

# About Ronald McDonald House<sup>®</sup>

Ronald McDonald House Charities<sup>®</sup> Newfoundland and Labrador keeps families with a sick or injured child close to each other and the care and resources they need, when they need it most.

For families faced with a child's illness, regular life stops in an instant and parents enter a world of fear and worry. For parents who don't live close to the medical care their child needs, there is an added stress – distance. Most families have to travel hours for treatment. Living expenses quickly add up. Families become stressed from long drives, lost jobs, worried siblings, hotel expenses and being far from family and friends. These are extra burdens no family should have to experience.

Ronald McDonald House is much more than a room to stay in, it provides comfort, support, programs and resources.

RMHC is a two-story house that provides all the amenities a family could need, including 15 family suites, children's play areas, a large kitchen, TV room, resource center, laundry facilities, pantry and more.

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# Other ways to make a difference

## 1. Donate

The cost of having a sick child and being away from home really adds up quickly. Your single gift or monthly gifts will have a tremendous impact on the families who need us most.

## 2. Volunteer

Volunteers make the difference in the lives of all the families that come through our doors – by cooking, cleaning and greeting visitors. Volunteers are also needed throughout our province to help with awareness and fundraising.

## 3. Planned Giving

As part of your long-term financial planning, a planned gift can offer you substantial tax and estate planning benefits and allow you to make a lasting gift to Ronald McDonald House. It can be a gift Our House receives now, or in the future. It's a way for you to be a key House supporter while meeting your own personal financial goals.

## 4. Community Fundraising

Are you interested in holding a fundraiser for Ronald McDonald House? Whether it be a bake sale, fashion show or any other event you are involved in, there are many ways for you, your family or your workplace to get involved and raise much needed funds for Our House. We have resources and fundraising staff that can help you get started.

## 5. Guest Speakers

We love sharing information about Ronald McDonald House, its mission, vision, values and how your group can get involved. To request a guided tour or a guest speaker for an upcoming meeting or event contact us today.



## Volunteer Opportunities



## Volunteers Help Keep Families Close

Volunteers are the backbone of Ronald McDonald House®, in our house and in the community. Our valued volunteers are essential to provide programs, services and care for our families.

### Individual Opportunities: In Our House

#### Family Service Volunteers

help with delivering programs and services at RMHC®. They help with light administrative work at the reception area by greeting families and visitors, answering phones and accepting donations. They help our families directly by answering questions or providing assistance to them when needed. Family Service Volunteers also help us maintain the common areas, deliver programs, stock supplies and light housekeeping work. Family Service Volunteers will meet many RMHC families while they are working to ensure the house is always tidy and fresh.



#### Family Program Volunteers

act as partners to our Home for Dinner Program. Family Program Volunteers help keep our kitchen tidy, organized and ready for any group coming to prepare a meal for our families. These volunteers greet and assist groups while they are preparing food so they utilize the kitchen to its highest potential. Family Program Volunteers provide groups with a tour and information about our house.



#### Home Improvement Volunteers

Our house is very large with 17,000 square feet of space for our families. With such a large house there are many fix-it projects that come up. Volunteers who like to use their hands will work closely with our Family Service staff to help with tasks on our home improvement list.



### Individual Opportunities: In the Community

**Event/Project Volunteers** assist with signature and/or community events to further enhance donor relations and provide direct event or project support.



#### Event Volunteer Leaders

These volunteers represent RMHC in the community and recruit support from organizations, clubs, foundations, the private sector and recruit new volunteers. They assist with special projects/events and actively seek opportunities to fundraise and/or promote RMHC.



Positions include:

- Spare Some Love Bowling Event Coordinator
- FORE the Families Golf Classic Event Coordinator
- Team RMHC – Team Captain(s)
- Red Shoe Crew-Walk for Families Event Leaders

#### Regional Development Coordinators

Regional Coordinators play a vital role in connecting the community to the mission of RMHC. Regional Coordinators help enhance support and encourage involvement of other volunteers in a region. Some of the involvement includes: regional meetings, workshops and RMHC fundraising and awareness events. This is a great opportunity if you are looking to become a leader in your community. Through this role you will connect with other volunteers, donors, and supporters in your region. Regional Development Coordinators must be an active volunteer with RMHC for a minimum of 2 years.



#### Leadership Volunteers

We are fortunate to have the dedication and leadership of a strong Board of Directors who are deeply committed to the vision and mission of RMHC as a recognized and respected organization helping keep sick children and their families close. Our board is comprised of leaders in the fields of business, finance, law, medicine, communications and facilities management. To compliment the role of our Board of Directors, there are also opportunities to work on Board Committees; facilities management, programs, development & communications and human resources.



### Group & One-Time Opportunities

#### Home for Dinner Program

With the help of corporate teams, community groups, and individuals (up to 8 people), RMHC offers families a home-cooked meal 4-5 times each week. Groups plan the menu, purchase the ingredients and prepare the meal in our fully equipped kitchen. This allows families to find comfort, nourishment and the joy of a shared meal with more time spent with each other.



#### Just Like Nan's Baked Goods Program

Nothing feels like home more than the smell of fresh baked goods. Individuals and groups ensure Our House is always stocked with special treats fresh from the oven. Groups (up to 8 people) provide the ingredients and bake on-site, so when families return from a long day at the hospital, they can help themselves to a treat or two.



#### Special Day Celebrations

Just like home, preparations are made to ensure, birthdays are celebrated, everyone gets treats at Hallowe'en and visitors like Santa Claus and the Easter Bunny arrive on schedule. Your group is invited to help enhance our special occasions or provide daily activities such as arts and crafts, story time, massage therapy, music during dinner and much more. The possibilities are endless. If you have a talent you'd like to share with our families, please let us know.



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Newfoundland & Labrador

Keeping families close