

10
years



Keeping Families Close

SPRING 2023

Ronald McDonald House Charities® Newfoundland and Labrador

2012 – 2022

RMHC®
Newfoundland
& Labrador



Meet Stevie Manstan of Labrador City

While expecting her second child, Sara Matthews, of Labrador City, NL experienced complications early in the pregnancy which required a lot of travel to St. John's for monitoring. During this time Sara and Jeffrey were told, prenatally, that their child was diagnosed not only with Down Syndrome but also a congenital Heart Defect known as an atrioventricular septal defect (AVSD). This condition is a heart defect where there are holes between the chambers of the right and left sides of the heart, and the valves that control the flow of blood between these chambers may not be formed correctly. Their little girl, Stevie, was born on July 26, 2022. She spent the next 24 days in the Neonatal Intensive Care Unit.

"Being away from our home was extremely difficult and worrisome, especially when I had to leave my son, Jack who is only 7 years old, in Labrador City. We didn't know what to do or where to stay. All we knew was that we needed to be with Stevie during this critical time." Sara Matthews, Stevie's mom.

It was then that a social worker at the hospital referred the family to the programs and services offered at Ronald McDonald House.

"Once we were at Ronald McDonald House we were only across the parking lot from her and I was even close enough to make it in the middle of the night for her feedings."

In December, Stevie had open heart surgery to repair the hole in the middle of her heart. While the surgery was successful, there are still some complications. **Stevie will need to be followed by cardiology for the rest of her life.**

"We are so grateful to have the Ronald McDonald House to stay close by our daughter in hospital. Now we have a place to stay when we go for our regular cardiology appointments every six weeks. Ronald McDonald House feels like our second home."

At Ronald McDonald House there are several programs and resources to support families far from home with a sick child. **"The quilts given to us for Stevie and Jack when we first entered the house were such a special gift and we loved coming back to a cooked meal after a long day at the hospital. My son Jack loved the Family Time Theatre room. It gave him a chance to feel included while our focus had to be heavily on Stevie in the hospital."** Sara continued

Stevie has a long road ahead of her filled with medical appointments and treatment. With the family living in Labrador City, more than 2100km away from our provinces' only pediatric hospital, they have come to rely on the programs and services at Ronald McDonald House to keep their family together and near the medical care and resources Stevie needs.

In this issue...

Red Shoe Crew-Walk for Families 2	
Wish List	2
Board of Directors/Staff	2
House Programs	2
Adopt-Me Program	2
Two Grand in Your Hand Lottery	2
5 Ways You Can Help	3
VOCM Radiothon	3
Monthly Giving	3
McHappy Day	3
Helping HAND Awards	3
Volunteer Spotlight	4
10 Years of Love Gala	4
FORE the Families Golf Classic	4

Our Impact

RMHC NL has **15 family suites**

Families have stayed with us more than **44,265 nights**

Families have saved an estimated **\$10.5M**

Cared for **1755 families**

We have more than **350 volunteers**

Your donation of **\$239** will cover the cost to host 1 family 1 night

Unlimited smiles



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

Charitable Registration Number
85050 2865 RR 0001

12th annual **Red Shoe Crew-Walk for Families**
September 2023

The Red Shoe Crew-Walk for Families is our largest annual fundraising event for Ronald McDonald House and will be held in **September 2023** 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 to 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 championing this campaign in your community, please contact Heather Butler at heatherbutler@rmhcnl.ca

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://rmhnl.ca/get-involved/wish-list/>



You can now shop for items needed the most on **Amazon!**

Board of Directors

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Director, Chair of Board

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Director, Chair of Facilities Committee

Blair Rogers, K.C.
Director, and Chair of Governance Committee

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Director

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Charity Office
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Family Services 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 Ronald McDonald 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.



It's easy!! Check our LIVE program calendar and sign up online!

Visit RMHCL.ca for more details and changes to ensure the health and safety of everyone

"At Brokerlink we chose to give to RMHC NL as the house is there for families to use across our province." -Brokerlink

Adopt-Me Program

Through the Adopt-a-Room Program at Ronald McDonald House you can provide the most caring and practical support to families during this incredibly stressful time by providing the keys to keep families with a sick child close together and near the medical care and resources they need, when they need it the most.

