



Legacy Bridges Foundation, Inc.

Raising Awareness. Shining a Light. Partnering to Find a Cure.

AUGUST 2022 NEWSLETTER

SAVE THE DATE

BRIDGING THE GAP

Awards Celebration & Fundraising Gala



On, Thursday November 3rd, 2022 the Legacy Bridges Foundation, Inc. will be hosting its 1st Annual Awards Celebration and Fundraising Gala.

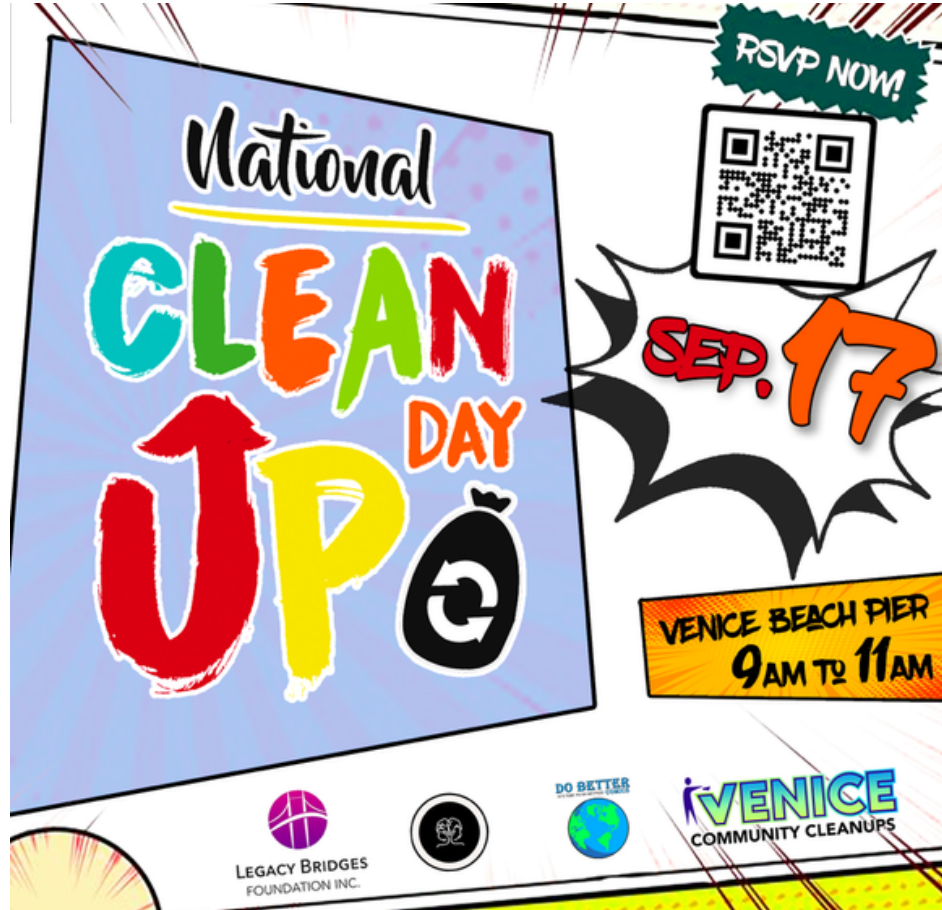
Join us as we celebrate the outstanding work and achievements of our most dedicated supporters.

The Inland Empire's most influential business, political, faith-based and community leaders are expected to be in attendance, as we draw attention to the disease of epilepsy during its nationally recognized month.

For tickets and sponsorship opportunities, visit:

www.legacybridgesfoundation.org
Call us at 951-374-0933, or email us at legacybridgesfoundation@gmail.com

Donate today!



Join Us Saturday, Sept 17th

In collaboration with Do Better Comics, Venice Community Cleanups and Mind Wander Collective, the Legacy Bridges Foundation will co-host a Beach Cleanup event on Saturday, September 17th (National Cleanup Day) from 9am-11am.

This event is to raise awareness about marine pollution and the impacts to the environment and human health. Our community partner, Do Better Comics, has designed a unique platform using art, storytelling, and original superhero characters to engage and encourage community members to do their part to help save the planet.

Scan the QR Code to register today!



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Who We Are



After battling with the uncertainties, isolation and stresses of her daughter's epilepsy case, Executive Director Melanee Stovall discovered there are many others enduring the same struggles. Through this discovery she realized many comparisons among people living with epilepsy or caring for someone who does. Same uncertainties, isolation and stress fueled her desire to give back to those she understood.

The Legacy Bridges Foundation, Inc. (LBF) was founded to bridge the gap between society, epilepsy patients, and their families. With millions of people experiencing the most traumatic and unexpected of situations, the cry for help is evident.

The Legacy Bridges Foundation, Inc. is a California 501(c)3 non-profit public benefit corporation founded to support individuals and families battling the disease of epilepsy and other seizure related disorders. Epilepsy is an incurable neurological disorder in which abnormal brain activity causes seizures or other unnatural behaviors.

Epilepsy affects 1 out of every 26 individuals; 3.4 million nationwide, over 65 million globally, and 150,000 new U.S. cases are diagnosed yearly. The suffering and effects of epilepsy, lack of discussion, and the constant impacts of isolation gave rise to the founding of LBF.

LBF's mission is to raise awareness of the disease of epilepsy and other seizure disorders, shine a light for those suffering, and partner with other organizations to find a cure. LBF is fundraising to raise \$25,000 toward the purchase of a van equipped to transport our disabled champions to medical appointments, social outings and more. We need your support. Make a tax deductible contribution today.

Visit www.legacybridgesfoundation.org for more information.



SEIZURE FIRST AID TIPS



Establishing back to school routines can be exciting and daunting. If your student has epilepsy, consider creating an Individualized Education Plan (IEP). Keeping this actionable document current will establish structure for the student, parents and educators; and promote educational advancement for your student.

This is also a great time to prepare a Seizure Action Plan to detail your students' health and medical information. This plan offers specific guidelines in response to your students' seizure activity and coordination of any prescribed rescue medications. Speak to school administrators for more information.

If you experience someone having a seizure, follow the steps below.

SEIZURE FIRST AID



- Don't panic.
- Track the begin and end time.
- Direct the person away from hazards or remove objects that may present a danger.
- If the person is having a convulsive seizure, turn them on their side and cushion the head.
- Remove glasses and loosen tight clothing.
- Do NOT put anything in the mouth. Do NOT restrain.
- Remain present until the person regains conscious awareness.
- Follow the individual's seizure action plan, if available.

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