OPACC Newsletter
April 2012

In This Issue
1  News Bits
2  Parent Liaison Update
3  OPACC Board of Directors and contact info.

News Bits

- The Spring sessions of our co-facilitated Parent Intervention Group at Sick Kids continue Thursdays from 6:30pm-8:00 pm in Room 8704 weekly until April 26th. Please see our website for more information: http://www.opacc.org/index.php?p=Programs

- We have had a great response to our Parent Facilitator Training session in Toronto on April 21st! We are already near capacity, so if you are interested in attending please let us know at info@opacc.org. We’ll put you on our waiting list and let you know with at least one week’s notice if there is space available. Please note that bereaved parents are also welcome to attend with the same one year restriction noted on the flyer (for more information please see our website: http://www.opacc.org/news/?p=373)

- OPACC will be holding our next Board Meeting on Saturday, May 5th at Sick Kids Room 8704. Come join us for lunch and stay a couple of hours for the meeting afterwards (exact times TBD). If interested in attending please RSVP to: info@opacc.org

- Thanks go out to Carla Can Sing for their donation of free gift packages which our Parent Liaison, Susan, now has available to distribute to our families. Carla Can Sing is a special project designed especially for kids aged 2-8 with cancer. Each gift package includes a doll, DVD, backpack, baseball cap and bandana, and a water bottle. For more information on Carla Can Sing please visit their website at http://www.carlacansing.com

- Sick Kids will be hosting a Sibling Appreciation Day on Saturday, May 5th from 8:45am to 3:00 pm at The Daniels Hollywood Theatre (1st Floor Black Wing). For more information please see our website: http://www.opacc.org/news/?p=433

- A reminder to check our website’s News page for the latest info. about OPACC and OPACC member organization events, as well as breaking news from the world of childhood cancer research: http://www.opacc.org/news/
Parent Liaison Update

It’s official – spring is here! Nice to think that we can soon shed those winter coats for a while….

Self-care: The first step begins with you!
As parents we are the primary caregivers for our family. We are the face of strength that our children look to, and the ones who it seems, everyone turns to for answers. When a child is diagnosed, our first thought is to their needs, but we all know the old saying, if mamma (or daddy) ain’t happy, ain’t nobody happy…and the same holds true here…it’s all too easy to let everything about self-care go out the window. Normal routine is likely done, at least for the short term. Who can think of eating, let alone healthy options? And exercise regimes seem to go the way of many New Year resolutions – well intentioned, but a thing of the past! As parents, it’s up to us to take care of ourselves, so we can be there in the ways our families need.

OPACC is here to help you take care of yourself – our new pedometer program will help you put all your pacing to good use as you start to track your steps. What an easy way to help get or keep fit. ParticipACTION tells us that 10,000 steps a day is a healthy goal, so come and get your pedometer from me and see how many steps you log in a day (28 steps from clinic registration to “finger poke”)…and quite a few more to Tim’s!

And while you’re thinking of doing something good for you, stop by in 8704 for OPACC’s drop-in on Tuesday evenings (6:30-8:30)…or Thursday (6:30-8:00) from March 8- April 26, for the co-facilitated parent groups.

Please remember to look for me at clinic in my usual spot by the “finger poke” room. I often have new information to share, including our Courage Lions, Carl & Carla Can Sing, Health Record planners and lots about the various groups and programs that might be of interest to you… I’m always happy to see you so feel free to just stop by to say HI!

Thanks,
Susan ☺
OPACC Board of Directors
Dave Munro - President and Chair   James Thomson - Treasurer
Barbara Johnson - Director   Lisa Skinner - Director
Helen Robertson - Director   Stathi Afendoulis - Director
Leila Amin – Director   Susan Kuczynski - Parent Liaison (non-voting)
Sarai Porretta – Administrative Coordinator/Recording Secretary (non-voting)

If you have a passion for helping families of children with cancer, consider bringing your ideas and skills to our Board of Directors table! Please e-mail us for more information.

Contact Information:
Ontario Parents Advocating for Children with Cancer
524 Bayfield Street North
P.O. Box 20005
Barrie, ON L4M 5E9
Tel: (705) 828-7965
Email: info@opacc.org
Web: http://www.opacc.org

Find us on Facebook here: https://www.facebook.com/group.php?gid=3057645252
Find us on Twitter here: https://twitter.com/#!/OpaccOrg

Please check our website regularly for the latest breaking news items from OPACC, our member organizations, and the world of childhood cancer research!

OPACC Educates, Advocates, Supports and Enables families of children with cancer

OPACC currently receives no government funding and all funding for the development of our programs, services and special events comes from your generous donations. Your donation is greatly appreciated! You can easily make a fast, secure donation through our Canada Helps page: http://www.canadahelps.org/CharityProfilePage.aspx?CharityID=s92379

The diagnosis of a childhood cancer affects the whole family. OPACC is helping families cope with that diagnosis and is working to expand the Parent Liaison role throughout the province.

Coast to Coast Against Cancer Foundation - Canada’s only national charity devoted to fighting childhood cancer

Childhood Cancer Canada - Childhood Cancer Canada is a national, volunteer governed, charitable organization dedicated to improving the quality of life for children with cancer and their families

Lanie’s Angels - Hope, Honesty, Compassion, and Support for the needs of the family with a child who has cancer

Ontario Trillium Foundation (OTF), one of Canada’s leading grantmaking foundations, is an agency of the Government of Ontario. The OTF is a catalyst that enables Ontarians to work together to enhance the quality of life in their communities

Charitable registration #846324168RR0001