



Keeping Families Close

Fall 2019

Ronald McDonald House Charities Newfoundland and Labrador



A place where I can simply be his mom

Generally, all mothers experiencing a high-risk pregnancy in Saint Pierre et Miquelon, a piece of French territory off the coast of Newfoundland, are referred to St. John's, NL more than 400 km away. For Audrey Letournel, this meant being far from home and in another country for the birth of her first child. On June 28, 2018, Weelo, a beautiful happy baby boy was born. It was for Audrey a feeling of joy like no other. But it wasn't all perfect. Weelo was born with complications with his intestines, and needed a lot of medical attention including a major abdominal surgery at just one-month old.

Being far from home, Audrey wondered how she would manage. She knew limited English, had no family and she could not leave her little boy. She was told it would be months before he would be discharged from the hospital. It wasn't long before they were introduced to the programs and services of Ronald McDonald House.

A year has gone by and Weelo has spent his entire life in medical care. Weelo has been tube fed since birth and is unable to go home until he can eat a full meal on his own.

"The first day that I got to take my son out of the hospital was Christmas Day 2018 when he almost 6 months old. I brought him home with me to Ronald McDonald House. Every day since then, and because I am staying at Ronald McDonald House, the hospital has allowed Weelo to come home with me,

to play, to cuddle, to celebrate special occasions like his first birthday, to help him take his first steps and simply be his mom. My English has greatly improved and the support at Ronald McDonald House is an experience like no other. Without Ronald McDonald House and your support, Weelo's entire life would have been quite different." - Audrey Letournel



Audrey has spent **440 nights** at Ronald McDonald House and Weelo's journey is still not over. **Please give generously to ensure we keep giving Weelo the best gift of all, his mom.**

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Did you know?

Our House has **15 family suites**

1335 families have stayed with us
33,500 nights

Providing programs and services for **7 years**

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

More than **114,975 meals** have been prepared in our kitchen



Ronald McDonald House Charities*
Newfoundland & Labrador

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Charitable Registration Number 85050 2865 RR 0001



Facebook @rmhcnl
Twitter @ourhousenl
Instagram @rmhc_nl
YouTube /houseofcharitynewfoundlandlabrador

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 for details.

Planned Giving

Through a planned gift you can provide the greatest benefit to you, your family, and Ronald McDonald House. As part of your long-term financial planning, a planned gift can offer you substantial tax and estate planning benefits that allow you to make a lasting gift to Ronald McDonald House Charities® NL.

At RMHC we honor all those individuals on our Legacy Giving Wall who:

- have officially indicated their intent for a planned gift;
- have made a planned gift;
- have or will direct others to donate in their memory.

If you are thinking about making a planned gift to RMHC NL or would like more information please contact:

Christine Morgan, Director Development & Communications
709-733-5071 christinemorgan@rmhcnl.ca



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
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Director

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Director, Chair of Development Committee

Erin Higdon
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Development Associate Events
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Family Program and Services Coordinator
Julie Chaulk
709-738-3479

Development Associate Stewardship
Heather Butler
709-733-5073

Family Service Associates
Patricia Hanlon
Shirley Kenny
Fred Tucker
Kristen Mogridge
Alannah Green Pike
Abby French

House Front Desk – 709-733-2244

Toll Free:

1-855-955-HOME (4663)

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 participating in Ronald McDonald House Programs Visit www.RMHCNL.ca

SOCK IT for sick kids and their families – Friday October 11th



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 11th, 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 11th, share your pics on social media with #sockitforsickkids @OurHouseNL.

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/>

5 ways you can help

1. Donate

Help keep families with a sick or injured child close to each other and the medical care and resources they need, when they need it the most. The cost of having a sick child and being away from home can really add up. Your single gift or monthly gifts will provide programs and services for families with a sick or injured child.

2. Volunteer

Volunteers make the difference in the lives of all the families that come through our doors - by cooking, by cleaning, by listening, or by simply being there and helping. Volunteers are also needed throughout our province to help with awareness and fundraising. Volunteer at RMHC today!

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

RMHC Cookies are available at all McDonald's Canada locations. These cookies were inspired by the tradition of baking cookies in the kitchens of every Ronald McDonald House and Ronald McDonald Family Room across Canada.

McDonald's donates 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

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 make a difference in the lives of sick children and their families that are far from home, because they simply cannot be at home. This fundraising campaign is an important and festive initiative that will help raise funds for Ronald McDonald House Charities Newfoundland and Labrador.



Donations will help keep families close to each other and the medical care and resources they need, when they need it the most. 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 28, 2019 at 7pm**. Please bring your family and join us for carols, hot chocolate, candy canes and special guests.



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.

Volunteer Spotlight Story

Dave Dove



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

Dave Dove is among a very dedicated group of Red Shoe Crew community volunteers in our province. In 2016, Dave became the volunteer leader of the Red Shoe Crew-Walk for Families in Twillingate. With this event and other fundraising activities throughout the year, he has helped raised more than \$10,000 along with additional donated goods valued at \$2,500 to help provide programs and services for sick children and their families at Ronald McDonald House.

Dave is well known in Twillingate for his community involvement as a volunteer with Ronald McDonald House but also as the principal of Twillingate Island School. Helping sick children and their families stay together at Ronald McDonald House is something that is very important to him.

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



Thousands made their steps count for families during the 8th annual Red Shoe Crew-Walk for Families

Thousands of individuals, groups, teams, businesses and families turned out in 44 communities to make their steps count for families during the annual Red Shoe Crew-Walk for Families presented by Newfoundland and Labrador Hydro, during September 2019. The event raised an estimated \$240,000! The funds raised will support the programs and services at Ronald McDonald House in accommodating sick or injured children and their families near the medical care and resources they need.



Proudly Presented by:



2019 Participating Communities included:

Anchor Point	Gander	Parson's Pond
Arnold's Cove	Glovertown	Pilley's Island
Bay d'Espoir	Grand Falls-Windsor	Placentia
Bay Roberts	Heart's Content	Port Aux Basques
Bishop's Falls	Irishtown-Summerside	Rushoon
Botwood	King's Point	Springdale
Carbonear	La Scie	St. Anthony
Chance Cove	Labrador West	St. John's
Churchill Falls	L'Anse au Loup	Stephenville
Clareville	Lewisporte	Sunnyside
Conception Bay South	Marystown	Terra Nova
Corner Brook	Middle Arm	Twillingate
Deer Lake	New Harbour	Upper Island Cove
English Harbour West	Norman's Cove	Victoria
Fortune	Old Perlican	



www.WalkForFamilies.ca

Thank you to our 2019 Red Sneaker Sponsors:



2019 Red High Heel Sponsors



Ronald McDonald House

Celebrating 7 years of Keeping Families Close
 You have helped us care for 1335 sick children and their families over the past 7 years! Thank you!!

1335

The past seven years have been incredible. In fact, Ronald McDonald House has provided more than 34,177 nights of comfort and care to 1335 families with a sick or injured child

Now, that's worth celebrating!

A celebration that included a mega birthday party was attended by families, volunteers and supporters of RMHC.
 Thank you!

