

Keeping Families Close

SUMMER 2023

Ronald McDonald House Charities® Newfoundland and Labrador



Family is medicine and it helped Owen and Noah get stronger at Ronald McDonald House

It is hard to put into words how a parent feels when their child has been diagnosed with a serious illness. And for families who don't live close to the medical care and resources they need, there is an added stress, distance. RMHC gives families with a sick child what they need most – each other.

Being pregnant with multiples doesn't necessarily mean that your pregnancy will be problematic. However, women carrying multiples do have a higher chance of developing complications such as high blood pressure and preterm labor. For this reason, all multiple pregnancies are considered high-risk.

Natasha Bailey and Grant Strong of Shoal Harbour, NL were expecting twins but complications meant an early hospitalization in St. John's 200km from home. A few weeks later they discovered that one of the two babies, would require surgery as soon as he was born as his stomach was not attached to his bowels. This meant an extended stay in St. John's until the boys were due four months later.

"It was terrifying. Nothing was going as planned. The boys were going to require an extensive stay in the NICU." Natasha said.

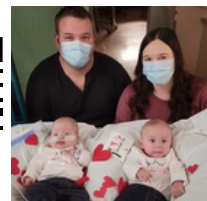
It was then that the doctors at the hospital referred the family to the programs and services offered at Ronald McDonald House. "I had heard about it before but we were uncertain the house was going to be right for us. We were unsure how we felt about common spaces in the house and if this was really where he wanted to stay for such an extensive period of time. But the care from the stay and the supports from other families in the house that were also dealing with a sick child made supporting our children so much easier. They became family and a familiar face at the end of the day. Every single program provided by Ronald McDonald House made the experience that much easier. The Home for Dinner program allowed us to not have to worry about what we were going to cook for supper. We could spend more time with Noah or Owen. It freed up time for us where we were needed the most." **Natasha continued.**

"Noah and Owen were born early at 28 weeks and we spent Christmas at Ronald McDonald House. It was hard but waking up in the morning to a visit from "Santa" was heart warming. It wasn't about the gifts. It was just the thought behind it. The boys had been given Christmas Eve pajamas and we were able to get pictures of them in at the NICU. This just added to the special memories of our first Christmas together and it is one that we will never forget."

Owen spent an additional nine months in intensive care after he was born and had four surgeries: two g-tube insertions, duodenal atresia repair and reflux repair. Owen was also diagnosed with Down Syndrome. The family require frequent trips to St. John's for medical appointments for both boys, at least once a month. Owen has a long road ahead of him filled with medical appointments and treatment that will last his lifetime. With the family living more than 200km 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 Owen needs.



Read More



The Strong Family

Grant, Natasha, Owen & Noah
of Shoal Harbour, NL

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Our Impact

- RMHC NL has **15 family suites**
- Families have stayed with us
- **44,278 nights**
- Saving to families more than **\$9 Million**
- **1,819 families** stayed at RMHC NL
- We have more than **350 volunteers**
- **Unlimited smiles**
- Your donation of **\$239** will cover the cost to host 1 family for 1 night

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

Charitable Registration
Number
85050 2865 RR 0001

www.RMHCNL.ca



**Ronald McDonald
House Charities®**
Newfoundland & Labrador



Did you know? You can support Ronald McDonald House Charities Newfoundland and Labrador each time you visit a **McDonald's** location in Newfoundland and Labrador!

Support Ronald McDonald House at your local McDonald's



Make a donation at the Kiosk	With every purchase of a RMHC Cookie	Ask to Round up your order	With every purchase of a Happy Meal	Drop your spare change in the coin boxes on the counter and drive-thru!
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We are looking for dynamic volunteers to host a Red Shoe Crew-Walk for Families Event this September in the following communities:

- Conception Bay South
- Deer Lake
- Lewisporte
- Marystown
- St. Anthony



Contact: Heather Butler heatherbutler@rmhcnl.ca or 1-855-955-HOME (4663)

Make your steps count for families

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/>



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

Board of Directors

Angie Brown
Board Chair

Dr. Lisa Goodyear
Director (Medical)

Hilary Wicks
Director (Legal)

Erin Higdon
Director

Penny McDonald
Director (McDonald's Owner)

Brian White
Director

Gail Collins
Director

Tony Dawe, P.Eng
Director (Engineering)

Staff

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Director Development & Communications
Christina Morgan, CFRE
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Family Programs & Services Coordinator
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Robyn Horwood
robynhorwood@rmhcnl.ca

Family Service Associates
Shirley Kenny
Fred Tucker
Jen Pittman
Mark White
Lisa St. Croix
Alexis Cavanaugh-Myers
Nancy King

Development & Finance Officer
Benjamin Rosborough
benrosborough@rmhcnl.ca

Family Services Desk
709-733-2244

Charity Office
709-738-0000 x0

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.



