



Keeping Families Close

RMHC
Newfoundland
& Labrador

Ronald McDonald House Charities® Newfoundland and Labrador

In this issue...

Red Shoe Crew-Walk for Families 2	
Wish List	2
Board of Directors/Staff	2
House Programs	2
Adopt-a-Room Program	2
Team RMHC	2
5 Ways You Can Help	3
Spare Some Love Bowling	3
Pull Tabs/Recycling	3
McHappy Day 2018	3
Volunteer Spotlight	4
Lights of Love Tree Campaign	4
FORE the Families Golf Classic	4



Meet Sage Butler-Barnes of Trout River

It is hard to put into words the joy and excitement parents feel when they are expecting their first child, but when high-risk complications arise it can quickly become a very scary and stressful time. And 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.

In 2016, Emily Butler and Shawn Barnes were expecting their first child. It was an exciting time for the family filled with joy and anticipation. Then suddenly, things changed. There were health complications for both the child and mom. The family needed to relocate to St. John's to be close to the care and resources they needed. They worried about numerous things, even the simple things, like where they would stay. Shortly after arriving in St. John's the family were introduced to the programs and services of Ronald McDonald House.

"In April of 2016, life took a big twist for our family. In only the 24th week of pregnancy, Shawn & I learned both myself and our unborn child were at a very high risk. The stress of being hospitalized for the remainder of my pregnancy and being away from our home and family support only added to life's trials. But thankfully, the Ronald McDonald House kept us positive and supported and became our extended family during this time. The dedication everyone showed to our family and many other families like ours, was greatly appreciated. Ronald McDonald House was "our home away from home." We shared our story with many new friends and most importantly, we are proud parents of a precious baby girl, Sage, weighing only 1 lb 4 oz." - Emily Butler

Finally, after being hospitalized for 2 1/2 months Sage, now 4 lb and 7 oz, was discharged from the hospital. While Sage's arrival was difficult for her and her family, their journey is far from over. Sage, now 21 months old, requires regular follow up and medical appointments at the hospital as she is currently having trouble eating and gaining weight. Having now stayed at Ronald McDonald House on 6 different occasions for a total of 134 nights and counting, the Ronald McDonald House has become a place the Butler-Barnes Family have come to rely on.



"On behalf of Shawn and myself we thank you! We appreciate everyone who supports Ronald McDonald House. Your dedication, time and hard work to providing families, like ours, with a clean and welcoming home-away-from-home is simply outstanding! It sure goes a long way to know you all care! Thank you" - Emily Butler

Our Impact

RMHC NL has **15 family suites**

Families have stayed with us more than **28,948 nights**

More than **1100 families**

We have more than **250 volunteers**

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

Unlimited smiles



Ronald McDonald House Charities® Newfoundland & Labrador

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

Charitable Registration Number
85050 2865 RR 0001

7th annual Red Shoe Crew-Walk for Families

September 22 or 23, 2018

This event is our largest annual fundraising event for Ronald McDonald House and will be held in **September 2018** in communities throughout our province. This annual fundraising event coincides with the anniversary of the opening of Ronald McDonald House in 2012. Participants will register to get a pledge sheet and come together for fun, food, entertainment, prizes and ultimately to celebrate families. Funds raised will ensure that families of sick children will have everything they need as they face difficult situations.

If you would like more information about participating or **hosting this event in your community**, please contact Christine Morgan, christinemorgan@rmhcnl.ca

Location details for 2018 will be available on our website www.RMHCNL.ca



Proudly Presented by:



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/>

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Director, Chair of Board

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Director and Chair of Programs Committee

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Past-Chair

Sterling Peyton
Director

Dawn Dalley
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Director

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Director, and Chair of Governance Committee

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Director

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Director, Treasurer and Chair of Finance Committee & Development Committee

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Patricia Hanlon
Shirley Kenny
Brian Mallard
Jennie Curran
Fred Tucker

House Front Desk – 709-733-2244

Toll Free:
1-855-955-HOME (4663)

House Programs

Through the help of community organizations, corporations and individuals, RMHC 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.**



It's never been easier to sign up for our programs. See our new online **LIVE Program Calendar** with available dates your group can help with our programs. Pick the date and **register online** - it's that easy!!! Visit: <http://rmhcnl.ca/get-involved/participate-in-a-program/>



Photo: Nalcor Energy

For more information about our House Programs, please contact
Julie Chaulk
733-2244
juliechaulk@rmhcnl.ca

Home for Dinner Program
"We had a very enjoyable day. The staff at RMHC were very friendly and helpful. Very good team activity and volunteer opportunity."

