miles south of the Canadian border).
- **Camp Oz** provides a traditional week-long, overnight camp experience with the security of 24/7 medical support. In 2016 we piloted a day camp program for youth who are more severely-impacted, enabling them to experience the joy of camp with the necessary support. 135 youth attended camp in 2016.
- **Shining Stars** brings children with epilepsy and their families together for social events and leadership opportunities. EFMN had 365 Shining Stars in 2016.

EDUCATE

EFMN education and training programs provide free and low-cost trainings to schools, daycare centers, workplaces, and senior centers so these environments are prepared if someone has a seizure.

- **Seizure Smart Schools** trained 8,900 school personnel and provided 86 classroom kits in 2016, more than twice the numbers from the previous year.
- EFMN staff provided **Seizure Recognition and Response** training to 4,800 people.
- EFMN held its first **Wellness Expo** at the Minneapolis Convention Center, offering a day of epilepsy education, resources, and materials to over 500 individuals and families.

"Camp Oz is a highlight of the year for our daughter. Thanks for all that you do to make sure that she has a safe and fun time at camp!"

-Camp Oz parent



"[The EFMN trainer] engaged our class and presented wonderfully. She shed light on common misconceptions and myths and explained the truth behind epilepsy. I would recommend the Seizure Smart School presentation to any school."

-Teacher, Brooklyn Park, MN



EMPOWER

The unpredictable nature of epilepsy can make a person feel they have little control over their life; EFMN empowers individuals through its Information and Referral services and its Epilepsy Advocacy communications. Art therapy programs encourage people with epilepsy to express themselves through visual arts, performances, and creative writing.

- Over 900 people received individualized assistance through our **Information and Referral** services.
- 2,200 people participated in our **advocacy** efforts; 50 people attended our Day at the Capitol in March 2016.

RAISE AWARENESS

EFMN works to raise awareness of the prevalence of epilepsy and improve understanding of the condition.

- Visitors to our "4 Steps" web page increased by 50% during this year's **Epilepsy Awareness** campaign. The site gives simple instructions on what to do if someone has a seizure.
- EFMN supported filmmaker Stacia Kalinoski in the production of her documentary **Brainstorm** which documents her personal journey with epilepsy and decision to undergo brain surgery. The film aired on local PBS stations in fall of 2016.

EFMN DIRECTLY SERVED **65,785** PEOPLE IN 2016.
IN ADDITION, **158,700** PEOPLE WERE INDIRECTLY SERVED
THROUGH WEBSITE RESOURCES.

20% INCREASE OVER PREVIOUS YEAR!

THANK YOU TO OUR CORPORATE PARTNERS



PARTNER HIGHLIGHT

“The idea of Comprehensive Epilepsy Care was first realized in the early 1960’s with MINCEP being one of the first of three comprehensive epilepsy centers. Over the years we have been dedicated to helping people with epilepsy achieve as normal a life as possible. We have done this by combining our deep experience, the latest treatments, and a team approach that continually adjusts treatment until seizures are controlled. The comprehensive care model has since been widely adopted by major centers throughout the country. University of Minnesota Health MINCEP Epilepsy Care is proud to have partnered with the Epilepsy Foundation of Minnesota for over 50 years.”

- **Thaddeus Walczak, MD**, Clinic Medical Director of MINCEP Epilepsy Care, Vice Chair Clinical Affairs, Department of Neurology, University of Minnesota



Dr. Walczak with some members of the MINCEP team

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Turck, Inc.
Visions, Inc.

2016 FINANCIAL SUMMARY

STATEMENT OF ACTIVITIES YEAR ENDING DECEMBER 31, 2016

Revenue:	Total
Individuals, Foundations, and Corporations	895,995
Special Events, net	311,749
Program Fees	34,260
Investments	44,887
Donated Goods, net income	1,253,198
Total Revenue	2,540,089
Expenses:	
Program and support personnel	1,190,614
Printing/Postage/Advertising	136,935
Supplies	95,662
Trainings and other program expense	183,588
Site rental and other fees	147,389
Professional Fees	158,469
Occupancy/Admin	189,093
Total Expense	2,101,750
Total Change in Net Assets	439,339

STATEMENT OF FINANCIAL POSITION DECEMBER 31, 2016

Cash and Cash Equivalents	1,410,000
Receivables	224,296
Prepaid Expenses	91,782
Investments	1,563,828
Property and Equipment, net	129,041
Total Assets	3,418,947
Total Liabilities	200,103
Unrestricted Net Assets:	
Undesignated	639,605
Board Designated	1,692,191
Net Investment in Property & Equipment	129,041
Temporarily Restricted	758,007
Total Liabilities & Net Assets	3,418,947

CHASING DREAMS



Former Gopher Football Coach Jerry Kill and his wife Rebecca

The **Coach Kill Chasing Dreams Epilepsy Fund** surpassed the \$1 million mark in 2016. Over 500 individuals have joined former Gopher Coach Jerry Kill and his wife Rebecca to provide significant annual support for the Camp Oz and Seizure Smart Schools programs through the fund. In 2016, Coach Kill published his autobiography *Chasing Dreams: Living my Life One Yard at a Time* which details his personal journey with epilepsy. A portion of the proceeds from the book will go to his fund.

USED GOODS DONATION PROGRAM

EFMN collected almost 10 million pounds of used clothing and household items, converting unwanted items into a significant revenue stream for our programs.

