



Keeping Families Close

Fall 2018

Ronald McDonald House Charities Newfoundland and Labrador



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LOVE can help beat the odds

It is hard to put into words how a parent feels when their child is born with serious medical issues and the possibility of life-long disabilities. 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.

On November 21, 2013, Randi Fifield of Pilley's Island delivered a beautiful baby girl she named Scarlette in St. John's, 542km from home. It was a beautiful experience too hard to put in words. For the first few hours, everything was perfect! Then suddenly, something changed. Scarlette crashed and needed immediate attention from the medical team. Her joy turned to fear in an instant.

"The next three minutes felt like hours. Thankfully, the doctors were able to stabilize her. They rushed her to the Neonatal Intensive Care Unit. We soon learned that she was visually impaired due to Bilateral Optic Nerve Hypoplasia, she had a cleft lip and palate, a growth defect and she was missing the structure that would affect her equilibrium. One of the worst things any parent can endure is the news that your child has a life-long illness and disabilities. The emotional stress is overwhelming. We knew it would be weeks or months before we would be able to return home to Pilley's Island and we may not even get home for the holidays" - Randi Fifield

It was then that the family was introduced to the programs and services of Ronald McDonald House.

The doctors didn't know what to expect. One thing they did know was that she would be completely blind and they had no hope that she would ever walk or talk.

Over the next four years, during numerous appointments and surgeries, the family have stayed at Ronald McDonald House on 15 occasions totaling 66 nights.

"The support at Ronald McDonald House is an experience like no other. We love our "other house". We have an amazing bond with the staff and volunteers. It is always nice to know that they remember you and that you have a special place in their heart." - Randi Fifield

Scarlette has exceeded her doctor's expectations. She can now talk, a lot. She can walk by herself and she can even spell words and count numbers.

"We believe that Scarlette has beaten the odds because of the love and support of her family, friends and the Ronald McDonald House." - Randi Fifield

Did you know?

Our House has **15 family suites**

1270 families have stayed with us
29,000 nights

Providing programs and services for **6 years**

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

More than **98,550 meals** have been prepared in our kitchen



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



@OurHouseNL



facebook.com/rmhnl

Adopt-a-Room

The **Adopt-a-Room** program ensures that the rooms at Ronald McDonald House are beautifully 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 comprehensive recognition package provided to each donor that participates in the Adopt-A-Room program. Contact Christine Morgan christinemorgan@rmhcnl.ca or 738-0000 for details.

Adopt-a-Room Program

These groups have renewed their room adoption for a further 3 years!!



Egg Farmers of NL



Kinsmen Lewisporte Co-Op 50/50

Board of Directors

- | | |
|--|--|
| Theresa Rahal
Director, Chair of Board | Dr. Lynette Bowes
Director and Chair of Programs Committee |
| Dawn Dalley
Director, Vice-Chair | Gary Follett
Director, Chair of Facilities Committee |
| Blair Rogers
Director, and Chair of Governance Committee | Paul Rogers
Director |
| Bill Budgell
Director, Treasurer, Chair of Finance Committee & Development Committee | Heather Peters
Director |
| Sterling Peyton
Director | Erin Higdon
Director |

House Programs

The kitchen is the heart of every home. Imagine being part of a wonderful program that would provide comfort directly to our families. Our **Home for Dinner** and **Just Like Nan's Baked Goods** programs are the easiest ways for groups to support families at Ronald McDonald House. Just organize your friends, co-workers or club members and prepare a meal or baked goods for up to 40 people. You pick the menu, purchase the ingredients and prepare the food here at Our House. This can be a great experience for your family or co-workers while providing a wonderful service to families with a sick or injured child. At the end of a long day at the hospital, families are truly relieved to come "home" to a home-cooked meal or freshly baked goods.

Check our **LIVE program calendar** and sign up online. Visit RMHCL.ca for more details

For more information about our House Programs, please contact
Julie Chaulk
738-3479 or juliechaulk@rmhcnl.ca

SOCK IT for sick kids and their families – Friday October 12th



We're calling on everyone to **SOCK IT for sick kids and their families** at Ronald McDonald House NL! A fun day of wearing our signature striped socks, fundraising and social media sharing.

Here's How it Works:

- Step 1:** Purchase your striped socks for \$10 at Ronald McDonald House.
- Step 2:** Raise extra funds! Wear your socks on Fridays and collect \$2, collect pledges from friends and family, or host a bake sale. Then on October 12th, present your donation to Ronald McDonald House.
- Step 3:** Take a pic of you and/or your group wearing your signature striped socks.
- Step 4:** On October 12th, share your pics on social media with #sockitforsickkids @OurHouseNL.

Staff

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

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/>

Most URGENT Items on the Wish List

Non-perishable Food items

Toys (New)

Cleaning Supplies

Garbage Bags

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 RMHC NL only pay \$15 per night, which saves our families approximately \$65,000 per month in hotel 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 NL 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're 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.



