



# Keeping Families Close

Winter 2019

Ronald McDonald House Charities® Newfoundland and Labrador



RMHC  
Newfoundland  
& Labrador

Three-year-old  
**Michael Carroll**  
and his nan from  
Labrador City  
Our guests on 15  
occasions totaling  
**405 nights**

## Keeping families close every minute, of every day!

It is hard to put into words the stress that a parent experiences when their child has become sick or seriously injured. 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.

Every day there is a family travelling to St. John's with a sick child. Living expenses can quickly add up. Families become stressed from long drives, lost jobs, worried siblings, hotel expenses and being far away from family and friends. These are extra burdens that no family should have to experience. RMHC NL keeps families with a sick child close to each other and the medical care and resources they need, when they need it the most. While every Ronald McDonald House shares the same mission of keeping families close, each house is independently operated by a charitable organization and relies on support from donors and annual fundraising activities.

Since opening in 2012, RMHC NL has welcomed more than 1300 families with a sick child more than 2600 times, including three-year-old Michael Carroll and his family of Labrador City. The Carroll family have stayed at RMHC on 15 occasions totaling 405 nights.

“Ronald McDonald House has always been our second home since Michael was born in 2015. We love everything about Ronald McDonald House.” – **Selina Carroll, Michael's mom**

It is estimated that Ronald McDonald house has saved these 1300 families more than \$4.8M in just 6 years! Thank you for helping RMHC NL **keep families close!**

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## Our Impact

RMHC NL has **15 family suites**

Families have stayed with us more than **30,680 nights**

Families have saved an estimated **\$4.8M**

More than **1300 families**

We have more than **250 volunteers**

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

**Unlimited** smiles



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

Charitable Registration Number  
85050 2865 RR 0001

# 8<sup>th</sup> annual Red Shoe Crew-Walk for Families

September 21 or 22, 2019

This event is our largest annual fundraising event for Ronald McDonald House and will be held in **September 2019** 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](mailto:christinemorgan@rmhcnl.ca)

Location details for 2019 will be available on our website [www.RMHCNL.ca](http://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/>

### Top 3 items:

Itunes Gift Cards (\$15), HE Laundry Detergent, Large Garbage bags

## 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

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**Development Associate Events**

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**Julie Chaulk**  
Family Program and Services Coordinator  
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**Development Associate Stewardship**  
**Heather Butler**  
709-733-5073

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

**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/>

*See our LIVE up-to-date online calendar of available dates & online sign up form*  
[www.RMHCNL.ca](http://www.RMHCNL.ca)



Photo: The Cahill Family

## Home for Dinner Program

"My family and I absolutely loved our experience at Ronald McDonald House! We cannot wait to do it again. Everyone is so helpful and friendly!!

– The Cahill Family

## 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](mailto: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](mailto: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](http://www.RMHCNL.ca)

## McHappy Day



### All McDonald's Locations

Mark your calendars

**Wednesday May 8, 2019**

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 3, 2019**

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 3, 2019** 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

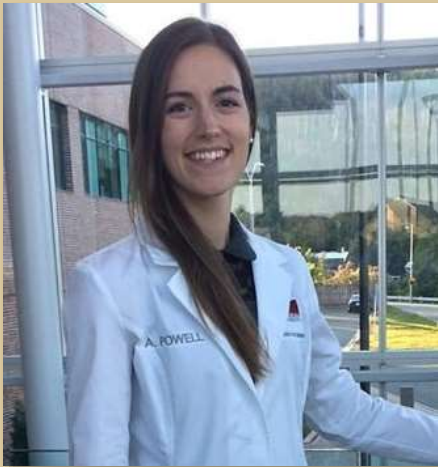
To register a team and get your pledge sheets, please contact  
**Lana Roestenberg at 738-0000**  
or email [lana@rmhcnl.ca](mailto:lana@rmhcnl.ca)

**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 child and to thank all participants, volunteers and sponsors.

# Volunteer Spotlight Story

## Amy Powell



Amy Powell is a second-year medical student at Memorial University who is originally from Port au Choix, NL. She has been volunteering at RMHC since the spring of 2014. When Amy moved to St. John's she was interested in getting more involved within the community. When Amy heard about Ronald McDonald House and the programs they provide to sick children and their families she knew she wanted to become a volunteer.

Amy's favorite part about volunteering at RMHC is that she has the chance to help provide a sense of support and comfort to sick children and their families, who are far from home and dealing with the stress of their child's medical issues.

One thing that Amy has told us about volunteering at Ronald McDonald House is that all the volunteers are extremely dedicated, and this is reflected in all of their actions.

*"I am always inspired by my fellow volunteers at Ronald McDonald House, and their commitment to sick children and their families." - Amy Powell, RMHC Volunteer*

Volunteers are the backbone of Ronald McDonald House, in our house and in the community. Amy's outstanding passion and enthusiasm 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](http://www.RMHCNL.ca)

## Season of Giving Celebrations

The 7th Annual Lights of Love Tree Campaign was held from November - December 2018. All funds collected supported the programs and services at Ronald McDonald House. Along with this campaign a number of Holiday activities took place with supporters, families and volunteers at RMHC.



Proudly presented by



SAVE THE DATE

June 14, 2019 at The Wilds



This event was **SOLD OUT** in 2018 in terms of participation and sponsorship opportunities. Don't be disappointed.

Book your FORE-some today!!! **\$800/team**  
[info@rmhcnl.ca](mailto:info@rmhcnl.ca) 738-0000



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 Twitter @ourhouseNL  
 Instagram gmhcnl\_ni

YouTube RonaldMcDonaldHouseNL