



Fall 2013

CHEO Champion Child:

You haven't heard the last of me!



Kevin Keohane,
CHEO Foundation
President,
Tyler Preston,
CHEO Champion
and Jody Mitic,
retired Canadian
army sniper at the
Champions Across
Canada Program
launch sponsored by
Walmart.

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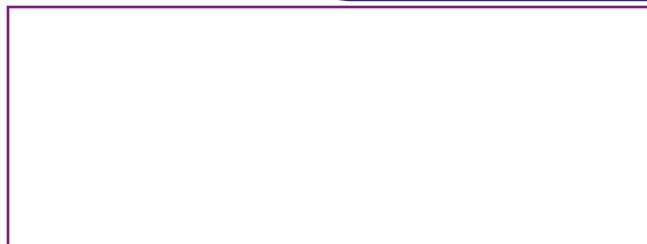
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My name is Tyler Preston and I'm 16 years old. My friends call me Ty. I'm in grade 11, I'm a cadet and I play hockey. I like spending time with my friends and family. Basically, I'm a typical teenager.

Except that I've had to deal with things most kids my age never have.

October 14, 2010 is a day my family will never forget. I was 13 years old at the time. I started to feel sick and had flu-like symptoms. When the fever got worse and my mother noticed that I had a rash all over my body she called 911 and off we went to the Children's Hospital of Eastern Ontario (CHEO).

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Dream of a Lifetime Lottery

Dream of a Lifetime Lottery supporters have even more to be excited about this year because the 2013 edition of the lottery is truly spectacular!



minto.com



With over \$2.8 million in prizes, there's something for everyone. Not only will lottery buyers have a chance to win great prizes, the kids at CHEO will be the real winners as support for this lottery has brought in more than \$39 million for CHEO and the CHEO Research Institute since 1991.

The Minto Dream Home is once again the centerpiece of the \$1.8 million Grand Prize package. It is 5,568 square feet of luxurious living space fully furnished by La-Z-Boy Furniture Galleries. You have to see it to believe it! The Dream Home is located in Minto's newest community in Manotick, Mahogany. To check out which features of the home will be your favourite, visit the home at 532 Bridgeport Avenue in Manotick or take a tour online at www.dreamofalifetime.ca. Also included in the Grand Prize is \$100,000 cash, a 2014 Lincoln MKS AWD from Jim Keay Ford Lincoln, house cleaning for a year from The Maids Homes Services and \$5,000 in groceries from Farm Boy.

There are 4,774 prizes in total with trips, cars, cash and so much more up for grabs. Order tickets by November 15 and you could win an exciting \$94,000 Early Bird prize package which includes: \$50,000 cash, a 2014 Ford Escape from Jim Keay Ford Lincoln, a trip for two to the Grand Bahia Principe Royal Golden Resort, Jamaica from Marlin Travel and Transat Vacations and an Ottawa Senators Flex 40 Package in the 100-level. Not to mention the chance of winning one of 2,500 bonus tickets giving you an extra ticket in the drum toward the final draws.

With so many great prizes it's hard to believe there's more! But, we are excited to introduce an incredible addition to the

lottery – a 50/50 Cash Draw! This optional 50/50 Cash Draw will have a guaranteed minimum payout of \$100,000 cash to the winner with an escalating jackpot. The more tickets sold – the higher the payout will be for the 50/50 winner and the more money generated to help the kids at CHEO!

The only way to get in on the new 50/50 Cash Draw is by ordering a Dream of a Lifetime Lottery ticket. You are then eligible to order as many 50/50 tickets as you wish! Who knows how big the jackpot will grow? Tickets for the Dream of a Lifetime Lottery are \$100 each or three for \$250 while tickets for the new 50/50 Cash Draw are one for \$10, five for \$25, or 15 for \$50.

There are three easy ways to order your tickets today:

- Online at www.dreamofalifetime.ca
- By phone at 613-722-5437 or 1-877-562-5437
- In-person at the Minto Dream Home located at 532 Bridgeport Avenue in Manotick, or in-person at nearly 200 local branches of TD Canada Trust, Scotiabank, RBC Royal Bank, BMO Bank of Montreal, CIBC and Banque Nationale in the Ottawa area.

The Children's Hospital of Eastern Ontario is privileged to serve the needs of children and youth in this region. When you order your tickets today you can take pride in helping the CHEO Foundation make dreams come true for CHEO's kids. An enormous thank you to sponsors, trades and suppliers and to all those who support the lottery. Good luck in the draws!

