

10
years
2012 – 2022




INTRODUCING

FAMILY**TIME**

PARK



A close-up photograph of a woman and a young boy lying together on a brown leather couch. The woman is lying on her back, looking up at the camera with a wide, joyful smile, showing her teeth. She has light-colored hair and eyes. The boy is leaning over her, also smiling broadly at the camera. He has short brown hair and is wearing a grey sweater over a red shirt. The background shows a white wall and a wooden floor.

Because playing with my
mom makes me smile



In 2010, *it was time* to build a Ronald McDonald House for the children and families in Newfoundland and Labrador.

In 2012, *it was time* for Ronald McDonald House Charities Newfoundland and Labrador to open its doors to children and families. It is a place that families can stay together while their child is being treated at our provinces children hospital. A place where they can sleep, share meals, do laundry, be supported by other families, and receive the care that can help make their journey a little easier.

RMHC Newfoundland and Labrador helps to keep 400 families each year close to their sick child, and the care they need each year.

Ten years later, 1500 families have called Ronald McDonald House their home, away from home during 38, 657 nights.



More than just accommodation for families with sick or injured children, Ronald McDonald House provides families with:

- Fifteen private family bedrooms with private washroom
- Fully equipped kitchen
- Pantry
- Laundry facilities
- Playroom
- Movie Theatre
- Library
- Playground
- Fitness

Families are also supported by programs such as:

- Home for Dinner Program
- Just Like Nan's Baked Goods
- Warm Welcome Program
- Keeping Families Connected
- Magic Room Program
- Special Day Celebrations
- House Pantry Program
- Recreation Program



Because when families stay
together, sick children
get stronger



Because sometimes it
takes more than medicine



In 2015, RMHC Global conducted impact research on various aspects related to RMHC and its ability to support sick children and their families. One study assessed anxiety and stress in the parents of children admitted to a hospital and identified any influencing factors.

The study discovered extreme levels of emotional stress and anxiety that parents experienced when their child is sick and/or hospitalized, which in turn validates the important and complementary role that the Ronald McDonald Houses play in supporting families through this emotionally difficult time.

Another study determined that families who stayed together, for at least a portion of their stay, strongly believed that:

- Ronald McDonald House helped them stay together
- Staying nearby at Ronald McDonald House **improved their child's recovery**
- Staying at Ronald McDonald House shortened the amount of time their child stayed in the hospital

While hospitals provide the medical care, the Ronald McDonald House provide comfortable and affordable accommodations for the whole family, keeping them together and close to their sick child. This supportive “home-away-from-home” can help to ease parents’ worried minds and potentially alleviate stress and anxiety.

The Ronald McDonald House® network of support provides an important opportunity to contribute to the emotional stability of parents and thereby improve their ability to participate in the care of their hospitalized child — a key cornerstone of the family-centered approach to health care for sick or injured children.

Family is medicine. Sick children get stronger when families stay together during treatment





Because I always feel
better outside

Nature and the outdoors have always been associated with positive energy, wellness and a place to enhance overall mental health.

Spending time and being physically active in nature has been proven to promote a healthy lifestyle and improve overall well-being. Spending time outside helps us recover from the effects of stress and our everyday worries.

The positive physical and mental benefits of spending time outdoors align perfectly with the mission of Ronald McDonald House Charities and the goal of supporting and caring for sick or injured children and their families.

Providing a fun, accessible and secure space for our families to interact in a park setting, will help us enhance the experience for sick children and their families that need the Ronald McDonald House.



At Ronald McDonald House we know that supporting a family during a child's sickness is also about supporting the family's overall wellness and mental health.

