



RMHC  
Newfoundland  
& Labrador

# Keeping Families Close

Ronald McDonald House Charities® Newfoundland and Labrador



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## Ria Colbourne and her family from Coffee Cove spent 42 nights at Ronald McDonald House

It is hard to put into words how a parent feels when their child has been diagnosed with a serious illness. It has to be one of the darkest places a parent can go. For families who don't live close to the care and resources they need, there is an added stress, distance. RMHC gives families with a sick child what they need most – each other.

At the young age of thirteen, Ria Colbourne of Coffee Cove, was diagnosed with Schwannoma Tumors, a nerve sheath tumor that attacks the nervous system. For the Colbourne Family, Ria, her dad Kenny, step-mother Sharlene and younger brother, Logan, faced a challenging road ahead - one filled with long drives, hospital stays, surgeries and treatments. They worried about numerous things, even the simple things, like where they would stay. Shortly after Ria's diagnosis the family were introduced to the programs and services of Ronald McDonald House.

"We were so afraid and unsettled when Ria was diagnosed, the social worker knew there would be a long stay, far from home, ahead of us. But the social worker contacted Ronald McDonald House for us. All I can remember is breaking down into tears as we were showed around this beautiful house. I was overwhelmed with a warm feeling of knowing that so many people actually cared about our little family." said Sharlene Oram, Ria's step-mother.

Since their first stay at Ronald McDonald House in July of 2016, the Colbourne Family have been cared for on five occasions totaling 42 nights. Ria still sleeps with the special quilt given to her on their first visit and the magic room is just as magical each time she gets to open its doors!



"I remember Kenny stayed with her one evening so I could attend a card making night at RMHC. I felt so relaxed. It was a wonderful break. The meals and treats that our family shared were tasty and helped us with our limited budget. We have met many friends and every time we stay at Ronald McDonald House we leave feeling blessed that so many people donate their time and resources for families like ours. Simply amazing!" Sharlene Oram.

While Ria's journey is far from over, the Colbourne Family continue to find strength at Ronald McDonald House thanks to you.

## Our Impact

Our House has **15 family suites**

Families have stayed with us more than **23,000 nights**,

More than **1000 families**

We have more than **250 volunteers**

Your donation of **\$165** will cover the cost to host 1 family for 1 night

**Unlimited smiles**



Ronald McDonald  
House Charities®  
Newfoundland & Labrador

Keeping families close

P.O. Box 28091  
150 Clinch Crescent  
St. John's, NL A1B 1X0

Charitable Registration Number  
85050 2865 RR 0001

## RMHC NL Board of Directors

Ronald McDonald House Charities® Newfoundland and Labrador (RMHC NL) is pleased to announce the appointment of **Theresa Rahal** as board chair and **Dawn Dalley** as vice-chair.

**Theresa Rahal** is a founding board member and has served in various capacities including, most recently, vice-chair and member of the executive committee. Theresa is Principal Consultant and owner of Strategic Directions Inc. and provides a wealth of knowledge and experience to further the mission of RMHC.

**Dawn Dalley** has been a board member with RMHC NL since 2014 and has served on the Development & Communications Committee and most recently the Human Resources committee. Dawn is Vice President Regulatory Affairs & Corporate Services with Newfoundland and Labrador Hydro and contributes a wealth of experience to RMHC NL.

RMHC NL also announces two newly appointed members to the board of directors, **Heather Peters**, Senior Consultant with Knightsbridge Robertson Surrette and **Erin Higdon**, Vice President of Business Strategy at Atlantic Grocery Distributors.

RMHC NL Board of Directors is comprised of leaders in the fields of business, finance, law, medicine, communications and facilities management.



**Theresa Rahal**  
Board Chair, RMHC NL



**Dawn Dalley**  
Vice-Chair, RMHC NL



## OUTGOING BOARD MEMBERS

**Rod Legge** is a business executive with Advantage Solutions and a founding board member of RMHC NL. Rod's unique perspective as a parent whose son endured childhood cancer provided much insight to a family's needs during the construction and operations of Ronald McDonald House. Rod served as chair of the Development & Communications Committee, Volunteer Event Chair for the annual FORE the Families Golf Classic and member of the Programs Committee. While Rod will continue his involvement with committee work and events, RMHC extends its sincere gratitude for his tremendous contribution to keep families close at RMHC.

