

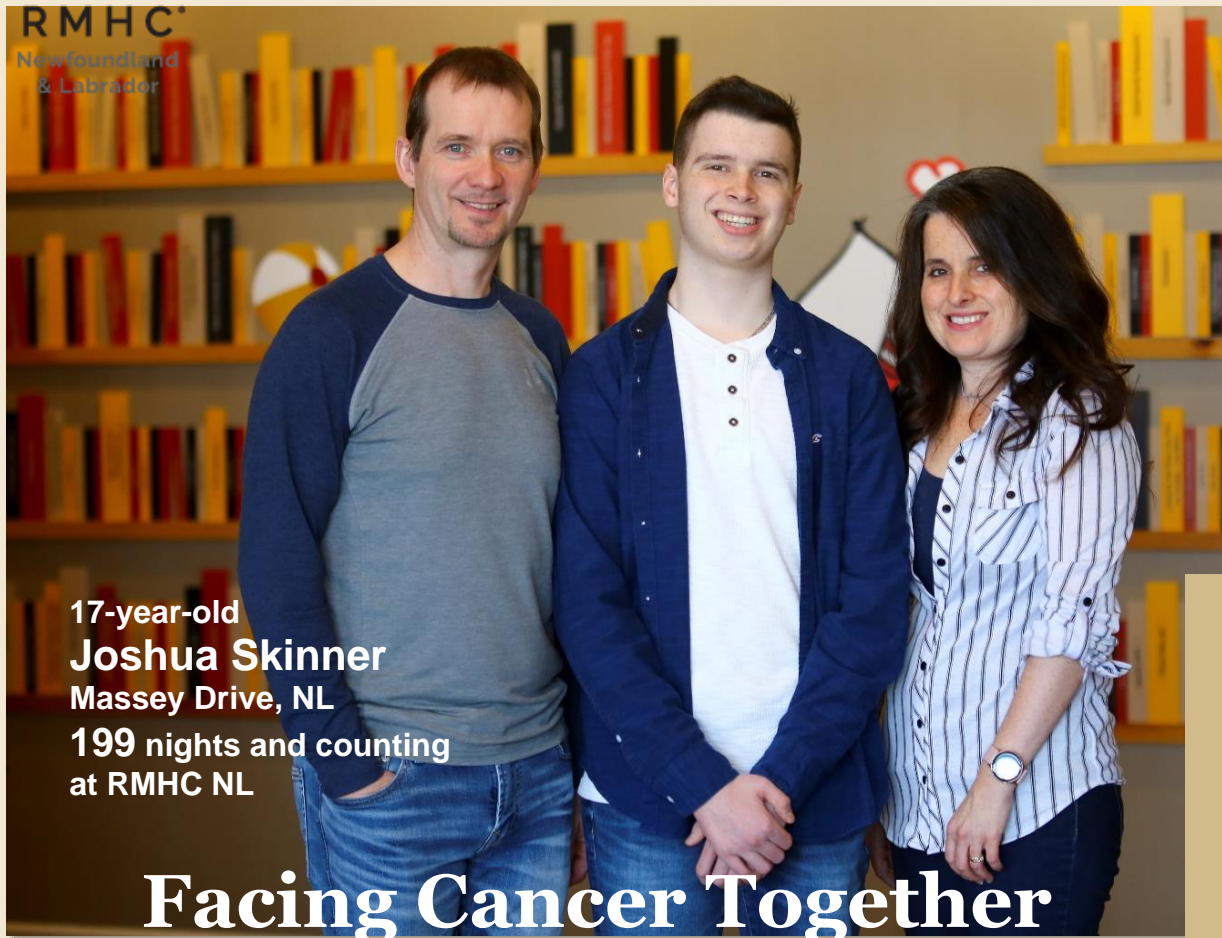


# Keeping Families Close

SPRING 2020

Ronald McDonald House Charities® Newfoundland and Labrador

RMHC  
Newfoundland  
& Labrador



17-year-old  
**Joshua Skinner**  
Massey Drive, NL  
199 nights and counting  
at RMHC NL

## 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.

Turning 17 has not been anything like Joshua Skinner of Massey Drive NL thought it would be. Instead of getting his driver's licence and planning his high school graduation with his friends, Joshua is undergoing treatments for cancer, hours from his home.

Shortly after his 17<sup>th</sup> birthday, Joshua noticed a mass on his body and without hesitation, he told his parents. At first, the doctors thought it was an infection, but following surgery at Western Memorial Hospital, the Skinner Family were told it was cancer and would require relocating to St. John's for months of treatments.

It wasn't long before the family were introduced to the programs and services of Ronald McDonald House.