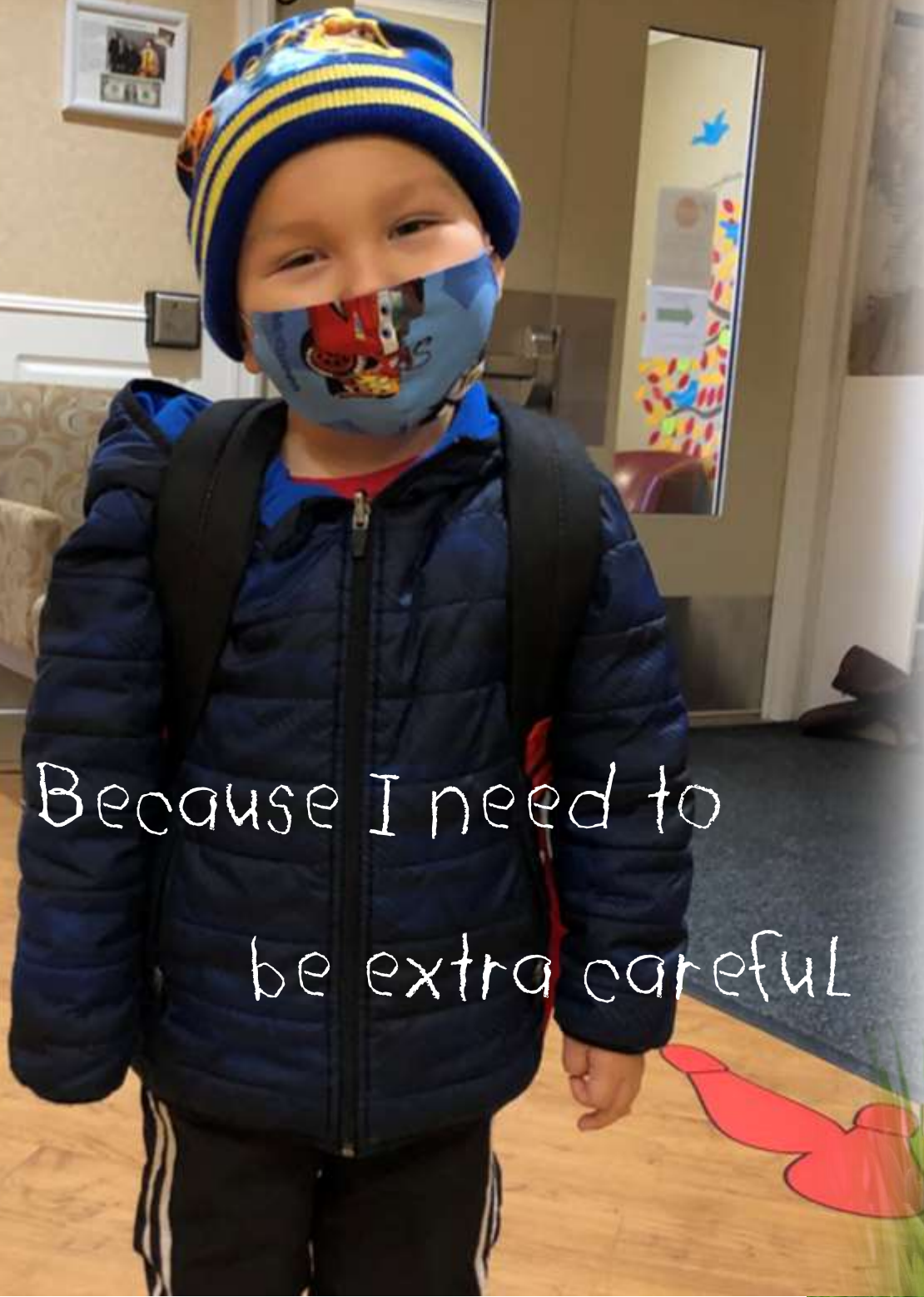
Based on feedback from our families, 95% of them said that access to outdoor space was very important and that their physical and mental wellbeing is significantly enhanced with access to outdoor space.



Because outside is my
favorite place to be

Because I can't always
go to public places






Because I need to
be extra careful

Many of the children staying at Ronald McDonald House are living with a compromised immune system, which means going to public places, even outdoor parks is an unnecessary risk.

Having a safe, well-developed and enclosed outdoor space for our families will help them cope physically, mentally and promote their overall well-being.

Providing a fun, accessible and secure space for our families to interact in a park setting, will help us enhance the experience for sick children and their families that need the Ronald McDonald House.





Because the outdoor space
has so much more to offer



Because every child
deserves a place to play

While the current outdoor space and playground is certainly used frequently, it is not an inclusive space to all varying levels of physical ability.

The outdoor space has so much potential and, with the right concept design, it will allow for full accessibility for *all our children* and families.



FAMILY TIME PARK

*Draft. Final drawings not yet board approved



LEGEND

A. ENTRANCE GATE

- 6 FOOT FENCE
- WOOD
- PROVIDES PRIVACY FROM PARKING LOT

C. LOWERED FENCE

- HORIZONTAL WOOD BOARD
- PROVIDES VIEW OUT TO WETLAND

D. BBQ/PATIO AREA

- PATIO
- BUILT IN BBQ AND ISLAND COUNTER
- BUILT IN TABLE (60"X90")
- MOVABLE FURNITURE
- RETRACTABLE AWNING

E. CHILDREN'S PLAYGROUND

- RUBBER PLAY SURFACE
- EXISTING PLAY STRUCTURE
- EXISTING SWINGS
- EXISTING PLAY HOUSE
- TWO BAY ACCESSIBLE OWING SET
- NATURE BASED PLAY FEATURES
- ACCESSIBLE INTERACTIVE PLAY WALL
- PLATFORM AND RAMP IN BERM
- POME AREA

F. FOOD BENCHES

G. CONCRETE PAD

- PAINTED GAMES ON SURFACE
- FIXED BASKETBALL HOOP
- FENCE EXTENDING BEHIND NET

H. LOOKOUT PLATFORM

- FIXED YMO-5000 BENCH

I. 2 METER WIDE CONCRETE WALK

J. GATHERING SPACE

- PATIO
- MOVABLE FURNITURE
- BARS

K. OPEN LAWN SPACE

L. VEGETABLE GARDEN

- GRANULAR SURFACING
- ACCESSIBLE WOOD PLANTER BOXES
- INFORMATION BOARD

M. PLANTING BEDS

N. BERM/ LOG FEATURE

O. ACCENT BOLLARD LIGHTING

P. DECORATIVE POLE LIGHTING

FAMILY TIME

PARK

Family time is always quality time.

