



SPRING ■ 2013 ROGER'S HOUSE Chronicles

Upcoming Events:

VOLUNTEER INFORMATION
SESSION
RSVP REQUIRED
ROGER'S HOUSE
MAY 2ND, 6:30-8:30PM

10TH ANNUAL WALK,
ROLL & RUN
SCOTIABANK PLACE
SUNDAY, JUNE 16TH



ROGER'S HOUSE Telethon

Roger's House thanks the Sens Foundation and all those responsible for making the night such an **amazing success!** Thank you for your generous contributions! Roger's House relies on your **incredible generosity** and **ongoing support** to do what it does best: Care for children and their families. Thank you!



The 10th edition of the Scotiabank Walk, Roll & Run for Roger's House will be held on Sunday, June 16, at Scotiabank Place. Senators forward Chris Neil and his wife Caitlin, the honorary chairs of Roger's House, will be participating in the event and encourage the community to take part in the day's activities or to pledge support for a participating team.

The Scotiabank Walk, Roll & Run for Roger's House is an annual event produced by the Sens Foundation that offers people of all ages the opportunity to come together, have fun, and raise funds for the region's only pediatric palliative healthcare facility, Roger's House.

This year's event will feature special 10-year anniversary programming, a Tot-Trot, 2km and 5km event routes, a family-fun zone and live entertainment. It's an event not to be missed so sign up today and join hundreds of others in raising funds & awareness for the children and families of Roger's House.

To Register visit: www.sensfoundation.com



Tribute to Roger Neilson: 10-year anniversary

Many thanks to Chad Schella for this piece honoring the memory of Mr. Neilson.

Since his death on June 21, 2003, a day hasn't passed that Roger Neilson has not been missed, thought about or remembered. His legacy lives on in numerous ways, including the many friends whose lives he influenced, the hockey players and coaches whom he inspired, a school and street in Peterborough, ON that bear his name, and his rightful place in the Hockey Hall of Fame and as a Member of the Order of Canada. Just as importantly, however, Roger's legacy lives on through the very special facility in Ottawa created to celebrate his life and help children and families in need through the provision of palliative and respite care. That facility is Roger's House.

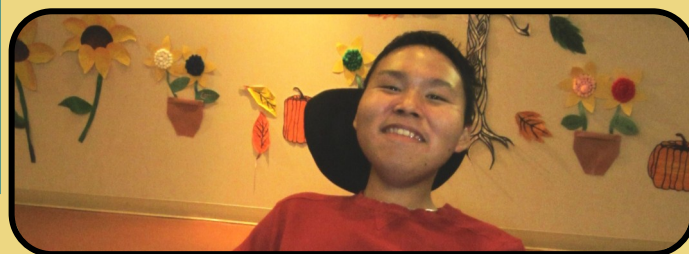


As Roger's House remembers Roger's life and death, let's not forget the simple lessons that he taught us: to live life with conviction, integrity, faith, optimism, courage, determination and humour, and to treat everyone with respect, love and compassion. Roger shared his genuine character and his love of life with everyone he touched and had the unique ability to make everyone he met feel important. Roger's House today embodies his willingness to give selflessly to those in need and I know that Roger himself would be so proud of the work and love that Roger's House continues to deliver in our community.

In Remembrance of...

We honour the following children who have passed away since November 2012 :

Anne Boucher	Isla Campbell	Yael Grimberg
Maya Koskela	Noah Latour	Joseph Cross
Dylan Beaton	Gillian Tait-Glossop	
Mohammad Baddou		



From a Parent

When we started out on this unique journey of parenting, we relied heavily on our family and friends for support. We coped surprisingly well in those early years although we always felt isolated living in a small town and not knowing any other parents out there "like us". Sure, there seemed to be no shortage of parents with children with special needs but once we were referred to Roger's House, we felt that we were in a league of our own. Having a child with mild cerebral palsy differs greatly from having a child with medical fragility and a short life expectancy. After sharing a room at CHEO with another family who had a child remarkably similar to our own, I attended my first parent support group in November 2010 at the urging of our new friends. I didn't expect to get much out of it as I considered myself to be highly resilient and I wasn't in the market for a 'touchy-feely' support group. To my surprise, it was not what I had imagined and has become a "must do" on my endless list of monthly commitments. The parent group is a safe environment where you can say, feel and be whatever it is you need while in the gentle and nurturing space of a group of non-judgemental people. It truly is the ONLY place where I feel completely and fully understood and supported. If you have hesitated to come out, I encourage YOU to give it a try and before you know it you, too, will be a regular surrounded by friends. - Julie Keon www.whatiwouldtellyou.com

Palliative Care Family Support Group

All parents of children followed by the Palliative Care Team are welcome to join the monthly meetings held at Roger's House. Parents meet the second Tuesday morning of every month for two hours to discuss topics such as self-care, coping strategies and advocating for your child. As one wise group member said, "One thing you can do for your child is give their parents the gift of support".

Mission Accomplished!

On October 14th 2012, the ten climbers of the Sky-High for Roger's House team celebrated their Kilimanjaro climb at Uhuru peak (5,895 metres). It had been a long road for the Sky-High for Roger's House leaders Sophie Rosa and Angelo Garcia; the idea of climbing Kilimanjaro for Roger's House came during the Roger's House Telethon in March 2011.

