



RMHC
Newfoundland
& Labrador

Keeping Families Close

SUMMER 2019

Ronald McDonald House Charities® Newfoundland and Labrador



Meet the Osborne Sisters of Labrador City

It is hard to put into words how a parent feels when they lose a child, and even harder to find the words when another child becomes diagnosed with the same illness. It has to be one of the darkest experiences for a parent to endure. 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.

Wendy Osborne is the proud mother of three special little girls, Cadence, Adaisha and Octavia.

A little more than a year ago Wendy suddenly lost Octavia to a rare genetic disease at only 17 months old. One week later her three-year-old daughter Adaisha also became sick and was diagnosed with the exact same illness. Since then, Adaisha has been fighting for her life in hospitals from St. John's, to Toronto to locations in the United States.

"With all of this happening I simply cannot imagine being separated from Cadence, my eight-year-old daughter. I need Cadence, Adaisha needs Cadence, and Cadence needs us. This is how Ronald McDonald House has helped keep our families close."
- Wendy Osborne

Ronald McDonald House gives families with a sick child a place to call home when they simply cannot be at home.

Ronald McDonald House provides families with warm beds, comfortable rooms, healthy meals, activities and the support of other families, volunteers and staff. For Cadence, this means new friends, special visitors, toys to play with, activities, arts and crafts and just having fun. This also means a special place to celebrate family moments such as birthdays, the holidays and special occasions. But more importantly, Ronald McDonald House has meant more time to just be sisters. Time to play games, time to talk and laugh, and time to simply be together.

"All I want for my daughters is to experience the joy of just being kids. They deserve it. And your donations to Ronald McDonald House will make that possible. Please donate now to help keep families like mine together at Ronald McDonald House." - Wendy Osborne

The Osborne family has been together more than 385 nights at Ronald McDonald House Charities Newfoundland and Labrador thanks to you.

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Our Impact

Our House has **15 family suites**

Families have stayed with us more than **32,881 nights**

1348 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

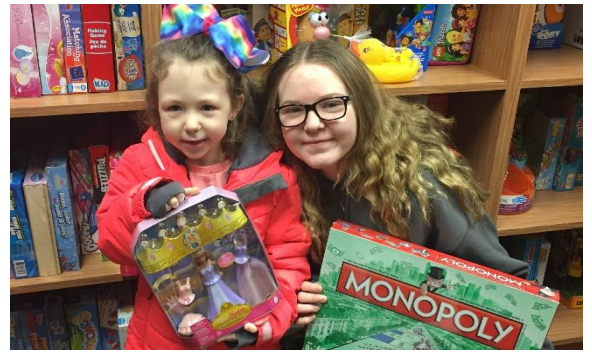
The Adopt-a-Room Program ensures that the rooms at Ronald McDonald House are beautifully kept, operated and maintained for families who need a comfortable place to stay while in St. John's seeking medical attention for their child.

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
Angie Brown 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/>



Photo: ClearRisk

"It was a great experience, we just wanted to say thank you for having us! All our employees enjoyed this opportunity"

.- ClearRisk

Staff

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Lana Roestenberg

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Julie Chaulk

Development Associate - Stewardship
Heather Butler

Family Service Associates
Patricia Hanlon
Shirley Kenny
Fred Tucker
Kristen Mogridge
Brittany Ryan
Jessica Bishop

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 will take place on
Sunday July 28, 2019.

Congratulations and Good Luck to the 2019 Team RMHC!



2019 Team RMHC Captain: Zack Clancy
2019 Team RMHC members: Annette Godsell, Melissa Thomas, Sarah Fitzgerald, Minnie Clarke, Lana Roestenberg, Helen Mackey, Stephen King, Kiera Hewitt

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.





**2nd Annual
Day by the Bay
Golf Classic**

Register Now! Space is limited

Contact:
Annette Higdon
582-3445 or 683-4343
ahigdon@nlh.nl.ca

Pitcher's Pond Golf Course
Whiteway, NL
Saturday, August 10, 2019
8am Tee Off
BBQ Lunch to follow
\$400/Team of 4



September 2019

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 2019 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



COSSETTE

Red High Heel Sponsors



Royal St. John's Regatta



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



Volunteer Spotlight Story

Abbey French



Abbey is 20 years old and currently in her second year at Memorial University in the Faculty of Kinesiology. Abbey has always wanted to get involved and help with an organization that involves tasks she enjoys.

When a friend mentioned the Ronald McDonald House to her she knew that she had to get involved. She has always been a volunteer in some way, from volunteering at swim competitions to being a member of her high school's student council. When she began volunteering at Ronald McDonald she quickly knew that it would be something that she would become very attached to and passionate about.

"My favorite part about volunteering at Ronald McDonald House is that I get to see the impact that the work I do has on a family. I love getting to interact with the families and helping them in any way I possibly can. When you're having fun, it makes the work less difficult much more enjoyable. I have very quickly learned that even though a task may seem so easy and small, it can have a major impact on someone going through a difficult time in their life." – Abbey French, Family Service Volunteer

Volunteers are the backbone of Ronald McDonald House. We simply cannot provide the programs and services to sick children and their families without them. Abbey'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 **\$103,000!!**

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 14, 2019 at The Wilds

This event raised more than \$72,000!

Thank You to all participants, sponsors, volunteers and supporters!!

Save the Date – June 19, 2020

Gold Sponsors



Silver Sponsor



Grant Thornton

An instinct for growth™

Bronze Sponsors



SOCK IT

for *sick kids*
& their families

RMHC Socks have arrived!
Available only while quantities last



Friday October 11, 2019

info@rmhcnl.ca

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