

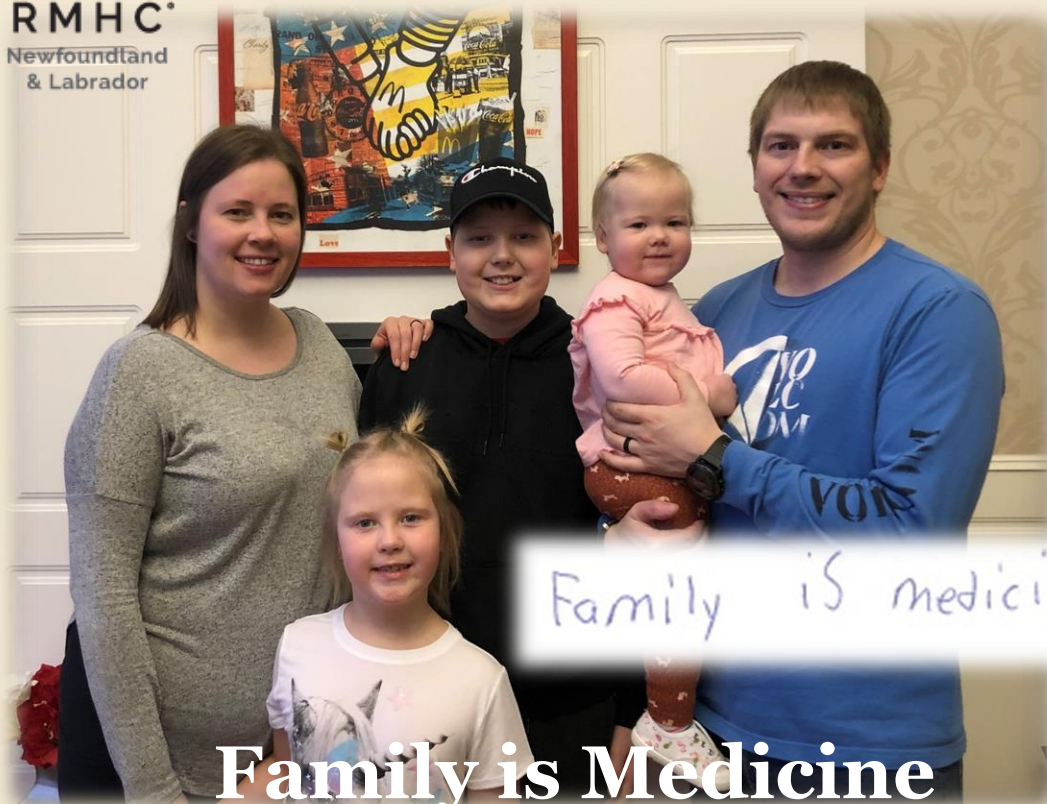


Keeping Families Close

SPRING 2021

Ronald McDonald House Charities® Newfoundland and Labrador

RMHC
Newfoundland
& Labrador



Family is Medicine

And, right now, it's helping 12-year-old Aiden battle leukemia. When families are together, sick children are stronger.

In November 2020, Aiden O'Keefe experienced upper leg pain. It coincidentally happened in the early hours after a regular hockey practice so at first it appeared to be an injury from the game. As time went on the pain got worse and Aiden had to use crutches. Aiden had several medical tests over the coming weeks, but it was not until December, at the hospital emergency in Goose Bay, that they discovered irregularities in his blood that was suspicious for leukemia.

"It was extremely hard finding out Aiden had leukemia. No parent wants to hear his or her child has cancer. Cancer is scary. My mind was racing, I could barely speak, I was shaking. Then, seeing Aiden, and how well he was coping, I honestly told myself to smarten up and toughen up. I could not show weakness around my son. He sees me as his strength. Little did he know, his strength is what gave me strength. Finding out we would have to be away from home for so long was really hard as well, because we also have two small girls, seven year old Ellie and Kacie who is just 18 months old." said Donalda, Aiden's mom.