RMHC Cookie

On October 1st, 2018, **McDonald's Canada** is launching new **RMHC Cookies** across Canada. These cookies are inspired by a tradition of baking cookies in the kitchens of every Ronald McDonald House and Ronald McDonald Family Room across Canada.

With the launch of the RMHC Cookie, a heart-shaped cookie in three delicious flavours, McDonald's will donate a portion of the proceeds from each and every cookie – all year long.

Thank you for visiting McDonald's to buy a **RMHC Cookie** (or two). Your support helps us help families staying at RMHC NL.

Who will you share a RMHC cookie with?

Christmas Cards



With artwork by
Anne Parry
"Home for Christmas,
with love"

**\$10/pk of 12
cards and
envelopes**

Order online: www.RMHCNL.ca
info@rmhcnl.ca

Lights of Love Tree

Christmas is an important time for families. At Ronald McDonald House it is a priority to celebrate special times of the year with families staying at Ronald McDonald House, especially during Christmas.

The **Lights of Love Tree** campaign is a wonderful way for individuals, businesses and communities to celebrate the strength of families in healing a sick child. This fundraising campaign is an important and festive initiative that will help raise awareness and funds for Ronald McDonald House Charities Newfoundland and Labrador.



To start the Lights of Love, RMHC NL will erect a large outdoor Christmas tree on the grounds of Ronald McDonald House in St. John's and in participating communities throughout our province. The tree would be initially decorated with white bulbs and, with love, the tree will change to red.



Donations will be used to provide a home-like experience for sick children and their families. For a tax-deductible contribution, one can honor or remember a special person in their life or that hard-to-shop-for person on your Christmas list. A red light will shine in their honour on our Lights of Love Tree. We will also provide or send an acknowledgment card for the honoree.

To make a donation or to host your own Lights of Love Tree, please call 1-855-955-HOME (4663), 709-738-0000 or email info@rmhcnl.ca.

The official tree lighting will take place at Ronald McDonald House on **November 29, 2018 at 7pm**. Please bring your family and join us for carols, hot chocolate, candy canes and special guests.



Volunteer Spotlight Story

Brian Pitcher



Our valued volunteers are at the heart of providing programs and services at Ronald McDonald House.

Brian Pitcher is among a very dedicated group of Red Shoe Crew community volunteers in our province. In 2015, Brian became the volunteer leader of the Red Shoe Crew-Walk for Families in Hearts Content. With this event and other fundraising activities throughout the year, he has helped raised more than \$35,000 to help provide programs and services for sick children and their families at Ronald McDonald House.

Brian is well known in Heart's Content for his community involvement, not only as a volunteer with Ronald McDonald House but also has a local volunteer firefighter. Helping sick children and their families stay together is something that is very important to him.

Brian is a very dedicated and loyal volunteer with a deep and caring compassion towards helping sick children and their families. Brian'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.



Red Shoe Crew-Walk for Families a huge success in 41 communities

Thousands of individuals, groups, teams, businesses and families in 41 communities made their steps count for families during the annual Red Shoe Crew-Walk for Families presented by Newfoundland and Labrador Hydro, during September 2018. The event is estimated to exceed \$250,000! The funds raised will support the programs and services at Ronald McDonald House in accommodating sick or injured children and their families.



Proudly Presented by:



2018 Participating Communities included:

- | | | |
|----------------------|----------------------|------------------------|
| Anchor Point | Heart's Content | Port Saunders |
| Bay d'Espoir | Irishtown-Summerside | Rigolet Nunatsiavut |
| Bishop's Falls | Kings Point | Rushoon |
| Chance Cove | La Scie | Shearstown/Butlerville |
| Churchill Falls | Labrador City | Springdale |
| Clarenville | L'Anse Au Loup | St. Anthony |
| Conception Bay South | Lewisporte | St. John's |
| Corner Brook | Marystown | Stephenville |
| Deer Lake | New Harbour | Sunnyside |
| Fortune | Norman's Cove | Terra Nova |
| Gander | Old Perlican | Twillingate |
| Glovertown | Pasadena | Upper Island Cove |
| Goose Bay | Pilley's Island | Victoria |
| Grand Falls-Windsor | Placentia | |



www.WalkForFamilies.ca

Thank you to our 2018 Red Sneaker Sponsors:



COSSETTE



BELFOR



2018 Red High Heel Sponsors



Ronald McDonald House Celebrates 6 Years



The past six years have been incredible. In fact, Ronald McDonald House has provided more than 29,000 nights of comfort and care to 1270 families with a sick or injured child, saving them more than \$4.6M!

Now, that's worth celebrating!

Our celebration included a birthday party in St. John's at the Techniplex, and was attended by families, volunteers and supporters of RMHC.