Through the Adopt-a-Room you can provide the most caring and practical support to families during this incredibly stressful time by providing a home-away-from-home. Adopt a family suite or a common area in Ronald McDonald House. Visit our website for details. RMHCL.ca



We had a wonderful time making breakfast and will definitely do it again!

-Bishop Field Elementary School Teachers



5 ways you can help

1. Donate

Your donation help provide programs and services for families with a sick or injured child. Families can stay at Ronald McDonald House for only \$15 per night, however the actual cost to support a family is \$197. Your single gift or monthly gifts will have a tremendous impact to a sick or injured child and their families to be together

and near the medical care and resources they need.

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 that Ronald McDonald House receives now, or in the future. It's a way for you to be a key 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 activity you enjoy or 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.

Visit www.RMHCNL.ca or contact us at info@rmhcnl.ca or toll free 1-855-955-HOME(4663) for more information.

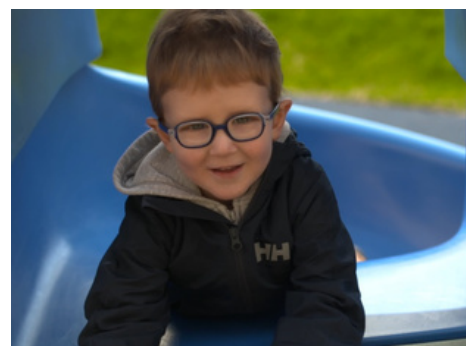


FAMILY TIME PARK

Ronald McDonald House

Family Time Park

OFFICIALLY OPENED JUNE 8 2023!



Thank you to everyone that helped bring more quality time to sick children in Family Time Park.

Royal St. John's Regatta



Look for us at the head of the lake!

Fun games & great prizes!!

WESTJET Cares for Kids

WestJet Provincial Lottery

Where would you go with a Trip for Two anywhere WestJet Flies?

Prize: One round trip flight for two guests, to any regularly scheduled WestJet destination & \$100 Prepaid Credit Card

PURCHASE NOW!!!

Contact your local Red Shoe Crew member

or RMHC NL
heatherbutler@rmhcnl.ca or
1-855-955-HOME (4663)

Tickets are \$2

Draw Date: October 6, 2023
\$200 seller's price

#23-10236800LT



Red Shoe Crew Walk for Families

Make Your Steps Count for Families
September 2023

The 12th annual Red Shoe Crew-Walk for Families helps raise funds to provide programs and services for sick children and their families when they need it most. This event is hosted by volunteers and held in communities throughout Newfoundland and Labrador in the month of September. The event coincides with the anniversary of the opening of Ronald McDonald House and is the largest annual fundraising event.

Participants register online or receive an event pledge sheet. By MAKING YOUR STEPS COUNT FOR FAMILIES and with every dollar raised, participants are helping keep sick children and their families close to each other and the medical care and resources they need, when they need it the most. Find an event in a community near you or host your own event!

REGISTER NOW!

www.WalkforFamilies.ca



Proudly Presented by



#RedShoeCrew2023

Share Your Heart Participate Challenge



Share Your Heart Business Challenge





Mary Smith & Shirley Kinden

Volunteer Spotlight

Mary Smith & Shirley Kinden

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

Mary Smith and Shirley Kinden are great friends! They began volunteering in their community in 2018. Since that time, they have organized five Red shoe Crew-Walk for Families events in Norman's Cove and other fun events including a Royal Tea Party. They have attended several Strength in Numbers Volunteer Gatherings in St. John's and can always be seen enthusiastically attending important events like the Walk for Families Final Step Event, Family Time Park opening and all other special occasions hosted by Ronald McDonald House.



Since they started volunteering they have raised nearly \$20,000 in Norman's Cove. This is a significant for any community let along a small community that has a population of just under 700 people.

Mary and Shirley's outstanding contribution of time, enthusiasm and energy has certainly made a difference in the lives of sick children and their families at Ronald McDonald House.

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



Proudly presented by



The 11th Annual FORE the Families Golf Classic presented by McCain Foods Canada, records the highest fundraising results in the events 11-year history. On Friday June 15, 2023 at the Wilds Golf Resort, the volunteer organizing committee for the event announced more than **\$80,600** was raised to support the programs and services offered to families with a sick child staying at Ronald McDonald House. This event has raised more than **\$600,000** for RMHC NL since its introduction in 2013.



SOCK IT for sick kids & their families

Friday November 17th 2023
Available only while quantities last



A fun day of wearing signature red and white striped socks, combined with fundraising efforts and social media sharing.

With just one pair you will be supporting programs, services and raising awareness for RMHC.

Pre-Order online Now:
www.RMHCNL.ca

For more information:
info@rmhcnl.ca



ONLY WHILE QUANTITIES LAST!



\$20

2023 'Eddie' The Elephant
DELIVERY STARTS SEPTEMBER 2023



\$20

Beanie



\$20

Heart Mittens



\$20

Striped Mittens



\$12

Signature Stripped Socks



\$10

Baby/Toddler Socks



@RMHC_NL



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@OURHOUSENL



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