Aiden was listed as critical and transferred immediately to the Janeway Children's Hospital in St. John's, NL, more than 1600km from his home, school, friends and family. It was then that they family was introduced to the programs and services at Ronald McDonald House. Donalda and her husband Gary said that Ronald McDonald House did not cross their minds until the social worker at the hospital mentioned it to them.

They always knew, however, that Ronald McDonald House was a special house for families who have a sick child at the hospital, but did not understand the extreme importance until they too became one of those families on December 17, 2020.

Donalda continued, "Staying here at Ronald McDonald House is absolutely and positively making supporting Aiden easier and not just a little bit either. It is making it so much easier! This place is very close to the hospital. When Aiden is admitted (to the hospital), we are only across the parking lot and can be there in a flash if something were to happen. Likewise, when Aiden is with us at Ronald McDonald House, if there is an emergency the hospital is not far. I also do not have to worry about cooking and cleaning (for the most part). All our attention and time is focusing on and taking care of Aiden. Like I said, this organization is by far the best there is."

Aiden's treatment plan will extend over the course of the next two years with the first 6-9 months in St. John's and the remaining treatments in Goose Bay. For the family, travelling back and forth to Goose Bay is simply not an option. The O'Keefe Family are very grateful to everyone that supports Ronald McDonald House.

Family is medicine

"Thank you RMHC, for keeping our family together during a very difficult and stressful time. There is no doubt family is medicine." The O'Keefe Family.

In this issue...

| | |
|--------------------------------|---|
| Walk for Families | 2 |
| Wish List | 2 |
| Board of Directors/Staff | 2 |
| Covid-19 & RMHC NL | 2 |
| #2021HeroFromHome | 2 |
| Adopt-a-Room Program | 2 |
| 5 Ways You Can Help | 3 |
| Volunteer Week | 3 |
| Pull Tabs/Recycling | 3 |
| VOCM Radiothon | 3 |
| FORE the Families Golf Classic | 3 |
| Volunteer Spotlight | 4 |
| McDonald's | 4 |
| Save the DATES | 4 |

Our Impact

RMHC NL has **15 family suites**

Families have stayed with us more than **37,292 nights**

More than **1500 families**

Families have saved an estimated **\$7.8M**

We have more than **250 volunteers**

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



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

10th annual Red Shoe Crew-Walk for Families

September 2021

This event is our largest annual fundraising event for Ronald McDonald House and will be held in **September 2021** 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 fundraise online or with a pledge sheet for fun, prizes and to ultimately support families with a sick or injured child. Funds raised will support the programs and services at Ronald McDonald House.

If you would like more information about participating or **leading this campaign in your community**, please contact info@rmhcnl.ca

More details will be available on website in July 2021

www.WalkForFamilies.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

Angie Brown
Director, Treasurer, Chair of Finance Committee

Heather Peters
Director

Sterling Peyton
Director, Chair Development Committee

Erin Higdon
Director

Staff

Annette Godsell
Executive Director
Tel 709-738-0000
annettedogsell@rmhcnl.ca

Christine Morgan
Director Development & Communications
Tel 709-733-5071
christinemorgan@rmhcnl.ca
Special Events Coordinator
Heather Butler
heatherbutler@rmhcnl.ca

Jennifer Fleming
Family and Volunteer Services Manager
Tel 709-733-2242
jenniferfleming@rmhcnl.ca
TBC
Family Program and Services Coordinator

Family Service Associates
Shirley Kenny
Fred Tucker
Kristen Mogridge
Abbey French
Lynn Cooze
Jenelle Lambert

Community Relations Coordinator
James Reid
jamesreid@rmhcnl.ca
Database & Administration Specialist
Chaya Dwyer
chayadwyer@rmhcnl.ca

Family Services Front Desk – 709-733-2244

Toll Free: 1-855-955-HOME (4663)

COVID-19 & RMHC NL

Over the past year, Ronald McDonald House Charities Newfoundland and Labrador has put the health and safety of families, staff and volunteers at the forefront. In response to the pandemic, RMHC has remained committed to serving families with sick children recognizing that we join frontline healthcare workers and hospital partners as an essential service.