The Plan

To redesign the outdoor space at Ronald McDonald House to maximize its potential and provide a safe and accessible space for sick or injured children and their families.

2022 will mark the 10th Anniversary of RMHC in Newfoundland and Labrador

In 2010 *it was time* to build a Ronald McDonald House for the children and families of Newfoundland and Labrador.

In 2012, *it was time* to open the doors of Ronald McDonald House for the children and families of Newfoundland and Labrador

In 2022, 10 years later, **it's time** for more mission, more impact, and **it's time** for more family time. Introducing, RMHC NL Family Time Park for sick or injured children and their families staying at Ronald McDonald House Newfoundland and Labrador

The Goal

Making the dream of quality outdoor space for sick or injured children and their families a reality depends on the generosity and kindness of others. Our campaign goal is to raise \$750,000 dollars in funding to cover the costs of the development and construction of the outdoor space, landscaping, and accessible play areas.

Though ambitious, we know that with your help we can reach our goal and make this a reality in the fall of 2022.

We are planning to break ground in the spring of 2022, with the hope to formally open this space in September 2022 to mark the 10th anniversary of Ronald McDonald House in Newfoundland and Labrador.



FAMILYTIME PARK

Current Property



Artist rendering of Family Time Park



Cost Estimates

Design & Construction	\$559,923
HST	\$100,790
Campaign & Contingency	\$ 90,000
Estimated cost	\$750,713

New Design includes the following improvements:

Fencing, entrance gate, BBQ/patio area (pavers, built in BBQ and island counter, built-in table railing, moveable furniture and retractable awning), children's playground (rubber play surface, two bay accessible swing set, nature based play features, accessible/interactive play wall, platform and ramp, picnic area), fixed benches, concrete pad (hockey nets, painted games, fixed basketball hoop), lookout platform with fixed two sided bench, 2 meter wide figure eight concrete walk, gathering space (pavilion, moveable furniture & pavers), open lawn space, vegetable garden (granular surfacing, accessible wood planter boxes and Information board), planting beds, berm/log feature, accent bollard lighting and decorative pole lighting.



*Draft. Final drawings not yet board approved



Because playing with friends
is so much fun

How You Can Help

As you know fundraising efforts throughout the province, support from organizations, businesses and fellow citizens is critical to the success of such initiatives.

Ronald McDonald House is calling on you for help.

Become part of the effort and help us give sick or injured children and their families more quality Family Time together at Family Time Park.

Your support will help sick children and their families from every part of our province be close together and near the medical care and resources they need, when they need it the most.



Because i
Love to play

FAMILYTIME PARK

Family time is always quality time.



GIFT RECOGNITION

* Gift Agreements can be arranged over a maximum 3 year period



GIFT OF FAMILY

\$100,000 +

- Speaking opportunity (Ground Breaking & Grand Opening)
- Media Release announcing gift
- Recognition at highest level on donor wall
- Name, logo & url link on website
- 5 tagged social posts
- Private tour in advance
- Status Updates
- Annual Report



GIFT OF TOGETHERNESS

\$75,000+

- Speaking opportunity (Ground Breaking & Grand Opening)
- Media Release announcing gift
- Recognition at the Gold Level on donor wall
- Name, logo & url link on website
- 4 tagged social posts
- Private tour in advance
- Status Updates
- Annual Report



GIFT OF ENJOYMENT

\$50,000+

- Invitation to Ground Breaking & Grand Opening
- Media Release announcing gift
- Recognition at the Silver level on donor wall
- Name, logo & url link on website
- 3 tagged social posts
- Private tour in advance
- Status Updates
- Annual Report

FAMILYTIME PARK

Family time is always quality time.



GIFT RECOGNITION

* Gift Agreements can be arranged over a maximum 3 year period



GIFT OF NATURE

\$25,000 +

- Invitation to Ground Breaking & Grand Opening Events
- Media Release announcing gift
- 2 Tagged social posts
- Private tour in advance
- Status Updates
- Recognition at the Bronze level on donor wall
- Name, logo & url link on website
- Annual Report



GIFT OF HOPE

\$10,000+

- Invitation to Ground Breaking & Grand Opening Events
- Media Release announcing gift
- Tagged social post
- Private tour in advance
- Status Updates
- Recognition on donor wall
- Name & logo on website
- Annual Report



GIFT OF COURAGE

\$5,000+

- Recognition on donor wall
- Name on website
- Annual Report



FAMILY TIME

PARK

Family time is always quality time.

THE TEAM

Board of Directors

Theresa Rahal, Chair
Angie Brown, Treasurer
Blair Rogers, Director
Paul Rogers, Director
Dr. Lynette Bowes, Director
Erin Higdon, Director
Heather Peters, Director
Gary Follett, Director

Working Group

Paul Rogers, McDonald's Owner/Operator
Heather Peters, Board of Directors
Annette Godsell, Executive Director
Christine Morgan, CFRE, Director
Development & Communications

Gift Team

Trevor Morris
Gerry Beresford
Rod Legge
George Battcock
Paul Rogers





To learn more about contributing to RMHC Newfoundland and Labrador, contact:

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