CHEO Champion Child (cont'd)

What happened next is sort of a blur to me. All I remember is that I told a nurse I wanted to be out in time to go hunting with my dad a couple of days later. Our hunting expedition would have to wait.

It was only some eight months later that I was able to go back home...with a few challenges I never expected. Turns out I had meningococcal meningitis, a life-threatening blood infection that causes tissue damage. I was put in a medically-induced coma for a week to try to slow down the spread of the infection in my body.

The disease eventually caused me to lose both legs and affected one of my hands. But I survived.

It was a long and gruelling journey but thanks to my family and friends who cheered me on, and with the care and support of the staff, physicians and surgeons at CHEO, I was able to face those challenges head on. My family says I grew up fast having to endure 20 operations, months of hospitalization, skin grafts, rehabilitation and physiotherapy. I guess they're right. I mean, no one wants to go through that

but sometimes you just have to deal with what life throws at you.

I trusted that my entire medical team had my back – and they sure did. CHEO became my home for eight months straight and the staff became like family. I went to school there and I made some good friends like Tyrone Henry and Ben Delaney.

Another friend I made is Jody Mitic that I met through the army cadets, while I was still in a wheelchair. Jody served in Afghanistan as an elite sniper with the 1st Battalion Royal Canadian Regiment. He lost both his legs when he stepped on a land mine. He's now a motivational speaker and has become a mentor to me. He doesn't let his condition get the better of him; in fact, he recently took part in The Amazing Race Canada, where he and his brother finished in second place.

Now, it's my turn to become a mentor to others. I was recently asked by CHEO to become their Children's Miracle Network Champion Child, and I proudly accepted. I want other kids who may be going through some tough stuff of their own,

whether they're dealing with cancer, hurt in an accident or live with a debilitating chronic condition, to not let themselves get down. We all have days that are tougher, but you must focus on the things you have – not what you don't. Stay strong. Embrace life. It is also a great opportunity for me to thank CHEO supporters for helping to fund the care that kids like me receive at CHEO.

I lost both legs but now I've learned to walk using prosthetics. I may need a couple more operations in the future, but I'm able to go hunting again with my dad. I just walk a little less and sit down when I get tired. I just passed my driver's license and drive a regular car, just not stick shift. And while I was at CHEO I discovered a new passion of mine: sledge hockey. I've been playing ever since I left the hospital! I love the sport and am training with the goal to compete at the provincial level and to perhaps one day make the Canadian National Sledge Hockey team.

My name is Tyler Preston and I'm a typical teenager. But you haven't heard the last of me.

Ottawa's Muslim Community raises \$43,150 for CHEO's kids!

Thanks to the incredible leadership and generosity of Ottawa's Muslim Community, a first-time gift of \$43,150 to CHEO was publicly announced on the 2013 CHEO Telethon, June 9. In a remarkable act of solidarity, the entire council of Imams of Ottawa-Gatineau asked their members to make a donation to help the children, youth and their families who rely on CHEO. The response was nothing short of amazing as \$43,150 was raised in just a couple of weeks.

The CHEO Foundation is very grateful to Ottawa's Muslim Community for supporting CHEO's urgent priorities and the renovations of our Interfaith Prayer Room. Last renovated in the early 80's, CHEO's current Interfaith Prayer Room no longer meets the diverse needs of families at CHEO. Thanks in part to the generosity of Ottawa's Muslim Community, CHEO will be able to offer a new and more modern space, more in tune with the spiritual and emotional needs of today's generation.

As Imam Malam eloquently stated on the CHEO Telethon, "Ottawa's Muslim Community is like CHEO, we are small enough to care but big enough to make a difference." On behalf of CHEO's patients, families and staff, the CHEO Foundation couldn't agree with you more. Thank you for making a difference in the lives of sick kids throughout all of eastern Ontario and western Quebec.



From left to right: Imam Ziyad Delic (SNMC), Imam Mohammad Badat (Bilal Mosque), Imam Samy Metwally (OMA Mosque), Imam Anver Malam (Jami Omar), Sh. Jalil Marhnouj, representing Imam Ismail Al-Batnuni (AMA Mosque) Missing: Imam Ahmed Limame (Gatineau Mosque) and Imam Mahmud Aweis (As-Salaam Mosque).

Never forgotten nearly six decades later: a Forever CHEO legacy story



Right: Three generations of the Vroom family pose with Y101 Radio personalities.