**Rick Tiller**, of Tiller Engineering, joined the board in 2013, shortly after Ronald McDonald House opened. Rick's contribution has been characterized by innovative ideas and strategic thinking. Rick served as chair of the Facilities Committee and led a team of experts to enhance the building and property now and for the future. RMHC extends its sincere gratitude for his time and expertise. While Rick will continue his involvement with RMHC, his outstanding contribution has made a difference in the lives of sick children and their families.

**Neil Sullivan**, the General Manager for Atlantic Canada with Coca Cola, served on the board of directors since 2013. His perspective, influence and networks helped advance our mission to help keep families close at RMHC. Neil served on the Development & Communications Committee and the event committee for the annual FORE the Families Golf Classic. While Neil will continue his involvement with events and when needed, we extend our sincere gratitude for his enthusiasm and compassion to ensure RMHC continues keeping families with a sick or injured child close to each other and the care and resources they need.



## Board of Directors

**Theresa Rahal**  
Director, Chair of Board

**Dr. Lynette Bowes**  
Director and Chair of Programs Committee

**Gerry Beresford**  
Past-Chair

**Sterling Peyton**  
Director

**Dawn Dalley**  
Director, Vice-Chair

**Paul Rogers**  
Director

**Blair Rogers**  
Director, and Chair of Governance Committee

**Heather Peters**  
Director

**Bill Budgell**  
Director, Treasurer and Chair of Finance Committee

**Erin Higdon**  
Director

## Staff

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**Development Associate - Events**  
**Lana Roestenberg**

**Development Associate - Stewardship**  
**Heather Butler**

**Family Programs & Services Coordinator**  
**Julie Chaulk**

**Family Service Associates**  
**Patricia Hanlon**  
**Marilyn Thurston**  
**Shirley Kenny**  
**Brian Mallard**  
**Jennie Curran**

**House Front Desk – 709-733-2244**  
**Toll Free:**  
**1-855-955-HOME (4663)**

## House Programs

Ronald McDonald House Newfoundland and Labrador provides accommodations for children, their siblings, and their parents, who travel to St. John's for medical treatment and care in St. John's. The House is more than just "a place to stay" it is truly a home.

Through the help of community organizations, corporations and individuals, Ronald McDonald House Newfoundland and Labrador provides the very best programs for families. **Home for Dinner, Just Like Nan's Baked Goods Program, Comfort Quilt Program, Keeping Families Connected Program, Magic Room Program, Recreation Program and our Special Day Celebrations Program.**

For more information about our House Programs, please contact

**Julie Chaulk** 733-2244  
[juliechaulk@rmhcnl.ca](mailto:juliechaulk@rmhcnl.ca)



*Photo: Paradise Physiotherapy*

"Amazing program offered at RMHC. So happy we can help so many families who need RMHC. Lovely experience being able to make a small difference to those under stress with a sick child"

- Paradise Physiotherapy

## Wish List...



Our **Wish List** is updated regularly as we meet new challenges and address the unique needs of our families. If you would like to support our families with a gift-in-kind, please check out our most recent Wish List on our website:

<http://rmhcnl.ca/get-involved/wish-list/>



## Adopt-a-Room Program

*Check out our recent Adoptions!*



PAL Airlines



McDonald's  
Corner Brook, Stephenville & Gander



PAL Aerospace

# 5 ways you can help

## 1. Donate

The cost of having a sick child and being away from home really adds up. Families staying at Our House only pay \$15 per night, which saves our 15 families approximately \$67,500 per month in hotel fees, based on \$150 per night in a hotel. 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, by hosting, by listening, by nurturing, by simply being there and helping. Volunteers are also needed throughout our province to help with awareness and fundraising.

## 3. Tribute Gifts

Donations may be made in memory of a family member, friend or colleague. The bereaved family receives a special notice expressing condolences and informing them that a gift has been made. You will receive a tax-deductible receipt.

