

Meet Our Volunteers | Ruth Rogers



Ruth Rogers began volunteering at Cleveland Clinic Lou Ruvo Center for Brain Health in 2009. The vibrant, active woman says that when patients cry over their diagnosis, she is often able to raise their spirits by telling them she is also a patient at the center.

Ms. Rogers has led an active, healthy lifestyle that included fencing and archery in college. She reminisces about how her family was of modest means, but her father always found a way to pay for sports equipment and lessons. Today, she teaches water aerobics, works out and permits her dogs, a Havanese and a Maltese, to walk her every day. She also keeps her mind active by reading, doing crossword puzzles, taking organ lessons and, of course, volunteering at the Lou Ruvo Center for Brain Health on Thursday afternoons.

“I have Parkinson’s in my right foot. It’s rare to have the disease isolated in just one location, but I do. Most people don’t know I have it, and I sure don’t let it slow me down,” she says.

When asked why she volunteers at the Lou Ruvo Center for Brain Health, Ms. Rogers replied, “I want to be a part of the best medicine in the world right here in Las Vegas. It’s wonderful for our community to have such a great place to go, and I want to be there, too.”

She also enjoys the opportunity to educate others and to share her positive outlook on neurological disorders. “Don’t be afraid of what’s going to happen. You can’t let it rule your life,” she says.

Ms. Rogers tells the story of her niece, who became a paraplegic following an accident. One summer, when Ms. Rogers was laid up with a broken leg, she was miserable and set about making everyone around her miserable. When her niece came to visit, she asked, “How can you remain so upbeat? You’re in a wheelchair for the rest of your life.”

The niece replied, “You know your cast is coming off in a handful of weeks. I have to be in this chair forever, so I have to make the best of it.”

That response sealed Ms. Rogers’ positive outlook on life. To this day, she has many acquaintances, but carefully chooses her friends. “They are the ones with the positive attitudes,” she says.