Below: Robert and Isabel Vroom



This story is one with two beginnings set 60 years apart. In 1953, while the Korean War was ending and Sir Edmund Hillary and Tenzing Norgay had performed the first successful ascent to the summit of Everest, a set of fraternal twins, Christine and Michael, was born on June 10 to Robert and Isabel Vroom in Pembroke, Ontario. Unfortunately, due to complications, Christine died hours after being born and Michael subsequently passed away just a few days later. Robert and Isabel already had three children; Richard, Peggy and Judy. The twins were never forgotten, but as years passed their story just became part of the family's history that was rarely talked about.

Sixty years later in 2011, Richard Vroom visited CHEO's NICU, as an Anglican Minister to be with a three week old infant who was experiencing life threatening complications. Richard was asked by the parents, from Baffin Island, if he would hold their child as he was being taken off life support. As Mr. Vroom held the baby during those last moments of life, he reflected on the twins born so many years before. His brother and sister didn't even live for three weeks and he hoped that someone was holding them when they took their last breaths.

After he left CHEO the twins stayed on his mind and he decided to do a little digging and find out more about their story. He discovered when they were baptized and where they were buried, then went to Pembroke and visited their grave.

Later he spoke with his parents, now in their eighties and living in Victoria, B.C., about the twins. Together they decided they wanted to do something to mark the short, young lives that were part of their collective history. Robert and Isabel, with the help of Richard and his sisters, decided to explore making a bequest in their Wills to CHEO. After a visit by Richard to CHEO and the Neonatal Intensive Care Unit, Robert and

Isabel decided that they wanted to make the gift now rather than as a part of their estate. They chose to purchase a vital piece of equipment for the NICU. If this piece of equipment had been available 60 years earlier the outcome for the twins may have been different, changing the course of the Vroom family history.

On June 6, 2013, four generations of Vrooms: Richard, his wife Neilda; children, Jennifer, Kevin and Gordon; and two grandchildren, Cambrian and Kinsley, presented CHEO with a cheque in the amount of \$26,000 to purchase a neonatal transport monitor for use by the transport team. Since Robert and Isabel were in Victoria and unable to visit Ottawa, they Skyped with the rest of the family and the CHEO Foundation staff for the cheque presentation. It was an important and emotional moment for the Vroom Family.

After a tour of the NICU transport team room, Richard shared his family's incredible story on the Y101 Radio-thon that was taking place that day at CHEO. He explained why it was important to them to make this legacy gift to CHEO at this point in time. It was their powerful story that inspired an outpouring of support from Y101 listeners. Just a few days later on June 13, Robert Vroom passed away peacefully at home in Victoria surrounded by his loving family, including Isabel, his wife of 68 years. He died knowing that he had left a mark on the young lives of patients at CHEO and forever honoring the lives of their twins. The CHEO Foundation would like to thank the Vroom family for sharing their remarkable story and for celebrating their appreciation for life with such a meaningful gift to CHEO.

For more information on how you can create a Forever CHEO legacy of your own now or in the future, contact Megan Doyle Ray at (613) 738-3694 or megandoyle@cheofoundation.com.

Monthly giving a win/win for you and the kids!

Every day parents put their children's lives in the hands of CHEO staff, and that trust motivates every doctor, nurse, researcher and staff member to do everything in their power to ensure the most positive medical outcomes.

Monthly donations help equip CHEO and CHEO Research Institute staff with the tools and knowledge they need to provide our children with the best health care possible. Funds from monthly donations are an integral part of the Foundation's support of CHEO. This is why we are inviting donors to join our Bear Care Club and become a valued monthly donor.

Monthly debits from a bank account or credit card have become a common and convenient way for people to pay household bills, make investments or save money for their next trip or major purchase. It's comforting to know that no matter how busy and hectic life gets, you will never forget to make that important payment or deposit. By becoming a member of the CHEO Foundation's Bear Care Club, that feeling of peace of mind transforms into a monthly

reminder that you are making a difference for the children, youth and families at CHEO.

When you sign up to become a monthly donor, you will continually help the children and youth in our communities in numerous ways. From equipment needs, to life-saving research, to advancements in the treatment of mental health issues to training the health care professionals of tomorrow, your monthly donations can be used in any of these important areas. When you see your donation on your credit card or banking statement, you will be proud that every dollar funds a hospital priority that makes life better for the kids in our region.

For more information about becoming a monthly donor please call 613 737-2780.

