



EPILEPSY
FOUNDATION

TEXAS - HOUSTON/
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WEST TEXAS

EFTX Quarterly Newsletter
March 26, 2026

Care and Community

....Spreading Hope across Texas



In this quarterly newsletter, we will share stories of people making a difference. We will also highlight upcoming events and opportunities. You won't want to miss what's ahead.

Every day at the Epilepsy Foundation of Texas, we see people valiantly living with epilepsy. We are humbled by the incredibly inspiring individuals who are making extraordinary efforts in the fight against epilepsy—people who share care and hope, like Jordan Zboray and Jerry Karels.

There are many reasons to support the Epilepsy Foundation of Texas (EFTX), and countless ways to get involved—from our kid-friendly Walks and Camps to fun community events like galas, as well as meaningful opportunities to help people in need. EFTX truly has something for everyone.

We aspire to build a community of care. We hope you enjoy our first ENewsletter and invite you to join us in making our vision for the future a reality.

To learn how you can help provide care for underserved communities, please complete our Volunteer Form by clicking on the button below. Or contact Stefanie Gilbert at (713) 789-6295 ext. 236, sgilbert@eftx.org.

[Get Involved](#)



No One Should Be Alone.

Jerry Karels had a vision: to provide a source of support for those who face Epilepsy Monitoring Unit (EMU) hospital stays alone. From that, the idea of an **EMU Support Squad** was born.

An Epilepsy Monitoring Unit (EMU) is a specialized hospital setting where patients—children, teens, and adults—are admitted for several days so doctors can closely monitor brain activity.

Such stays can be overwhelming for patients and for the families who love them. During an EMU stay, patients may feel isolated and alone.

In addition to a visit by EFTX volunteers like Jerry, families receive a kit with “fun stuff” to take their minds off the lengthy stay. There is no one level of support, depending on circumstances.

“This is his baby,” EFTX Program Manager Stefanie Gilbert said. About Jerry, she added, “He keeps the mission at the forefront. Jerry really cares and takes time to really listen. He is absolutely genuine.”

On behalf of EFTX, **thank you, Jerry**, for all you do!

For more information about EMU’s, click below to our website:

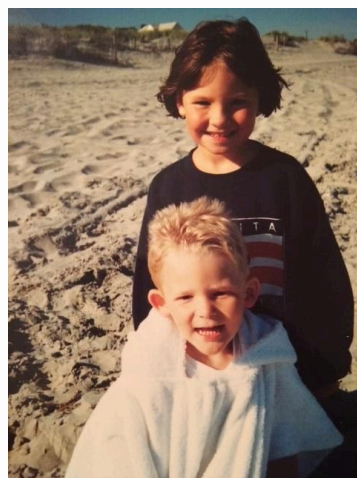
[Visit our Website](#)

Why I Serve: In Memory of My Brother Justin

"My connection to the mission of the Epilepsy Foundation is personal. My younger brother, Justin, was born with an imperfect brain and began having seizures very early in his life. At one point, he was experiencing between 80 and 100 seizures a day. Before he was six months old, he had already undergone three brain surgeries to help manage his condition.

Justin lived a short life, but he brought a great deal of love and joy to our family. He had a smile and laugh that could brighten a room, and even during a very difficult time, he gave us many moments of happiness.

One thing that has always stayed with me is the support our family received from the people around us. Friends, neighbors, and members of our community stepped in with kindness and encouragement when we needed it most. That support made a lasting impression on me and



Jordan and her baby brother, Justin.

showed me how meaningful it is for families facing epilepsy to know they are not alone.

Justin passed away in 2003, but he remains an important part of my life and the way I think about service. Serving on the Board of Directors for the Epilepsy Foundation allows me to stay connected to this mission and to support families navigating challenges similar to the ones my family experienced.

I'm grateful for the opportunity to be part of a community that works to provide resources, connection, and hope for people living with epilepsy and their families."

Jordan Zboray, BSN, RN, MHI
UCB



Join us for our upcoming 2026 Walks!

Let's come together and make an impact. Our 2026 Walk season is here, and it's your chance to raise awareness, support the epilepsy community, and have a great time doing it.

We're excited to invite you and your family to join us at one (or all!) of our spring Walk events:

- **Houston Walk – April 25**
- **DFW Walk – May 2**
- **Amarillo Walk – May 16**

All three Walks are now open for registration, and we would love to see you there! These events are fun, family-friendly, and full of energy, bringing together individuals, families, and supporters to raise awareness and make a real impact.

Whether you walk, volunteer, donate or simply show your support, you are helping us build a stronger, more connected epilepsy community across Texas.

Register today by clicking one of the links below and be part of something meaningful.

[Houston Walk](#)




[DFW Walk](#)

[Amarillo Walk](#)

Summer Camps Are Back!



For years, **Camp Spike 'n' Wave** has provided a life-changing summer experience for children living with epilepsy—offering a safe, supportive space to build confidence, make friends, and just be kids.




 July 17 June 7–12, 2026
 Camp For All, Burton
 Ages 8–14

Applications are now open—click below to apply!

[Apply for Spike 'n' Wave](#)



Camp Kaleidoscope continues a long-standing tradition of empowering teens living with epilepsy through connection, independence, and unforgettable experiences.

 July 17 July 12–17, 2026
 Morgan's Camp, San Antonio
 Ages 15–19

Applications are now open—click below to apply!

[Apply for Kamp Kaleidoscope](#)

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Imagine a community where epilepsy could be better understood and effectively treated.

What would it take to assure that every person with epilepsy could access the care and attention he or she needs to prosper?

JOIN US IN THE FIGHT.



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