



# Keeping Families Close

Winter 2020

Ronald McDonald House Charities® Newfoundland and Labrador



13-year-old  
Sammi-Jo James  
of Point Leamington  
Guest of RMHC during  
22 occasions totaling  
196 nights

## Meet Sammi-Jo James, a familiar face at RMHC

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.

13-year-old Sammi-Jo James of Point Leamington was diagnosed with cystic fibrosis just before her third birthday, but this was only the beginning of a long road of medical treatments and doctor's appointments. Sammi-Jo has continued to have special medications and chest physiotherapy each and every day.

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, extra expenses and being far away from family and friends. These are extra burdens that no family should have to experience. Since opening in 2012, RMHC NL has welcomed more than 1400 families, including Sammi-Jo and her mom, Kelly, who have stayed at RMHC NL on 22 occasions totaling 196 nights.

*"We are so grateful to Ronald McDonald House and everyone that supports RMHC for keeping families like ours together we need it the most."* – Kelly Earle, Sammi-Jo's mom

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 each year.

To help keep families like Sammi-Jo and her mom Kelly, close visit [www.RMHCNL.ca](http://www.RMHCNL.ca) and donate today.

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## Our Impact

RMHC NL has **15 family suites**

Families have stayed with us more than **35,026 nights**

Families have saved an estimated **\$7M**

More than **1400 families**

We have more than **350 volunteers**

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

**Unlimited smiles**



Ronald McDonald  
House Charities®  
Newfoundland & Labrador

P.O. Box 28091  
150 Clinch Crescent  
St. John's, NL A1B 4J8

Charitable Registration Number  
85050 2865 RR 0001

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

September 26 or 27, 2020

This event is our largest annual fundraising event for Ronald McDonald House and will be held in **September 2020** 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 Heather Butler, [heatherbutler@rmhcnl.ca](mailto:heatherbutler@rmhcnl.ca)

Location details for 2020 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

## Staff

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**Heather Butler**  
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**Community Relations Coordinator**  
**James Reid**  
[jamesreid@rmhcnl.ca](mailto:jamesreid@rmhcnl.ca)

**Family Service Associates**  
**Shirley Kenny**  
**Fred Tucker**  
**Kristen Mogridge**  
**Alannah Green**  
**Abbey French**  
**Lynn Cooze**  
**Debra Chimwala**

**Database & Administration Specialist**  
**Chaya Dwyer**  
[chayadwyer@rmhcnl.ca](mailto:chayadwyer@rmhcnl.ca)

**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, Breakfast-To-Go Program, Lunch-To-Go Program, 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!!! [www.RMHCNL.ca](http://www.RMHCNL.ca)

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



Photo: The Super Club Pals

## Home for Dinner Program

"This is our third year in a row cooking for Ronald McDonald House and we always look forward to it. It's so heart warming to help the families and the staff are great. It's a real feel good experience. We will definitely be back again next year!!!"

– The Super Club Pals

## 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.

Contact James Reid – [jamesreid@rmhcnl.ca](mailto:jamesreid@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



Pulling Together for Families



Pull tabs can be dropped off at Ronald McDonald House any day between 9am and 9pm

## McHappy Day



### All McDonald's Locations

Mark your calendars

**Wednesday May 6, 2020**

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 1, 2020

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.



To register a team and get your pledge sheets, please contact

**Heather Butler at 738-0000**

email [heatherbutler@rmhcnl.ca](mailto:heatherbutler@rmhcnl.ca)

### Space is limited so register your team today!



**March 1, 2020** at Plaza Bowl  
Teams of 4 – 2 hours of bowling  
**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: 1:00pm  
Bowling 2:00-4:00pm

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

## Ken Murphy



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

**Ken Murphy** is among a very dedicated group of community volunteers in our province. Ken started as a participant with the annual Spare Some Love Bowling Event with his colleagues from Jiffy Cabs team. Later in 2017, Ken became the volunteer leader of the Spare Some Love Bowling Event. With this event and other fundraising activities throughout the year, he has helped raised more than \$100,000 to help provide programs and services for sick children and their families at Ronald McDonald House.

Ken is a very dedicated and loyal volunteer who is sincerely compassionate about helping sick children and their families. Volunteers are the backbone of Ronald McDonald House, in our house and in the community. Ken'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.



For more information about volunteering, please visit our website at [www.RMHCNL.ca](http://www.RMHCNL.ca)

## Season of Giving Celebrations

The 8th Annual Lights of Love Tree Campaign was held from November - December 2019. All funds raised 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 19, 2020 at The Wilds



This event was **SOLD OUT** in 2019 in terms of participation and sponsorship opportunities. Don't be disappointed.

Book your FORE-some today!!! **\$1000/team**  
[heatherbutler@rmhcnl.ca](mailto:heatherbutler@rmhcnl.ca) 738-0000



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 Twitter @ourhousesent  
 Instagram @rmhc\_nl

YouTube RonaldMcDonaldHouseNewfoundlandandLabrador