Make Space. Make a Difference.

Schedule a pickup at efmn.org or 800.779.0777

THANK YOU, DONORS!

\$40,000+

Ken Evenstad
UCB, Inc.
Upsper-Smith Laboratories, Inc.

\$30,000+

Shannon & Mark Evenstad
Coach Jerry & Rebecca Kill
University of Minnesota Physicians

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Ann Astrup
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Mayo Foundation for Medical
Education and Research

\$20,000+

Hope Fore Tomorrow Charities, Inc.
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Rukavina Family Foundation

\$15,000+

Leafline Labs
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ELAM BAER AND JANIS CLAY SCHOLARSHIP FUND



"This scholarship shares the message that education and knowledge are important for everyone and we want to make it more accessible for those living with epilepsy."

- Elam Baer & Janis Clay, donors

2016 Scholarship Winners

Michael Blesi
Travis Boyum
Oliver Brown
Sandra Johnson
Kelsey Jonason
Coho Menk
Daniel Saunders
Rachel Stych
Megan Elizabeth Winters
Hafsa Yusuf

Volunteers donated over 2,500 hours to EFMN in 2016.



EFMN partnered with several organizations who address issues that have a connection to epilepsy:

Adler Graduate School
 Alzheimer's Association
 Autism Society
 Center for Disease Control
 Epilepsy Advocacy and Employee Group
 Minnesota Brain Injury Alliance
 People, Inc.
 University of Minnesota
and many clinical and pharmaceutical partners!

May 6, 2016 was declared Seizure Smart Schools Day in Minnesota by Governor Mark Dayton.



Kathleen & Bill McReavy
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\$500+

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This list represents direct donations and donated live auction items received in 2016. Please contact Dinah Swain at dswain@efmn.org or 651-287-2302 with any questions or suggested changes to this donor recognition list. Thank you!



"Advocacy means finding ways to bring awareness about the different aspects of an illness that many people would be ignorant to. I believe it also means challenging those issues, and giving people with epilepsy a voice."

-Day at the Capitol participant

Memorials

Alexis	Coho Menk
Larry Anderson	Mikaela Moser
Stephanie Atwell	Mr. and Mrs. Brad Nelson's Son
Diane Baggenstoss	John Purrington
Jessica Baglien	Carla Ranem
Beverly Beadles	Janet Rhodes
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Andrew Jensen	
Tim Johnson	
Mary Alice Landeen	

THANKS TO YOU,
 WE SERVED
225,000 PEOPLE
 IN 2016!

2016 RISE ABOVE SEIZURE WALK

More than 3,500 people in Minnesota and North Dakota walked to raise funds for EFMN programs in their communities. We are especially grateful to the Walk Team Captains who donated so much of their time to make the 2016 Walk a success.



2016 Walk Captains and Their Teams (\$250+)

Tamara Abers, Jordan's Jammers

Kyah Altieri, Diamonds in the rough

Bill Atwell, Stephanie Atwell

Tia Barthope, Paul and Babes Bemidji Connect

Amy Bauer, G-Squad

Josh Beaulieu, Team Elise

Jennifer Beran, Team Tanner

Amy Bitzan, We Walk for Will

Linda Borman, Kayla's Krew

Clara Borrell, Rock 'n' Stroll

Sara Brace, Team Dakota

Lori Braegelmann, Braegelmann Brigade

Brian Britz, Team Isabella Mae

Carrie Buck-Semrow, Kourageous Kids

Jenny Campos, Team Dylen

Lorinda Chagnon, TJ's Troopers

Miranda Chimzar, Rising Phoenix

Laurie Colbeck, MN Epilepsy Group

Kristin Davis, Abby's Avengers

James Dolan, Team James

Jeff Duncan, Team Gracie

Sarah DuCloux-Potter, Headstrong

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Kacie Finley, Kacie's Crusaders

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Sherri Gallus, Team Pinkie Pie

Melissa Gerads, Mia's Angels

Kristine Giesen, Finn's Fight Club

Kelly & Chris Girgen, Seizure Destroyers

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Desiree Gregorich, Team Desiree

Erik Hassenstab, Adam's Superheroes

Kathryn Haugen, Journey for Jess

Jessica Hauser, Wyatt's Warriors

Kim Heckmann, Minneapolis VA

Jennifer Hover, Ronan's Rebels

Beth Hundley, Harlow's Hope

Caitlin Hunstock-Jansson, Team Leah

Larissa Indrebo, Isaac's Minions

Paige Johnson, Paige's Pack

Madeleine Karl, Students for Seizure Awareness

Caleb Kern, Calebs Courageous Course

Brad Kletzin, Ollie Tumba & The Electric Brains

Leesa Krisak, Stroll'in thunder

Ryan Lais, Team Livin' the Dream

Jeni Larson, Team Mason

Misty Leonida, Team Halloween

Alison Lillegaard, Cranium Crackers

Sharon Love, Bear Creek Services

Alex Marquette, Johnny Rockers

Elena Marushin, Elena's Strollers

Jacqueline Massmann, Caleb's Crusader's

Michelle Maxwell, Team EFMN

Carrie Menk, Dusters

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Kat Metzger, Upsher-Smith Laboratories

Dawn Moen, BLEND (Better Living: Exercise and Nutrition Daily)

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Lance VanWagner, Team Lance!

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