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



What would you do with \$2000?

Two Grand In Your Hand Lottery **PURCHASE NOW!!!**
<https://rb.gy/k1pfae>

Tickets are \$5
This lottery will be drawn on **June 20, 2023**
\$200 seller's prize

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. Volunteering

Volunteers make the difference in the lives of all the families that come through our doors. 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 Ronald McDonald 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



Order



On May 10th

ALL menu items,
ALL day!




VOCM RADIOTHON March 22, 2023 1:00pm – 5:00pm



Donate Now!

And be listening to Your VOCM @590VOCM on event day to hear your donation read on air

www.rmhcnl.ca/donate



YOUR
VOCM

738-3422
(on event day only)

MONTHLY GIVING

Become a monthly donor and
commit to \$10/month to
celebrate 10 years
#Keeping Families Close



Ronald McDonald House Charities is celebrating 10 years of providing a home away from home for sick children and their families in Newfoundland and Labrador!

Become a monthly donor and commit to donating

\$10.00 a month to celebrate

10
years
2012 - 2022



Ronald McDonald
House Charities
Newfoundland & Labrador

www.rmhcnl.ca/donate

Every day a family with a sick child arrives at our doors. When you become a **Monthly Donor**, you are helping Ronald McDonald House provide immediate support

2023 Helping HAND Awards



NOMINATIONS NOW OPEN!

The "Helping HAND Awards" in honor of founding board member Dr. Jack Hand will be presented in April 2023 in the following categories:

- ♥ Family Services Volunteer
- ♥ House Programs
- ♥ Community Engagement Volunteer
- ♥ Leadership Volunteer
- ♥ Outstanding Philanthropist (Individual, Young Hero & Corporate/Group)
- ♥ RMHC McDonald's Champion

NOMINATE NOW!

<https://rmhcnl.ca/volunteering/helping-hand-awards/>

Volunteer Spotlight Story

Cassidy Smith



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

Cassidy began volunteering as a Family Services Volunteer in May 2022. Ronald McDonald House has always felt like the right fit for Cassidy as a place to volunteer in the St. John's area based on her previous experience with the house. During her undergraduate degree at MUN, Cassidy's youngest brother and family were provided with the opportunity to stay at the house. *"Throughout this time, I was able to quickly observe the care put into every aspect of the house by the dedicated staff and volunteers to make it a warm and safe environment for families"*

Cassidy enjoys being part of the critical role that volunteers play in keeping the house clean and tidy, *"acting as a well-oiled machine during their weekly shifts."* Whether it's helping with the Home for Dinner program or getting laundry ready for future families. Through her own experience and interactions with families, she knows how appreciated these tasks are and she has felt a great deal of satisfaction in helping out each week.

Cassidy's biggest takeaway from her time spent volunteering is the knowledge *"that a little bit of help can go a long way in making the lives of sick children and their families staying at the house easier and that volunteers are an integral part of the success of Ronald McDonald House"*

For more information about volunteering, please visit our website at www.RMHCNL.ca



Heart Sponsor



Strength Sponsors



Presenting Sponsor



Ronald McDonald House Charities Newfoundland and Labrador is celebrating 10 years of keeping sick or injured children and their families together and near the medical care and resources they need, when they need it the most. This anniversary is a significant milestone, an opportunity to celebrate a decade of keeping families together and recognize our ongoing efforts to help even more families in the future.

RMHC Newfoundland and Labrador is extremely lucky to have a strong network of alumni families, volunteers, donors, partners, and many other supporters who have played an essential role in our history. On **February 11, 2023** RMHC NL celebrated **10 Years of Love** with a **one-of-a-kind, anniversary gala at The Delta Hotel**. An amazing volunteer committee planned an incredible celebration, where all in attendance experienced the mission and the magic of RMHC NL.



Friday June 16, 2023
8am Shot Gun Start

The Wilds
Presented by



Don't be disappointed. Book Today!
Book your FORE-some today!!! \$1000/team
All Public Health Restrictions will be followed

heatherbutler@rmhcnl.ca

733-5073



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