*"The Ronald McDonald House is so warm and welcoming and I'm so happy that me and my family have access to such an amazing place. I have spent 199 nights at Ronald McDonald House so far and my journey is still not over. We have come to rely on Ronald McDonald House being there for us." – Joshua Skinner*

*"When we found out about Josh's illness, it was like our lives were turned upside down. Ronald McDonald House has gone above and beyond to make us feel at home here and have become a part of our extended family. We could not ask for a better place to be as we continue to go through this tough journey together." – Brian Skinner (Joshua's dad)*

Please consider supporting Ronald McDonald House to help keep families close to each other and the medical care and resources they need, when they need it the most.

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### Our Impact

RMHC NL has **15 family suites**

Families have stayed with us more than **33,680 nights**

Families have saved an estimated **\$7.1M**

More than **1400 families**

We have more than **250 volunteers**

Your donation of **\$197** will cover the cost to host 1 family 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

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

September 25 or 26, 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 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](mailto:christinemorgan@rmhcnl.ca)

Location details for 2020 will be available on our website [www.RMHCNL.ca](http://www.RMHCNL.ca) & [www.WalkforFamilies.ca](http://www.WalkforFamilies.ca)



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## 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

**Angie Brown**  
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**Heather Peters**  
Director

**Sterling Peyton**  
Director, Chair Development Committee

**Erin Higdon**  
Director

**Staff**  
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**Community Relations Coordinator**  
**James Reid**  
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**Family Service Associates**  
**Shirley Kenny**  
**Fred Tucker**  
**Kristen Mogridge**  
**Alannah Green**  
**Abbey French**  
**Lynn Cooze**  
**Debra Chimwala**

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



## Home for Dinner Program

*“This experience was so rewarding! We were given a tour as well and it certainly puts so much in perspective. The volunteers are so informative. Thank you!!*

*- Verafin Sales Team*

## 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.

**Thank you to our recent Adopt A Room partner Renewals:**



**Dylan Gibbons**

**The Signature Salon in honor of Mark Jackman**





# 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. [www.RMHCNL.ca/donate](http://www.RMHCNL.ca/donate)

## 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 James Reid at [jamesreid@rmhcnl.ca](mailto:jamesreid@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)

## 2020 Volunteer Week

April 19-26, 2020

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.

THE HEART of a VOLUNTEER IS NOT MEASURED IN SIZE BUT BY the DEPTH of THEIR COMMITMENT TO MAKE A DIFFERENCE IN THE LIVES OF OTHERS

Due to the ever-changing COVID-19 environment and our commitment to the health of our families, staff, volunteers, and supporters, our responsibility also extends to supporting the public health efforts as well to slow the spread of COVID-19 through the practice of social-distancing and increasing our existing practices of standard infection control precautions.



Your support is needed now more than ever to help us keep families safe and together at RMHC NL. When you make a gift today, it will go directly towards the immediate needs to support families including:

- \$27 could provide a hot meal for a family;
- \$51 could provide a family with quality time to watch a movie;
- \$127 could stock the pantry with cooking essentials;
- \$197 will support a family with compassionate hospitality for one night;
- \$300 could cover the cost for all 15 families to enjoy a meal;

Thank you for your care and support. Your gift will make a significant difference for families who are already dealing with the stress of caring for a sick or injured child during these extraordinary times.

[www.RMHCNL.ca/donate](http://www.RMHCNL.ca/donate)



Proudly presented by



September 18, 2020 at The Wilds



This event was **SOLD OUT** last year in teams and sponsorship opportunities.

**Don't be disappointed.**

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

Get out and Golf  
"FORE" the Families at  
Ronald McDonald House



# Volunteer Spotlight Story

## Beverly Flynn



Beverly Flynn has always supported and encouraged her son, Gabe, with his desire to help others. At age three, Gabe would wrap up food items and ask his mom to give it to children that needed it. Since 2012, Beverly has supported her son with entrepreneurial type activities to support RMHC. In 2019, RMHC recognized Gabe with the RMHC Helping Hand Award for Outstanding Young Hero.

While Beverly has always taught her son importance of giving and helping, she teaches by example. Beverly is a very kind and considerate individual. She is a regular Family Service Volunteer that does whatever is needed to help families at RMHC.

Beverly 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.



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

53 bowling teams turned out on Sunday March 1, 2020 at Plaza Bowl for the 7th annual "SPARE" Some Love Bowling Event presented by Tucker Window Film. This event raised \$34,400 for Ronald McDonald House! That is a seven-year total of more than \$241,000!

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 on March 7, 2021.



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Gold Sponsors



Silver Sponsors



## Save the Dates!! Team RMHC®

July 26, 2020



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 26, 2020 Contact [info@rmhcnl.ca](mailto:info@rmhcnl.ca) for more details.



Team RMHC will host a Goods Bingo July 16 2020 See website for details

## St. John's Regatta August 5, 2020



Contact [info@rmhcnl.ca](mailto:info@rmhcnl.ca) for more details

FULL LISTING OF UPCOMING EVENTS  
[www.RMHCNL.ca](http://www.RMHCNL.ca)