We have remained committed to ensuring the highest level of safety and security for families, staff and volunteers, working in close consultation with the Government of NL, local hospital partners and Public Health authorities. This includes the continued implementation of new policies and procedures such as physical distancing, enhanced screening, use of personal protective equipment (PPE), advanced cleaning procedures and a phased approach to adapting to public health restrictions.

As a valued champion of RMHC and the families we serve - **thank you for your continued support**. Your support means we can remain committed to helping families with sick children when they need us the most.

#2021HeroFromHome



Our focus is on continued mission delivery. The suspension of our Home for Dinner Program in March 2020 due to COVID-19 meant the suspension of our family service volunteers and the involvement of outside group coming into our kitchen to cook meals for our families. We have found alternate ways to continue to provide meals for the families staying with us. Through donations, staff have stepped up to assist with grocery shopping, preparation of home cooked meals and as needed ordering meals at local restaurants.

Be a #2021HeroFromHome
RMHCNL.ca/donate

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

Notre Dame Castle Building Centres
In honour of Chuny Sheppard



5 ways you can help

1. Donate / Monthly Giving

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

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 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 or toll free 1-855-955-HOME(4663) for more information



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

2021 Volunteer Week

The Value of One,
The Power of Many

April 18-24, 2021

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.



Share your RMHC Volunteer story on social media during Volunteer Week #NVW2021

VOCM Cares YOUR VOCM
RADIOTHON
SAVE the DATE
APRIL 14, 2021
9:00am – 1:00pm
Donate Now!

And be listening to Your VOCM @590VOCM on April 14th to hear your donation read on air

www.rmhcnl.ca/donate

Ronald McDonald House Charities Newfoundland & Labrador
YOUR VOCM Cares
2021 VOCM Radiothon
Join VOCM and VOCM Cares for a spring radiothon in support of keeping sick kids and their families close at Ronald McDonald House
Call 709-738-3422
Toll Free: 833-738-3422
To make an advance pledge, visit rmhcnl.ca
April 14th, 9:00 am - 1:00 pm



Proudly presented by



August 12, 2021 at The Wilds



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

Don't be disappointed.

Book your FORE-some today!!! \$900/team

info@rmhcnl.ca 738-0000 x0

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

Volunteer Spotlight Story

Don Aspell



Don Aspell is among our very dedicated group of volunteers at Ronald McDonald House. He gives his heart and soul with everything he does. He helps around the house, he is at every event, he is the creativity and excitement behind the annual volunteer conference fun night. Don sells tickets, raises funds and you can be sure to see him taking photos during every function so that every moment is captured. Don helps in every way he can. Each year he puts an enormous amount of effort into an annual photo power point presentation that highlights the outstanding contributions of volunteers to RMHC NL without any expectation in return. He is just glad to help.

While his wife may be the executive director of RMHC NL, Don certainly isn't "volunteer-told", he is an exemplary "volunteer" that gives freely to help sick children and their families at RMHC.



Volunteers are the backbone of Ronald McDonald House, in Ronald McDonald House and in the community. Don's outstanding contribution of time and enthusiastic energy has certainly made a difference in the lives of sick children and their families that stay at Ronald McDonald House.



With every visit to McDonald's you can help keep families close at RMHC

Happy Meal®

Every time you buy a Happy Meal at McDonald's, a portion of the proceeds is donated to RMHC.



Kiosk Donations

McDonald's customers help to support families in their community by either rounding up or donating \$1 through the Kiosks in McDonald's restaurants.



Coin Box Donations

Every day, McDonald's customers help to support families with a sick child by donating in coin boxes in McDonald's restaurants.



RMHC® Cookies

Every time you purchase RMHC Cookies at McDonald's, a portion of the proceeds supports families staying at Ronald McDonald House.



Round Up for RMHC®

Help families with sick children in your community.

Round Up for RMHC

Ask to Round up your Order for RMHC! McDonald's customers can Round Up their order to the nearest dollar in the Drive-Thru, kiosk and inside McDonald's restaurants and donate the difference to RMHC,

July 9-16, 2021



August 12, 2021



September 2021



October 24, 2021



November 19, 2021



FULL LISTING OF UPCOMING EVENTS
www.RMHCNL.ca