

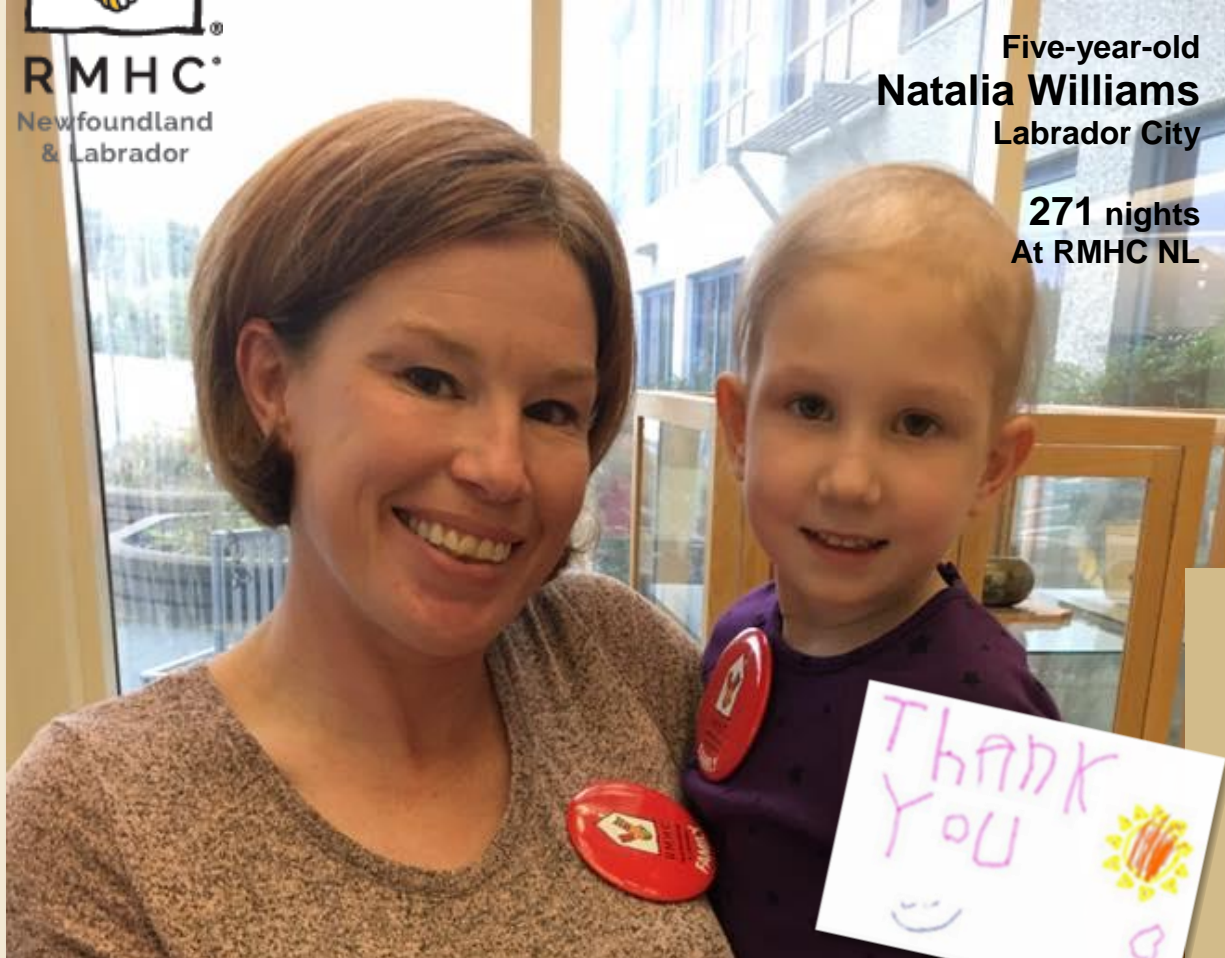


Keeping Families Close

SPRING 2019

Ronald McDonald House Charities® Newfoundland and Labrador

RMHC®
Newfoundland
& Labrador



**Five-year-old
Natalia Williams
Labrador City**

**271 nights
At RMHC NL**

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 2019	3
FORE the Families Golf Classic	3
Volunteer Spotlight	4
Spare Some Love Bowling	4
Save the DATES	4

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

Facing Cancer Together

It is hard to put into words how a parent feels when their child has been diagnosed with cancer. It has to be one of the most stressful and frightening experiences 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.