MONTHLY GIVING BENEFITS

Benefits of monthly giving for you:

- It's easy! Regular donations can be made in affordable monthly payments
- Multiple giving options: Automatic debit from your bank account, credit card or post-dated cheques
- You will save postage and time with automatic transactions
- Flexibility. You can easily increase, decrease, pause or stop your gift at any time
- You will automatically receive a consolidated tax receipt once a year
- We will keep you informed with regular updates from the Foundation and Hospital

Benefits of monthly giving for CHEO:

- Provides stable, reliable funding for CHEO's most urgent needs
- Helps to develop a stronger connection with our donors
- Helps the Foundation and Hospital to plan and budget more reliably and efficiently
- Helps the Foundation forecast cash flow more effectively to provide better care for the kids
- Lessens administrative costs for the Foundation

Children's Miracle Network



This year marks the 30th anniversary of Children's Miracle Network and we want to celebrate this incredible milestone!

From humble beginnings as a televised fundraiser in a small studio to one of North America's leading children's charities, the Network has grown significantly since its founding in 1983. The organization was founded by Marie Osmond and her family, John Schneider, Mick Shannon and Joe Lake. The red and yellow Miracle Balloon icon has become Children's Miracle Network's most recognizable symbol and greatest fundraising tool.

Following the guidelines of two simple goals has helped Children's Miracle Network raise their funds, often one dollar at a time: The first, to help as many

children as possible by raising funds for children's hospitals and the second, to keep funds in the community in which they were raised to help local children.

Since 1984, Children's Miracle Network partners and the local community have presented over \$91 million at our annual Telethon. Thank you for creating real miracles by raising the funds our local children's hospitals need.

Air Canada



Air Canada has been an active and dedicated partner to Children's Miracle Network since 1994. For the past 19 years, Air Canada has generously contributed to

improving the lives of children and youth all over the country. The Air Canada Foundation officially launched in 2012 and this exciting initiative will continue to spotlight Canada's premier airline as a champion for children's healthcare.

The Air Canada Foundation supports Children's Miracle Network through many different programs.

Hospital Transportation Program This program supports donating Aeroplan miles for use by families that are unable to afford travel to the paediatric hospital necessary for their sick child's care. The program is only as good as the miles that are donated. Consider donating your unused Aeroplan miles to help families when their child is in need of specialized healthcare far from home.

Wings of Courage Program This program includes pilots coming into the hospital to read stories to the children and youth who are unable to go home. CHEO was one of the 'piloting' hospitals of the program and eager to jump onboard.

Champions Across Canada Program Air Canada plays a supportive role with the Walmart Champions Across Canada program. During the champions trip to Celebration in Orlando - they help with baggage, provide meals, as well as secure access to areas for the videographers and photographers journaling the trip. They treat the children and their families with an extra special welcome which makes travelling all the more comfortable.

TD Bank Group



TD has shown an incredible amount of growth since joining Children's Miracle Network in 1996. Due to their committed support, they received the 'Million Dollar Award' in both 2004 and 2005 at Celebration in Orlando,

as well as being awarded the 'North American Corporate Partner of the Year' award in 2012. These awards recognize TD's outstanding support for local pediatric hospitals across Canada.

There are two main campaigns that TD Bank Group uses to fundraise for the Network.

December Automatic Monthly Donation Campaign

For this campaign, customers are introduced to the benefits of becoming an AMD contributor and are invited to join the AMD campaign. A Customer Connection Day kicks-off the program each December and branches are motivated to make each sign up count. While this campaign raises awareness for children's healthcare, TD matches funds raised through the AMD program up to \$1 million nationally. Sign up today!

Spring Grassroots Campaign In this campaign, every branch across the country sets a goal to raise money for their local children's hospital through grassroots community fundraising. Ottawa area branches hold a baseball tournament, in addition to lollipop and floppit sales. Staff can be seen wearing uniquely decorated safety vests and are challenged to raise a certain amount of money before they can pass it on or take it off.

From the hospital

Any parent who has ever had to search for a yellow immunization card at the beginning of the school year can appreciate how wonderful it would be to log into a website and have all of the information available immediately. Just hit print, and you can be off to school – and maybe even on time!

Recently, CHEO began the five year journey that will allow us to provide just that sort of information to parents, launching the first phase of its electronic health record (EHR). This is an important step in CHEOnext – the hospital's plan for the future and our roadmap for providing an exceptional patient experience to every family we see.

It is an evolution that will allow the Hospital to move from the current "hybrid" of paper and electronic records, into a fully integrated system that will encompass everything from patient registration, through to inpatient and outpatient services within one software system. All patient records will be in one place, with a seamless flow of information available as each child moves through the hospital. This change will bring about significant safety, care and quality benefits to our patients.

The first wave of teams to use the new EHR included those in our laboratories and outpatient clinics, but eventually, all departments and units will document the care they provide to patients electronically.