## 4. 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.

## 5. Community Fundraising

Are you interested in holding a fundraiser for Ronald McDonald House? Whether it be a bake sale, a 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 the House. We have resources and fundraising staff that can help you get started. Please contact us at [info@rmhcnl.ca](mailto:info@rmhcnl.ca) or toll free 1-855-955-HOME(4663) for more information



**Congratulations to the Dunn Family!!**

6<sup>th</sup> Annual Andy Dunn Memorial Race Day  
Was one of the best yet **\$32,000** raised for RMHC

**Annual Dub Show Raised \$3000 for RMHC**



THANK YOU to the presenting sponsor Bill Matthews Volkswagen and supporting sponsor NL Classifieds and the entire Dub Show Organizing Committee

## Team RMHC

Team RMHC members are dedicated to raising funds and awareness for RMHC. Runners and walkers for all skill levels challenge themselves to complete the Tely 10 event and raise funds to keep families close. The official event took place on Sunday July 23, 2017. Members of

Team RMHC not only crossed the finish line - but collectively raised **\$7002.00** for RMHC. Congratulations and thank you Team RMHC!



**2017 Team RMHC Captains** Zack Clancy & Danielle Broomfield,  
**2017 Team RMHC members:** Annette Godsell, Christine Morgan, Melissa Thomas, Ryan Aspell, Danielle Broomfield, Kaetlyn Collins, Lorna King, Sarah Fitzgerald, Shelly Follett, Minnie Clarke and Andrew Bragg



## Red Shoe Crew Walk for Families

Proudly Presented by



**On September 23 or 24**  
Make your steps  
count for families

This event is our largest annual fundraising event for Ronald McDonald House and will be held in 45+ communities throughout our province in the month of September. Participants register for a pledge sheet, fundraise for RMHC and join together at the event to walk or run for families with a sick or injured child! Funds raised will help keep families with a sick or injured child close to each other and the care and resources they need, when they need it most.

Location details for **2017** are now available on our website [www.RMHCNL.ca](http://www.RMHCNL.ca)

To register, please contact us at **1-855-955-HOME (4663)** or **738-0000** or email [info@rmhcnl.ca](mailto:info@rmhcnl.ca) for more information.

### Red Workboot Sponsors



### Red Sneaker Sponsors



### Red High Heel Sponsors



# Volunteer Spotlight Story

## Gerry Beresford



Among the volunteer leadership team behind the 2009 announcement "It's time to build a Ronald McDonald House for the children and families of Newfoundland and Labrador" was **Gerry Beresford**.

Gerry is a deeply caring individual whose enthusiasm, insight and expertise has advanced our mission to help keep more than 1000 families close at RMHC since opening in 2012. His perspective, influence and networks are foundational strengths and have been critical to enabling our ability to serve families through our Ronald McDonald House and its programs.

RMHC NL is forever grateful to Gerry for his dedication and leadership as part of a strong Board of Directors who are also

deeply committed to the vision and mission of RMHC NL. Under his direction Ronald McDonald House Charities Newfoundland and Labrador has become a recognized and respected charity helping keep sick children and their families close to each other and the care and resources they need. Having helped lead the board through the capital campaign, construction and the first four years of fulfilling our mission, Gerry is continuing with the board as past chair.



Gerry's outstanding contribution of time, skills and resources will continue to make a difference in the lives of sick children and their families that need Ronald McDonald House.

## McHappy Day

McDonald's® donated \$1 from every Big Mac® sandwich, Happy Meal® and hot McCafé® beverage sold in its restaurants to RMHC NL for a collective total of an amazing **\$99,000!!**

McHappy Day was also an opportunity to celebrate the giving that McDonald's Owner/Operators and Restaurant teams provide all year to Ronald McDonald House, from 10 cent Happy Meal, coin box, volunteering to additional donations.



### McHappy Day®

For the love of families.

The support by all local McDonald's owner/operators to RMHC NL has been tremendous!

On behalf of Ronald McDonald House and the families we serve, we express our deepest thanks to McDonald's owner/operators, their crew and their customers throughout the year, and especially on McHappy Day!!



Proudly presented by



June 17, 2016 at The Wilds  
Raised more than **\$63,000!** Thank You!!



### Gold Sponsors



### Silver Sponsor



### Bronze Sponsors



Save the Date – June 15, 2018

## Save the Date!!



Friday October 13, 2017



A fun day of wearing signature red and white striped socks, combined with fundraising efforts and social media sharing.

With just one pair you will be raising funds and awareness for RMHC.



We are on Facebook! Find Ronald McDonald House Newfoundland and Labrador at [www.facebook.com/rmhnl](http://www.facebook.com/rmhnl)



Interact with us on Twitter.com @OurHouseNL