



Keeping Families Close

SUMMER 2018

Ronald McDonald House Charities® Newfoundland and Labrador

RMHC
Newfoundland
& Labrador



RMHC
Newfoundland
& Labrador



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Meet Spencer Lewis of Grand Falls-Windsor

It is hard to put into words how a parent feels when their child is having serious chest pains and later needs to have open heart surgery. It has to be one of the most stressful words a parent can hear. 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 November 2017, when Cecilia and Leonard Lewis heard their 15-year-old son Spencer say he was experiencing serious chest pains and not feeling very well, they went immediately to the local walk-in medical clinic in Grand Falls-Windsor. The doctor knew right away that Spencer was having some heart issues and that he needed to go to the Janeway Children's Hospital in St. John's, 427 km from home.

"This is where our journey began. After some testing the doctors said Spencer had a congenital heart defect and he would need open heart surgery to replace his aortic valve."

- Cecilia Lewis, Spencer's mom.

Shortly after the family arrived in St. John's, they were introduced to the programs and services at Ronald McDonald House.

In May of 2018, Spencer had his open heart surgery, and the family continues to be back and forth to the Janeway Children's Hospital for routine check-ups and appointments.

"We are so grateful to stay at Ronald McDonald House. It is truly our home away from home. It has been such a difficult time for our family, including our oldest son Michael, but it is so comforting to us when we stay at the house. We get to talk to other parents and kids. We are really a support system for each other. We have now become like family. It's so amazing and overwhelming the kindness we have received from everyone. Leonard, Michael, Spencer and I are so very thankful and appreciative of everyone that supports Ronald McDonald House. Thank you."

Cecilia Lewis, Spencer's mom

Our Impact

Our House has **15 family suites**

Families have stayed with us more than **27,793 nights**

More than **1240 families** stayed at RMHC NL

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 4J8

Charitable Registration Number
85050 2865 RR 0001

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



There is a **comprehension recognition package** provided to each donor that participates in the Adopt-A-Room Program. Contact Christine Morgan christinemorgan@rmhcnl.ca or 738-0000 for more details.



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 |
| Dawn Dalley
Director, Vice-Chair | Sterling Peyton
Director |
| Blair Rogers
Director, and Chair of Governance Committee | Paul Rogers
Director |
| Bill Budgell
Director, Treasurer and Chair of Finance Committee | Heather Peters
Director |
| Gary Follett
Director, Chair of Facilities 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/>

Any questions on House Programs, please contact
Julie Chaulk

738-3479
juliechaulk@rmhcnl.ca

VISIT Website
www.RMHCNL.ca



Photo: Sobey's Kelsey Drive

"We can truly say this is a very rewarding experience. The interactions with the staff and the families staying at Ronald McDonald House really touch your heart. We made a Roast Beef Dinner and the families commented on it being just like home and having a meal at your family's home. We LOVED the experience and will definitely be back in the future."

– Sobey's Kelsey Drive

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Family Service Associates
Patricia Hanlon
Shirley Kenny
Brian Mallard
Fred Tucker
Kristen Mogridge

House Front Desk – 709-733-2244

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

Team RMHC®

Team RMHC members are dedicated to raising funds and awareness for RMHC. Runners and walkers of all skill levels challenge themselves to complete the annual Tely 10 event and raise funds to keep families close. The official event took place on Sunday July 22, 2018. Members of **Team RMHC** not only crossed the finish line – but collectively raised **\$9000** for RMHC!!!

Congratulations and thank you Team RMHC!



2018 Team RMHC Captain: Zack Clancy
2018 Team RMHC members: Annette Godsell, Christine Morgan, Melissa Thomas, Ryan Aspell, Sarah Fitzgerald, Minnie Clarke, Lana Roestenberg, Helen Mackey, Bridgette Abbott, Mark Kenny, Stephen King, Darrell Hynes, Christine Hynes, Laura Murphy, Kayla Parsons-Collins

5 ways you can help

1. Donate

The cost of having a sick child and being away from home really adds up. Families can stay at Ronald McDonald House for only \$15 per night. It is estimated that our families save approximately \$71,550 per month in expenses by staying at Ronald McDonald House. Your single gift or monthly gifts will have a tremendous impact to a sick or injured child and their 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 cleaning, by listening, 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 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.

Visit www.RMHCNL.ca or contact us at info@rmhcnl.ca or toll free 1-855-955-HOME(4663) for more information.



10 YEAR ANNIVERSARY
AUG 18TH DUB SHOW
 AT BOWRING PARK
 12:00 - 4:00
 SUPPORTING RONALD MCDONALD HOUSE NL
 FREE REGISTRATION 10:30 - 12:00
 BBQ - MUSIC - PRIZES
 Visit dubshow.ca for more info.



NEWFOUNDLAND'S VOLKSWAGEN & EURO CAR SHOW

Royal St. John's Regatta



Look for us at the head of the lake!
 Fun games & great prizes!!



September 2018

Make your steps
 count for families

This event is our largest annual fundraising event for Ronald McDonald House and will be held in 40+ 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.

Registration and location details for 2018 are now available on our website:

www.WalkforFamilies.ca

Or by contacting us at 1-855-955-HOME (4663) or 738-0000 or email info@rmhcnl.ca.

REGISTER TODAY!!!

Proudly Presented by



Red Workboot Sponsors



Red Sneaker Sponsors



Red High Heel Sponsors



Volunteer Spotlight Story

Nicole Devereaux



The day Ronald McDonald House opened its doors in 2012, Nicole Devereaux was one of the first volunteers to offer to help. Nicole has been a dedicated Family Services Volunteer ever since. She helps with whatever is needed from helping families to general house cleaning and laundry, but mostly Nicole likes to help make crafts with the kids. Whether its Mother's day cards, pumpkin carving, gingerbread house decorating or general house decorations, Nicole is our craft go-to person. **Nicole does so much with crafts – that she is the driving force behind our incredible RMHC Craft Group.** Nicole is a deeply caring individual whose enthusiasm helps bring our mission to life during her every visit. She is always helping to create a positive atmosphere for families at RMHC, especially for the children and their siblings.

Not only is Nicole a reliable and dedicated volunteer at Ronald McDonald House, she is also incredibly helpful with all RMHC events. She assists with making decorations, photo booth props and all activities involving children.



Volunteers are the backbone of Ronald McDonald House. We simply cannot provide the programs and services to sick children and their families without them. Nicole's outstanding contribution of time, skills and resources continues to make a difference in the lives of sick children and their families that need Ronald McDonald House.

McHappy Day

On McHappy Day, McDonald's® donated \$1 from every Big Mac® sandwich, Happy Meal® and hot McCafé® beverage sold in its restaurants to RMHC NL and other children's charities for a collective total of an amazing **\$104,000!!**

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



THANK YOU!

June 15, 2018 at The Wilds
 This event raised more than **\$67,000!**
 Thank You to all participants, sponsors,
 volunteers and supporters!!
Save the Date – June 14, 2019

Gold Sponsors



Silver Sponsor



Bronze Sponsors



Friday October 12, 2018



Our Socks have arrived!
Available while quantities last



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 supporting programs, services and raising awareness for RMHC.



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



Interact with us on Twitter.com @OurHouseNL