With the new EHR, known as Epic, there will be one electronic record for each patient. Physicians, nurses and health care professionals will be able to view all of their patients' information and recent test results on a secure computer system located in their office.

Traditionally, hospitals have operated on a paper record system which can be difficult to navigate, or is not always available in the case of an emergency. With the new EHR,

the health team will have the information they need at their fingertips. Laboratory results or x-rays can be accessed immediately allowing the team to make quick decisions – which is vital in many situations.

It means that the patient's record is more complete. Each time a patient visits CHEO, more information is included in the file – immunizations, allergies, diagnoses, etc. allowing the team to have a complete picture of what may be ailing a child.

With a complete profile of the patient, the care team can ensure that each child is receiving the best care possible. That may mean flagging results when they come back so that the patient is informed immediately or sending reminders to the patient when an upcoming test or appointment is required.

This system will also make it easier to connect care providers. For a patient who is being seen at CHEO and receiving care in the community, the back and forth sharing of information can take a great deal of time. During this time the patient and their family is waiting anxiously. When Epic is fully implemented, information will flow more quickly between providers.

Another great benefit is that families will have a chance to engage in their child's care. A secure website, known as MyChart, will be available by late 2014. It will allow patients and/or their parents to add significant information to their record. It will also allow them to access things like immunization records and medication histories.

This is an exciting time for CHEO. We will be one of the first hospitals in Canada to provide a fully integrated system. But more importantly, we will be ensuring that the right tools are in place to continue supporting the excellent patient care that you and your child expect.

Trees of Hope



Some say it's the official kick-off to the holiday season as the Fairmont Château Laurier presents the Trees of Hope for the Children at CHEO. This annual tree trimming competition is one of the region's most beautiful events as corporations and other groups do their best to create the most beautiful holiday tree. Add in an abundance of incredible silent auction items, delicious treats, and beautiful music and you have a festive event that's not to be missed. For the first time this year families and/or neighbourhoods are encouraged to enter a tree. It all takes place on Monday, November 25th at the Fairmont Château Laurier so mark your calendar.

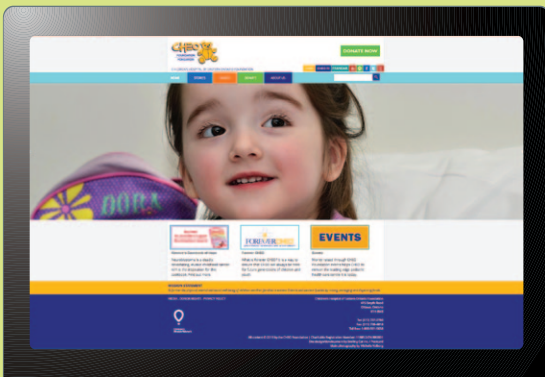
For additional information on entering a team in the tree decorating contest or sponsorship opportunities please contact Deneen Perrin, Fairmont Château Laurier at (613) 562-7001. Don't forget to vote for your favourite tree for the People's Choice Award. Be a part of the magic!

Dragon Boat Festival



CHEO fitHeads team at the 2013 Ottawa Dragon Boat Festival.

This past June the Ottawa Dragon Boat Foundation celebrated its 20th anniversary of giving back to the community. The CHEO Foundation has been one of the privileged charities to receive support from the Dragon Boat Foundation through its pledge challenge. Over the past four years the Dragon Boat Foundation had provided over \$124,000 towards a research program – Power of Obesity Prevention in the Early Years – led by Dr. Kristi Adamo from the Healthy Active Living and Obesity (HALO) team at the CHEO Research Institute. On behalf of Dr. Adamo and her team we thank the Ottawa Dragon Boat Foundation for its support which has been instrumental in moving this important research forward.



It's a complete on-line makeover @ www.cheofoundation.com

With a fresh, innovative appearance and new user-friendly features, our redesigned website created by Smiling Cat Inc., provides easy access to everything you need to know about the CHEO Foundation. Please drop by for a visit and check back often for all the latest news from the CHEO Foundation.

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Many thanks to all those who have volunteered, attended, donated, or participated in any of our events. Your devotion to our children's health is greatly appreciated. We look forward to seeing you at our upcoming events.

Special thanks to Smiling Cat Inc. (www.smilingcatinc.com), whose support of CHEO Foundation projects throughout the year helps make this beautiful newsletter possible.

Teddy Bear Times is a semi-annual newsletter for donors, supporters and friends, published by the Children's Hospital of Eastern Ontario Foundation. If you have any questions or comments please contact the CHEO Foundation or visit www.cheofoundation.com.

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