– Nalcor Energy

Adopt-a-Room Program

The Adopt-a-Room Program ensures that the rooms at Ronald McDonald House are beautifully kept, operated and maintained for families who need a comfortable place to stay while in St. John's seeking medical attention for their child.

So many reasons to Adopt-A-Room

- *In honor of someone you admire*
- *In memory of someone in your heart*
- *In recognition of an accomplishment*



Team RMHC®

Team RMHC is a rewarding way to enjoy the Tely 10 experience.

By choosing to complete the Tely 10 with Team RMHC, you will help us to continue giving sick children and families what they need most - each other.

Team RMHC strives to make completing the Tely 10 an unforgettable experience. Each team member will receive an official Team RMHC shirt, team photo, awards and participation in a special cheque presentation to RMHC at the finish line. As a member of Team RMHC, you will receive the support and encouragement you need to complete the Tely 10. So, whether you are a first-timer or have completed the race before, join us.

info@rmhcnl.ca

5 ways you can help

1. Donate

The cost of having a sick child and being away from home really adds up. 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 Ronald McDonald 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 or toll free 1-855-955-HOME(4663) for more information



Little things can make a big difference.

You can help support Ronald McDonald House by participating in our Recycling/Pull Tab Program. You can collect and recycle all beverage containers that you pay a deposit on. You can also collect the little **tabs** you pull to open soda, soup or other aluminum cans. For more information and confirmed recycling locations please visit our website www.RMHCNL.ca

McHappy Day



All McDonald's Locations

Mark your calendars
Wednesday May 2, 2018

We encourage everyone to come out and support your local McDonald's Restaurant fundraising efforts and help celebrate **Ronald McDonald House** and other children's charities on this special day!!

"Spare Some Love" Bowling Event

Bowlers Wanted!!

Sunday, March 4, 2018

Spare Some Love Bowling Event is an important and fun initiative that will help raise funds to provide programs and services to families at Ronald McDonald House. Bowlers of all skill levels will come together for fun, networking, giveaways and ultimately, to **celebrate families.**



March 4, 2018 at Plaza Bowl
Teams of 4 - 3 Games/2 hours
2 Sessions - Morning & Afternoon
Maximum - 36 Teams per Session
Registration minimum \$300/Team
(pledge sheets and online fundraising available)

Session #1: Registration: 9:30am
Bowling 10:30-12:30pm
Session #2: Registration: 1:30pm
Bowling 2:30-4:30pm

To register a team and get your pledge sheets, please contact **Lana Roestenberg at 738-0000** or email лана@rmhcnl.ca

Space is limited so register your team today!

Award presentations will follow the Spare Some Love Bowling Event offering an opportunity to celebrate the **Strength in Families** in healing a sick children and to thank all participants, volunteers and sponsors.

Volunteer Spotlight Story

Marjorie Frampton



Marjorie Frampton was one of the first volunteers for Ronald McDonald House and started helping with administrative work in 2011, long before the house opened in 2012. She volunteered throughout the construction phase and then helped provision the house. She has continued ever since as regular Family Services Volunteer. Not only does Marjorie volunteer at RMHC, but she also helps out with fundraising events and projects and is frequently seen selling tickets or working the registration desk at events. Marjorie is an eager volunteer willing to help with whatever is needed. While she is very busy in the community always finding ways to help others, Marjorie, now into her 80's, is an outstanding individual who does not let her age, medical issues, or circumstances discourage her from making a difference in the lives of sick children and their families at Ronald McDonald House.



Volunteers are the backbone of Ronald McDonald House, in our House and in the community. **Marjorie's** outstanding contribution of time and energy has certainly made a difference in the lives of sick children and their families that stay at Ronald McDonald House.

For more information about volunteering, please visit our website at www.RMHCNL.ca

Lights of Love Tree Celebrations

Six Lights of Love trees in **four** communities supported Ronald McDonald House through the **6th Annual Lights of Love Tree Campaign**, November - December 2017. **Just over \$10,000 was collectively raised and will support the programs and services at Ronald McDonald House.**

2017 Locations

- Ronald McDonald House
- Capital Subaru
- Fairfield Inn & Suites St. John's
- Trinity Bay North
- Bishop's Falls
- Peterview



"FORE" the Families Golf Classic

Proudly presented by



SAVE THE DATE

June 15, 2018 at The Wilds



This event was **SOLD OUT** in 2017 in terms of participation and sponsorship opportunities. Don't be disappointed.

Book your FORE-some today!!! **\$800/team**

info@rmhcnl.ca 738-0000



We are on Facebook! Find Ronald McDonald House Newfoundland and Labrador at www.facebook.com/rmhn



Interact with us on Twitter.com [#OurHouseNL](https://twitter.com/OurHouseNL)