



Keeping Families Close

SPRING 2018

Ronald McDonald House Charities® Newfoundland and Labrador

RMHC
Newfoundland
& 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
5 Ways You Can Help	3
Volunteer Week	3
Pull Tabs/Recycling	3
McHappy Day 2018	3
FORE the Families Golf Classic	3
Volunteer Spotlight	4
Spare Some Love Bowling	4
Save the DATES	4

RMHC is a place the Atkins-Plowman Family have come to rely on since 2015

It is hard to put into words how a parent feels when their child has been seriously injured in a snowmobile/vehicle accident. It has to be one of the most stressful and frightening times for a parent. And for families who don't live close to the care and resources they need, there is an added stress, distance. This is where Ronald McDonald House can help. RMHC gives families with a sick child what they need most – each other.

Thursday April 16, 2015 was a day like any another. It was the perfect day for a snowmobile ride. When suddenly, laughter and enjoyment turned to tragedy. The snowmobile that 13-year-old Madison was riding collided with a vehicle. First responders rushed Madison to the nearby hospital, only to be airlifted to St. John's. Her injuries were considered to be life threatening. Madison's mother Veronica accompanied her by air-ambulance while her Dad, Monty, faced a 10-hour drive from Hawkes Bay to St John's (993km).

The family were faced with a challenging road ahead. One filled with long drives, hospital stays, physiotherapy and treatments, for a Traumatic Brain Injury and a Brachial Plexus injury to Madison's left arm (damage of nerves that transmit signals from the spine to extremities such as the shoulders, arms and hands). Something no parent or family can prepare for. They worried about numerous things, especially the long-term effects of Madison's injuries. But even the simple things worried them, like where they would stay. Shortly after Madison's arrival in St. John's they were introduced to the programs and services of Ronald McDonald House.

"It was certainly comforting for Madison to see our room at Ronald McDonald House from her hospital room. From the very first day during our tour, our family felt a sense of comfort and support from the other families and volunteers at Ronald McDonald House" Veronica Atkins

Madison was hospitalized for 41 nights following the accident. While she made some improvements over the past 3 years, Madison's journey is far from over. The Atkins-Plowman Family have come to rely on Ronald McDonald House as a source of strength and support. The family have been guests of RMHC on 11 occasions now totaling 72 nights.

"Everything we experienced at Ronald McDonald House was above and beyond any expectations we had at the time. The Home for Dinner program, the Magic Room and the Quilt programs were definitely three of our favorites. With appointments, treatments and therapy ongoing, Ronald McDonald House has become a place that our family has come to rely on. Thank you for supporting our family with your donations to Ronald McDonald House. I can't imagine what this experience would have been like without this beautiful home-away-from-home" Veronica Atkins

Our Impact

RMHC NL has **15 family suites**

Families have stayed with us more than **25,482 nights**

More than **1,132 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

6th annual Red Shoe Crew-Walk for Families

September 22 or 23, 2018

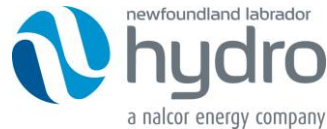
This event is our largest annual fundraising event for Ronald McDonald House and will be held in **September 2018** in communities throughout our province. This annual fundraising event coincides with the anniversary of the opening of our House in 2012. Participants will register for a pledge sheet and 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/>

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 & Development Committee

Erin Higdon
Director

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 is that easy! Visit: <http://rmhcnl.ca/get-involved/participate-in-a-program/>



Photo: Mount Pearl Lions Club

*Any questions on House Programs, please contact **Julie Chaulk***

733-2244
juliechaulk@rmhcnl.ca

VISIT Website
www.RMHCNL.ca

Home for Dinner Program

“One of the best ways to spend an evening! We look forward to our next visit to RMHC.”