Long before meeting each other at the Roger's House bereavement group, both Sophie and Angelo had planned to climb Kilimanjaro. Sophie was in training to climb when her son passed away, while Angelo and Misha had planned to climb Kilimanjaro together. The return of Misha's tumour kept them from fulfilling their dream; however, in his will, Misha asked his father to scatter his ashes on top of Kilimanjaro so they may still reach the highest peak of Africa together.

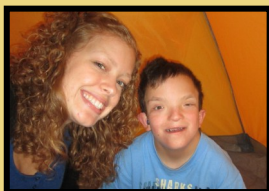
The team wishes to thank the families, friends and vibrant communities who raised their spirits with their overwhelming generosity and support. The fundraising activities are coming to a close and the team will hold a Show & Tell to announce the total of money raised and share stories of their adventure. April 26th, 7:30pm at MEC in Westboro. www.skyhighrh.com



Team members at the summit: Sophie Rosa, Angelo Garcia, Ian Butcher, Marcel Lalande, Joël Morghese, Joanna Fabris, Mari Carmen Garcia, Amy Cook, Gilles Larrivée and Kazim Giby.

Joint Advisory Group

A Joint Advisory Group (JAG) has been established between Roger's House, OCTC and the Ottawa Rotary Home to help ensure high quality, family-centered care. JAG will be responsible for providing suggestions to better coordinate planning, communication, education and networking between the three organizations. JAG will meet four times a year and comprises 6-12 family advisors and a staff liaison from each organization. The first education/networking session was entitled Transition to Adult Services. Future topics will include personal care, adolescent sexuality and managing caregivers in the home. For info, contact Nora at ullyot@cheo.on.ca



Basement Renovations are Underway

We are very excited to report on the renovations of the Roger's House basement.

The original building plan for Roger's House did not include a basement, but thanks to Marion Rattray's insistence, a basement was added to the plans. We are so thankful for Marion's foresight. We have stored A LOT of stuff in the basement. Now it's time to make even better use of the space.

Our main purpose of the basement is twofold. Primarily, we want to create a teen-friendly recreation room. We will finally be able to set up Roger Neilson's pool table. We will have a big screen TV, a nice sound system and, of course, some video games and movies.



Lloyd Cowin,
Executive Director



Susan Richardson,
Chair of the Board

Secondly, we will move meetings and training sessions down to a larger purpose-built meeting room, freeing up the play room and living room upstairs for more children and family use. We will also have office space for the future, a workshop for our dedicated maintenance volunteers, washrooms and a smaller multi-purpose room.



Stay Tuned for the grand opening!

The project will be completed this spring and we will have an open house to show it off. Stay tuned for details.

We would not be able to afford such a big renovation without the support of the Ottawa and Region Home Builders Association, Roy Nandram and RND Construction, both the Sens Foundation and the CHEO Foundation and volunteers such as Gord Brown. Thanks also to all the subcontractors who donated time and/or materials to the project. We appreciate all of the support we have received.



Volunteer Corner

Pennies for Roger's House!

Empty your pockets, piggy banks and jars that have been collecting pennies and drop them in the Jug at RH reception!

March 10th to April 30th

Every penny counts! Let's fill the "Jug" and help out Roger's House.

A Volunteer will come and pickup your penny stash if needed.

Contact: volunteer.dianeg@gmail.com



VOLUNTEER
BÉNÉVOLES
CANADA

Roger's House recognizes and is grateful for our volunteer care team. In honour of volunteers, we will be celebrating National Volunteer Week April 21 – 27. This year's theme is *Volunteers Cast a Beautiful Shadow*.

Meet Bea, RH's FAC Volunteer Rep!

My name is Bea Alvarez, RECE, OCT. I have been volunteering at RH's since its opening. After twenty years working in graphic arts, I moved to Ottawa to complete a diploma as a Childhood Educator and a Certified Elementary Teacher. I have been working in childcare since 2008 at the Ottawa Inuit Children's Centre. I enjoy the combination of education and culture. It is as much a learning experience for me as it is for the children under my care.



At RH, I first worked in reception and then I moved into the Family Support role. I enjoy the one-on-one aspect of my role. It is a more intimate experience of spending time with a child than in childcare. It keeps me totally focused on being responsive and in the moment.

This year I was chosen to participate in RH's Family Advisory Committee. These meetings have enlarged my understanding of the other facets of RH. So far, it has involved discussions on RH parents' engagement, feedback, and representation in the greater community.

I began working at RH with a purpose of giving back to the community in memory of my mother and the people who assisted our family through our grief. This experience has taken me to a place of growth in appreciation for simple things and for celebrating life even in the quietest moments.



Summer Volunteer Opportunities

Roger's House is especially busy during the summer months. We are actively recruiting volunteers who are interested in volunteering a minimum of one 4-hour shift per week from June 1st to Sept 1st. Available engagement opportunities: Play & Learn and Reception. Please register for the May 2nd information session to qualify.

For more information, contact Lise Beauchemin at volunteers@rogershouse.ca.

Roger's House Founding Sponsors



Roger's House Clothing Available!!

This Spring you will have the opportunity to purchase clothing with the Roger's House logo! Samples of the clothing will be available to try on and purchase the week of May 5th at the House. Items available for purchase are:

- Polo: \$26
- Fleece jacket: \$46
- Fleece vest: \$36
- T-Shirt: \$10
- Long sleeve t-shirt: \$12
- Hoodie: \$27
- Cap: \$12

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Please contact us if you no longer wish to receive the newsletter.