In June of 2018, 4-year-old Natalia Williams of Labrador City was diagnosed with **ALL, Acute Lymphoblastic Leukemia**. Ronda, a single mother of two, had to relocate to St. John's on a semi-permeant bases for Natalia's treatment. Natalia, her mom and at times her older sister Haidyn (who is at home attending high school in Labrador City with extended family) have found comfort and care at Ronald McDonald House in St. John's for the past 271 nights.

"Ronald McDonald House has been our home-away-from-home. We've been able to receive support from other families going though the same thing which means so much to us." said Ronda Williams

With Natalia's treatments expected to continue into the **spring of 2019**, the Williams Family are grateful for Ronald McDonald House for keeping them close to each other and the medical care and resources they need, when they need it the most.

"Thank you for supporting Ronald McDonald House. You are making it possible for my family to stay together while my five-year old daughter goes through 10 months or more of chemotherapy for her leukemia."

- Ronda Williams



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

8th annual Red Shoe Crew-Walk for Families

September 21 or 22, 2019

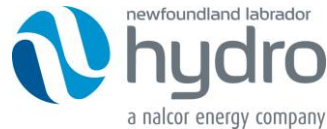
This event is our largest annual fundraising event for Ronald McDonald House and will be held in **September 2019** in communities throughout our province. This annual fundraising event coincides with the anniversary of the opening of our House in 2012. Participants will register for a pledge sheet and 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 2019 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

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

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
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 is that easy!

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



Photo: The Bruce-Kateers

Home for Dinner Program

"It was an honour to participate in the Home for Dinner program! The staff and volunteers were so friendly and helpful. The kitchen was a joy to work in and watching the families enjoy the meal we had prepared was heartwarming."

– the Bruce-Kateers

Adopt-a-Room Program *Check out our recent adoptions:*

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.



Dylan Gibbons

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

2019 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 12/13, 2019, 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 2018: **Marjorie Frampton, Nicole Devereaux, Tanya Barron, Irene Sutton, Chad Haggett, Tucker Window Film & Gerry Beresford**



McHappy Day®

For the love of families.

SAVE THE DATE

Wednesday May 8, 2019

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 and other children's charities.



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, RMHC Cookies to volunteering and additional donations.



Proudly presented by



June 14, 2019 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

Bonnie Grandy



After raising three sons and retiring from formal work Bonnie looked for things to do that she would enjoy. Bonnie felt the need to help others, so when she was asked by a friend to help out before Ronald McDonald House was officially opened, she jumped at the chance to help prepare Ronald McDonald House for the first families to start arriving. Bonnie enjoyed what she was doing so much so that she has been a committed Family Service Volunteer ever since.

Bonnie is deeply committed to the mission of helping keep families with a sick child close to each other and the medical care and resources they need, when they need it the most.

"My favorite part about volunteering at Ronald McDonald House is that I believe what I do is very important. I think the work I do is very much needed and I feel I'm appreciated." -Bonnie Grandy

Bonnie is very involved in the community with other groups such as Newfoundland Horticultural Society, the Floral Design Group, Friends of the Botanical Garden and the Cordially Yours community choir. She also enjoys exercising daily at the gym, walking and cycling in the summer.

Volunteers are the backbone of Ronald McDonald House, in Our House and in the community. Bonnie'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

51 bowling teams turned out on Sunday March 3, 2019 at Plaza Bowl for the 7th annual "SPARE" Some Love Bowling Event presented by Tucker Window Film. This event raised \$31,500 for Ronald McDonald House! That is a seven-year total of more than \$210,000!

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! We will once again "SPARE" Some Love for the families that stay at Ronald McDonald House in March 2020.



Proudly Presented by:



Gold Sponsors



Silver Sponsors



Save the Dates!! Team RMHC®

July 28, 2019



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 28th. Contact info@rmhcnl.ca for more details.



Team RMHC will host a Goods Bingo July 11, 2019 at Columbus Hall St. Clare Ave. See website for details

Motorcycle Ride

August 17, 2019

Moma's Ice Cream Shop - Whitbourne



Contact info@rmhcnl.ca for more details

FULL LISTING OF UPCOMING EVENTS
www.RMHCNL.ca