- Mount Pearl Lions Club

Staff

Annette Godsell
Executive Director
Tel 709-738-0000
Fax 709-747-1270
annettegodsell@rmhcnl.ca

Christine Morgan
Director
Development & Communications
Tel 709-733-5071
Fax 709-747-1270
christinemorgan@rmhcnl.ca

Jennifer Fleming
Family and Volunteer Services Manager
Tel 709-733-2242
Fax 709-747-1270
jenniferfleming@rmhcnl.ca

Development Associate
Events

Lana Roestenberg
709-738-3478

Julie Chaulk
Family Program and Services Coordinator
709-738-3472

Development Associate
Stewardship
Heather Butler
709-733-5073

Family Service Associates
Patricia Hanlon
Shirley Kenny
Brian Mallard
Jennie Curran
Fred Tucker

House Front Desk – 709-733-2244

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

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



Check out our recent adoption:



L-R: Supt. Joe Boland (RNC Chief of Police), Sgt. Mike Summers (RNCA President), Jerry Baker (RMHC Guest), Christine Morgan (Director Development & Communications)

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 Ronald McDonald House only pay \$15 per night, which saves our 15 families approximately \$65,000 per month in hotel fees and extra costs. 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 RMHC 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

2018 Volunteer Week

RMHC NL recognizes and appreciates the generosity of hundreds of volunteers who give each year to support the programs and services offered to families with a sick or injured child.



On April 20/21, 2018, RMHC NL will celebrate volunteers during the International Award Winning "Strength In Numbers Volunteer Conference". At this conference, we will unite our provincial volunteer network and present the annual Helping HAND Awards in honour of **Dr. Jack Hand!** Congratulations to the award winners in 2017: **Stephen Patten, Nicole Devereaux, Taedy O'Rourke, Shirley Clarke & Capital Subaru.**



McHappy Day[®]

For the love of families.

Mark your calendars for Wednesday May 2, 2018

On McHappy Day, McDonald's[®] will donate \$1 from every Big Mac[®] sandwich, Happy Meal[®] and hot McCafé[®] beverage sold in its restaurants to Ronald McDonald House.



McHappy Day is 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 boxes to volunteering and additional donations.



Proudly presented by



June 15, 2018 at The Wilds



This event was **SOLD OUT** last year in teams and sponsorship opportunities.

Don't be disappointed.

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

info@rmhcnl.ca 738-0000

Get out and Golf "FORE" the Families

Volunteer Spotlight Story

George Battcock & Paul Mills



Following their attendance at the first FORE the Families Golf Classic in June 2013, **George Battcock & Paul Mills** knew they wanted to do more to help sick children and their families at RMHC. They got to know more about RMHC and then immediately joined the organizing committee for next FORE the Families Golf Classic as Event Volunteers in 2014. They have been dedicated volunteers ever since. You very seldom see one without the other. George and Paul have provided RMHC with creative professional expertise and were instrumental in creating a new brand for the event along with the addition of the pre-tournament event mixer – the Night be-FORE. They have strong ambitions to expand and grow this major fundraising event for RMHC.

George and Paul are very dedicated and loyal volunteers with a deep and caring compassion towards helping sick children and their families. Thanks to their volunteer contribution, the FORE the Families Golf Classic has raised more than \$305,000 since its inception in 2013.



Volunteers are the backbone of Ronald McDonald House, in Our House and in the community. Paul & George'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.

SPARE Some Love Bowling Event

53 bowling teams turned out on Sunday March 4, 2018 at **Plaza Bowl** for the 6th annual "SPARE" Some Love Bowling Event presented by **Tucker Window Film**. This event raised **\$35,000** for Ronald McDonald House! That is a six year total of more than **\$180,000!** Ronald McDonald House wishes to thank everyone who participated; bowlers, sponsors, prize donors, volunteers, especially **Ken Murphy** (Volunteer Event Chair) along with **Plaza Bowl staff**. Mark your calendars! **Sunday March 3rd, 2018** has already been confirmed so teams can once again "SPARE" Some Love for the families that stay at Ronald McDonald House.



Proudly Presented by:



Silver Sponsors



Save the Dates!!

RMHC Race Day

July 14, 2018 Eastbound International Speedway



Contact info@rmhcnl.ca for more details.

Team RMHC®

July 22, 2018



Team RMHC is a rewarding way to enjoy the Tely 10 experience. Members of Team RMHC will be committed to raise funds for RMHC in advance of the official event that will take place on **Sunday July 22, 2018.**



Team RMHC will host a **Goods Bingo July 12, 2018** at Columbus Hall St. Clare Ave. – check website for details.



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



Interact with us on Twitter.com @OurHouseNL